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VOLUME 9 NUMBER 42

MARCH 26 - APRIL 1, 2009



Adoptable pets . . . page 19

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### Getting ready for baseball season



City of El Cajon Public Works, Parks Department preparing field for upcoming baseball season. See story page 13.

See Dave Stall's column on the 2006 MINI Cooper S JCW on page 11.



Read about 'Duplicity' by Diana Saenger in the Class Act Entertainment section page 10



## Next generation of scientists inspired



Grace Gappmayer, a first grader at Blossom Valley Elementary School, was among several thousand student visitors to the recent 2009 Grossmont College Science Festival held on March 21. There were more than 70 exhibits, demonstrations and hands-on activities. "Pathways to Tomorrow" was the theme of the Science Festival. "We wanted to inspire the next generation of leaders in science and show both boys and girls that science, math and technology are cool, hip, interesting and fun," said Jim Papageorge, Grossmont College professor. Photo courtesy of Grossmont College

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# Local News & Events

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## YMCA calls for volunteers

**T**he East County Family YMCA, with branches in La Mesa, Santee and Rancho San Diego, seeks volunteers for various programs at their facilities. The YMCA is a volunteer driven, non-profit organization. Volunteering with the YMCA gives members and the public at large the opportunity to grow spiritually and intellectually. Many volunteer opportunities exist on a regular basis as well as one-time events. There are volunteer opportunities for the Board of Management, in committees and fundraising such as the Active Adult Advisory Council and The BRANDING fundraiser. Volunteers are also

needed to serve as coaches, referees, and to assist with office support responsibilities.

To learn more about the opportunities available, please visit the East County Family YMCA web site at [www.east-county.ymca.org](http://www.east-county.ymca.org) or stop by the Davis Family YMCA in La Mesa or the Cameron Family YMCA in Santee. Volunteer applications are available at from Front Desk staff.

## El Cajon man to be on 'Price is Right'

El Cajon resident Michael Howard will be a contestant on 'The Price is Right' Tuesday, March 31 at 10 a.m. on KFMB (Channel 8). Tune in and cheer him on.

Or if anyone would like to "Come on down" to watch a taping of the show and try their luck at being chosen as a contestant, tickets are absolutely free. Contestant hopefuls can get complete information and obtain their show tickets online at [http://www.cbs.com/daytime/the\\_price\\_is\\_right/](http://www.cbs.com/daytime/the_price_is_right/). In addition, viewers can call the CBS Ticket Office at (323) 575-2458 (Monday-Friday, 9 a.m. - 5 p.m.) or

the 24-hour Ticket Information Line at (323) 575-2449

'The Price is Right,' the longest-running game show in television history, is hosted by Drew Carey. It is nominated for a 2008 Daytime Emmy Award for Outstanding Game/Audience Participation Show. Produced by FremantleMedia North America.

## Water Authority receives bids for second phase of San Vicente Dam project

The nation's largest dam raise project came one step closer to getting underway today as the San Diego County Water Authority received six construction contract bids for the second phase of the San Vicente Dam Raise project.

The project, which will be built in six phases, will more than double the storage capacity of San Vicente Reservoir by increasing the height of San Vicente Dam by 117 feet. The Water Authority expects to award the contract in April and begin construction by early summer.

Claude A. "Bud" Lewis, Water Authority Board Chair, said the project will not only increase much needed local water storage capacity, but will also create 5,700 job-years of work.

"The additional water storage created by the San Vicente Dam Raise will help protect San Diego County's 3 million residents and \$171 billion economy from future supply shortages caused by drought, disasters or impacts of climate change," Lewis said. "In addition, this project will create a significant number of jobs at a time when our region's unemployment rate is at its highest level since the early 1990s."

"The San Vicente Dam Raise is an excellent example of a 'shovel-ready' infrastructure project that the federal stimulus package was designed to support," Lewis said.

The dam, which is owned and operated by the city of San Diego, currently stands 220 feet high. The \$568 million dam raise project will enable San Vicente Reservoir to store an additional 152,000 acre-feet of water, bringing its total capacity to 242,000 acre-feet.

This construction phase will include excavating the dam's foundation and preparing the site for the dam raise. The next phase of the project, anticipated to begin in early 2010, will include placing roller-compacted concrete on the existing dam to raise it to its new height. The entire project, scheduled for completion in late 2012, will be the largest dam raise in the world using roller-compacted concrete. Refilling the reservoir after construction will take another two-to-five years, depending on supply availability.

Raising San Vicente Dam is a major component of phase four of the Water Authority's \$1.5 billion Emergency Storage Project. When complete, the ESP will provide up to six months of locally stored water if a natural disaster, such as an earthquake, cuts off the region's imported water supplies.

The ESP includes 20,000 acre-feet of water storage in Lake Hodges, 18,000 acre-feet in Olivenhain Reservoir, and 52,000 acre-feet in the expanded San Vicente Reservoir, providing a total of 90,000 acre-feet of water for use during emergencies. An acre-foot is 325,900 gallons – enough to

**See BITS page 12**

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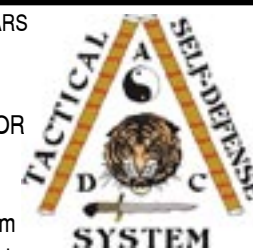
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## — LOCAL NEWS &amp; EVENTS —



Attic Window quilt by Luwhana Kesher. Photo by Patt Bixby



'Jazz Player' quilt by Thelma Martine. Photo by Patt Bixby



## Lakeside Round Up of events

by Patt Bixby

### Dates to Remember

**March 26:** Supervisor Dianne Jacob Coffee with Constituents, Mario's Restaurant 8:30 to 10:30 a.m., 12441 Woodside Ave.

**Thursdays:** Farmers Market each Thursday 2 to 6 p.m., Vine St. and Lakeside in Lakeside.

### Lindo Park celebrates

Lindo Park Elementary celebrated their birthday on Friday, March 20 with a community celebration and 60's dance. Parents who attended Lindo Park brought their children who are now Lindo Park students so they could celebrate together.

One of the highlights of the evening was the digging up of the 1999 time capsule the students had buried ten years ago. Some of the items retrieved included an old music

cassette, lunch menus, beanie baby and a class picture. One student described in a hand written letter the games they played which included Dodge ball, tennis and basketball. Some of the favorite books were Family Tree, 13<sup>th</sup> Floor, Wayside School and Terrible Horrible. During the celebration, a new time capsule from 2009 was buried.

There were school pictures going back to 1949 when Lindo Park Elementary was dedicated. The Principal in 1949 was Ruby Nelson. Sixty years later in 2009 the Principal is Ginger VanZant.

### Quilt Show

The Woman's Club of Lakeside's 24<sup>th</sup> Annual Quilt Show is another example of how the club is bringing cultural events to the old district of Down Town Lakeside.

March 20 and 21 the quilt

show was held at the historic Old Church on Maine ave. where 104 lunches were served over the two day period.

Visitors came from Imperial Beach, Escondido, San Diego, Spring Valley and Chula Vista, said Lakeside Woman's Club Past President Chris Herzog. Herzog said people were taken with the quaintness of lakeside and walked along Maine Ave and over to Lindo Lake Park after enjoying the very successful Quilt Show.

### Streets closed

Monday evening March 23 Maine Ave between Lakeshore Avenue and Parkside was closed after a truck crashed through the front window of Agricultural Pest Control Services.

The accident occurred when a driver was exiting onto Maine Avenue from the Lakeside Steak House parking lot and hit

a truck going south on Maine Ave., causing it to crash into the store window. There were no injuries.

### Chicken Pot Pie dinner

The Lakeside Historical Society Annual Chicken Pot Pie Dinner was a huge success with 79 dinners served at the Olde Church on Maine Avenue.

Special guest speaker G. Pat Macha, Aviation Archaeologist entertained and educated with stories of planes that have crashed under some unusual circumstances and in very interesting places. Two of the places Macha described were Bast Counties Rattlesnake Mountain where 1 to 5 percent of a crashed plane remains and Mission Bay where deep in the water lies a Convair B-36. Watch the Gazette for more Lakeside Historical events.

## Students honored at WordMasters Challenge

Two students representing Carlton Oaks School recently won highest honors in this year's WordMasters Challenge — a national language arts competition entered by approximately 230,000 students annually, which consists of three separate meets held at intervals during the school year.

Competing in the difficult Blue Division of the Challenge, third graders Ben Cobbs and Jacklyn Jardel both earned perfect scores in this year's second meet, held in February. In the entire country, only 109 third graders earned perfect scores. Other students at the school who earned outstanding results in the meet included third graders Sophia Fakhouri, Matt Lamoureux, Ian Mallory, Nick Mezzanotti, Maryah Betchner, Erinn Flanagan, Mikayla Cristini, Kendall Lowry, Robert Rob-

inson, Claire Summy, Christine Tran, and Janessa Zardeneta. The school's students were coached in preparation for the Challenge by teachers Joey Sutura, Andrea Freedman, and Sonia Fox.

The WordMasters challenge is an exercise in critical thinking that first encourages students to become familiar with a set of interesting new words (considerably harder than grade level), and then challenges them to use those words to complete analogies expressing various kinds of logical relationships. Working to solve the Challenge analogies helps students to learn to think both analytically and metaphorically. Though most vocabulary-boosting and analogy-solving activities have been created for high school students, the WordMasters materials have been specifically

designed for younger students, in grades three through eight. They are particularly well suited for able and interested children, who rise to the challenge of learning new words and enjoy the logical puzzles posed by analogies.

The WordMasters Challenge has been administered for the past 22 years by a company based in Allendale, New Jersey, which is dedicated to inspiring high achievement in American Schools. Local students will participate in one more WordMasters meet in the coming months. Medals and Certificates will be awarded in June to those who have achieved and/or improved the most in the course of the year.

For more information, contact Joey Sutura at (619) 956-4537.

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## — LOCAL NEWS &amp; EVENTS —



# El Cajon City Highlights

by **Monica Zech**  
City of El Cajon Public  
Information Office

## New Sales Tax Rate starting April 1

On Nov. 4, 2008, El Cajon voters approved Proposition J, a ½-cent sales tax measure, for a twenty-year period to provide funding to preserve general City services. The General Fund is used to pay for police and fire protection, building inspections, streets, parks, recreation activities, and other essential City services.

On February 19, 2009, the State of California increased the base sales tax rate by 1.00 percent. Both of these increases are effective April 1, 2009 making El Cajon's sales and use tax 9.75 percent. For more information please visit the City of El Cajon website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us) and look under "What's New."

## Conserving Water

The Helix Water District gave a special presentation to the El Cajon City Council at Tuesday's Council meeting called "Water Supply Shortage, New Water Rates and Water Rate Structure for Helix Water District." Representative Mark Weston talked about the importance of conserving water and asked that the public visit their website [www.HWD.com](http://www.HWD.com) for information on calculating your future water rates.

You can also visit [www.20gallonchallenge.com](http://www.20gallonchallenge.com) for tips on numerous ways you can conserve water.

## Lend A Hand This Weekend

On Saturday, March 28, join the next Saturday morning Lend A Hand neighborhood clean up from 9 to 11 a.m. at East Park and Roanoke. This event is sponsored by the El Cajon Community Development Corporation. Recycle

San Diego will be present to collect your electronic waste including cell phones, batteries, computers, televisions, and laptops. Our Lend A Hand program is now partnered with the San Diego Rescue Mission. They will be joining us, collecting any usable items that the residents of Downtown El Cajon no longer need. Please donate your working electronics, furniture, household articles, baby items, or clothes - and remember, your donations are tax deductible! To register, or for more information call the CDC at (619) 401-8858.

## Grand Re-Opening of Harley Davidson In El Cajon

It's an all-day celebration! El Cajon Harley-Davidson, located at 621 El Cajon Boulevard, will hold a Grand Re-Opening on Saturday, March 28, from 11 a.m. to 4 p.m. - and the public is invited! Harley Davidson has been in El Cajon since 1954, and for the past three years they have gone through a major remodel and expansion process. In celebration, the dealership will have two live bands to entertain, plenty of food, fun activities, and prizes. For additional information call (619) 444-1123.

At Tuesday's City of El Cajon City Council Meeting, Mayor Mark Lewis and the City Council issued a Proclamation declaring Saturday, March 28 as El Cajon Harley-Davidson Day in the City of El Cajon. The Council Chambers was decorated with the Harley-Davidson theme and City staff also wore Harley-Davidson clothing.

## Miss El Cajon & Miss El Cajon Teen Pageant

Join the fun this weekend for the Miss El Cajon and Miss Teen El Cajon Scholarship pageants being held on Saturday evening, March 28, 7 p.m., at the East County Performing Arts Center. Several East County young ladies aged 13 to 24 years old will be vying

for the honor of representing the City of El Cajon. The East County Performing Arts Center is located at 210 East Main Street. Doors open at 6 p.m. For tickets or for great sponsorship opportunities, call (619) 938-3477, or visit their website at [www.misselcajon.org](http://www.misselcajon.org).

## First Friday Events Downtown El Cajon

It's a great time to enjoy all that Downtown El Cajon has to offer with First Friday's activity! Starting on Friday, April 3, experience the exciting entertainment, fine dining, and cultural experiences the First Friday of every month in historic Downtown El Cajon. A new activity added is "It's 5 O'clock Somewhere Party" in Downtown El Cajon.

Everyone is invited to attend the El Cajon Community Development Corporation's first annual "It's Five O'clock Somewhere" party on Friday, April 3 from 4:47 p.m. to 8 p.m. in Downtown El Cajon. The Downtown empty warehouse at 131 East Main Street will be transformed into a tropical beach resort with great food and beverages and music by Shipwrecked - a Jimmy Buffet-style band.

The El Cajon Community Development Corporation is organizing this event, with title sponsor Viejas Band of Kumeyaay Indians. Admission to the event is a \$20 suggested donation (larger donations are GLADLY accepted!). Tickets are available at the door! Funds raised will be used to help expand the vital services of the El Cajon CDC. For more information, click here to view the event flyer or call the El Cajon CDC at (619) 401-8858.

## Morning Glory Brunch

The 11th Annual Morning Glory Jazz Brunch will take place on Saturday, April 18, from 9:30 a.m. to 2 p.m. at the St. Madeleine Sophie's Organic Garden Center lo-

cated at 2119 East Madison Avenue. This event will also include the 4th Annual Great SMSC Frog Race, live auction, fabulous prizes and a delicious brunch. Funds raised benefit the Organic Garden Center at St. Madeleine Sophie's Center. For ticket information call (619) 442-5129, ext. 3117. You can also visit them online at [www.stmsc.org](http://www.stmsc.org).

## Youth of the Year Nominations deadline

March 27, 2009 is the deadline to send in your nomination for the City of El Cajon Teen Coalition's "Youth of the Year" Awards to recognize those who go above and beyond in serving their community either through their leadership abilities and/or their quality or level of community service in El Cajon. Leadership can be defined as those individuals who consistently facilitate a team vision and help guide others towards success. Community service

helps better the community through the value and impact of those served. Final awards will be based on dedication, commitment beyond what may be required by school, and demonstrated impact on the community.

Two awards will be given to eligible students each year: one award for a student currently at the middle school level (grades 6th - 8th), and the other for a student currently at the high school level (grades 9-12). All nominations are reserved for youth who are residents of the City of El Cajon. Those chosen will be recognized and awarded for service accomplished within the calendar year previous to the nomination period. We

are currently awarding work that has been accomplished between Jan. 1 and Dec. 31, 2008. Applications will be available at all schools with eligible participants, City of El Cajon Recreation Centers, and on the City's website at [www.ci.el-cajon.ca.us](http://www.ci.el-cajon.ca.us). All applications must be received by March 27, 2009. For more information call Adam Tronerud at (619) 441-1674.

*Note: Keep me informed of your community events by placing me on your mailing or email 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 email 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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# Alpine happenings ...



Photo: Pictured are cast member's of 'Fiddler on the Roof' played by Brennan Thornton (Teveye), Kyleejo Berger (Hodel), Isaac Myres (Perchik, the student), Angela LaBella (Bielke, the youngest daughter) and Haley Price (Shprintze), Photo by Patti Price

Nights at the Mountain Empire Community Center, 976 Sheridan Road, Campo. For more information, call Carol Lewis at (619) 445-6200x165.

## Miss Alpine and Miss Alpine Teen Scholarship Pageants

Interested in becoming Miss Alpine or Miss Alpine Teen 2009? The pageants have been a tradition in the community of Alpine for over 40 years! The pageant program is rich with tradition and is an outstanding mentoring and leadership opportunity for young women to be ambassadors for the youth of Alpine. The program is sponsored by the Alpine Community Center and produced by Scholarship Productions USA, Inc.

The Pageant will be held Monday, May 4 at Viejas Casino in the DreamCatcher Showroom. Tuesday, March 24th is the last day to qualify for this year's scholarship pageants. All interested young ladies between the ages of 13 and 21 years old are invited to attend the rehearsal Tuesday, at the Alpine Community Center, the Modeling Workshop begins at 6:30 p.m., Mr. Jim Crawford will be offering runway modeling training to the contestants. Interested contestants should arrive at 6 p.m., please bring a pair of pumps (heels) for the class.

The new 2009 titleholders will be replacing the current Miss Alpine, Lauren Watson, and Miss Alpine Teen, Jackie Felix.

Contestants for the Miss Teen Alpine title must be at least 13 years of age and no older than 16 as of January 1, 2009. The Miss Alpine Division participants must be at least 17 and no more than 21 years old as of January 1, 2009! The contestants must be female, single and never married, and be a resident of Alpine.

## Local school children make cast of 'Fiddler on the Roof'

Alpine Union School District's *Fiddler on the Roof*, the joyous play about life and love, runs at the Alpine Women's Club, 2156 Alpine Blvd., March 26 - 28. Tickets are available at the door. The play starts at 7 p.m.

## Chamberlin offers free financial information

George Chamberlin, well-known financial reporter, will help people navigate the rough water economy at the next free ACRES Real Estate and Financial Quarterly Public Town Hall Meeting in Alpine.

Chamberlin, executive editor of San Diego's only daily business newspaper, The San Diego Daily Transcript, will be the guest speaker at the no-holds-barred event on Thursday, April 23.

The public meeting is presented by the Alpine Chamber Real Estate Services (ACRES) committee of the Alpine Mountain Empire Chamber of Commerce. ACRES members are financial and real estate professionals who know East San Diego County markets.

"It's free financial and real estate advice to help the local residents and to promote the local professionals," Cory Kill, ACRES chairman, said about the meeting. "The financial and real estate markets continue to be very volatile and current information is your best way to manage your assets."

Questions are encouraged at the free meeting from 5:30-7:30 p.m. at the California Bank & Trust, 2250 Alpine Blvd. California Bank & Trust is the partnering sponsor.

In addition to being The San Diego Daily Transcript's executive editor, Chamberlin is business editor and host of KOGO radio's "Money in the Morning" personal finance and consumer program.

He is also NBC 7/39 TV's weekday Money Advisor, a North County Times newspaper columnist, and publisher/editor of the national "Investing for Rookies" newsletter.

Call (619) 445-2722 or visit [www.alpinechamber.com](http://www.alpinechamber.com) for more information.

## Free Monthly Family Fun Nights

Friday, March 27, 6 - 8 p.m. Free Monthly Family Fun

Are you the next Miss Alpine or Miss Teen 2009?



Lauren Watson Miss Alpine 2008  
Jackie Felix Miss Teen Alpine 2008



Miss and Miss Alpine Teen Pageant  
For young ladies ages 13 - 21 years old  
First Orientation Date: March 17, 2009  
6:30 PM - Alpine Community Center  
Pageant Date: Monday, May 4, 2009  
Viejas Casino - 6:30 PM

Contact: Mrs. Billie Sangster  
619-390-0061  
[scholarshipsusa@cox.net](mailto:scholarshipsusa@cox.net)

The first Miss Alpine crowned was sixteen year old Catherine Higgins and the pageant was held at the Alpine Elementary School April 1968. This year marks the 41st anniversary of the pageant. Through the years the Pageant added additional age groups, Little, Junior and Teen. Over the last forty year hundreds of young girls have participated in the pageants and many have gone on to hold State titles after starting out in Alpine.

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# For Health's Sake

## Viejas Tribal member receives Health Hero award



Jim Floros, CEO of the Burn Institute, nominated Charlie Brown for the Health Hero Award.

Charlie Brown, a Viejas Tribal Member and Director of Viejas Community Relations, was awarded the Health Hero Award by the Combined Health Agencies for his contributions to the local health industry and community activism.

Brown, nominated on behalf of the Burn Institute, has devoted the majority of his life to serving others. He has been an advocate and strong supporter of the Burn Institute for over a decade. During that time, he has been instrumental in achieving and sustaining support, increasing visibility

and keeping a close relationship with the organization. In keeping with Kumeyaay tradition of giving back to the community, Brown is personally involved in many community organizations and events throughout the year where he can often be found donating his time and resources to worthy causes. Because of his support, and the support of the Viejas Band of Kumeyaay Indians, many thousands of people in San Diego have benefited from this generosity.

"I am extremely honored to receive this award. Giving back to the community has always been an ongoing mission for me, and the Viejas tribe. Working with the Burn Institute, and the many other organizations I am involved with, has been a very fulfilling experience, and I look forward to continuing that partnership," said Brown.

"The work that Charlie has done in the San Diego community exemplifies the hard work and generosity of the Viejas Tribe," said Viejas Tribal Chairman, Bobby L. Barrett. "By being a leader on our

community, he is setting a wonderful example for future leaders."

At the award breakfast held at the Prado Grand Ballroom in Balboa Park, 22 other local businesses, doctors, researchers and individuals were honored on behalf of the agencies to which they have devoted their time and talents.

### About the Viejas Band of Kumeyaay Indians

The Viejas Band of Kumeyaay Indians is a sovereign Nation whose people have inhabited the San Diego County area for thousands of years. The 1,600 acre Viejas Indian Reservation is located near Alpine, California, approximately 35 miles east of San Diego. Viejas Enterprises operates the Tribe's business entities, including the Viejas Casino; Viejas Outlet Center; Viejas Entertainment & Production; Three Fires LLC and Four Fires LLC, two partnerships that have developed hotels in Washington, D.C. and Sacramento, California; Borrego Springs Bank; three radio stations and two RV parks. For more information, visit [www.viejasbandofkumeyaay.org](http://www.viejasbandofkumeyaay.org).



### Health... Just Common Horse Sense

by Dr. Donald Adema

Over the past two weeks new patients have been accessing the office now that Christmas is paid for and their new insurance is firmly in place. The mix of ages and diagnosis is varied and some have already been given the title of "the interesting case". (Students dread picking up the interesting case at the end of the day.) Hopefully, the new electronic medical record system will encourage more time together and there will be less hours after hours to enter in the day's action.

A favorite specialists commented on the pace of our practice. "How do you keep up? How do you keep a close eye on the follow up?" Aha, he walked right in to the trap! And off we went.

Quickly I presented how time is spent on a new patient and how the two part yearly exam actually maximizes patient health and planning. Early patient education reinforces what a follow-up and a drive by quickie appointment will entail. All of the troops are empowered to remind the patient that we are not an emergency room and that open add on slots fill up in the early AM. However, the true explanation as to how the pace is maintained is in the definition of prevention and goal setting.

Prevention is not a colonoscopy or pap smear. Prevention is not measuring a lipid panel every two months which can allow for a quicker death of the liver or kidney. Those measures would be screening or looking for a problem. No, prevention is diminishing risk factors by cleaning up the digestive tract where up to 80 percent of your immune system is located. Prevention is ensuring that clean and energized water is taken in proper amounts daily. Prevention is ensuring that proper antioxidants and EFA's are supplemented into a diet that is deficient if purchased solely at the average market. Prevention would be adding a thermogram to your yearly mammogram screening process to observe function, not to just find a cancer shadow. And, speaking of breast cancer, how about expanding prevention into eliminating environmental estrogen intake and protecting your body from those inflammatory estrogens that can not be avoided. Get the picture?

A true prevention strategy is individualized to meet the patient's needs. After the final planning session is accomplished and goals are understood, it is very rewarding to set up a follow up appointment in four months or more. "Hey, see ya next year" is not that unfamiliar of a good bye at the check out desk. And, our flu season was less challenging than last year. And, how many flu shots did we give. Zero!!! Stay tuned

PS A teaser for those with chronic fibromyalgia. Explore the primitive hormone oxytocin and pain control. Not just pain control but an effort to strengthen the immune system's ability to manage pain.

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

### Hearty Whole Grains for a Healthy Lifestyle

(Family Features) Looking for a way to eat healthy on a budget? With great taste and a host of health benefits, whole grains can fill people up without filling them out.

"Whole grains may help reduce the risk of developing heart disease and diabetes," said Emily Korn, registered dietitian with Mars Food U.S. "And for those managing conditions such as diabetes, hypertension and high cholesterol, research shows that choosing whole grains is a simple change that makes a big impact."

The Food and Drug Administration recently extended the whole grain health claim to include brown rice. Try these tips to incorporate whole grain brown rice into everyday meals:

- **Bulk Up Breakfast:** Use whole grain rice as a good source of fiber in breakfast egg casseroles.
- **Pass on Pasta:** Instead of regular pasta, add whole grain rice to soup and chili recipes.
- **Make It Quick:** Update traditional recipes with Uncle Ben's Ready Rice Whole Grain Brown. Recipes such as Mushroom and Spinach Stir Fry are ready in just six minutes.



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## Laughter is the Best Medicine

### Kitty in heaven

A cat died and went to Heaven. God met her at the gates and said, 'You have been a good cat all these years. Anything you want is yours for the asking.' The cat thought for a minute and then said, 'All my life I lived on a farm and slept on hard wooden floors. I would like a real fluffy pillow to sleep on.'

God said, 'Say no more.' Instantly the cat had a huge fluffy pillow. A few days later, six mice were killed in an accident and they all went to Heaven together. God met the mice at the gates with the same offer that He made to the cat.

The mice said, 'Well, we have had to run all of our lives: from cats, dogs, and even people with brooms! If we could just have some little roller skates, we would not have to run again.' God answered, 'It is done.' All the mice had beautiful little roller skates.

About a week later, God decided to check on the cat. He found her sound asleep on her fluffy pillow. God gently awakened the cat and asked, 'Is everything okay? How have you been doing? Are you happy?' The cat replied, 'Oh, it is WONDERFUL. I have never been so happy in my life. The pillow is so fluffy, and those little Meals on Wheels you have been sending over are delicious!'

Submitted by Laird Griffiths



# Class Act Entertainment

## New program at Old Globe to reward high school aged actors

Lou Spisto, Executive Producer of the Tony Award-winning Old Globe, is pleased to announce a new awards program for High School students in San Diego County, *Globe Honors*. This new program honors and rewards excellence in high school musical theatre performance, and includes a competition amongst the accepted students. Among other awards, winners of the competition may be eligible to compete in the National High School Musical Theatre Awards in New York City in June, 2009.

"Globe Honors offers an exciting opportunity for high school students in musical theatre to take part in a challenging theatre program and nationwide competition," said Old Globe Executive Producer Louis G. Spisto, "We are

proud to offer aspiring actors a chance to work at the Globe and follow their dreams."

Students currently in grades 9-12, who performed the Lead role in their high school's 2008-

09 musical production, and also earned a 3.0 or higher grade point average, are eligible to compete in the 2009 program. They must be available for National High School Musical Theatre Awards event

scheduled for June 25 - June 30. If selected for the National competition, winners will travel All Expenses Paid to NY for the competition. Open Call is April 4, semi-finalist group meeting (if selected) is April 11 and the

Semi and Finals competition will be presented on stage at The Old Globe, April 25. Those interested in auditioning may email: [GlobeLearning@TheOldGlobe.org](mailto:GlobeLearning@TheOldGlobe.org). Globe Honors will be expanded in 2010 to include

other award categories.

For more information on The Old Globe's Education Programs, please visit [www.TheOldGlobe.org](http://www.TheOldGlobe.org) and click on the Education Link.

### Open casting call audition March 28

Starlight Theatre in Balboa Park is opening its professional doors to find undiscovered talent to star in *High School Musical: On Stage*. Starlight Theatre is giving young actors ages 16-24 the opportunity to showcase their talent on Saturday, March 28.

*High School Musical: On Stage* will run June 4 - 21. Performances will be at 8 p.m. at the legendary 63-year old Starlight Theatre in Balboa Park.

The winning performer will not only star in a leading role in *High School Musical: On Stage* but get: 1) A year's talent representation with "Hollywood Talent Associates"; 2) A performer headshot photo session with famed theatre photographer Ken Jacques; 3) A \$100 gift card to Otay Ranch Town Center; 4) Tickets for friends and family, and many more surprises.

Auditions take place at the Otay Ranch Town Center - Food Pavilion in Chula Vista, March 28, 10 a.m. Registration is from 9-10 a.m. and the first 100 performers are guaranteed to be seen. Each contestant will have one-minute to prove why they deserve the role by singing a pop song of their choice to our panel of entertainment professionals (Candidates must be a U.S. citizen or be legally allowed to work in the United States).

For more information, visit [www.starlighttheatre.org](http://www.starlighttheatre.org) or by calling (619) 544-STAR(7800).

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## — CLASS ACT ENTERTAINMENT —

# Convoluted story with no sizzle



Clive Owen and Julia Roberts star in *Duplicity*. Photo Credit: Andrew Schwartz / Universal Pictures

Review by Diana Saenger

I remember when movies once had a beginning, middle and an end, all in chronological order. What happened to those days? Why, as in Tony Gilroy's *Duplicity*, must audiences today carry a pad and pencil to keep track of the excessive jumps of years to catalog who did what to whom - in order to determine what they're doing to each other today? Give me a break! Most moviegoers don't go to the movies to work; they want to be entertained.

Presumably some directors think you can cast big stars such as Clive Owen and Julia

Roberts who will make all that work pay off. As charming as Roberts' affable laugh is or how charismatic we find the talented and good-looking Owen, these traits do little to further a story if it's inconceivable or muddled.

In *Duplicity*, Owen plays Ray Koval, an ex-MI-5 operative. He finds his assignments intermingled with those of ex-years to catalog who did what to whom - in order to determine what they're doing to each other today? Give me a break! Most moviegoers don't go to the movies to work; they want to be entertained.

The idea of savvy agents playing each other, I feel, could've made an intriguing

film had Gilroy (*Michael Clayton*) not spent so much time with the flashback jumps, leaving the audience to make sense of the story. After the third one, I was exasperated. I don't care if the scenery location is Dubai, London or Rome. A great story can unfold in a soup kitchen.

In TV interviews before the movie opened, the stars played up the idea about *Duplicity* being more a war-of-words type movie than an agent-action film, and that it would parallel those classic films of rapid and witty banter such as in Howard Hawks' *His Girl Friday* with Cary Grant and Rosalind Russell.

Anyone who has watched

that film will realize the dialogue in *Duplicity* is about as far from *His Girl Friday* as garlic is from honey. Roberts (*Charlie Wilson's War*) and Owen (*The International*) throw out snippets of conversation that feel like lines they must then make fit into the story. Neither seems believable as the characters they portray. I would love to see Roberts tackle something like *Erin Brockovich* (her Academy Award Best Actress role) again.

Tom Wilkinson and Paul Giamatti are wasted in pitiful roles of rival CEOs whose opening scene resembles something one might see in a Marx Brothers comedy -- and one presenting even more work to figure out

how it fits into the plot of the movie, which boils down to everyone stewing over a new product that will change the world.

It's up to the audience to decipher the play between the sheets as real or pretend here. Those who like working a Rubik's Cube might find it appealing. Yet with a lack of charisma, sexual chemistry (which never evolves because the characters are rarely together) or sizzle, *Duplicity* left me sadly disappointed. If you're looking for a great film of this type I suggest renting *His Girl Friday* or the *Thomas Crown Affair* with Rene Russo and Pierce Brosnan.

## Spring rushes in with exciting home entertainment releases

by Diana Saenger

Whether buying or renting, DVDs, Special or Blu-Ray editions; it's a fact new releases are coming in faster than the tides. That's great news for movie fans who can enjoy the wide releases of DVDs that arrive daily. Here's just a few we're spotlighting this week.



### Bolt

The super-dog Bolt (voice of John Travolta) jumps on the big screen with a funny and adventurous tale of adventure, danger and intrigue. Bolt is the star of a hit TV show who bonds with his co-star Penny (Miley

Cyrus). When he's accidentally shipped to New York City, he struggles to get back to Hollywood but is heart broken when he discovers he's been replaced both on the set and in Penny's heart. The Blu-ray and DVD includes several bonus features including deleted scenes, voice sessions, making-of featurettes, games, and a short film in addition to a digital copy of the movie and a DVD version of the film. Rated "PG" - Walt Disney Home Entertainment.



### Goldfinger Blu-Ray

*Goldfinger*, originally released in 1964, arrives on Blu-Ray to the delight of Bond fans. Excitement hasn't paled over the years of Sean Connery's spin as her majesty's secret agent 007. Taking on the billionaire with a gold fetishist offers up a very exciting high-def adventure. The bonus features on the DVD really go the extra mile and include Audio Commentary Featuring Director Guy Hamilton; cast interviews and an Interactive Guide Into the World of Goldfinger. Rated "PG" - MGM Home Entertainment.

### Quantum of Solace

Offers up more Bond adventure, this time with Daniel Craig as agent 007. James Bond (Craig) is transporting Mr. White (Jesper Christensen) to Sicily to get MI6 leader M (Judi Dench) to interrogate him about the mysterious organization Quantum. Before the interrogation can begin, M's bodyguard betrays her and frees Mr. White. Bond kills the bodyguard and the adventure is on. Released on DVD, a Two-

Disc Special Edition and Blu-Ray, bonus features include "Bond on Location" - a 24-minute special feature; the Boat Chase and commentary by Director Marc Forster. Rated "PG-13" MGM Home Entertainment.



### Seven Pounds

Will Smith returns to the screen in this drama now available on Blu-ray High-Def, DVD and PSP. This inspiring tale about one man's quest to better the lives of seven strangers features a top notch supporting cast, including Rosario Dawson. Great bonus features include: a Director's Commentary, behind-the-scenes featurettes like "Creating the Perfect Ensemble," and deleted scenes. Rated "PG-13" Sony Pictures Home Entertainment.

### The Three Stooges Collection Volume Five

Bringing laughs to millions of TV viewers from 1946 to 1948, this volume five of the series continues to entertain folks at home. The notorious trio of buffoons were a memorable riot in 25 "fan requested" short films. Now digitally remastered and chronologically organized, with such favorites as *A Bird in the Head*, *Brideless Groom* and *I'm a Monkey's Uncle!*, this collection also features one 1947 short starring Larry, Curly, and it marks the return of Shemp Howard as part of the Three Stooges. Rated "PG-13" Sony Pictures Home Entertainment.

For more of Diana Saenger's DVD reviews go to [www.reviewexpress.com](http://www.reviewexpress.com) Saenger Syndicate

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# MOTOR AND SPORTS

## 2006 MINI Cooper S JCW GP 0101

by Dave Stall

Car enthusiasts, this article may warm your heart, especially if you have read *Hemi in the Barn* and *Cobra in the Barn* by Cotter. Cotter's books tell the stories of cars found in barns, field, under tarps and then they are turned into classic collectors pieces. Well this review is a modern MINI in the barn story.

The MINI Cooper S JCW GP (John Cooper Works Grand Prix) was released in 2006 as a celebration of the MINI's vast history in rally racing. There were only 2,000 built for the world and out of the 2,000

only 415 came to the United States. Out of the 415 only one was sold in San Diego to a guy named Jim. What really makes the story unique is he took delivery of 0101 at the Pebble Beach Concours De Elegance. Jim and his dad took the trip and picked up the car after Mike Cooper, son of John Cooper and head of the JCW program signed his dad's name on the dash. That is some of the festivities at the event.

Now the car... what makes the GP different than a normal MINI? Well start by removing the back seat, (no normal adult can sit in it anyway). Drop all the sound proofing (not notice-



MINI Cooper S JCW GP 0101. Photo by Dave Stall



Inside the MINI Cooper there is special monogrammed floor mats, numbered dash plaque, gauges are anthracite with red needles. Photo by Dave Stall

able on the road). This was about 200 pounds of weight reduction. Cooper then replaced the rear control arms and put

aluminum components in place versus the steel units — another 88 pounds. The next step was

See MINI COOP page 12



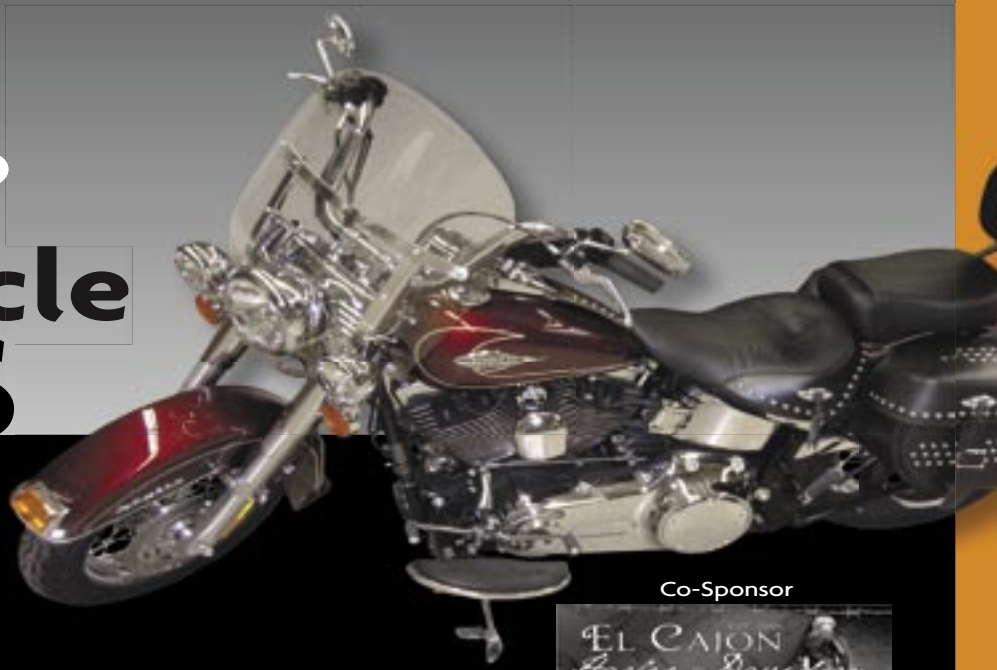
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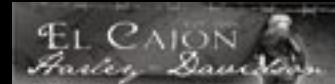
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## — MOTORANDSPORTS —

# MINI Cooper ...

**Continued from page 11**  
under the hood. The JCW will have a supercharger that has been tweaked along with the cylinder head, intercooler and the engine management system. Throw in a low restriction twin exhaust system and

end up with a 1.6-liter four cylinder supercharged engine that produces 214 horsepower and zero to 60 miles per hour in less than 6 seconds and a top speed of 150 from a car that weighs less than 2,000 pounds.



With the back seats out and the sound proofing removed, the MINI Cooper loses 200 pounds. Photo by Dave Stall

Also get limited slip differential, firmer springs, specially constructed brake pads for maximum stopping and if

more control is needed, add truss bars at no additional charge (GP 0101 has them).

Now looking at the GP from afar all the aerodynamic body parts installed are not just for looks. A deep front air dam, side sills that push the air away from the rear tires; a carbon fiber rear wing that helps with down force when at speed. All the cars are painted the same with a Thunder Blue metallic paint on the body and Pure Silver roof and Chile Red side mirrors (so when I come up to other drivers from behind the red mirrors are telling them to move over). Now so no one forgets the importance of this limited edition MINI, there is a number on the roof just above the driver's door, in my case 0101. Inside there is special monogrammed floor mats, numbered dash plaque, gauges are anthracite with red needles.

With all that I still get 33.4 miles per gallon and really can't stop grinning every time I get behind the wheel.

I am forever indebted to Jim the owner for trading it in on a new 09 MINI Clubman and to Brecht and my West Coast MINI spy for letting me know it was available!

This car will be with me to the end of the road and what a ride! Lets Motor!

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(Donation Center/SD Trolley) Main & Marshall, El Cajon

## Bumper-to-Bumper with Dave Stall



**Dave:** I was reading your article from Freddy in Oceanside. Tire monitoring systems are great for one main thing that we all neglect, the spare tire. My RAV 4 had the same problem as Freddy; low and behold the spare tire also has a sensor and that was low, a little air and the light went out. Just some info if it comes up again. Charlie Lakeside.

**Charlie:** Thanks, I did forget about the spare myself. I like tire monitors myself the only problem I have with them is they won't tell you which tire has low air pressure, other than that they do make you look at your tires when they get low on air.

**Dave:** In your column you mentioned that you could put a cover over your license plate; well it is illegal to cover your license plate with anything. The reason is that it may interfere with the Red Light Camera's reading your license plate. Ken Harrison, "The California Comedy Traffic School," (760) 754-1170.

**Ken:** I looked into it deeper and you are correct. Did you hear about the spray that is out there that blocks the lights? How stupid is that. By the way folks if you ever have to go to traffic school Ken and his staff do a fabulous job! Yes I attended his school!

**Dave:** Why do dealerships add hundreds of dollars to cars and trucks that are very popular? For example I know the new Camaro and Dodge Challenger are going to be priced in the 30 to 40 thousand dollar range but how much will the dealer tack on at the dealership? I think there should be a law against gouging the consumer. Pat, El Cajon.

**Pat:** I don't know if there should be a law enacted, like we don't have enough laws already. The problem is not the dealerships it is the consumer. I know for a fact customers of both cars are willing to pay the hiked up price just so they can say they got the "First One" I find it rather childish. Look at the PT Cruiser, they were getting \$5,000 more for the car and today they can't give them away. Put yourself in the shoes of a New Car Dealer, if someone offered you \$10,000 more for the car than you were asking, what would you do?

One dealership in town could have done just that but they didn't and their car was and still is "Hot." Brecht Mini in Escondido, check them out, a lot of LA Mini buyers make the pilgrimage daily.

Got a car question or comment? Contact Dave at [www.davestall.com](http://www.davestall.com)



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## Bits ...

**Continued from page 2**  
meet the needs of two average families of four for a year.

In addition to the emergency storage, the enlarged San Vicente Reservoir will hold 100,000 acre-feet of carryover storage water. Carryover storage allows the Water Authority to store water during wet periods for use during subsequent dry years.

Information about the dam raise project is available at <http://www.sdcwa.org/infra/esp-sanvicentedamraise.ppt>.

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DISCOUNTS!**



## — MOTORANDSPORTS —

*Highlighting City Services, Department of Public Works – Parks Program*

# Preparing for baseball season and much, much more

by **Monica Zech**  
City of El Cajon Public  
Information Office

**D**uring this time of year it's "play ball" for hundreds of little league players in the East County. While they're hit-

ting their home runs and sliding into home, it's nice to know they're playing on the City's beautifully maintained baseball fields and parks. This is thanks to a team of dedicated professionals in the City of El Cajon Department of Public Works

– "Parks Program." They continually strive to provide our community the highest quality and level of service possible year round.

In highlighting our City Services, the Parks Program works to keep our City looking well

groomed. Parks employees maintain, improve, protect, and develop our parks for a variety of sports and activities such as soccer or spending the day at the park with your children. They also take care of the Skate Park at Kennedy, the Dog Park at Wells and the landscaped median islands and public grounds. It's a labor of love, as many of the employees have been with the City for over twenty years. Working closely with the Recreation Department, Parks employees maintain seventeen developed park sites totaling almost 120 improved acres. During school hours, many of these areas are used by the school district. During non-school hours, the facilities are used for City Recreation programs. Six of these parks and recreation areas also offer activities for seniors.

Proudly, the Parks Program works hard for the benefit and enjoyment of the community. Attractive public open spaces and well-maintained parks help to make El Cajon a better place to live, work and play!



Public Works repairing fencing.

## Viejas hosts Inter-Tribal Basketball Championships

**T**he Viejas Band of Kumeyaay Indians hosted the Inter-Tribal Sports (ITS) Basketball Championships on the Viejas Reservation on Sunday, March 15. The sports league, consisting of teams from 16 different tribes or tribal organizations in the Southern California area, provides athletic opportunities along with native cultural and spiritual development.

The championship games began at 9 a.m. at the Viejas Recreation Center located on the Viejas Reservation. The basketball league is broken into three age brackets (10 and under, 11-14 and 15-18). The games will be played throughout the day with single elimination. The team from Barona

took first place in the 15-18 age bracket, San Pasqual took first in the 11-14 age bracket and Sycuan won in the 10 and under age bracket. The Viejas team took third in the 10 and under age bracket on their home court.

The ITS league provides tribal youth structured athletic programs with the mission of unifying tribal communities across Southern California. Since the program's inception in 2002, ITS has offered flag football, basketball and softball to 16 different tribes and more than 1,000 youth across the area. Currently, 28 teams participated in the basketball league.

ITS was developed due to

the need for semi-competitive youth sports among tribal communities. ITS ensures all participants have the necessary resources and facilities to cultivate a passion for sports, along with instilling positive core values in each player. The ITS league is a non-profit, volunteer-driven program that is overseen by a Board of Directors, with at least one representative from each participating tribe.

ITS is primarily funded by participating tribes along with grants, sponsorships and fundraising. Ultimately, the league would like to ensure every tribe is able to host games by helping build and improve recreational facilities on tribal lands.

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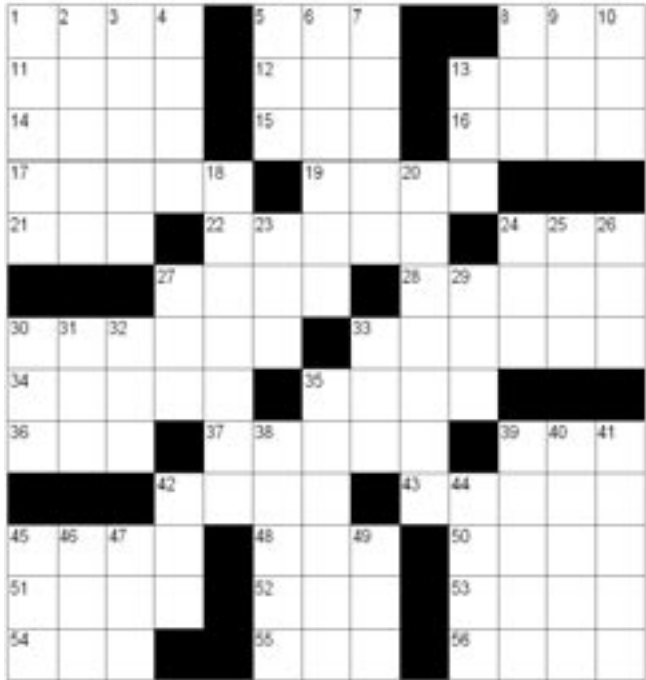
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[www.terrynet.net](http://www.terrynet.net)



— PUZZLES —

Crossword Puzzle



- Across**
- 1 Open
  - 5 Pacific Standard Time
  - 8 Rightful
  - 11 African nation
  - 12 Avenue
  - 13 Outlaw
  - 14 Computer "button"
  - 15 Representative
  - 16 Pros
  - 17 Tunes
  - 19 For fear that
  - 21 South by east
  - 22 Eight
  - 24 Recede
  - 27 Ocean movement
  - 28 Eagle's nest
  - 30 Water ways
  - 33 Swell
  - 34 Excuse
  - 35 Squeal
  - 36 Delaware
  - 37 Mettle
  - 39 Calorie
  - 42 Elderly
  - 43 Large african animal, for short
  - 45 Organization of Petroleum Exporting Countries
  - 48 Official
  - 50 Mined metals
  - 51 Droop
  - 52 Anger
  - 53 Inflammatory disease
  - 54 Long-term memory
  - 55 Vane direction
  - 56 Rodents

- Down**
- 1 Awry
  - 2 Esau's brother
  - 3 Unaccompanied
  - 4 Telephone noise



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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.37-2009-00064464-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: MICHELLE MARIE DIAZ ON BEHALF OF MINORS SAMANTHA CHRISTINE STRAMAT AND JASMINE MARIE STRAMAT FOR CHANGE OF NAME PETITIONER: MICHELLE MARIE DIAZ ON BEHALF OF MINORS SAMANTHA CHRISTINE STRATMAT AND JASMINE MARIE STRATMAT HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
SAMANTHA CHRISTINE STRAMAT  
TO:  
SAMANTHA CHRISTINE DIAZ  
AND  
JASMINE MARIE STRAMAT  
TO: JASMINE MARIE DIAZ

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 15, on April 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 February 26, 2009.

East County Gazette – GIE030790  
3/5, 3/12, 3/19, 3/26 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-00064613-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: ANDREA MARTINS ON BEHALF OF MINORS JOSEPH ALBERTO CHAVERRO AND JOSHUA BRADLEY CHAVERRO FOR CHANGE OF NAME PETITIONER: ANDREA MARTINS ON BEHALF OF MINORS JOSEPH ALBERTO CHAVERRO AND JOSHUA BRADLEY CHAVERRO HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
JOSEPH ALBERTO CHAVERRO  
TO:  
JOSEPH ESTEBAN MARTINS  
AND  
JOSHUA BRADLEY CHAVERRO  
TO:  
JOSHUA BRADLEY MARTINS

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 14, on May 13, 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 MARCH 6, 2009.

East County Gazette – GIE030790  
3/12, 3/19, 3/26, 4/02 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-00064756-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ FOR CHANGE OF NAME PETITIONER: CAMERINA LOPEZ CORTES ON BEHALF OF REINA GARCIA LOPEZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
REINA GARCIA LOPEZ  
TO:  
REINA GARCIA-LOPEZ

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 15, on May 6, 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 FEBRUARY 25, 2009.

East County Gazette – GIE030790  
3/12, 3/19, 3/26, 4/02 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006814

FICTITIOUS BUSINESS NAME(S): Signature Hair Design  
Located at: 2478 Fletcher Parkway, El Cajon, CA 92020  
This business is conducted by: General Partnership  
The first day of business was: August 11, 1994  
This business is hereby registered by the following: 1. Nawal Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 2. Tony Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 3. Christopher Baslios 2478 Fletcher Parkway, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 05, 2009

East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-00064437-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: DIANA LOPEZ DE VILLEGAS FOR CHANGE OF NAME PETITIONER: DIANA LOPEZ DE VILLEGAS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
DIANA LOPEZ DE VILLEGAS  
TO:  
DIANA LOPEZ VILLEGAS

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 15, on April 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 APRIL 2, 2009.

East County Gazette – GIE030790  
3/12, 3/19, 3/26, 4/02 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-00064176-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: CASEY PATRICK REILLY FOR CHANGE OF NAME PETITIONER: CASEY PATRICK REILLY HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
CASEY PATRICK REILLY  
TO:  
CASEY PATRICK BILODEAU

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 14, on April 01, 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 February 18, 2009.

East County Gazette – GIE030790  
3/5, 3/12, 3/19, 3/26 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-0000064816-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: JOEL AUGUST HOCTOR FOR CHANGE OF NAME PETITIONER: JOEL AUGUST HOCTOR HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
JOEL AUGUST HOCTOR  
TO:  
JOEL AUGUST HOWARD

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 14, on May 13, 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 March 13, 2009.

East County Gazette – GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007421

FICTITIOUS BUSINESS NAME(S): Earl & Kathryn Chenoweth Property Management & Investment  
Located at: 8765 Wintergardens Blvd., Lakeside, CA 92040  
This business is conducted by: Husband and Wife  
The first day of business was: January 1, 2008  
This business is hereby registered by the following: 1. Earl H. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040; 2. Kathryn A. Chenoweth 8765 Wintergardens Blvd., Lakeside, CA 92040  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 11, 2009.

East County Gazette- GIE030790  
3/19, 3/26, 4/02, 4/09, 2009

ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME

CASE NO.37-2009-00064252-CU-PT-EC

IN THE MATTER OF THE APPLICATION OF: BACH YEN HO ON BEHALF OF MINOR THUY AN THI NGUYEN FOR CHANGE OF NAME PETITIONER: BACH YEN HO ON BEHALF OF MINOR THUY AN THI NGUYEN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:  
THUY AN THI NGUYEN  
TO:  
ANNALIE NGUYEN

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 15, on April 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 February 20, 2009.

East County Gazette – GIE030790  
3/5, 3/12, 3/19, 3/26 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006814

FICTITIOUS BUSINESS NAME(S): Signature Hair Design  
Located at: 2478 Fletcher Parkway, El Cajon, CA 92020  
This business is conducted by: General Partnership  
The first day of business was: August 11, 1994  
This business is hereby registered by the following: 1. Nawal Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 2. Tony Sekla 2478 Fletcher Parkway, El Cajon, CA 92020; 3. Christopher Baslios 2478 Fletcher Parkway, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 05, 2009

East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-005771

FICTITIOUS BUSINESS NAME(S): High Expectations  
Located at: 1644 Cerca Blanca Place, #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: Beau D. Simi 1644 Cerca Blanca Pl., El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 25, 2009.

East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006010

FICTITIOUS BUSINESS NAME(S): Paul's Car Care  
Located at: 552 La Presa Ave., Spring Valley, CA 91977  
This business is conducted by: An Individual  
The first day of business was: December 12, 1995  
This business is hereby registered by the following: Paul M. Damberger 7407 Central Ave., Lemon Grove, CA 91945  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 26, 2009.

East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-003516

FICTITIOUS BUSINESS NAME(S): Solana Taxi  
Located at: 772 Jamacha Rd. #112, 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: Michael Lam 772 Jamacha Rd. #112, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 03, 2009.

East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-005208

FICTITIOUS BUSINESS NAME(S): Moniz Pizza and Pasta  
Located at: 235 Town Center Parkway Ste. C, Santee, CA 92071  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Maide Martinez 2183 Falmounth, El Cajon, CA 92020  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 19, 2009.

East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-004512

FICTITIOUS BUSINESS NAME(S): Dapper Jay's Barber Shop and Hot Shaves  
Located at: 8886 La Mesa Blvd., La Mesa, CA 91941  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the following: Raymond Decandia 5372 Snarthmore Street, La Mesa, CA 91942  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 12, 2009.

East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-008005

FICTITIOUS BUSINESS NAME(S): Christian Starlight Press  
Located at: 1002 Pansy way, 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. David Sanderlin 1002 Pansy Way, El Cajon, CA 92019  
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on March 17, 2009.

East County Gazette- GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

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**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-004138**  
FICTITIOUS BUSINESS NAME(S): a.)  
Mistress Quinn's b.) MQ Company  
Located at: 234 Jamacha Rd. #1, 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: Anita J. Farrar 234 Jamacha Rd.  
#1, El Cajon, CA 92019  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on February 09, 2009.  
East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-004774**  
FICTITIOUS BUSINESS NAME(S): Global  
Ocean Design  
Located at: 4438 Mt. Henry ave., San Diego,  
CA 92117  
This business is conducted by: An Individual  
The first day of business was: February  
16, 2009  
This business is hereby registered by the  
following: Michelle Hardy 4438 Mt. Henry  
Ave., San Diego, CA 92117  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on February 17, 2009.  
East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-005024**  
FICTITIOUS BUSINESS NAME(S):  
MyShoppingTown  
Located at: 11317 Big Cone Dr., Lakeside,  
CA 92040  
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. Amparo Ruiz 11317 Big  
Cone dr., Lakeside, CA 92040; 2. Edwin R.  
Johnson 11317 Big Cone Drive, Lakeside,  
CA 92040  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 11, 2009.  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007002**  
FICTITIOUS BUSINESS NAME(S):  
SecureOne Pension Administration  
Located at: 6355 Carthage 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: Patrick Scott McKee 6355  
Carthage St., San Diego, CA 92120  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 06, 2009.  
East County Gazette- GIE030790  
3/19, 3/26, 4/02, 4/09, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-003074**  
FICTITIOUS BUSINESS NAME(S): Sugar  
Sweet Stitches  
Located at: 507 Danny 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. John Cowan Weaver 507  
Danny St., El Cajon, CA 92021  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on January 30, 2009  
East County Gazette- GIE030790  
3/19, 3/26, 4/02, 4/09, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007625**  
FICTITIOUS BUSINESS NAME(S): a.) Lady  
Jane Bakery b.) Lady Jane By Design c.)  
Maison Kase By Design  
Located at: 962 Galopago St., Spring Valley,  
CA 91977  
This business is conducted by: An Individual  
The first day of business was: March 1, 2009  
This business is hereby registered by the  
following: Mary Ann Aguilar-Kase 962  
Galopago St., Spring Valley, CA 91977  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 12, 2009.  
East County Gazette- GIE030790  
3/19, 3/26, 4/02, 4/09, 2009


**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006953**  
FICTITIOUS BUSINESS NAME(S): Financial  
CPR Radio Show  
Located at: 4025 Camino Del Rio South,  
Suite 300, San Diego, CA 92108  
This business is conducted by: An Individual  
The first day of business was: January 05,  
2009  
This business is hereby registered by the  
following: Jesse Lipscomb 4025 Camino Del  
Rio South, Suite 300, San Diego, CA 92108  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 06, 2009.  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007010**  
FICTITIOUS BUSINESS NAME(S): a.) J  
and S Sales b.) J and S Properties  
Located at: 727 South 65<sup>th</sup> St., San Diego,  
CA 92114  
This business is conducted by: Limited  
Liability Company  
The first day of business was: October 26,  
2008  
This business is hereby registered by the  
following: J & S Sales, LLC 727 South 65<sup>th</sup>  
St., San Diego, CA 92114  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 06, 2009.  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007261**  
FICTITIOUS BUSINESS NAME(S): Quiznos  
Classic Subs of El Cajon  
Located at: 124 West Main St., #110, El  
Cajon, CA 92020  
This business is conducted by: Limited  
Liability Company  
The first day of business was: March 17,  
2008  
This business is hereby registered by the  
following: Sandwich World LLC 124 West  
Main St. #110, El Cajon, CA 92020  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 10, 2009.  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**ORDER TO SHOW CAUSE FOR  
CHANGE OF NAME  
CASE NO.37-2009-00064651-CU-PT-EC**  
IN THE MATTER OF THE APPLICATION  
OF: WHITNEY NICKOLE COLLIER  
FOR CHANGE OF NAME PETITIONER:  
WHITNEY NICKOLE COLLIER HAS FILED  
FOR AN ORDER TO CHANGE NAME  
FROM:  
WHITNEY NICKOLE COLLIER  
TO:  
WHITNEY NICKOLE FLYNN  
THE COURT ORDERS that all persons  
interested in this matter shall appear before  
this court (San Diego Superior Court, East  
County Division, 250 E. Main St., El Cajon,  
CA 92020. Department 15 on APRIL 29,  
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  
MARCH 06, 2009.  
East County Gazette – GIE030790  
3/19, 3/26, 4/02, 4/09, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-002610**  
FICTITIOUS BUSINESS NAME(S): Kanani  
Properties  
Located at: 6712 Waterman Ct., San Diego,  
CA 92111  
This business is conducted by: An Individual  
The first day of business was: February  
15, 2009  
This business is hereby registered by  
the following: Diana Lee Hollinger 6712  
Waterman Ct., San Diego, CA 92111  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on January 27, 2009.  
East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009



CITY OF EL CAJON  
PUBLIC NOTICE  
FIVE-YEAR CONSOLIDATED PLAN FOR FISCAL YEARS 2009-2010 THROUGH 2013-2014  
AND  
ONE-YEAR ACTION PLAN FOR FISCAL YEAR 2009-2010 – PROJECTS RECOMMENDED FOR FEDERAL FUNDS  
REALLOCATION OF PRIOR YEAR CDBG AND HOME FUNDS  
NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the El Cajon City Council held a public hearing to accept and consider public testimony regarding the Five-Year Consolidated Plan and to allocate Community Development Block Grant (CDBG) and HOME Investment Partnership Program funds on Tuesday, February 24, 2009, at 7:00 P.M. in the El Cajon Council Chambers at 200 Civic Center Way, El Cajon, CA 92020. The public hearing was continued to Tuesday, April 14, 2009, at 3:00 P.M. at the Council Chambers. CDBG and HOME grants are funded by the U.S. Department of Housing and Urban Development (HUD).

The 2009-2014 Consolidated Plan (CP) document represents the City of El Cajon’s effort in fulfilling the requirements under the federal Community Planning and Development (CPD) regulations for the HUD-funded grants. Key components of the document include a comprehensive housing and community development needs assessment and a five-year strategic plan that addresses the identified needs. A draft of the document will be available for public review and comment beginning March 12, 2009.

For fiscal year 2009-2010, the City of El Cajon anticipates receiving \$1,234,525 in CDBG funds and \$759,051 in HOME funds. An additional \$902,547 of unallocated prior year CDBG and \$477,271 of HOME funds is also available for allocation at this time. The CDBG funds must be utilized to meet one of three national objectives to qualify for funding: 1) benefit 70% low and moderate income persons in the community; 2) aid in the elimination of slum and blight; or 3) meet other community development needs having a particular urgency because existing conditions pose a serious threat. HOME funds may be used “to provide incentives to develop and support affordable rental housing and homeownership affordability through the acquisition..., new construction, reconstruction, or rehabilitation...with suitable amenities, including real property acquisition, site improvement, conversion, demolition and other expenses...and to provide for the payment of reasonable administrative and planning costs; and to provide for the payment of operating expenses of community housing development organizations (CHDOs) – 24 CFR 92.205(a). Each participating jurisdiction must set aside 15% of their HOME entitlement for CHDOs.

Projects for the 2009-10 fiscal years are presented in the following format:

Proj. No.	Agency Name Agency Address Agency City/State/Zip Code (only if NOT in El Cajon) Project Site Address Brief description of project.	Type of project and project eligibility according to 24 CFR section as shown.  National priority met, per 24 CFR section as shown and type of allocation (loan/grant/CHDO set-aside funds).	Amount allocated. Project Title
The following projects were tentatively approved at the February 24, 2009, public hearing and will be confirmed at the April 14, 2009 public hearing, subject to receipt of confirmation of the grant amounts from HUD:			
Proposed CDBG Projects for FY 2009-10			
C0701	City of El Cajon site N/A Loan repayment for construction loan for new fire station.	19F – Repayments of Section 108 Loan 570.201(a)&(c) – Capital expenditure loan repayment L/M Area 24 CFR 570.208(a)(2)(A)	\$197,089 Fire Station 8 Replacement
C0702	City of El Cajon site N/A Loan repayment for new ladder truck for Fire Department.	19F – Repayments of Section 108 Loan 570.201(a)&(c) – Capital expenditure loan repayment L/M Area 24 CFR 570.208(a)(2)(A)	\$87,846 Ladder Truck Replacement
C0704	City of El Cajon, 200 Civic Center Way, 410 S First St., 1430 E Lexington Ave., 1285 E Washington Ave, 716 S Second St., 1313 E Main St., 212 S Second St., 1174 E Main St., 1345 E Madison and 1440 S Orange Ave. Housing rehabilitation loans for mobile homes in eligible parks.	14A – Rehabilitation: Single Unit Residential and 14H – Rehabilitation Administration 570.202(a)(5) Capital expenditure loans L/M Clientele 24 CFR 570.208(a)(2)(B)	\$250,000 Mobile Home Rehabilitation
C0901	Chase Avenue Clinic 1111 W. Chase Avenue Installation of playground equipment for children of clients waiting for appointment at their medical clinic.	03P – Parks/Recreational Facilities 570.201© – Capital expenditure grant L/M Clientele 24 CFR 570.208(a)(2)(A)	\$70,000 Chase Ave. Clinic Improvements
C0902	City of El Cajon 200 Civic Center Way 935 S Emerald Replace exterior wood and paint, clean and seal brick exterior, and refurbish center and gym interior.	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant L/M Area 24 CFR 570.208(a)(2)(A)	\$250,000 Renette Center Improvements
C0903	City of El Cajon 200 Civic Center Way Phase II of City’s ADA Plan, Identify and Prioritize ADA requirements, installation of ADA curb ramps throughout city.	03 – Public Facilities 570.201(c) – Capital expenditure grant L/M Area 24 CFR 570.207(a)(1)	\$390,053 ADA Transitional
C0904	City of El Cajon 200 Civic Center Way 935 S Emerald Replace leaking, built-up roof-remove and install new standing metal seam roof.	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant L/M Area 24 CFR 570.208(a)(2)(A)	\$250,000 Renette Center Roof & Tile Replacement
C0911	City of El Cajon 200 Civic Center Way 1153 E. Madison Community policing activities.	05I – Crime Awareness 570.201(e) – Public Services grant L/M Area 24 CFR 570.208(a)(1)(i)	\$88,179 Community Policing



LEGAL NOTICES

CITY OF EL CAJON PUBLIC NOTICE FIVE-YEAR CONSOLIDATED PLAN FOR FISCAL YEARS 2009-2010 THROUGH 2013-2014 CONT.			
CADMIN	City of El Cajon 200 Civic Center Way Administration of the CDBG program.	21A – General Program Administration 24 CFR 570.206 grant	\$212,386 CDBG Administration
C0715	Center for Social Advocacy 1068 Broadway and various locations citywide. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 grant	\$34,519 Fair Housing Activities
C0905	City of El Cajon 200 Civic Center Way City Hall and Council Chambers ADA Improvements	03 – Public Facilities 570.201(c) – Capital expenditure grant L/M Area 24 CFR 570.207(a)(1)	\$120,000 City Hall & Council Chambers ADA Improvements
C0906	City of El Cajon 200 Civic Center Way 935 S. Emerald Remove and replace uneven and defective concrete in courtyard at Renette Park.	03F – Parks/Recreational Facilities 570.201(c) – Capital expenditure grant L/M Area 24 CFR 570.208(a)(2)(A)	\$00,000 Renette Park Courtyard Refurbishment
C0907	Crisis House 1034 North Magnolia Avenue Homeless Services Homeless assistance and vouchers	03T – Homeless 570.201 (e) – Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$40,000 Crisis House Homeless Prevention
C0908	Meals-On-Wheels 1488 Pioneer Way #4 Provide meals to elderly and disabled.	05A – Senior services 570.201 (e) Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$7,000 Meals-on- Wheels-El Cajon
C0909	Set Free Baptist Fellowship of San Diego 1527 E. Main Street Homeless Services Homeless assistance and vouchers	03T – Homeless 570.201 (e) – Public Services grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$50,000 Emergency Voucher Program
Proposed HOME Projects for FY 2009-10			
H0715	Center for Social Advocacy 1068 Broadway and various locations citywide. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 grant	\$11,506 Fair Housing Activities
HADMIN	City of El Cajon 200 Civic Center Way Administration of the HOME program.	21A – General Program Administration 24 CFR 92.207 grant	\$64,389 HOME Administration
H0818	El Cajon Community Development Corp. 168 E Main St. Funds to be used to acquire, rehabilitate, and sell to low-income first-time homebuyers.	13 – Direct Homeownership Assistance 92.205 – Required CHDO Set-Aside - grant to agency, then loaned to eligible homebuyers	\$113,858 CHDO Set- Aside
H0717	El Cajon Community Development Corp. 168 E Main St. Operating support for the housing component of this organization (CHDO).	21I – Funding of CHDO Operating Costs 24 CFR 92.208 – grant	\$37,952 ECCDC Operational Support
H0719	City of El Cajon 200 Civic Center Way Various locations throughout the City. First-Time Homebuyer Program.	06R – Downpayment Assistance 24 CFR 92.254 – loans	\$265,667 First-Time Homebuyer Program
H0910	City of El Cajon 200 Civic Center Way Provide First-Time Homebuyer Program assistance for newly built units on Ballantyne St.	05R – Downpayment Assistance 24 CFR 92.254 – loans	\$477,271 First-Time Homebuyer Program for Weiland Project- Ballantyne St.
H0720	City of El Cajon 200 Civic Center Way Various locations throughout the City. Loan for rehabilitation of single family and mobile homes.	14A – Rehabilitation: Single Unit Residential 24 CFR 92.205(d) loans	\$255,669 Rehab Loan Programs
The draft versions of the Five-Year Consolidated Plan and the One-Year Action Plan will be available for public review for a 30-day period beginning March 12, 2009. On April 14, 2009, at 3:00 p.m., in the City Council Chambers at 200 Civic Center Way, El Cajon, a public hearing will be conducted by the El Cajon City Council. Public testimony pertaining to either document will be heard, and final adoption of the Five-Year Consolidated Plan and One-Year Action Plan will occur at that time. On May 15, 2009, these documents will be submitted to the U.S. Department of Housing and Urban Development for final review and approval, incorporating all comments. In addition, reallocation of CDBG funds from prior year projects and programs may occur. Comments and requests for additional information may be directed to Xavier Velasco, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020, (619) 441-1786. East County Gazette- GIE030790 03/12, 03/19, 03/26/09			

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-005098**  
FICTITIOUS BUSINESS NAME(S): San  
Diego XRAY  
Located at: 9127 Chesapeake Dr., San  
Diego, CA 92123  
This business is conducted by: A  
Corporation  
The first day of business was: November  
1, 1981  
This business is hereby registered by  
the following: San Diego XRAY Inc. 9127  
Chesapeake Dr., San Diego, CA 92123  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on February 19, 2009.  
East County Gazette- GIE030790  
3/5, 3/12, 3/19, 3/26, 2009

**STATEMENTN OF WITHDRAWAL  
FROM PARTNERSHIP OPERATING  
UNDER FICTITIOUS BUSINESS NAME  
FILE NO. 2009-008474  
ORIGINAL FILE NO. 2006-026596**  
The following person(s) has/have withdrawn  
as general partner(s) from the partnership  
under the fictitious business name:  
Darby's Mobile Auto-Boat And RV Service  
The Fictitious Business Name Statement  
for the Partnership was filed on July  
21, 2006, in the County of San Diego.  
Debra N Darby 320 Travelodge Dr., El Cajon,  
CA 92020  
THIS STATEMENT WAS FILED WITH THE  
COUNTY CLERK-RECORDER OF SAN  
DIEGO COUNTY ON March 20, 2009  
East County Gazette GIE030790  
March 26, April 2, 9, 16, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-004878**  
FICTITIOUS BUSINESS NAME(S): a.)  
Heartland Community Development  
Corporation b.) Heartland Foundation c.)  
Barrio Logan Community Development  
Corporation  
Located at: 1235 Shafter St., San Diego,  
CA 92106  
This business is conducted by: A  
Corporation  
The first day of business was: October  
18, 1998  
This business is hereby registered by the  
following: Heartland Coalition 1235 Shafter  
St., San Diego, CA 92106  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on February 17, 2009.  
East County Gazette- GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006820**  
FICTITIOUS BUSINESS NAME(S): C and  
L Curriculum  
Located at: 1155 Bostonia St., El Cajon,  
CA 92021  
This business is conducted by: A General  
Partnership  
The first day of business was: January 1,  
2009  
This business is hereby registered by the  
following: 1. Laura Wortman 1155 Bostonia  
St., El Cajon, CA 92021; 2. Cynthia Mapes  
1227 Green garden Dr. #2, El Cajon, CA  
92021  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 05, 2009.  
East County Gazette- GIE030790  
3/26, 4/02, 4/09, 4/16, 2009

NOTICE OF EARLY CONSULTATION FOR  
THE PREPARATION OF A PROGRAM  
ENVIRONMENTAL IMPACT REPORT FOR  
THE CITY OF EL CAJON DOWNTOWN  
SPECIFIC PLAN

The City of El Cajon is the Lead Agency and  
will prepare a Program Environmental Impact  
Report (EIR No. 88) for the City of El Cajon  
Downtown Specific Plan (ECDSP) including  
a site-specific project on Rea Avenue.  
Pursuant to Section 15083 of the California  
Environmental Quality Act (CEQA) State  
Guidelines, the City is providing an opportunity  
for early consultation at a public meeting for  
those persons and organizations that may be  
concerned with the potential environmental  
effects of the project.

A public meeting will be held at **6:30 PM on  
Wednesday, April 1, 2009**, in the Council  
Chambers located at 200 Civic Center Way  
(formerly 200 East Main Street), in El Cajon.  
The purpose of this meeting is to identify  
significant effects to be analyzed in the EIR  
as well as project alternatives. It would not  
be appropriate to discuss whether or not  
the proposed project should be approved  
or disapproved, since a subsequent public  
hearing is required to both review the EIR  
and consider the project. Public parking lots  
may be entered from Park Avenue, Magnolia  
Avenue, and Main Street.

PROJECT DESCRIPTION: The project area  
covers approximately 541 acres generally  
within the 1,548-acre downtown El Cajon  
Redevelopment Project Area, and is bordered  
by Interstate 8 (I-8) on the west and north,  
Lexington Avenue on the south, and Lincoln  
Avenue on the east. The Rea Avenue Project  
site occupies an approximate 3-acre area  
within the ECDSP, located on the north side  
of Rea Avenue, between Sulzfeld Way and  
North Magnolia Avenue, extending northward  
on the east side of North Magnolia Avenue to  
East Park Avenue. The proposed ECDSP is  
intended to guide future public and private  
development within the downtown area over  
the next 30 years. To achieve its objective of  
creating a better downtown environment—one  
that is safe, vibrant, and with a mix of  
uses—the proposed ECDSP establishes new  
design guidelines and development standards,  
identifies a clear entitlement process for  
projects, and coordinates the provision of  
infrastructure to support future development.  
The Rea Avenue Project would be the first  
project to implement the ECDSP and proposes  
new development into the downtown in place  
of older, blighted buildings near City Hall. The  
proposed ECDSP and Rea Avenue Project  
would require the discretionary actions of a  
General Plan Amendment and the adoption  
of a Specific Plan.

The major environmental issues identified at  
this time to be studied are: traffic & circulation;  
land use compatibility/planning; air quality;  
cultural & paleontological resources; geology  
and soils; hydrology & water quality; noise;  
hazardous materials; utilities and service  
systems; aesthetics; population & housing;  
alternatives; and cumulative impacts.

Any questions should be directed to Anthony  
Shute at (619) 441-1741 or by email at  
tshute@ci.elcajon.ca.us. If you are unable to  
attend the public meeting, but have concerns,  
please submit your comments in writing, no  
later than April 20, 2009, to: Anthony Shute,  
Senior Planner, City of El Cajon, Planning  
Division, 200 Civic Center Way, El Cajon,  
CA 92020.

Melissa Ayres  
Director of Community Development  
City of El Cajon

East County Gazette- GIE030790  
03/26/09

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006452**  
FICTITIOUS BUSINESS NAME(S): San  
Diego County Curb Service  
Located at: 9978 Kika Court #7811, San  
Diego, CA 92129  
This business is conducted by: An Individual  
The business has not yet started.  
This business is hereby registered by the  
following: 1. David Schaefer 9978 Kika Court  
#7811, San Diego, CA 92129  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 03, 2009  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

Following is a summary of an Ordinance  
adopted at the Joint Meeting of the City  
Council/Redevelopment Agency of the City  
of El Cajon on March 24, 2009. Full text is  
available in the City Clerk's Office, 200 Civic  
Center Way, El Cajon, California.

**ORDINANCE NO. 4928**  
**AN ORDINANCE AMENDING  
REGULATIONS IN TITLE 17 OF THE EL  
CAJON MUNICIPAL CODE PERTAINING  
TO BLOOD PLASMA CENTERS.**

This ordinance amends Title 17 of the El Cajon  
Municipal Code, which regulates the uses of  
properties within specific zones, by removing  
blood plasma centers as a use permitted within  
the General Commercial (C-2) Zone, and by  
adding blood plasma centers as permitted  
within the Office Professional (O-P) Zone with  
a conditional use permit. This ordinance also  
provides that blood plasma centers in the O-P  
Zone will not be allowed in the area governed  
by Specific Plan 182, and further requires that  
any blood plasma center in the O-P Zone must  
be located on a property having frontage on a  
primary thoroughfare.

PASSED AND ADOPTED by the City Council of  
the City of El Cajon, California at an Adjourned  
Regular Joint City Council/Redevelopment  
Agency Meeting held this 24<sup>th</sup> day of March,  
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. 4928  
of the Ordinances of the City of El Cajon,  
California, as adopted by the City Council at  
the Adjourned Regular Joint Meeting of the  
City Council/Redevelopment Agency on the  
24th day of March, 2009.

/s/ Kathie Rutledge, CMC, City Clerk

East County Gazette- GIE030790  
03/26/09

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-007369**  
FICTITIOUS BUSINESS NAME(S): Alpine  
Gifts  
Located at: 160 Scottford Dr., El Cajon, CA  
92021  
This business is conducted by: An Individual  
The first day of business was: March 10,  
2009  
This business is hereby registered by the  
following: Patrick B. Wolff 160 Scottford Dr.,  
El Cajon, CA 92021  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 11, 2009.  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**FICTITIOUS BUSINESS NAME  
STATEMENT NO. 2009-006660**  
FICTITIOUS BUSINESS NAME(S): Veso's  
Chilcare  
Located at: 1275 Redwood Ave., 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. Martha Vega 1275 Redwood  
Ave., El Cajon, CA 92019  
This statement was filed with Gregory J.  
Smith Recorder/County Clerk of San Diego  
County on March 04, 2009  
East County Gazette- GIE030790  
3/12, 3/19, 3/26, 4/02, 2009

**More legals on  
page 17**







# Our Best Friends

## How to become a dog trainer ... ask a trainer

by Nan Arthur,  
CDBC, CPDT, KPA CTP

### Dear Trainer,

I've grown up around dogs all my life and currently volunteer with a rescue group. I would like to find out how to become a "real" dog trainer and what it will take to do so. I have taken my dog through a clicker training class and would love to learn more about that method. I would like to know about all the different aspects, such as schools and how long it will take before I have enough knowledge to open a business. I would also like to know about the business end of dog training, such as will I need a business license, insurance, etc.

Signed,  
Dog Trainer in Training,

### Dear Trainer in Training,

I'm always excited when people are interested in becoming dog trainers, so this will be a fun piece to write. It sounds like you have a good start just by the fact that you have lived with many dogs, and in addition are currently working with rescue dogs. Volunteering with rescues or shelters really helps people thinking of working in the field to observe and handle a variety of different dogs, so you have an edge with your volunteer work. Hands-on experience is the most difficult to obtain, so you are on the right track.

### Read!

Read everything you can about dog training; the good the bad and the ugly. You will want a comparison between different styles of training methods because you will be asked about these things by future clients.

Also, watch lots of dog training videos! One of the best sources for books and videos about behavior and training for dogs is Dog Wise, who publishes and sells only books about dogs, and they can be found at: [www.dogwise.com](http://www.dogwise.com). For a clicker training focus, visit [www.clickertraining.com](http://www.clickertraining.com) where books, videos and lots of great article about clicker training can be found.

### Education

I am happy to see you are interested in clicker training since science has shown it is the most effective method of training, and done correctly, makes training faster and definitely more fun for the dogs (and other animals).

At the top of my list is the Karen Pryor Academy, which is all clicker training. The course consists of a series of web lessons, four two-day workshops over the course of about 6 months and exercises that you complete at home with your own dog and another species of animal. This program is considered the "graduate school" of dog training programs and offers a certification when all the requirements are met. They also offer a business track in the course to help grow your business once you graduate.

Visit [www.karenpryoracademy.com](http://www.karenpryoracademy.com) for details about the program, a sample of the coursework and what you will need to do to attend the academy. The real benefit to this course, beyond the curriculum, is that the Workshop weekends are offered all over the country, and specifically, right here in La Mesa, California.

Another option is to apprentice with an established behavior and training expert that is experienced in clicker training and at the same time attending workshops, seminars and conferences by experts in the field. Clicker Expo is one of my first choices for learning, exchanging ideas and watching the best of the best clicker trainers in the world. Clicker Expo is held two times each year in different parts of the country—west and east—to allow people to travel to a location that suits them. Visit [www.clickerexpo.com](http://www.clickerexpo.com) to find more information about these conferences.

The Association of Pet Dog Trainers is a worthy organization to join and will put you in contact with other trainers as well as giving you access to low-cost group liability insurance. Becoming a member gives you many perks, as well as provides you the opportunity to attend their yearly APDT conference at a discount. The yearly APDT conference offers opportunities learn behavior and training from many sources. Their conference is held at different locations each year, but will be in Berkley, CA this year. Their website is: [www.apdt.com](http://www.apdt.com) to find out more about joining.

If you go with the apprentice idea, expect to spend at least a year learning, attending classes/seminars and observing before considering your own business. You should also consider volunteering in a shelter to get more hands-on experience with a variety of dogs. Many of the shelters in San Diego have volunteer programs that include a behavior track. Those include Rancho Coastal Humane Soci-

ety and the San Diego Humane Society, but don't discount other shelters if you are looking for extra hands-on experience as they can all use the help.

### Business

For the business end of dog training, it will depend on your ultimate goals in this field. You may want to focus on private training, group classes or a combination of both. Regardless, you will need to have a good bookkeeping program (Quick Books works for me), a resale license if you intend to sell products for profit to

your clients, a business license if you have a storefront in a city, and really good liability insurance. A background in business will be a plus in helping your business get off the ground.

A website is necessary since people are very orientated to finding information that way, but you will also need an advertising plan to attract people to your business, so consider how you will get those done.

Those are the barebones basics. As much fun as dog

training can be, as a business, it is not going to be an overnight success. It takes a few years to establish a solid clientele and referrals that will make it profitable.

I hope this gives you some ideas on how to begin your quest to become a dog trainer. Good luck and I hope you can introduce yourself to me at some future date as a fellow dog trainer!

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



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Chevy is a 1-yr old Terrier mix who weighs only 13 pounds. He's a fun, energetic dog, and even enjoys cats! Chevy is crate trained, housetrained, and knows "stay." He's ready for an adopter who will continue his training and give him lots of love. This sweet boy is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters [www.focas-sandiego.org](http://www.focas-sandiego.org)) rescue program. To arrange a meeting, call (858) 205-9974. His adoption fee includes microchip, license, vaccinations, and neutering.



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