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VOLUME 9 NUMBER 39 **MARCH 5 - 11, 2009**

One man's destiny to help others

by Diana Saenger

You can do it...Find a Way is Samuel Nehemiah's motto in life. That seems a conventional thought until one knows the history of this remarkable El Cajon man. A motivational speaker, singer and humanitarian, Nehemiah will be part of the program this weekend for *A Night in Africa*, an entertaining, inspirational fundraiser by the Human Factor Leadership Academy at the Gateway Church in El Cajon, Saturday, March 7 at 5: 30 p.m.

Nehemiah was born in Kpor, a remote village in Nigeria. At age four he was crippled with polio, an almost death sentence to children in those days in Africa. Nehemiah's uncle did what he thought was best for Samuel — tell him his mother was dead, and tell his mother that Samuel was dead. He did this so an orphanage would take Samuel in and give him food and shelter.

Life at the orphanage was horrid for all of the children. Nehemiah said instead of

See HUMAN FACTOR page 2

Photo: (Right) Samuel Nehemiah at a Challenge Athletes Foundation event. Photo courtesy



Daylight Saving Time begins on Sunday, March 8

The new City of El Cajon Spring Newsletter and Recreation Guide will be available by Friday at the local recreation centers, City Hall and libraries. Photo by MaryAnn Prall.



See Dave Stall's column on the 2010 Ford Mustang on page 10.



Read about 'Watchmen' by Diana Saenger in the Class Act Entertainment section

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Human Factor ...

Continued from page 1

caring for them, the caretakers' goal was to make money. Given only one meal a day, the children were starved so they would appear wretched in order to elicit contributions from donors. Even when Nehemiah and the others had to crawl everywhere and endured horrific wounds on their knees and hands, they got little treatment from the orphanage. Church groups would come to visit, and one visitor set Nehemiah on a life-changing course.

"He told me whatever happened to your legs doesn't matter and that I needed to educate my mind and go to school to make something of my life," Nehemiah said. "For me, the seed was planted."

There was a school two miles from the orphanage, but the only way Nehemiah could get there was to crawl. So he and several other disabled children crawled four miles on their hands and knees to get an education. And instead of being helped by the other kids, Nehemiah suffered more indignation.

"They would kick me and runaway and laugh," he said. "That was one the most painful things in my life, physically and mentally, but it made me persist in learning."

Being beaten for years because he was a bed wetter, Nehemiah got another hard blow when he thought he was doing something good for himself and the others who could not walk. He saw a story in a magazine about a company that furnished wheelchairs and crutches to the disabled. He wrote and asked for a set of broken crutches he could fix.

"I was so surprised when they sent me six pairs of crutches and proud to tell our matron what I had done," he said. "She was furious that I had written the letter without asking and locked the crutches away in a closet for many months before finally giving them to me."

Yet Nehemiah found solace in one of his teachers, Mrs. Fubara, who was compassionate and treated him with love. Once when he needed to get to school for his final exam to advance to third grade, the odds were against him, but Mrs. Fubara came to his rescue.

"That day it began to pour blankets of thick blinding rain, and I knew there was no way I could crawl to school," Nehemiah said. "I began to cry, thinking all hope was lost. I looked out the window and saw Mrs. Fubara coming toward me with an umbrella. She smiled and said, 'Samuel, get on my back. I will carry you to school.' She had left her classroom of over 30 students and walked over a mile to come just for me. At that moment my heart burst open with love as she became my mother, sister, and the person I could share all my pain with. Her love changed the direction of my life forever and started me on a path that would lead me to great success."

The hard knocks Nehemiah grew up with only strengthened his character. When he finally came to America, he was getting gasoline one day



Nehemiah singing for the San Diego Padres. Photo courtesy

in several states to conduct the assemblies. The students are bewitched by the tales of his early life, but excited when they hear about Nehemiah's accolades winning disabled athlete competitions. In 1994 he was named "Best Wheelchair Athlete of the Year" at the World Stoke Mandeville Games in England. In 2000 he qualified for the Paralympics and came to the United States for training.

and inspirational *A Night in Africa* event in El Cajon. Put on by the Human Factor Leadership Academy, it's a fundraiser for building an academy in Ghana Africa to educate honest and compassionate future leaders of Africa and the world.

Jason Jenkins, CEO of the Human Factor Leadership Academy, said, "Samuel embodies the spirit of the type of student we want to attract for the HFLA. He has the vision to see beyond the physical realm and never give up."

Nehemiah never did give up and lessons from those painful years are reminders that drive him to make a difference in the lives of others. He has started another nonprofit, Project Nigeria, focused on acquiring and sending crutches, wheel chairs and other independent living aids to the disabled in Nigeria and Africa thereby keeping them off the streets.

"Samuel's amazing ability to triumph over physical and emotional hardships is sure to inspire all that hear his journey of perseverance and message to 'Never Give Up,'" said Nikki St. Clair, a San Ysidro High School teacher. "Samuel has affected the lives of many students by his example of determination."

"When I was in the orphanage I was very scared of the dark," Nehemiah said. "So scared, I could hardly breathe. Then when I could see a tiny bit of light through a crack, I could breathe again. That is the hope I want to offer others. Today, I may be that light to those children in the schools, or it may be that school that is being built in Ghana. Hope is amazing!"

Our Mandate

1. To build a sense of hope, self-confidence, and reduce dependence and begging amongst the disabled.

2. Provide vocational training and financial assistance for income generating activities for the self-empowerment of the disabled.

3. Provide mobility and other independent living aids to the disabled in Nigeria and Africa thereby keeping them off the streets.

When he was 16, Nehemiah was reunited for the first time with his mother, brothers and sisters. He recalled the joyful reunion.

"I knew I had to make the kids realize how important school is," Nehemiah said. "In 2007 I started Champsheart, dedicated to reaching the children of America by impacting them through motivational, character-building assembly programs. I ask them, 'What was the possibility that I would ever get to America?' I want them to know if Sam can do it, they can do it. Many Young people have problems today – maybe a broken home, not enough money for food or clothes. I want to give them hope and encourage them to overcome their obstacles."

The program is going strong, and Nehemiah travels to schools

When he was 16, Nehemiah was reunited for the first time with his mother, brothers and sisters. He recalled the joyful reunion.

"When she saw me, my mother was dancing nonstop. One of the highest honors a mother can give their children in Nigeria is to take off a wrapper, a layer of cloth they wear, and lay it on the floor for the child to walk over. My mom did that. She wanted to see me walk over it on my crutches. It was exciting."

Nehemiah also sings, something the children in the orphanage did to mask their depression. He's made a single CD and is in the works with a four-track CD of his music. He's sung at the Padre games, churches and school assemblies. On March 7, Nehemiah will sing two songs during the fun

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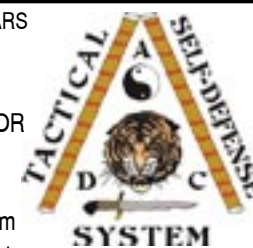
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Lakeside Round Up of events

by Patt Bixby Lakeside Chamber Scholarship

The deadline for the Lakeside Chamber of Commerce Scholarship 2009 is March 13. To qualify the applicant must be a senior enrolled in Lakeside and have a 2.0 GPA. Contact the Chamber at 561-1031 for application information. Scholarship amounts are (3) \$1000 and (4) \$500.

English Immersion Program

Now is the time to register your child in the new English Immersion Program provided by the Lakeside Union School District. Wednesday, March 18 at Lakeside Union School District, 12335 Woodside Ave. between 9:30 a.m. and 6 p.m. Translator will be present.

SDG&E Sunrise Powerlink

The streets surrounding the Lakeside Community Center were lined with cars the evening of February 25 as several hundred people attended the SDG&E open house relating to the SDG&E Sunrise Powerlink.

Those attending the Open House received a Sunrise Powerlink fact sheet outlining the three R's; reliability, renewable energy, and reduced energy cost.

SDG&E said the Sunrise Powerlink will add a critical new connection to deliver reliable power to the San Diego region. The line will import enough energy to power about 650,000 homes and improve overall reliability of the region's transportation system and add protection against future transmission emergencies that could lead to critical emergency shortages.

"Here's the reality about the three R's," said County Supervisor Dianne Jacob during the public meeting, "A massive extension chord through our fire prone back country does not equal greater reliability, it equals perilous danger."

Jacob said in my discussion with SDG&E the utility used the 2003 Cedar Fire as an interesting argument for Sunrise. SDG&E said Sunrise was needed because if the existing south west Powerlink was to go down in a fire, Sunrise could endure reliability.

SDG&E down played the likelihood of the region having two massive fires at the same time. The argument was debatable until October 2007. It turned out SDG&E was right. WE didn't have two massive fires at the same time, we had seven.

SDG&E stated that access to clean renewable energy would come through sources such as

wind, solar and geothermal located in the imperial valley and will be connected to what could become the largest solar energy facility in the world. The line will help SDG&E meet the state's clean energy policies requiring increased use of renewable power and reduce green house emissions.

Supervisor Dianne Jacob said there is enough capacity on the existing southwest powerlink to bring wind, solar and geothermal energy from the Imperial Valley in the region without building Sunrise.

SDG&E's own testimony reveals the utility can meet California's renewable mandate with out building Sunrise. If SDG&E is as committed to renewable energy as it claims why did the company lobby against increasing the state's renewable mandate? Jacob wanted to know.

The third R- Reduce energy costs, according to SDG&E the Sunrise Powerlink will generate over 115 million per year in net benefits by reducing expensive transmission system congestion costs and reduce subsidies paid to local, aging power plants that are now expensive to operate.

Supervisor Jacob stated: Here is the reality about reduced cost. Repeatedly we have seen the alleged financial benefits of Sunrise drop dramatically because of SDG&E's own miscalculations, math errors and faulty assumptions about power plants. First it was \$447 million then dropped to \$204 million and again dropped to \$129 million. Less than one quarter of the lines original cost savings estimates.

By approving Sunrise California will be building a billion dollar movement to the past. Supervisor Jacob said she remains steadfastly opposed to the project in its entirety. "Don't give up, I'm with you,"

she told the audience. The SDG&E open house gave those in attendance a chance to visit the many tables and displays which outlined the Sunrise Powerlink.

More than 100 route alternatives were considered during the nearly four year process. A Southern route that avoided the Anza-Borrego Desert state Park was emerged as an option in late 2006. Once the route was designated for consideration, notices went out to residents and property owners along the route which included Lakeside. Property owners within 300 ft. of the routes were notified by mail as well as interested parties including Lakeside Planning Group and Lakeside Fire Department, said SDG&E representative Don Parent.

Members of the Lakeside Planning Group and the lakeside Fire Department along with a number of interested parties say they did not receive any notice.

After an emotional meeting of the Lakeside Planning Group on February 18 where residents of El Monte valley expressed their outrage over SDG&E's plan to place 150 foot towers across the valley, the residents have decided with the guidance of Supervisor Dianne Jacob that they must come together as a cohesive group if they want to stop SDG&E. There are several law suites in the works which residents are looking into.

Lakeside residents should be aware other areas of Lakeside will be affected by the Sunrise Powerlink. Further information can be found at CPUC's project website at: <http://www.cpuc.ca.gov/environment/info/aspen/sunrise/sunrise.htm>.

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— LOCAL NEWS & EVENTS —



El Cajon City Highlights



The City of El Cajon Recreation Department will hold its Annual Dance and Tumbling Recital at the East County Performing Arts Center on March 22. The recital will showcase the talents of ages 5 through senior adult in tumbling, tap, jazz, cheer, hip-hop, lyrical and modern jazz. Tickets are \$6 with proceeds going back to Recreation Department programs. Children 3 years and younger are free if they can sit on a parent's lap. For information call (619) 588-4276. Box office is at 1545 Pioneer Way, Monday through Friday from 9 a.m. to 5 p.m. Photo courtesy of Snaps Productions.

by Monica Zech
City of El Cajon Public
Information Office

Spring City Newsletter

Stay informed about your City! The City of El Cajon Newsletter and Recreation Guide will be available by the end of this week at your local recreation centers, City Hall, and libraries. Keep your kids busy this spring and summer with such activities as: indoor soccer camp, gymnastics, basketball, dance, arts and crafts and aquatics – something for all ages. In the newsletter section see updates on City projects and City services. Keep in mind the newsletter and guide will not be coming to your mailbox. Visit our website at www.ci.el-cajon.ca.us and look under "Recreation" or again, pick-up a hard copy at any City facility.

Fireman's Fund Presentation

Fireman's Fund Insurance and CMR Risk & Insurance Services will be presenting a \$6,000 grant to the El Cajon Fire Department to help fund the City's firefighter training academy. This special presentation will be made on Monday, March 9, 11 a.m. at the El Ca-

jon Heartland Training Facility at 1301 North Marshall. The money will go toward instructor fees, purchasing materials, and buying necessary supplies for the current fire academy.

“Training our firefighters is a top priority in this department,” said Fire Chief Mike

Scott. “Techniques and skills are ever-changing in the fire service, and it's critical that our rescuers learn the most up-to-date procedures and methods for safe fire operations.”

The grant package is part of a nationwide philanthropic program funded by Fireman's Fund Insurance Company. The program is designed to provide needed equipment, training and educational tools to local fire departments. Since 2004, Fireman's Fund has issued grants to over 1,100 different departments totaling more than \$21 million. Independent insurance agencies that sell Fireman's Fund products are able to direct these grants to support fire stations in their communities. CMR Risk & Insurance Services was instrumental in directing this specific one to El Cajon.

Youth of the Year Nomination Forms Available

The City of El Cajon Teen Coalition presents a “Youth

of the Year” Award 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 9th – 12th). 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 January 1 and December 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. All applications must be received by March 27. For more information call Adam Tronerud at (619) 441-1674.

Community Recreation of the Downtown Specific Plan will be on Thursday, March 12, 7 p.m. at the Ronald Reagan Community Center, located at 195 E. Douglas Avenue in El Cajon. Staff from the City of El Cajon's Community Development Department, Redevelopment and Housing Department, and the El Cajon Community Development Corporation have been hosting these forums. Leading the Specific Plan discussion is Melissa Ayres, Director of Community Development for the City.

El Cajon's Finest Running In Baker To Vegas Relay

Over 20 sworn and non-sworn El Cajon Police personnel, family and friends will be taking part in the 25th Annual Challenge Cup/Baker To Vegas Relay on March 14 and 15. When you add support staff and alternates for the runners, the team size is practically doubled. This 120-mile race is considered the largest law enforcement event of its kind in the World. The original ideals of the race continue to be: teamwork, camaraderie, physical fitness and competition. This is the 5th year the El Cajon Police will be sending a team, and the second year their team number will be “143” in memory of fellow Officer Chris Pietrzak who passed away in September of 2007. The public is invited to help raise funds for the team; t-shirts are available by calling (619) 441-5593.

Neighborhood Forums

Continue for Downtown

The last Neighborhood Forum covering District #5

We've had very good community turnout for the first four forums, and it's not too late to have a say in the future design plans of El Cajon on March 12. All public input will be documented and added to the final draft of the SP 182 plan, which will then be presented to the City Council toward the end of 2009. If you live, work or have a business within these districts please join us, we welcome your thoughts and suggestions. For more information call (619) 441-1709.

Note: Please 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 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 ...

Get on the map

The Alpine & Mountain Empire Chamber is now taking reservations for advertising space on the new soon-to-be published 2008-2010 area map of Alpine and the communities of Descanso, Pine Valley and Campo. For more information, see <http://intranet.alpinechamber.com>, or call or email Kelly@alpinechamber.sdcxmail.com.

Community Sidewalk Sale

Community Sidewalk Sale hosted by Longs Drugs and in partnership with the Alpine & Mtn. Empire Chamber of Commerce will be held on Saturday, March 7, 9 a.m. – 5 p.m. Located at the Alpine Creek Town Center, 1385 Tavern Road, Alpine. Complimentary spaces available. Must bring a table/chairs. If interested in par-

ticipating in this event, call or RSVP Kelly@alpinechamber.sdcxmail.com.

St. Patrick's Day Dinner

Alpine Community Center is hosting a St. Patrick's Day corned Beef and Cabbage Supper on Wednesday, March 11 from 4 to 6 p.m. Join in the fun for a traditional supper and Irish ales. Tickets are on sale now. Adults are \$12, \$5 for kids. Alpine Community Center is located at 1820 Alpine Boulevard, Alpine. (619) 445-7730.

Free Monthly Family Fun Nights

Friday, March 27, 6 – 8 p.m. Free Monthly Family Fun Nights at the Mountain

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

Youth Choir

Community Youth Choir (CYC) new session begins weekly singing classes on Tuesdays at 5:30 p.m., at Christ The King Episcopal Church, 1460 Midway Dr., Alpine, CA 91901. Recital is on April 3. Call Terri at (619) 723-0309 or 445-8968 or see www.ChristTheKingAlpine.org

Events wanted

Have an event to share with the community of Alpine? e-mail: editor@ecgazette.com or mail to: P.O. Box 697, El Cajon, CA 92022 or fax (619) 444-5779.

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A Night In Africa

Saturday, March 7th

A Night In Africa is an informational fund-raising event focused on the Human Factor Leadership Academy's efforts to create a new and sustainable educational model to benefit Africa. Please join us in the continuing efforts to achieving our goal to build a campus in Ghana, Africa.

\$10.00 admission charge
Great raffle prizes
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HUMAN FACTOR LEADERSHIP ACADEMY  humanfactoria.org



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1280 Johnson Ave. #102 El Cajon, CA 92020
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MOTOR AND SPORTS

2010 Ford Mustang may be the boost Ford needs



by Dave Stall

Even though Ford doesn't need as much help as GM and Chrysler I think the 2010 Mustang will put a boost in their profit center. Mustang fans will be pleased, and those not familiar with the Mustang

will love the new 2010 model. It doesn't make any difference if one is just looking for a fun commuter or a "balls to the wall" hot rod — Mustang delivers.

The first thing notable is the styling, not to far from the original but a few more sharp

The 2010 Mustang packs plenty of ponies under the hood.
Photo by Dave Stall

edges to enhance the look. In fact, the only sheet metal leftover from the previous Mustang is the roof panel. Buyers still have the option for a V8 and a five speed manual transmission. One can have a 4.0-liter V6 that puts out 210 horsepower and 240 pound-foot of torque then the 4.6-liter that produces 315 horsepower and 325 foot pounds of torque all backed by either a five speed automatic or a five speed manual that will do 15 mile per gallon in the city and 25 miles per gallon on the open road. The V6 will get a couple more miles.

How does it drive? Well it is a Mustang and that should say it all. The ride was quiet and had plenty of get up and go (I had the 4.6-liter engine with a five speed automatic). The back seats were the typical Mustang back seats, but plenty of room in the trunk. The car came with all the bells and whistles, power window and door locks, A/C. a great sound system and eye popping styling.

I'm not sure about the Gold Burst color I had but other than that I had a blast tooling around San Diego.

Pricing had not been set as of this article, but I assume it will start in the low \$20,000 range and go up according to your dream list. I would stop by El Cajon Ford and talk with Paul Dyke and see if you can ramble him out of a test drive — if he has one to drive that is.

Got a car question? Go to www.davestall.com and let me know!

The interior is a lot like Mustangs from the past but with upgrades that all Mustang enthusiast have been waiting for — heated seats, a one piece soft instrument panel constructed in seamless TPO (Thermoplastic Olefin) skin. The center console houses Sync along with 911 Assist and a vehicle health report. The navigation worked perfectly and it looked like it belonged in the new dash, the gauges looked retro especially at night.

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2010 Ford Mustang at a glance



Mustang fans will be happy with the 2010 Mustang.

Interior is similar to Mustangs of the past, with upgrades.



Plenty of truck room. Photos by Dave Stall

Bumper-to-Bumper with Dave Stall

Dave: I just bought a new 2008 Ford F250 for my wife (She tows a horse trailer) and the finance manager asked me if I wanted to buy Gap Insurance. I said no but I got to wondering when did dealerships start selling auto insurance? What is Gap Insurance? Once I said no she didn't bother to try and explain what it was. I read your column all the time and we did purchase the extended warranty. We plan to make this our last truck! Fred, Santee.

Fred: Congratulations on your new truck and happy to see you bought the service contract. Gap Insurance is just like an extended warranty, it is additional insurance in the event the truck was involved in an accident shortly after purchase. The way it works is like this. Lets say the truck cost you \$35,000 and a week or two later it was broadsided and the insurance company totaled the truck but when they looked up the value it may be only worth \$33,000 or less then when the insurance company pays off the truck to the lending agency you would be responsible for the difference. Gap Insurance, if purchased will pick up the difference between what the pay off is and what the truck is worth. Gap Insurance is based on your credit history and your driving record.

Dave: You're not going to believe this story but I'm going to commute to Mesa Arizona once a month. The company will pay for my gas and car but I'm responsible for any damage done to

the car. I have not made my first trip yet in fact I won't get my car for another month. I was taking to my Dad about my new job and he said I should get a vinyl or leather bra for the nose of my new car because of the sand storms and if I hit one it will surely damage the paint. The problem is I can't find one anywhere. Do you have any suggestions? My new vehicle will be a Chevy HHR panel truck. Thanks for your help. Cindy, Escondido.

Cindy: Wow, I thought I drove a lot, hope you activated the XM Radio. The reason you can't find vinyl or leather nose covers is because of the damage they do to the paint job, if not secured properly (Which they never are) they will rub the paint at freeway speeds and in the sun your paint will naturally fade except for the paint under the nose cover so when you trade the vehicle back in and remove the cover you now have a two-tone nose. What is available today is a product called Clear Bra, it is transparent so you won't get the fading problem, it sticks to the paint so you won't get rubbing and if it gets damaged you can remove it and have a new piece applied. Plus not only do they do the front end of your vehicle but they can protect the back sides of your outside mirrors plus they have kits for the roof, wheel well openings rear bumper, A pillars and a lot more. Email Bumper Doc at www.bumperdoc.com for a free quote.

Got a car question for Dave? Contact him at www.davestall.com



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Business/Finance & Real Estate

Viejas Enterprises receives Business of the Year Award

At an inaugural celebration, Viejas Enterprises was awarded the East County Regional Business of the Year by the San Diego East County Chamber of Commerce.

The first "Bet on the Chamber" celebration, held at Viejas' DreamCatcher Lounge, recognized over 20 outstanding East County businesses. The Chamber annually recognizes businesses throughout East County that have made a

substantial contribution to the community. Viejas was the proud recipient of the highest award due to their continual community support and exceptional business practices.

"Being awarded the business of the year by the East County Chamber is quite an honor," said Viejas Tribal Chairman, Bobby L. Barrett. "The East County community is lucky to have so many outstanding businesses contributing to the local economy.

Viejas works hard to be one of the best year after year, and we are thankful to be recognized for our efforts."

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, ap-

proximately 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.



Viejas Tribal Vice Chairman, Robert 'Cita' Welch, Jr. accepts the Business of the Year Award from East County Chamber of Commerce Chairman, Brian Gray.

Gazette Shopping Guide

Animal Care, Pets & Supplies

East County Feed and Supply Inc., 562-2208
10845 Woodside Ave. SNT
EL Cajon Animal Shelter, 1275 N. Marshall, EC 441-1580
FOCAS (Friends of County Animal Shelters) 685-3536
T.E.A.C.H. 596-2025

Art/Crafts/Sewing

SewCal Cuties 823-9342
Sophie's Gallery, 109 Rea Ave., EC 593-2205

Attorneys

Ramirez Law Firm 814-3521

Automobiles/Motorcycles/Trucks/Trailers

Automotive

ARCE Enterprises, 10734 Kenney St., SNT 448-1171
Dad's Garage, 14830-B Olde Highway 80, EC 249-7870
Elmer Sweetwood and Sons, 151 S. Sunshine, EC 444-1696
Matt's Caddy Shack 1475 Magnolia Ave., EC 440-5958
SD Automotive Museum, Balboa Park, SD 321-2886

COMMUNITY PLANNING GROUPS

Alpine Community Planning Group, www.alpineplanninggroup.org
Dehesa/Crest/Harison Canyon/Granite Hills 445-5907/ 444-5110

Entertainment

Jump'n Jack Flash 338-5225
La Posta Casino, 777 Crestwood Rd., BLVD 824-4100
Sycuan Casino, 5469 Casino Way, EC 445-6002
Viejas Casino, 5000 Willow Road, ALP 445-5400

Financial/Investment Services

Edward Jones, Jenica Goodman, 5620 Lake Murray Blvd., LM 697-7175

Home/Office/Remodeling/Repairs

Al Max Sanitation (800) 404-6480
Alpine Materials 445-0215
Alpine Rock & Block, 13288 Hwy 8 Bus, EC 561-6003
Award Roofing Services, 8731 Winter Gardens, LK 561-2555
Comer Bros. Quality Floorcovering, 9937 Maine Av, LK 561-8651
GJ Fletcher Construction, 2206 Alpine Blvd., ALP 722-7179
Ray's Plumbing 464-5257
Ray Tatlock Driveway Specialist 447-1497
Rupert Pedrin, Jr. Concrete 445-6110

Landscaping/ Nurseries

Landscaping Services 606-1558
Wally's World Nursery, 15888 Old Hwy 80, EC 443-2794

Medical/Health Care

Adema Family Medicine, 10201 Mission Gorge Rd., ... 596-5445

Real Estate / Property Management / Builders

Lennar (888) 203-2762
Primary Residential Mortgage, 2140 Alpine Blvd., ALP 722-1303
Realty Resources 938-3800

Restaurants (see Dining Guide)

Salons/Fitness

Randee Kitts Hair Designer (Oscar & Co.), ALP 445-8640

Specialty Shops

Great Stuff, 456 N. Magnolia Ave., EC 444-4224
Home & Soul & Amethyst Moon, 225 E. Main St., EC 441-0413
Lakeside Jewelers, 9773 Maine Ave., LK 634-8389
San Diego Saddlery, 1783 E. Main St., EC 441-2613
True Value Hardware, 1730 Alpine Blvd., ALP 445-5674
Wholesale Guns, 10769 Woodside Ave., SNT 448-6717

Services

A&S Associates, Graphics Arts 579-8701
A Touch From Above (760) 789-6207
DB Investigations 443-4093
Hypnotherapy, Inc., 9029 Park Plaza Dr., LM 303-8511
Kamps Propane, 16245 Alpine Blvd., ALP 390-6304
Kathy Foster Photography 445-3123

Shopping Malls

Viejas Outlet Center, 5000 Willows Rd., ALP 659-2070

Sports

A.D.C. Tactical Self Defense, 1209 E. Main St., EC 518-4610
Outdoor Laser Tag Paintball 445-1788

ALP-Alpine; EC-El Cajon; LK-Lakeside; LM-La Mesa; LG-Lemon Grove;
RA-Ramona; SNT-Santee; SV-Spring Valley

All phone numbers (619) unless otherwise indicated. All listings are for advertisers of the Gazette only. If you would like to see your business listed here, call (619) 444-5774 for details on how to place your ad.

East County Dining Guide

Mangia Bene, 221 E. Main Street, El Cajon 444-0303

Maries, 777 Crestwood Rd., Boulevard 824-4100

Pernicano's Italian Restaurant, 1588 E. Main St., El Cajon 444-4546

The Wrangler, 901 El Cajon Boulevard, El Cajon 442-1170

The Grove Steakhouse, 5000 Willows Road, Alpine 445-5400

Have your name and number listed here,
advertise in the East County Gazette!

Lennar's new home economic stimulus sale

Lennar is inviting all prospective homebuyers to its New Home Economic Stimulus Sale this weekend, March 7 and March 8, where new homebuyers will be able to take advantage of an outstanding government tax credit for qualified first-time homebuyers and a special California tax credit for all new homebuyers, as well as incredible financing through Universal American Mortgage Company (UAMC).

During this exceptional two-day event, Lennar will help homebuyers be among the first to take advantage of these unbelievable homebuyer government credits including up to \$10,000 State of California tax credit, which is being offered to all new homebuyers and requires no reimbursement and has no income restrictions. This tax credit is available for a limited time only, so homebuyers are strongly encouraged to act early while funding is still available. In addition, qualified first-time home buyers can also take advantage of a federal tax credit of up to \$8,000 on new home purchases without having to repay.

"With this extraordinary combination of offers on our homes, now really is the best time to buy a new home and we invite everyone to visit our communities this weekend!" said Caroline Hunter-Yao, Marketing Manager for Lennar, California Coastal Division. "We are providing customers with many choices in price ranges, locations and new home styles that include a wide

array of financing programs and included features so that buyers have everything they need to get into the home of their dreams today."

Financing for loans through UAMC are starting as low as 3.99 percent (4.29% APR) fixed on loans up to \$417,000* and 4.25 percent (4.26% APR) fixed on loans up to \$546,250. This is a limited time offer and is expected to go quickly during this weekend's stimulus sale.

Lennar presents two distinctive master planned communities within San Diego. The Lakes, located just above desirable Rancho Santa Fe, offers luxury single-family homes priced from the upper \$800,000's and sprawling estates starting in the \$1 millions. In addition, Sky Ranch in Santee is a unique hillside village with select homes boasting panoramic valley and mountain vistas with luxurious single-family homes beginning in the upper \$500,000's.

Additionally, Lennar is celebrating its 55th Anniversary by offering big savings on select homes, marking a major milestone in the company's longstanding history of home-building excellence.

Lennar's New Home Economic Stimulus Sale is March 7th and 8th. Community hours are open daily 10 a.m. to 6 p.m., except Wednesday 10 a.m. to 12 p.m. For a complete list of Communities in your area, call (888) 203-3174 or visit LENNAR.com.

For Health's Sake

Seniors seek to minimize healthcare costs

Anthem Blue Cross implemented an across-the-board increase in Medicare supplement insurance plan premiums March 1, 2009, which is causing senior citizens to look for ways to maximize their healthcare dollars and minimize expenses.

This is particularly true in light of today's recession and as IRAs and 401(k) retirement accounts continue to dwindle in value. As federal bailout and stimulus monies are released, some economists warn of possible increasing inflation rates, a concern for many on fixed incomes.

There is no way to entirely avoid rising insurance rates. AARP and AETNA both increased their Medicare supplement insurance plan premiums on Jan. 1, 2009, and depending on the plan, rates can go up at regular intervals as seniors get older. For seniors who are not affected by the upcoming Anthem Blue Cross rate increase, in the current economy it can be beneficial to shop around, since costs vary from plan to plan and from insurance company to insurance company.

Comparisons can be made by calling the various insurance companies one by one,

by seeking out an insurance broker specializing in Medicare supplement insurance plans or even more conveniently by visiting a California-based Medicare supplement insurance plan Web site, such as www.MedicareSupplementPlans.com. The site provides easy access to information about rates, plans and benefits from several prominent insurance companies.

"I received a notification that my insurance was being increased again. I went on the Internet...and now I'm saving over \$100 a month," said Sharon Davis, 67, of Rancho Palos Verdes.

for senior citizens' financial well-being.

Larry Peschek, 78, of Thousand Oaks said that his insurance broker "helped my wife and me get a Medigap policy that saved us money, but still had the same benefits."

Available insurance options and plans can often be bewildering to seniors, leaving them to wonder what the difference in costs and benefits are between various Medicare supplement insurance plans. The information is out there; it's just a mouse-click away at www.MedicareSupplementPlans.com

Why purchase a Medicare supplement insurance plan at all? There is a common misconception that Medicare pays 80 percent of a senior's healthcare costs. What Medicare actually pays is 80 percent of the amount it has approved for a particular health care service, not 80 percent of what the doctor actually charges. Medicare's "80 percent" might, for example, cover only 50 percent of the doctor's bill, often making a Medicare supplement insurance plan, also known as Medigap insurance, essential

efficient without a supportive digestive tract. Also, all the physician and PhD lecturers agreed, gluten must go or at least be in very controlled moderation. Stay tuned.

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




This past month has been one of education and travel. Mrs. A, staff and I have just returned from the most interesting of the seminars and lectures and our heads are still hurting from all the new info. It will take me a few days to organize that manual into smooth application to patient care. That will not help the headache but is well worth it.

The title of the three days of lectures and demonstrations involved anti-aging. None of us appreciated that phrase. After a long discussion prior to the theatre, we all agreed that a new and improved title would be maximizing your genetic potential or maximizing all God has given you. Those choices seemed a little less shallow and lot more supportive.

Potential article and research topics were popping out all over the place. The lobby bulletin board will have some new and titillating teasers. Humor was readily displayed through out the presentations and firmly presented as an anti-aging pillar. So smile already!

What was particularly gratifying was having the ability to take key staff with us and continue efforts to solidify our approach in blended medicine. To hear them quietly say "We do that" was more than encouraging. To hear them say "We should do that" was more than expected. Hold on to your hats.

Keep this thought in the back of your minds. None of the hundreds of integrative strategies presented would be




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Submitted by Laird Griffiths of Lakeside.



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(Donation Center/ Park & Ride) 12522 Maplevue, Lakeside
(Donation Center/SD Trolley) Main & Marshall, El Cajon

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

CASE NUMBER 37-2008-00067183-CU-BC-EC SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): EATON DEVELOPMENT CO., INC., a California business organization, form unknown; LAS BRISAS LIVING, LLC, a limited liability company; and DOES 1 THROUGH 200, Inclusive. **YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): CURRIE GENERAL ENGINEERING,** a California corporation. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contact-ing your local court or county bar association. Tiene 30 DIAS DE CALENDARIO despues de que le entreguen esta citacion y papeles legales para presentar una respuesta por escrito en esta corte y hacer que se entregue una copia al demandante. Una carta o una llamada telefonica no le protegen. Su respuesta por escrito tiene que estar en formato legal correcto si desea que procesen su caso en la corte. Es posible que haya un formulario que usted pueda usar para su respuesta. Puede encontrar estos formularios de la corte y mas informacion en el Centro de Ayuda de las Cortes de California (www.courtinfo.ca.gov/selfhelp/espanol/), en la biblioteca de leyes de su condado o en la corte que le quede mas cerca. Si no puede pagar la cuota de presentacion, pida al secretario de la corte que le de un formulario de exencion de pago de cuotas. Si no presenta su respuesta a tiempo, puede perder el caso por incumplimiento y la corte le podra quitar su sueldo, dinero y bienes sin mas advertencia. Hay otros requisitos legales. Es recomendable que llame a un abogado inmediatamente. Si no conoce a un abogado, puede llamar a un servicio de remision a abogados. Si no puede pagar a un abogado, es posible que cumpla con los requisitos para obtener servicios legales gra-tuitos de un programa de servicios legales sin fines de lucro. Puede encontrar estos grupos sin fines de lucro en el sitio web de California Legal Services, (www.lawhelpcalifornia.org), en el Centro de Ayuda de las Cortes de California, (www.courtinfo.ca.gov/selfhelp/espanol/) o poniendose en contacto con la corte o el colegio de abogados locales. The name and address of the court is: (El nombre y direccion de la corte es): SUPERIOR COURT OF CALIFORNIA, East County Division, 250 East Main St., El Cajon, CA, 92020. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): Albert F. Quintrall Esq., SBN 58066 Quintrall & Associates, LLP 1550 Hotel Circle North, Suite 120, San Diego, California 92108. Date: (Fecha) September 25, 2008 Clerk (Secretario) By: S. Viets, Deputy (Adjunto)

East County Gazette GIE030790
February 12, 19, 26, March 5, 2009

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**STATEMENT OF ABANDONMENT
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FICTITIOUS BUSINESS NAME
ORIGINAL FILE NO. 2008-012584
FILE NO. 2009-004900**

The following person(s) has/have abandoned the use of the fictitious business name: Action Towing
The Fictitious Business Name Statement was filed on April 15, 2008, in the County of San Diego.
Action Towing 9120 Olive Dr., Spring Valley, CA 91977
This business was conducted by: 1. Robert Glyn Kelleher 229 Fiesta Lane, El Cajon, CA 92019; 2. Doris Jean Kelleher 229 Fiesta Lane, EL Cajon, CA 92019
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON February 18, 2009
East County Gazette GIE 030790
2/26, 3/05, 3/12, 3/19, 2009

**STATEMENT OF ABANDONMENT
OF USE OF
FICTITIOUS BUSINESS NAME
ORIGINAL FILE NO. 2008-028063
FILE NO. 2009-004564**

The following person(s) has/have abandoned the use of the fictitious business name: Protect El Cajon's Future, Yes on Proposition J
The Fictitious Business Name Statement was filed on September 03, 2008, in the County of San Diego.
Protect El Cajon's Future, Yes on Proposition J 1910 Fernbrook Court, El Cajon, CA 92019
This business was conducted by: 1. Stanley L. Palm 1910 Fernbrook Court, El Cajon, CA 92019
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON February 12, 2009
East County Gazette GIE 030790
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-004901**
FICTITIOUS BUSINESS NAME(S): Action Towing
Located at: 9106 Olive Dr., Spring Valley, CA 91977
This business is conducted by: An Individual
The first day of business was: February 18, 2009
This business is hereby registered by the following: Karen Benjamin 3526 Quail View St., Spring Valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 18, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-005088**
FICTITIOUS BUSINESS NAME(S): a.) Arnel G Real Estate & Home Loans b.) Arnel G & Associates
Located at: 557 Skyview St., El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Arnel Guanzon 557 Skyview St., 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
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-005261**
FICTITIOUS BUSINESS NAME(S): Bel Air Market
Located at: 4473 Logan Ave., San Diego, CA 92113
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Bel Air Market, Inc. 4473 Logan Ave., San Diego, CA 92113
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 20, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-004007**
FICTITIOUS BUSINESS NAME(S): DLS
Located at: 802 Grand Ave., Spring Valley, CA 91977
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Dwayne Compton 1829 K Ave. #1, National City, CA 91950
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 09, 2009.
East County Gazette- GIE030790
2/19, 2/26, 3/05, 3/12 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003900**
FICTITIOUS BUSINESS NAME(S): East County Biz Center
Located at: 270 E. Douglas Ave., El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: January 1, 2008
This business is hereby registered by the following: 1. Nancy North 270 E. Douglas, El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 06, 2009
East County Gazette- GIE030790
2/12, 2/19, 2/26, 3/5, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-004462**
FICTITIOUS BUSINESS NAME(S): Custom Wiring Electrical Services
Located at: 667 Ellen Lane, El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: May 17, 2007
This business is hereby registered by the following: Brian Messenger 667 Ellen Lane, El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on MARCH 5, 2009.
East County Gazette- GIE030790
2/19, 2/26, 3/05, 3/12 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003541**
FICTITIOUS BUSINESS NAME(S): P.E.C. Construction
Located at: 8137 Winter Gardens Blvd., Lakeside, CA 92040
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. G.A. Abell Inc., 8137 Winter Gardens Blvd., Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 04, 2009
East County Gazette- GIE030790
2/12, 2/19, 2/26, 3/5, 2009

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME
CASE NO.37-2009-00064004-CU-PT-EC
IN THE MATTER OF THE APPLICATION
OF: ARKAN ZAYA ROFAEL PATRUS FOR
CHANGE OF NAME PETITIONER: ARKAN
ZAYA ROFAEL PATRUS HAS FILED FOR AN
ORDER TO CHANGE NAME FROM:
ARKAN ZAYA ROFAEL PATRUS
TO:ARKAN ZAYA JANKKEEL**
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 1, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON February 6, 2009.
East County Gazette – GIE030790
2/12, 2/19, 2/26, 3/05, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003394**
FICTITIOUS BUSINESS NAME(S): Not Triangles Productions
Located at: 1775 Monte Vista Rd., El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Steven Topham 1775 Monte Vista Rd., El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 03, 2009
East County Gazette- GIE030790
2/12, 2/19, 2/26, 3/5, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-0033074**
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
2/12, 2/19, 2/26, 3/5, 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 Falmouth, 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. 2009-006010**
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. 2009-005272**
FICTITIOUS BUSINESS NAME(S): a.)...and so much more b.) Sew Cal Cuties
Located at: 13280 Hwy 8 Bus., 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: Pamela Joy 13280 Hwy 8 Bus., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 20, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-005258**
FICTITIOUS BUSINESS NAME(S): Holiday House Liquor
Located at: 4206 Bonita Rd., Bonita, CA 91902
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: IHKA, Inc. 4206 Bonita Rd., Bonita, CA 91902
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 20, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003517**
FICTITIOUS BUSINESS NAME(S): Assets-Claims Research and Recovery
Located at: 649 W. Washington Ave., El Cajon, CA 92020
This business is conducted by: Co-Partners
The business has not yet started.
This business is hereby registered by the following: 1. Lona Cathryn Clifton 649 W. Washington Ave., El Cajon, CA 92020; 2. Martin K. Freer 649 W. Washington Ave., El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 03, 2009
East County Gazette- GIE030790
2/12, 2/19, 2/26, 3/5, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-004761**
FICTITIOUS BUSINESS NAME(S): The Lord Agency
Located at: 3930 Denver Dr., La Mesa, CA 91941
This business is conducted by: Limited Partnership
The first day of business was: February 17, 2009
This business is hereby registered by the following: 1. Jennifer Lord 3930 Denver Dr., La Mesa, CA 91941; 2. Scott Lord 3930 Denver Dr., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 17, 2009
East County Gazette- GIE030790
2/19, 2/26, 3/5, 3/12 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-005036**
FICTITIOUS BUSINESS NAME(S): The Image Shaper
Located at: 669 Jamacha Rd., El Cajon, CA 92019
This business is conducted by: An Individual
The first day of business was: February 16, 1994
This business is hereby registered by the following: 1. Mary Kitchel 911 Estes St., El Cajon, CA 92020
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 18, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

**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

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-002308**
FICTITIOUS BUSINESS NAME(S): Got Books?
Located at: 9274 Lakeview Terrace, Lakeside, CA 92040
This business is conducted by: An Individual
The first day of business was: January 23, 2009
This business is hereby registered by the following: 1. Kimberly Pitner 9274 Lakeview Terrace, Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 23, 2009
East County Gazette- GIE030790
2/05, 2/12, 2/19, 2/26, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003424**
FICTITIOUS BUSINESS NAME(S): a.) ART DOM Painting & Decoration b.) ART DOM Fine Wall Finishes
Located at: 1924 Dehesa Rd., El Cajon, CA 92019
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Art-Dom Italian Plasters Co. 1924 Dehesa Rd., 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
2/12, 2/19, 2/26, 3/05, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003939**
FICTITIOUS BUSINESS NAME(S): Rosebud Army-Navy Surplus II
Located at: 642 Hollister St., San Diego, CA 92154
This business is conducted by: General Partnership
The first day of business was: February 6, 2009
This business is hereby registered by the following: 1. Maria R. Evans 3864 Aveinda Palo Verde, Bonita, CA 91902; 2. Marsha Gonzalez 1833 Brabham St., El Cajon, CA 92019
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 06, 2009.
East County Gazette- GIE030790
2/19, 2/26, 3/05, 3/12 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-005509**
FICTITIOUS BUSINESS NAME(S): B.D.T. Inc.
Located at: 2833 Larkin Place, San Diego, CA 92123
This business is conducted by: A Corporation
The first day of business was: February 19, 2009
This business is hereby registered by the following: B.D.T. Inc. 2833 Larkin Place, San Diego, CA 92123
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 23, 2009.
East County Gazette- GIE030790
3/5, 3/12, 3/19, 3/26, 2009

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2009-003526**
FICTITIOUS BUSINESS NAME(S): Hubzone Doors and Hardware
Located at: 453 W. Douglas Ave., El Cajon, CA 92020
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Wendy D. Norton 12188 Pagosa Lane, Lakeside, CA 92040; 2. Mark R. Norton 12188 Pagosa Lane, Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 03, 2009
East County Gazette- GIE030790
2/12, 2/19, 2/26, 3/5, 2009

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00063702-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: CHRISTINA PROULX ON BEHALF OF ARIANA CANDELARIA GONZALEZ FOR CHANGE OF NAME PETITIONER: CHRISTINA PROULX ON BEHALF OF ARIANA CANDELARIA GONZALEZ HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
ARIANA CANDELARIA GONZALEZ
TO:
ARIANA CANDELARIA PROULX
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, 4TH FLOOR, on MARCH 11, 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 JANUARY 20, 2009.
East County Gazette – GIE030790
2/05, 2/12, 2/19, 2/26 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2009-00064235-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: KAMARAN PASHA ON BEHALF OF MINORS CONNIE HUSSAIN, KAVIE HUSSAIN AND ARI HUSSAIN FOR CHANGE OF NAME PETITIONER: KAMARAN PASHA ON BEHALF OF MINORS CONNIE HUSSAIN, KAVIE HUSSAIN AND ARI HUSSAIN HAS FILED FOR AN ORDER TO CHANGE NAME FROM:
CONNIE HUSSAIN
TO: CONNIE PASHA
AND
KAVIE HUSSAIN
TO: KAVIE PASHA
AND
ARI HUSSAIN
TO: ARI PASHA
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 22, 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 19, 2009.
East County Gazette – GIE030790
2/26, 3/05, 3/12, 3/19 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. 2009-006012
FICTITIOUS BUSINESS NAME(S): a.) RHA Security Services b.) Bob's Produce
Located at: 1463 San Altos Place, Lemon Grove, CA 91945
This business is conducted by: An Individual
The first day of business was: January 1, 2001
This business is hereby registered by the following: Robert Henry Adams 1463 San Altos Place, 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. 2009-004138
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

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

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

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-005092
FICTITIOUS BUSINESS NAME(S): Interiors By Bann
Located at: 10471 Moorpark St., Spring Valley, CA 91978
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Bann Atiq 10471 Moorpark St., Spring valley, CA 91978; 2. Roger Atiq 10471 Moorpark St., Spring Valley, CA 91978
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on February 19, 2009.
East County Gazette- GIE030790
2/26, 3/05, 3/12, 3/19, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-002714
FICTITIOUS BUSINESS NAME(S): Rock Pointe Services
Located at: 8870 La Mesa Blvd., La Mesa, CA 91941
This business is conducted by: A Corporation
The first day of business was: November 1, 2001
This business is hereby registered by the following: 1. Donsar Corp. 8870 La Mesa Blvd., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on January 28, 2009
East County Gazette- GIE030790
2/05, 2/12, 2/19, 2/26, 2009

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CREST/DEHESA/GRANITE HILLS/HARBISON CANYON
SUBREGIONAL PLANNING GROUP
P. O. Box 21489, El Cajon, CA 92021-1489
PLANNING GROUP MEETING
P R E L I M I N A R Y AGENDA/PUBLIC NOTICE

- DATE: 7 pm., March 9, 2009

PLACE: Crest Community Building, 113 North Park Drive, Crest

1. Call to order/Pledge of Allegiance/Roll call/Approval of February 09, 2009 meeting minutes/Expense Reimbursement requests.

2. Announcements.

3. Open forum followed by Group Forum: An opportunity for members of the public/ Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.

4. Committee Reports:

(a) 2020 General Plan Steering Committee and Interest Group update (Manning)(Vandover).

(b) Subregional Community Boundaries Committee (Walls).

5. Private project proposal

(a) TPM 21133RPL1 Carnevale at 1863 Harbison Canyon Road

(b) Proposed Cell Site by Cricket at 1335 A La Cresta Blvd. (Orozco)

6. Public Project Proposal:

(a) Planning Area Community Plan. (2020 General Plan Update).

7. Unfinished Business:

(a) Removal of Microwave Tower on Alta Lane, Crest (Ulm)

8. New Business:

(a) Presentation reference Harbison Canyon and Dehesa Fire Station (Raver)

(b) Presentation time requested by Sycuan Tribe

(c) Report on Septic System proposal for properties in the State of California (Bretz)

9. Adjournment
- Notice: March and April 2009 meetings will be held at Crest Community Building, in Crest.
- Planning Group Members:

| | | | | |
|-----------------|-------------------|-------------------|------------------|-----------------|
| Crest: | 1. Janet Dillard | 2. Pat Ulm | 3. Ralph Slagill | 4. Judy Bowen |
| Dehesa: | 5. Lorraine Walls | 6. Gary Crocker | 7. Wally Riggs | 8. Bill Bretz |
| Harbison Canyon | 9. Mary Manning | 10. Jack Vandover | 11. Jason Harris | 12. Jeff Myrick |
| Granite Hills | 13. Phil Hertel | 14. Charles Smith | 15. Mark Gabler | |
- Final agenda will be posted at the Crest Community Building, 72 hours prior to meeting.

Chairman
Wally Riggs
(619) 442-4612

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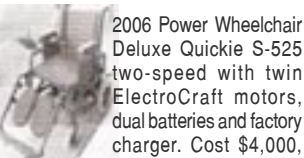
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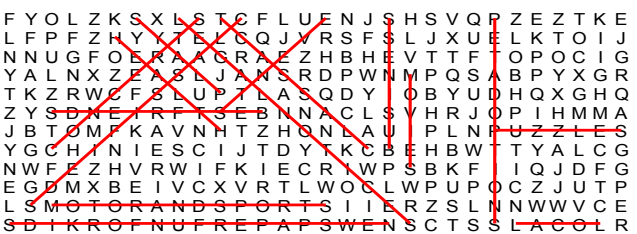
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Our Best Friends

All dogs are trainable ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPA CTP

Dear Trainer,

My boxer is about 2 years old, and is really wild, he never listens and "checks out," during our obedience class we are taking to try and get him under control. He seems like he has Attention Deficit Disorder or something, and not just at class, he is like this all the time. He doesn't sleep much since he is so wired up. He can't sit still for very long, and forget about getting him to sit on command. We exercise him at least an hour every day, but it doesn't seem to help. Is it possible that a dog just can't be trained?

Signed,
Jell-O headed dog mom

Dear Jell-O

Well it certainly sounds like you have your hands full. I do believe that every dog can be trained, maybe not to the degree that each person might like for their lifestyle, since there are some mitigating factors to consider, but, yes, if they have a brain, they can be trained.

With your dog I see several things that might be making your dog less than the companion he should be. First is the breed. Boxers are typically high-energy dogs that move a good deal. The term, "Wiggle Butt" might just have begun with a boxer as they really are wiggly dogs. Of course, there are very steady and calm boxers as well, but as of late, I see many more that are bundles of energy. Your dog is still young and that also adds to the problem.

What you can do

To help your dog calm down, try to think of things that exercise his mind and then relax the physical exercise to a more conditioning and maintenance level. A good rule of thumb is 15-20 minutes twice per day of play or walking, and then supplemented with mental exercise, such as providing stuffed Kongs, or Buster Cubes with your dog's kibble in them so he has to work for his meals. Training is another effective way to help calm dogs.

You didn't mention what type of training or the type of equipment you use on your dog, but equipment can cause more anxious and stressed behavior when the "training" used is of a punishment or corrective nature. If you haven't looked into using positive reinforcement, you should, as adding anxiety to an already fretful dog via corrections or harsh training equipment can add to your dog's general anxiety.

Next, there is the lack of sleep issue. According to the book Stress in Dogs, by Martina Scholz & Clarissa von Reinhardt, the most well-behaved dogs get 17 or more hours of rest and sleep per day, so if your dog is not getting enough of both, you will have to consider some ways to help your dog recuperate his body each day. Things to think about to facilitate rest and sleep are giving your dog things to chew that will last for a good deal of time, such as pressed rawhides (get really big ones), raw marrow or soup bones, bully sticks and again, stuffed Kongs, but made more difficult

to keep your dog busy for at least 45 minutes to an hour at a time. Visit the Kong website for lots of ideas on what to put into Kongs, and how to properly stuff them for maximum distance. <http://kongcompany.com/> Also, use a crate or quiet rooms where you can confine your dog and help him get some naps. Many dogs, just don't take themselves out of the action, so you may have to help your dog get more rest.

Teaching self-calming exercises can also help your dog to relax more. You can make something as simple as eye contact a very rewarding behavior that also acts as a way for your dog to "ask permission" when he wants something. When dogs have a focus and an understanding about how to behave to get what they want, they are much calmer overall. To do this, each time your dog looks at you, say, something like, "Yes!" or use a clicker to mark the second he looks at you, and then give your dog a high-value food reward. Turn away from your dog and wait for him to move to your front (most dogs do this pretty quickly when there are good treats involved) and wait for your dog to look up at you again, say, "Yes," and reward again. Do this exercise 10 or so times and then say, "All done," and put the treats away.

Come back later and do it again until you can see that your dog is really starting to make automatic eye contact in hopes you will say, "Yes," again and give him his reward.

Next, practice in different places around the home so

your dog learns that making eye contact might be something he can do anywhere to get what he wants. When your dog is reliably looking at you, start to use eye contact for everything your dog wants in life. He wants his Kong, he needs to make eye contact first, and that will make you say, "Yes," and put his Kong down. He wants to go outside, same thing, the door opens when you get eye contact. He wants to play with a toy, wait for eye contact before engaging in play, etc.

If your dog is really exuberant when you begin this exercise and jumps on you to get the treat, use lower value rewards, such as his regular dry dog food, and/or stop training for a few minutes until he is calmer.

If you keep this up for a few weeks, your dog will have a nice skill that he will choose to do, and as such, will be more calm and relaxed overall, and you will have trained your "untrainable" dog!

If you are still having problems, be sure to contact a qualified behavior and trainer person that uses positive reinforcement methods.

Good luck,

Nan Arthur,
CDBC, CPDT, KPA CTP

Author of the upcoming book: "Chill Out Fido," How to Calm your Dog/Dog Wise Publishing
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