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VOLUME 9 NUMBER 50

MAY 21-27, 2009

2010 Chevy Camaro, worth the wait



Read Dave Stall's column on the 2010 Chevrolet Camaro on page 10.

Concerts on the Green begins Friday

On Friday, May 22, Concerts On The Green are back at Prescott Promenade from 6 to 8 p.m. at 211 East Main Street. The 2009 season begins with The Catillacs and their Rock & Roll music. Come early and enjoy dining at a nearby restaurant downtown that has outdoor seating, and enjoy your meal and the music! For a look at the full calendar of exciting concerts planned in the Class Act Section B of this week's Gazette.

What's new in theatres?

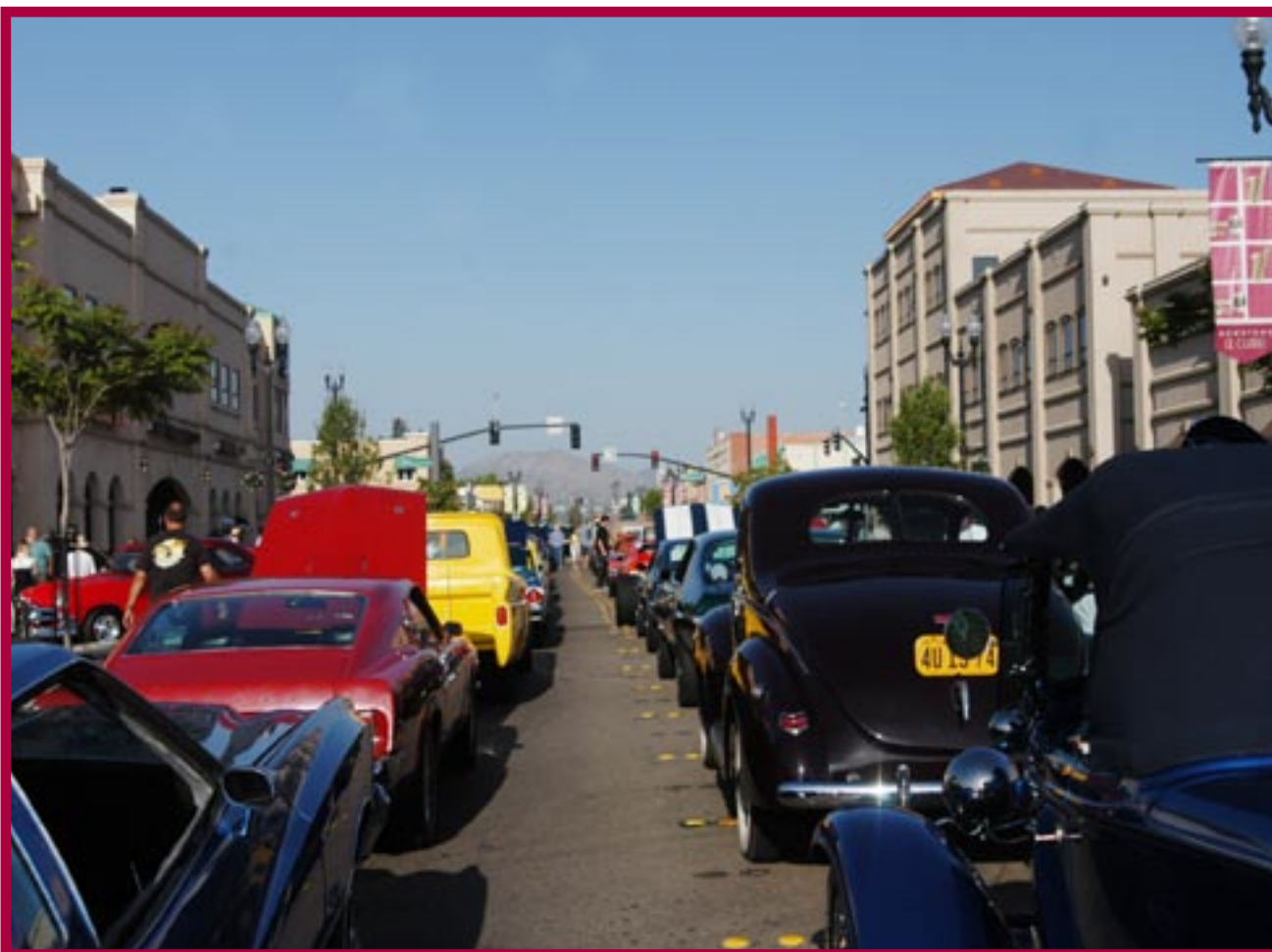


'Summer Hours' by Diana Saenger in the Class Act Entertainment Section

Read about 'Angels & Demons' by Michael Black and



A mile of cars at Cajon Classic Cruise



It was like the "Perfect Storm," except it was raining classic and vintage vehicles under beautiful clear skies. The Cajon Classic Cruise kicked off the car show season Wednesday, May 13 with approximately 500 vehicles, 120 bikes and a reported 12,000 people in attendance. The car show runs every Wednesday evening from 5 to 8 p.m. on Main Street in El Cajon. See page 11 for trophy winners. Photo by Debbie Norman

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Local News & Events

Bits and pieces around East County

Fire at Bank of America Branch on Fletcher Parkway

At 7:33 p.m. on Tuesday, May 19, El Cajon Firefighters responded to reports of a fire in the kitchen area of the Bank of America branch, located at 512 Fletcher Parkway. Upon arrival fire crews found smoke coming from the rear of the building where they made entry. Quick action by firefighters had the fire knocked down in 15 minutes. About 15 firefighters fought the blaze. Damage was contained to the kitchen area and to a small room located in the back area of the bank. There were two bank employees inside at the time the fire started, they were able to escape unharmed.

The fire is now under investigation. Preliminary damage is estimated to be \$100,000. The bank will remain closed until repairs can be made.

Wings Over Gillespie Air Show

San Diego's Almost Annual Wings Over Gillespie Air Show will be held on June 5, 6 & 7, 2009. Air Group One, the San Diego wing of the Commemorative Air Force will present their (almost) annual Wings Over Gillespie Air Show at Gillespie Field in El Cajon.

The Commemorative Air Force has the largest airworthy collection of former military aircraft in the world. It has over 150 flyable combat aircraft, making it the world's seventh largest air force! The CAF is a living, flying history lesson, giving tribute to America's great military aviation heritage. It proudly displays some examples of the only flying aircraft of its type, such as the B-29 Superfortress and Curtiss SB2C Helldiver. Each day will feature re-enactments of WWII and Vietnam War aerial battles complete with pyrotechnic displays, bombing

runs, and strafing attacks. This year John Collver will once again demonstrate his famous aerobatic skills in his SNJ "War Dog". You'll be able to get up close to famous combat aircraft from World War II and see classic warbirds and other interesting aircraft take to the sky! (The actual flying part of the air show will occur on Saturday the 6th and Sunday the 7th). Approximately 40 aircraft, both flying and in static displays, will be on hand that you can see up close. This unique air show will have live entertainment throughout the day, interviews with aces and veterans from WWII to present day, a large Kidz Zone, and free shaded seating for over 400 people. As always, more than two dozen food and merchandise vendors will be on hand.

The air show runs Friday, June 5, through Sunday, June 7. The gates are open from 8 a.m. to 5 p.m. Admission \$10 for adults (18 and over); kids



Little Miss San Diego County Princess - Halle Sweiss, Junior Miss - Carlee Gliko, Pre-Teen Miss - Sabrina Wu, Teen Miss - Alexa Jones and Miss San Diego County Princess - Lauren Watson. Photo by Kathy Foster

10-17 and military in uniform \$5; under 10 free. For more information, visit www.wingsovergillespie.org.

County seeks air support to protect county against fires

Securing additional aerial protection in San Diego County is a top priority with the County Board of Supervisors. In an effort to help minimize the region's threat from future fires, the county of San Diego has invested over \$135 million since 2003 to improve fire protection and emergency medical services. The County has two new firefighting helicopters, dozens of new fire trucks, and improved communication system, a new Emergency Operations Center and has removed over 500,000 dead trees.

Do to the economic limitations facing local governments; the Unified Disaster

Council recently approved a plan recommending an alternate more cost-effective approach to augment current regional aerial firefighting assets. The aerial Fire Protection Program would provide a "tool box" approach by identifying specific aerial firefighting resources that can be utilized on a "call when needed" basis, either prior to a forecasted major wind event or immediately after a wildfire has started. The program would include resources such as the Martin Mars air tanker, the DC7, additional type 1 and 2 helicopters and military helicopters with buckets. The pilot program that leased two Quebec based super-scoopers and one tactical aircraft during a three month period in 2008 will not be implemented in 2009.

The UDC's recommendation would supplement the four local firefighting aircraft and state and federal aerial resources currently in San Diego County. A relatively small amount of funding would be needed to allow for the pre-positioning of these firefighting aerial assets. The funding will only be expanded if aircraft are used. Any left-over monies could be carried over to future fire seasons.

The County of San Diego Board of Supervisors passed unanimously the unified Disaster Councils plan for an aerial Fire Protection Program to provide a significant surge of aerial firefighting assets on a "call when needed" basis for this years fire season.

East County girls capture titles

For the second year in a row, young ladies from East San Diego County have captured countywide pageant titles during the 2009 Miss San Diego County Princess Pageant held Sunday, May 17, at the Lakeside Community Center.

Alpine captured three of the five pageant titles. Named Little Miss San Diego County Princess is 7-year-old, Halle Sweiss, of Alpine, Junior Miss winner is Carlee Gliko, also of Alpine, Pre-Teen Miss is Sabrina Wu, Teen Miss, Alexa Jones, of Ramona and taking the Miss San Diego County Princess is Lauren Watson, also of Alpine. Twenty one young ladies between the ages of 6 and 21 years old took part in this the third annual countywide pageant, produced by Scholarship Productions USA.

The titleholders and members of the Court will now move onto the 2010 Miss California Princess State Finals scheduled for October 16 and 17, 2009. Members of the Court included: Emily Shilberg, 1st runner up Little Princess, Ayanna Rodgers and Carissa Montes - Junior Princess runner ups, Raquel Ruiz, Nicole Gliko - Pre-teen runner-ups, Sierra Adam and Morgan Gallo are Teen runner-up and Hope Rosemary is Miss runner-up.

For information regarding Princess Pageants contact Mrs. Billie Sangster at (619) 390-00 61.

Buyer admission is Free

Booth rental is \$35.00 for all three days.

FARMER'S MARKET AND SPRING FAIR

It's a go, so plan on it!

The Golden Acorn Casino is pleased to announce the **Farmer's Market and Spring Fair** has been scheduled for the following dates:

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Saturday, June 13, with set-up starting at 8am and ending at 3pm
Sunday, June 14, with set-up starting at 9am and ending at 3pm

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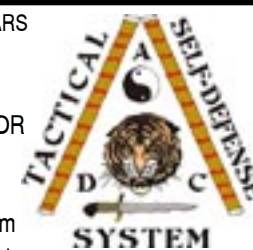
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SHOP EAST COUNTY

— LOCAL NEWS & EVENTS —

El Cajon Police begin new RV Parking Permit System

The City of El Cajon unveiled its new web based RV Parking Permit System. Effective today, Friday May 15, 2009, residents of El Cajon who wish to park their RVs on City streets will be required to obtain a permit to avoid being cited. The permits are free of charge and available on line by going through the City of El Cajon's web page: www.el-cajon.ca.us. A link is also available on the El Cajon Police Department's web page at www.elcajonpolice.org.

The parking permit system is in response to hundreds of complaints received by the City from community members expressing concern about RV parking on City streets. Many complaints centered around RV owners using City streets to park and store motor homes and trailers. After extensive research, the City enacted Ordinance 10.28.070 which requires RV owners in El Cajon to obtain a permit in order to park on the street. (A link on the City web page directs users to the actual City ordinance.

The Ordinance went into effect August 1, 2008, and the City contracted with a software firm to develop a user friendly program that would allow members of the community to easily obtain the free permits. The software program was recently completed and the program has been added to the City's web page. The web site contains a page for Frequently Asked Questions (FAQ) regarding the permit system. El Cajon residents with RVs are encouraged to view this page for more information.

The permit system allows RV owners, who live within the City limits of El Cajon, to receive a one-day parking permit for their motor homes and trailers. The permits are valid for a 24-hour period and residents can apply for three at one time. Residents will only be allowed 52 RV parking permits per year. RVs parked on City streets without permits will be subject to parking enforcement. There will be a thirty-day grace period in effect until June 25, 2009 during which time those RVs in violation of the City ordinance will receive a written warning. After June 25, 2009, those RVs parked on city streets without a permit will receive a citation.



El Cajon City Highlights

by Monica Zech
City of El Cajon Public
Information Office
**Fair Housing Community
Workshop**

San Diego County and its cities invite public participation in a workshop to discuss fair housing issues. This workshop will be held on May 28, 6 to 8 p.m. at the Ronald Reagan Community Center, located at 195 East Douglas Avenue in El Cajon. A series of four community workshops located throughout the county will be held to gather comments and suggestions regarding fair housing issues in the county and available services. For more information about the workshop in El Cajon please call (619) 441-1786.

**Very special concert June
2 at The East County
Performing Arts Center**

The 36th Army Band, based out of Ft. Huachuca, Arizona, will present a free concert

on June 2 at 7 p.m., at the East County Performing Arts Center. The concert is part of a four city performance series entitled "Around the World in Eighty Minutes" and will feature pieces such as "Four Scottish Dances", "An American in Paris", and "Africa: Ceremony, Song and Ritual". The 36th Army Band is the only active duty military band in Arizona, and are in great demand for parades, concerts, and other community events, as well as numerous military functions. The band travels more than 30,000 miles per year throughout the Southwestern United States, fulfilling its musical commitments. The 36th Army Band is under the direction of WO1 Donna Clickner and First Sergeant Robert Stagg. The Band can be reached at (520) 533-2515, or you can visit their website at: www.huchuca.army.mil/band.

**Cajon Classic Cruise
Wednesday Nights through
September**

The 9th Annual Cajon Classic

Cruise, considered the largest weekly classic car show in Southern California, continues Wednesday, May 27, on downtown's Main Street from 5 to 8 p.m. with the theme Willy's Wednesday! The Cajon Classic Cruise features more than 500 classic, custom, and hot rod cars in a street festival setting every Wednesday evening through September 30. Always free of charge, each week features a different theme. For a full listing of the 21 spotlighted themes (plus two special holiday shows) please visit www.downtownel-cajon.com.

**Apartment managers attend
a special crime prevention
seminar**

If you are an apartment manager or owner, this seminar is for you. The El Cajon Police Department will hold their next Crime Free Multi-Housing (CFMH) training program on Tuesday, June 9. This is a state-of-the-art crime prevention program designed to reduce crime, drugs, and gangs on apartment properties. Property owners, managers, leasing staff, maintenance personnel, and others in the management team are encouraged to attend this 8-hour training program. This free and very successful program is now in over 2000 cities throughout the United States and in seven different countries. The class will be held from 8 a.m. to 5 p.m. at the Ronald Reagan Community Center in El Cajon.

Newly certified participants that pass the annual renewal Crime Prevention, Crime Prevention Through Environmental Design (CPTED) inspection for the CFMH program, will now be recognized at El Cajon City Council meetings. The benefits of this program are reduced calls for service, a more stable tenant base, plus it creates a sense of community for tenants living in an

apartment environment. For more information or to register please call Samantha Hook at (619) 579-4227.

**Saddle Up - Western Days
Are Coming**

The Olaf Wieghorst Museum's 7th Annual Western Heritage Days is set for June 6 and 7, along the 100 block of Rea Avenue in El Cajon. This fun family event is a celebration and exhibition of our Western Heritage. The weekend includes live Western music, lots of good food, Buffalo Soldiers with Western reenactments, a farmers market, artists and artisans, craft makers, a children's pavilion with a petting zoo, and storytellers. Hours are: 10 a.m. to 6 p.m. on Saturday, June 6, and 11 a.m. to 5 p.m. on Sunday, June 7. For more information call (619) 590-3431 or visit www.wieghorstmuseum.org.

**Watch City Televised Bulletin
Board on Channel 24**

The Televised City Bulletin Board hours have been changed effective May 14. The hours are now: 7 a.m. – 8 a.m. and 7 p.m. – 8 p.m., Thursday through Monday on Cox Channel 24. The City Bulletin Board provides a variety of information to keep the public informed of special events sponsored by the City, provide information on City's projects, increase community awareness of City Services, and to supplement public safety information.

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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— LOCAL NEWS & EVENTS —



Lakeside Round Up of events

by Patt Bixby

Dates to Remember

May 25: VFW/Amvets Memorial Day Celebration at Lindo Park 10 a.m.

May 30: Riverview School International Fair 11 a.m. to 5 p.m., 9308 Winter Gardens Blvd.

June 1: Chamber of Commerce Meeting Open to the Public, 6:30 Community Center

June 3 & 17: Lakeside Planning Group 7 p.m., Community Center

June 4, 11, 18, 25: Farmers Market Lakeshore and Vine St.

June 6: 6th Annual Optimist Fishing Derby 7 a.m. to 1 p.m. at Lindo Lakes.

June 10: Design Review Board Meeting 7 p.m. Community Center

June 17: The Greater East County Chamber of Commerce Alliance Networking Trade Show 5:30 to 8 p.m. Cuyamaca College- for information contact the Lakeside Chamber at 561-1031

June 18: Business Mixer Chamber- Lakeside Highway Lions

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

June 26: Lakeside Chamber of Commerce Scholarship Golf Tournament

June 28: Lakeside Day at the Del Mar Fair

Lakeside Middle School

LMS (Lakeside Middle School) held a fundraiser car wash at Lakeside's Pony Ex-

press Car Wash, 9757 Winter Gardens Blvd., on Sunday, May 17. The proceeds from the car wash will go towards 8th grade promotion activities including a day at the beach and the 8th grade dance. The car wash fundraiser ran until 6 p.m.. By 3 p.m. the students and adults had raised approximately \$450, said Pony Express owner Stewart Winkler.

Lakeside Citizen of the Year

Know a dedicated citizen who has given their time to make Lakeside a better place? Contact the Chamber with names of persons in the community who would make a great Lakeside Citizen of the Year for 2009. Any service organization, citizen, group

or business may nominate a candidate(s). Contact the Chamber of Commerce for additional information at 561-1031.

Lakeside VFW Memorial Day Celebration

Congressman Duncan Hunter and Chairwoman Dianne Jacob will be guest speakers at the Memorial Day Celebration, May 25 at 10 a.m. at the Lakeside VFW, 12650 Lindo Lane.

The celebration will feature Huey Cobra Attack, Helicopter and crew, US Marine Corps, US Marine 3rd Air wings Band, Kids ID program, 50/50 drawing, silent auction, food and more.

Western Days Parade Float Theme Winners

Best Band- TDS Middle School

Best Commercial Entry- Alpine Rock N Block

Best Community Theme- Hole In the Wall Gang

Bet Musical Entry- Lakeside VFW/Amvets

Best Youth Entry- San Diego Off Road Coalition

Best Use of Color- Gator by the Bay Festival

Best Depiction of Parade Theme- The Lakeside Post Office

Grand Marshall Winner- Alpine Outlaws

Congratulations from the East County Gazette

City of Santee launches social media campaign against proposed Las Colinas expansion

Taking a page from the Barack Obama for President Campaign playbook, the City of Santee has launched a web site, a Facebook page and a Twitter micro blog to rally support for the city's position against an expansion of the Las Colinas Detention Facility in the heart of Santee's town center.

"Educating the public and getting support from San Diego County taxpayers is an important element of our campaign to get the County of San Diego to realize that the Las Colinas expansion is just bad policy," states Randy Voepel, Mayor of Santee.

Santee contends that taxpayer money will be misused, safety will be compromised, land values will tumble, traffic will increase and the quality of life that the residents have worked hard to establish will erode.

The County is proposing that the Las Colinas Women's Detention Facility be expanded

from 15 acres to 45 acres at its current location in the center of Santee's business and shopping district. The City of Santee has concluded that other locations within the County of San Diego are more appropriate for the expanded jail with no negative effects on the surrounding community.

The web site – www.nojail-expansion.com – provides extensive information about the proposed expansion and the many negative effects if the County is allowed to go through with its plans.

The Facebook page – No Jail Expansion – allows concerned individuals to become a 'fan' of the page, track the progress of the proposed project and comment on the expansion.

Followers of the Twitter micro blog @nojail-expansion will receive updates and have the opportunity to comment on the expansion.

Currently the County Board of Supervisors is reviewing

a mandatory environmental impact report (EIR) that the County is required to complete prior to approval of the expansion.

"We would welcome an opportunity to bring the County to the negotiating table and see if we can work out a compromise," states Voepel. "Unfortunately, our invitations have fallen on deaf ears."

About Las Colinas

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

About Santee

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

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Alpine happenings ...

Fire Preparedness Exercises held at Viejas

Approximately 60 fire protection agencies from San Diego County participated in the 2009 Fire Preparedness Exercises. This year's event took place at the Viejas Indian Reservation east of Alpine on April 18, 21, 22 and 23.

Participating fire agency personnel prepared for the upcoming fire season through a variety of drills, while wearing full safety gear and carrying firefighting tools. Engine Crews practiced structure protection drills, wildland hoselays, pumping evolutions and other

exercises. Aerial resources, including two helicopters, practiced coordinated fire attacks with ground crews under simulated fire conditions.

Don Butz, Chief of the Viejas Tribal Fire Department, said, "There are more tribal reservations in San Diego County than any other county in the country, with more than 124,000 acres of tribal land. These lands are primarily in the back country, where the wildfire threat is greatest. That's why it is so important to include the county's tribes, especially the tribal fire departments, in the planning and training stages of fire prevention and management. And that is why Viejas is proud to host this year's countywide fire preparedness drills."



Viejas and Alpine firefighters discuss efforts at the annual countywide Wildland Fire Drill held at the Viejas Reservation.

Morrison at (619) 445-2544. See <http://www.alpinechamber.com>.

'Hole in One Golf Tournament'

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

Farmers Market

Friday, June 12, 8 a.m. - 3 p.m., Saturday, June 13, 2009, 8 a.m. - 3 p.m. and Sunday, June 14, 9 a.m. - 3 p.m. Golden Acorn Casino's Farmers Market/Spring Fair. Vendor tables are available. For more information and to receive an application, please call Diana Shea at (619) 938-6018. The Chamber office also has applications.

Get on the map

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. This is a (3) year publication and distribution of 12000. For more information, see <http://www.alpinechamber.com>. Call or email Kelly@alpinechamber.sdcxmail.com.

Business Networking Breakfast

Tuesday, June 9, 7:15 - 8:30

a.m. Business Networking Breakfast "Hot Topics" at Fuller Hall, 2225 W. Victoria. The cost is \$15 per person. \$20 at the door. Guest speaker is Jeffrey Czajka of "Deliver Freedom". His topic: Discovering Your Memory Power. RSVP to Kelly@alpinechamber.sdcxmail.com.

Networking Trade Show

Wednesday, June 17, 5:30 - 8 p.m. GECCA (Greater East County Chamber of Commerce Alliance) Networking Trade Show at Cuyamaca College Student Center. Introduce your product or service to the East County. Premiere, half or full tables available. RSVP to Kelly@alpinechamber.sdcxmail.com.

Luau & Great Duck Race

Saturday, June 20, 5 - 8 p.m. 3rd Annual Luau & Great Duck Race at Campbell Creek Ranch. Support the Alpine Union School District. Sponsorship available.

Family Fun Night

Thursday, June 25, 5:30 - 7:30 p.m. FAMILY FUN NIGHT AT Descanso, Alpine & Pacific Railway, 1266 Alpine Heights Road, Alpine, will be hosting a Complimentary "After 5 Business Networker" Mixer. Refreshments will be served. To RSVP call or email Kelly@alpinechamber.sdcxmail.com.



MY 1079 AMERICAN DJ CONTEST ENTRY FORM

Beginning in June, MY 1079 will be presenting the American DJ contest and radio program. There are two categories:

___ Age 10-16

___ Age 17 & over

Yes, I would like to compete for the title of MY 1079 American DJ. Requirements will include writing and reading a commercial, talking about your favorite recording artist and reading a 60 second news cast. The winner in each category will have their own show each week on MY 1079 FM. Entries must be in by May 30, 2009.

NAME: _____ Age: _____

Address: _____ City: _____

Phone: _____ E-Mail: _____

Return this form to: MY 1079, 2065 Arnold Way, Suite 104

Alpine, CA. 91901 619-445-1079 Fax 619-445-1014

Rummage Sale

Saturday, May 23, 8 a.m. - 2 p.m. Rummage Sale at Albertsons. For more information call (619) 445-0231 and ask for customer service to reserve your spot. Visit <http://www.alpinechamber.com> for the flyer and more information.

NRA Family Shooting Sports Camp

Saturday, May 30, 8 a.m. NRA Family Shooting Sports Camp presented by Lemon Grove Rod & Gun Club. See <http://www.alpinechamber.com> for more information or call Mike Shuttles at (619)328-0919.

Novelty Dog Show

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

Essay Contest

Saturday, June 6, 11 a.m. - 2 p.m. The Alpine Historical Society History Days and third grade essay contest. For more information, call Carol



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For Health's Sake

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Senior Programs

Sharp Grossmont Hospital's Senior Resource Center offers free or low-cost educational programs and health screenings each month. The Senior Resource Center also provides information and assistance for health information and community resources. For more information, call (619) 740-4214. For other programs, call 1-800.

Project C.A.R.E. Community Action to reach the elderly

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, Safe Return and more. Call 740-4214 for details.

Celebrate Arthritis month

Learn about living with arthritis at the East County Arthritis Expo. This free expo, sponsored by Sharp Grossmont Hospital and the Arthritis Foundation, will feature guest speakers, information booths and free resources.

No reservations required. Saturday, May 30, 9 a.m. – 12 noon at the Grossmont HealthCare District Conference Center and Herrick Library, 9001 Wakarusa St., La Mesa. For information call (619) 740-4214.

High blood pressure seminar

The Grossmont Healthcare District's Dr. William C. Herrick Community Health Care Library, 9001 Wakarusa St., La Mesa, will host a free senior discussion group on "High Blood Pressure," featuring a presentation from Margaret Coyne, library researcher, from 10 to 11 a.m. on Wednesday, May 27.

The public is invited to attend. Handouts will be provided on the danger of high blood pressure, also called hypertension, which makes the heart work too hard and can increase the risk of heart disease, stroke and kidney failure. Refreshments will be served.

The Herrick Library is operated by the Grossmont Healthcare District, a public agency that supports health-related community programs and services in San Diego's East County. The Herrick Library is a public

library specializing in health research information. For more information, phone the library at (619) 825-5010 or visit www.herricklibrary.org.

Don't depend on Depends - incontinence and pelvic pain

Many men and women experience urinary incontinence. Learn about the types of incontinence, causes and treatment options at this free educational program. Wednesday, June 3, 1 to 2:30 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Presented by Judy Hengesbaugh, Physical Therapist and Lynn Beresford, Registered Nurse. Registration required. Call 1-800-827-4277.

How do I do this? Caregiving at home

Learn & practice the basics of hands on care for a loved one at home from a Registered Nurse. Learn about safe transfers, personal care, proper body mechanics & more! Saturday, June 20, 9 a.m. to 1 p.m. at the Sharp Grossmont

Hospital Brier Patch Campus, Classrooms 13 & 14, 9000 Wakarusa St., La Mesa. Cost \$10. Reservation required. Call 1-800-827-4277

How to talk to your health care provider

Discover the tools to be successful when talking with your doctor or other health care provider at this free presentation. Learn strategies for choosing a provider, good communication skills during office visits and the importance of pre-planning. Free Vials of Life, Advance Directives and more are available. Monday, June 22, 10-11:30 a.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277

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

Project C.A.R.E. is a community effort enabling people who live alone to feel safe in remaining at home. Services include a daily computerized telephone call, Vial of Life, Safe Return and more. Call (619) 740-4214 for details.

Can hypnosis cure?

by Judy Callihan Warfield



If you are battling a medical or psychological disease or issue and a Hypnotherapist tells you that they can CURE it please do yourself a favor and run! By law a Hypnotherapist is not allowed to diagnose, prescribe, or cure any issue which may have a medical or

psychological origin. A reputable Hypnotherapist is required to send a referral to your physician who is treating your issue in order to confirm that issue has in fact been diagnosed by a physician and to advise your physician that they are working with you on this issue. This requirement is for the protection of you, the client.

Can Hypnosis assist you? ABSOLUTELY! A properly trained Hypnotherapist can compliment your prescribed medical protocol and assist you in your efforts to regain your health. Let's say you are battling Cancer. Hypnosis can not cure Cancer. However, it can help you reduce your stress level so your immune system is not as depressed. Most people battling Cancer also need help with their sleep patterns and Hypnosis can assist with that. If you are then able to reach those deeper levels of REM sleep where your body has a higher chance of recuperation and renewal that's a good thing. If you are going thru Chemotherapy and/or Radiation sometimes it affects your appetite and ability to taste. Hypnosis can assist with both of these so you can better fuel your body for strength.

When you are deep in battle against a disease it is easy to get trapped in negative thought patterns. Hypnosis is a fast, effective, and drug free method to recognize those negative patterns and reframe your thinking to a more positive note.

Again, Hypnosis does not cure, however it can provide you with other support tools so that you can give it the best fight you can with all of the resources available.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling 619-303-8511 or email judy@successhypnotherapy.com. Further info is on web site www.successhypnotherapy.com or call for free telephone consultation.

Laughter is the Best Medicine

Bob and the blonde

Bob, a handsome dude, walked into a sports bar around 9:58 p.m. He sat down next to a blonde at the bar and stared up at the TV. The 10 pm news was coming on. The news crew was covering the story of a man on the ledge of a large building preparing to jump.

The blonde looked at Bob and said, "Do you think he'll jump?"

Bob said, "You know, I bet he'll jump."

The blonde replied, "Well, I bet he won't."

Bob placed a \$20 bill on the bar and said, "You're on!"

Just as the blonde placed her money on the bar, the guy on the ledge did a swan dive off the building, falling to his death.

The blonde was very upset, but willingly handed her \$20 to Bob, saying, "Fair's fair. Here's your money."

Bob replied, "I can't take your money. I saw this earlier on the 5 pm news, and so I knew he would jump."

The blonde replied, "I did too, but didn't think he'd do it again."

Bob took the money...

Submitted by K. Babcock

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

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— FOR HEALTH 'S SAKE —

Health is a process that you control

by Dr. Warren Willey

A recent study presented at the American Society of Breast Surgeons 10th Annual Meeting, held in San Diego, established that breast self-examination (BSE) is as accurate as mammography and magnetic resonance imaging (MRI) at detecting new breast cancers in high-risk women. This is excellent news as a simple monthly breast exam, done at no cost with minimal time and invasiveness, will help detect cancer in high risk women.

This is yet another example that individuals are responsible for their health. Health is a process, not an event. When one changes their thinking from "I am NOW healthy" or "I need to GET healthy" to "I am in the PROCESS of health," a number of things occur:

1. Time and Effort.

First and foremost is the fact that one realizes that time and effort is involved. Health does not just happen. You are inescapably responsible for your own health.

2. Freedom and Choices.

Secondly, it allows one to live life! When the lifestyle is in place for ultimate health, extremes are only visited for a short while – never lived at. What I mean by this is; one may go on a week long, two hour a day exercise kick. Or may go on a daylong binge eating session that puts one of the Krispy Kream donut facilities out of business for the day. Both are okay (though not recommended). The process allows one to get out of the extreme and back to the lifestyle that allows ultimate health! When the big picture is looked at, the forest through the trees if you will, health is a daily objective.

3. "Stuff" Happens.

The third thing that tends to happen when the process is understood is the "I blew it, and that's okay" realization. Especially for us 'all or nothing' types. If one continues to look at health as an event and you have a slip up, let's say you miss a meal during the day and on the drive home are so hungry that after you get a ticket from a police officer for reck-

less driving and road rage, you stop at a fast food hamburger establishment and eat 12 super sized double cheeseburgers. The all or nothing types would then say 'what the hell' and go home and binge some more, eventually turning our one time full bore effort toward health into a full bore effort to get sick. The process of health lets an occasional slip up go by – practically unnoticed, and definitely without any adverse effect on the body.

4. Understanding multiple factors involved in health.

The fourth thing that happens when the process of health is understood is a realization that the process has a large number of variables. There is not a pill for it, nor is there a magic exercise device, or a screening exam, or a hormone, or a specialist. The process is multifaceted and involves a number of variables. These range from the obvious nutritional and exercise variables, to family issues, emotional well being, spiritual concerns, history and day-to-day events

Understanding health as a process allows individuals more acuity in all that is involved, and gives us power over the variables we can control (diet, exercise, and so forth) as well as a better understanding of the variables over which we have less control (world events, recession, and the like). The health process occurs when

we realize the control we have over it. Do not relinquish this control to anyone or any mechanism. As more and more studies have shown, we have the power to prevent, detect, and treat disease – it starts and ends with us, individually

Dr. Warren Willey is the

medical director of the nationally recognized, physician directed, *Walk In Weight Loss* program and author of *What Does Your Doctor Look Like Naked: Your Guide to Optimum Health* (Tate Publishing). Visit him online at www.walkinweightloss.com, and www.eatright4u.com.

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MOTORSPORTS

2010 Chevrolet Camaro — worth the wait

by Dave Stall

Finally the 2010 Camaro has arrived after a seven year hiatus, but was it worth the wait?

The simple answer is yes. GM did their homework, but is it perfect? No, no car is perfect. However, the Camaro does look like it is speeding down the road while sitting still. The

cars stance tells you, don't mess with me, especially if one opts for the Camaro SS with the 6.2-liter V8 that produces a neck snapping 426 horsepower and 420 foot pounds of raw torque

backed by a six-speed manual transmission.

Now back to reality, my test Camaro made a little more driving sense. I had the LT-1, one

up from the base LS Coupe. My tester came with a healthy 3.6-liter V6 that produces 304 horsepower and 273 foot pounds of torque, which is plenty fast for freeway travel-



Chevy Camaro.

ing. My tester had the optional six-speed electronically controlled automatic transmission, which worked just fine for my taste, but I prefer a manual transmission. The color was all me, Black on the outside and gray interior, chrome 19-inch wheels on the ground which replaced the standard 18-inch painted aluminum wheels that gave the Camaro a better ride quality and handling was spot on.

The exterior is stunning with its chopped top look that gives the illusion that the side windows are hard to see out — which is totally untrue. The nose and tail were also outstanding from a styling point of view.

Let's get behind the wheel and look at the interior from the drivers' perspective. Great big thick steering wheel with controls in the spokes. There was one problem with the angle of the steering wheel spokes, it was a little difficult to operate the audio and cruise control because of it. The gauges in the instrument cluster were reminiscence of the 1968 Camaro and one could opt for a center set of gauges that rest on the center console under the dash. In the center of the dash was the climate controls and audio system. Looking at the cluster it reminded me of a 1950's Chevrolet dash, which was out of sorts for this Camaro but the system worked. The driver has great seat controls and the seats were very comfortable and supportive. The passenger seats are good, but the view of the dash is somewhat dismal, long and flat without a lot of style. I had a sunroof in my tester that flips upward and slide back not unlike an early import styled sunroofs. I'm not a sunroof kind of guy but it was okay.

The car drove great and with mileage reading of 18 city and 29 on the open road why wouldn't you want one in your garage? Does it have back seats? Sure it does for kids and folks not much over 5-foot 8-inches tall. The trunk is just fair-sized.

See CAMARO page 12

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Trophy winners



Sycuan Casino's Winner
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2009 Season Schedule:

May 27: Willy's
June 3: Monster Truck Mania
June 10: Too Cool
June 17: Speed Week
June 24: T-Buckets Galore
July 1: Stars and Stripes
July 8: OFF Road Madness (road closure)
July 15: NASCAR
July 22: Bike Nite
July 29: Starz Cars
Aug. 5: National Nite Out (road closure)
Aug. 12: Funny Car Frenzy
Aug. 19: Revisit the Horseless Carriage
Aug. 26: Convertible Nite
Sept. 2: British Invasion
Sept. 9: Trucks, Trucks, Trucks
Sept. 16: Woody – Surf's Up!
Sept. 23: Thunder on Main (road closure)
Sept. 30: Closing Night (road closure)
Oct. 28: Trunk or Treat (road closure)
Dec. 9: Parade of Lights



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Louie Bilancia and his 1967 Chevy Nova II



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Bob Schlotter and his 1969 Pontiac GT0



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Barry Mendelson and his Plymouth



Discount Pest Control's Winner
Patrick & Freda McMillin and their 1965 Chevy



Harley-Davidson's Motorcycle Winner
Rick Chiles and his 2005 Underground



RE Enterprises' Winner
Russ Prigg and his 1949 Oldsmobile Woody



Kleanwerx's Winner
Jack Chidgey and his 1912 Ford Speedster

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— MOTORandSPORTS —

Off road event at Westfield a success

Westfield Parkway, along with Motoworld of El Cajon, Express Performance, MIT Drive Train Specialists, and MT3 held a special one-day Off-Road Toy Expo last

Saturday, May 16 at Westfield Parkway Shopping Center,

The event featured more than 25 vehicles including: Ford F-150s, ATVs, Wave run-

ners, Jeeps, race vehicles, as well as displays by Airgas/Baja Pits and California Metals on display throughout the mall.



A special appearance by Padres' third baseman Kevin Kouzmanoff was made at the off road event.

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Bumper-To-Bumper with Dave Stall

Dave: We have a 1993 Ford Econoline 250 pickup truck, converted into a motor home, with 56,351 miles on it. It had very good stability on the roads. If one wanted to do so, one could go 70 miles an hour on the freeway with no problems. In the last few years it has developed a lot of play in the steering wheel where you cannot go over 45 miles an hour on the freeway and feel anything close to safe because of that play in the steering wheel. This has put a real damper on our travels. We have taken the motor home into the Ford dealer twice to see if they could fix it. They insist there is nothing wrong with it. We have tried rotating the tires and even new tires--nope didn't work. Do you have any suggestions? A reply back would be much appreciated. Oh one more thing, we don't live in El Cajon were just visiting the kids, we live in Orange County. Thanks Alice, El Cajon.

Alice: It sounds like you have some worn out front end parts and the dealership has not dug deep enough to figure out your problem. When you get play side to side in the steering wheel then it usually turns out to be a steering gear box. I would recommend when you get back home go to a shop that specializes in front ends and motor homes. Since the Econoline was converted it doesn't have the front suspension and steering to handle the added weight coming from the motor home on the back. You may need a steering stabilizer along with a few new front end parts and for sure a steering box adjustment.

Dave: I have read that you say distilled water is what you should put in your car's radiator. I talked to my mechanic and he said it was a waste of money, if city water is good enough to drink it is good enough to cool your radiator. Now I'm confused, who should I believe? Chad, Alpine.

Chad: Sure you can use tap water but you better change it yearly, if you're not going to change the fluid yearly then go with distilled water!

Got a comment or car question? Contact me at www.davestall.com

Camaro ...



Dash and steering wheel with controls in the spokes of the 2010 Camaro. Photos by Dave Stall

Continued from page 10

Was the Camaro to late to save the company? I don't think any one car could have saved GM or Chrysler, but I would buy a Chrysler or a GM today if that was the car I wanted. Parts will be available for 10 years plus the remaining GM and Chrysler companies will still honor your warranty.

And who knows, that new GM or Chrysler product could become a classic sooner than most cars.

I got the Camaro from Jimmie Johnson Chevrolet and I thank them for the hospitality and allowing me to have this much fun in a long awaited car!

Memorial Day

Memorial Day is for patriots



Dave Rehbein
National Commander
The American Legion
2008 - 2009

by David K. Rehbein

In some circles, patriotism has become a synonym for arrogant or jingoistic. Some people even use it as a political weapon; "Don't question my patriotism," they say. Yet, this Memorial Day, and every other day for that matter, we should remember that those who died for this country are the true patriots.

Supreme Court Justice Oliver Wendell Holmes called Memorial Day, "our most respected holiday," and urged that "we not ponder with sad thoughts the passing of our heroes but rather ponder their legacy – the life they made possible for us by their commitment and pain."

At its core, Memorial Day has always commemorated the universal all-encompassing understanding of, "No greater love than this does any man have, that he lay down his life for his friends."

President Lincoln put their sacrifice into perspective at the battlefield in Gettysburg when he said, "The world will little note, nor long remember what we say here, but it can never forget what they did here."

After the terrorists struck us on 9/11, America was changed. Our all volunteer force responded. People with comfortable jobs left their

towns and deployed with their Reserve and Guard units. Some even joined the active-duty forces. The existing military responded in its typical heroic fashion, overthrowing a tyrannical regime in Afghanistan and battling ruthless insurgents in Iraq. Thousands gave their lives.

The call to freedom came and they answered. Just as their predecessors in the two world wars, Korea, Vietnam, Beirut, Grenada, and the Persian Gulf, the War on Terrorism is being won by ordinary Americans making extraordinary sacrifices.

One such man was Marine Cpl. Travis Braddock-Nail of Portland, Ore. He played the drums, loved punk rock and drove his mother crazy with his tattoos. Although he hoped to attend college, he extended his stay in Iraq to help his platoon. "The platoon wasn't surprised by his decision. He would always step in

and take his spot," a Marine buddy recalled.

Travis was killed two months later in an explosion during a mine-clearing operation near Karbala. We owe Travis, and the men and women like him, our unending respect and gratitude.

The Preamble to The American Legion's Constitution states in part, "to preserve the memories and incidents of our associations in the Great Wars." On Memorial Day, we call on all Americans to do this.

Memorial Day is not about trips to the beach or sporting events. It's not about politics. It's about people who have decided that the United States is worth dying for. It's about patriots.

David K. Rehbein, of Ames, Iowa, is national commander of the 2.6 million-member American Legion, www.legion.org, the nation's largest war-time veterans organization.

Dear Dr. Luauna Stines



Dear Dr. Luauna,

I am a soldier in the Army and I just returned from my second tour in Iraq. The reason I am struggling, I know our military is doing good work in Iraq, and as a Christian and American I am proud to be apart of the positive influence we are having on the Iraqi people and the whole nation. I run into the media's negative response and many people who jeer and sneer at me, "Oh, you were in Iraq!" I seem to be getting bitter and angrier, while here at home. Please help me to keep a clear perspective.

Signed, Bitter Soldier in San Diego

Dear Brave Soldier,

I am sorry for those who are bold to speak negative against our BRAVE men and women who defend America. FIRST, "THANK YOU for serving our country!" The reason anyone has the liberty to speak freely in this land, is because of men and women like you! Freedom is not free at all! Thousands have shown their love for America by the willingness to serve her.

There are more who support you and our Armed Forces, than those few who speak against. Like the enemy who sets up a trap to destroy, the devil uses people to speak words which try to infiltrate your heart. Forgive them, be strong, SOLDIER! You are special! Only words you allow to penetrate your heart, will affect you! Put on the whole armor of GOD, SOLDIER...and know Jesus loves you. Forgive those few!

I have traveled around the world ministering, and there is no place like America. I admit I have thought a few times myself, when I run into someone who speaks against our nation; I just smile and ask, "Would you like a one way ticket to another country?" (Read these verses: Judges 7:18, 1 Samuel 16:18, Proverbs 18:21)

Submit questions to: questions@drluauna.com

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

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

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

- **Television:** A weekly public access program airing from San Diego across to the east in Atlanta, GA.
- **Radio:** A daily international program in the Philippines, the area is a Muslim stronghold (Mindanao)
- **Mission America:** Preaching in our Revival Tent, Stadiums, Conference Centers and Hotels in every town and city across the United States, our homeland is our mission field.
- **Mission Africa:** We have a branch office and church in Malawi, Africa. Dr. Luauna trained a Malawian National as our Operations Director. We will also build a Bible University, there as well.
- **Christian University & Seminary:** In January 2009, A Touch From Above University & Seminary became fully accredited as a full gospel University to train up men and women to help us reach the world for Jesus.
- **Prayer Mountain & Local Church Services:** A place for Christians to get away and pray. Healing and Worship Services along with regular scheduled prayer meetings.

Air Group One (CAF) seeks assistance to educate youth

So we think the economy is tough now? Let us go back in our history a mere seven decades. The country was in the midst of "The Great Depression" with 25 percent unemployment. The children growing up in that horrific era were about to find out that life could get worse; much, much worse! As they were helping their parents put enough food on the table and clothe themselves, the greatest war that the world had ever know would wreak havoc on their teen years and young adulthood. The average population of the United States in the early 1940's was approximately 135 million souls. During the four years that the U.S. fought in WWII, between 425,000 and 450,000 of our men and women offered the ultimate sacrifice, their lives. On the home front, homes and businesses rationed everything from simple sugar to fuel. Children and parents supplemented their meager food rations with "Victory Gardens." Everyone collected all kinds of scrap metal to recycle it for battleships to aircraft. The

United States was victorious, because the entire population did something to support the war effort together.

The Commemorative Air Force honors the sacrifices of those that fought in World War II and those that supported the war on the home front. We are a worldwide flying history museum that seeks not only to honor and preserve our forefathers' devotion to their country, but to teach new generations that the United States has already overcome insurmountable odds to obtain victory over evil when we remained UNITED!

During this current economic crisis, it has been quoted by the news media that at least 10,000 nonprofit organizations will essentially close their doors. Air Group One, the San Diego chapter of the Commemorative Air Force, seeks your assistance to keep the doors open and our flying museum alive the education of future generations. We need the support of every local city, town and business to put on an

educational air show, Wings over Gillespie, on the 5th of June (School Field Trip Day), Saturday, June 6 and Sunday, June 7.

Both financial and durable goods assistance will allow us to stage an enlightening air show for the San Diego area. The greater the assistance, the greater the outreach will be to our local schools, exponentially.

Kindly assist us in this

educational endeavor. Your generous contribution will be deeply appreciated and graciously acknowledged.

Sincerely,
Bob Simon,
Wing Leader

Air Group One is located at 1860 Joe Crosson Drive, Suite H, El Cajon, CA 92020. They can be reached by calling (619) 448-4505 or visit www.cafairgroup1.org

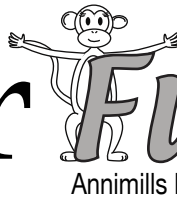
The East County Gazette
will be helping
Air Group One
publish & distribute the
"Wings Over Gillespie" program.
Help support the air show program
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We are marching in the parade and...



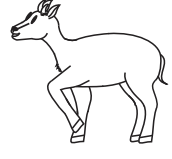
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...then having a community picnic.



REMEMBERING ON MEMORIAL DAY

I like going to a family picnic!



Memorial Day is a day to remember. A day to think about all the people who have given and sacrificed so much for our country.

MEMORIAL DAY IS:

1. raising the _____
2. the last Monday in _____
3. remembering and sharing _____ of our dead
4. a time to remember our country's _____
5. a day of prayer for _____
6. a day to decorate _____ with flowers
7. gathering for _____ in the cemetery
8. a time to honor all who have died fighting for our _____
9. a day to think about Abraham Lincoln's _____, called the Gettysburg Address, which honored those who "...gave their lives that that nation might live."
10. marching in a _____
11. going on a family _____
12. hearing a _____ play

services
flag
parade
country
memories
band
veterans
May
peace
graves
speech
picnic

Can you find and circle **millions** of words...just kidding, at least eight words that begin with the letter "m" as in the word 'Memorial'?

What is a 'Memorial'?

- A. a person who belongs to a group
B. something that is built or held to remember a person or an event
C. to learn something by heart
D. a short time

Mini Quiz!

Sign up for the reading club today!

Next week, **Newspaper Fun** is all about **Fishing Fun!**

Our new, **free** Spring "mud" puzzle is ready on our website: www.readingclubfun.com
Come to print it out!

It's free!



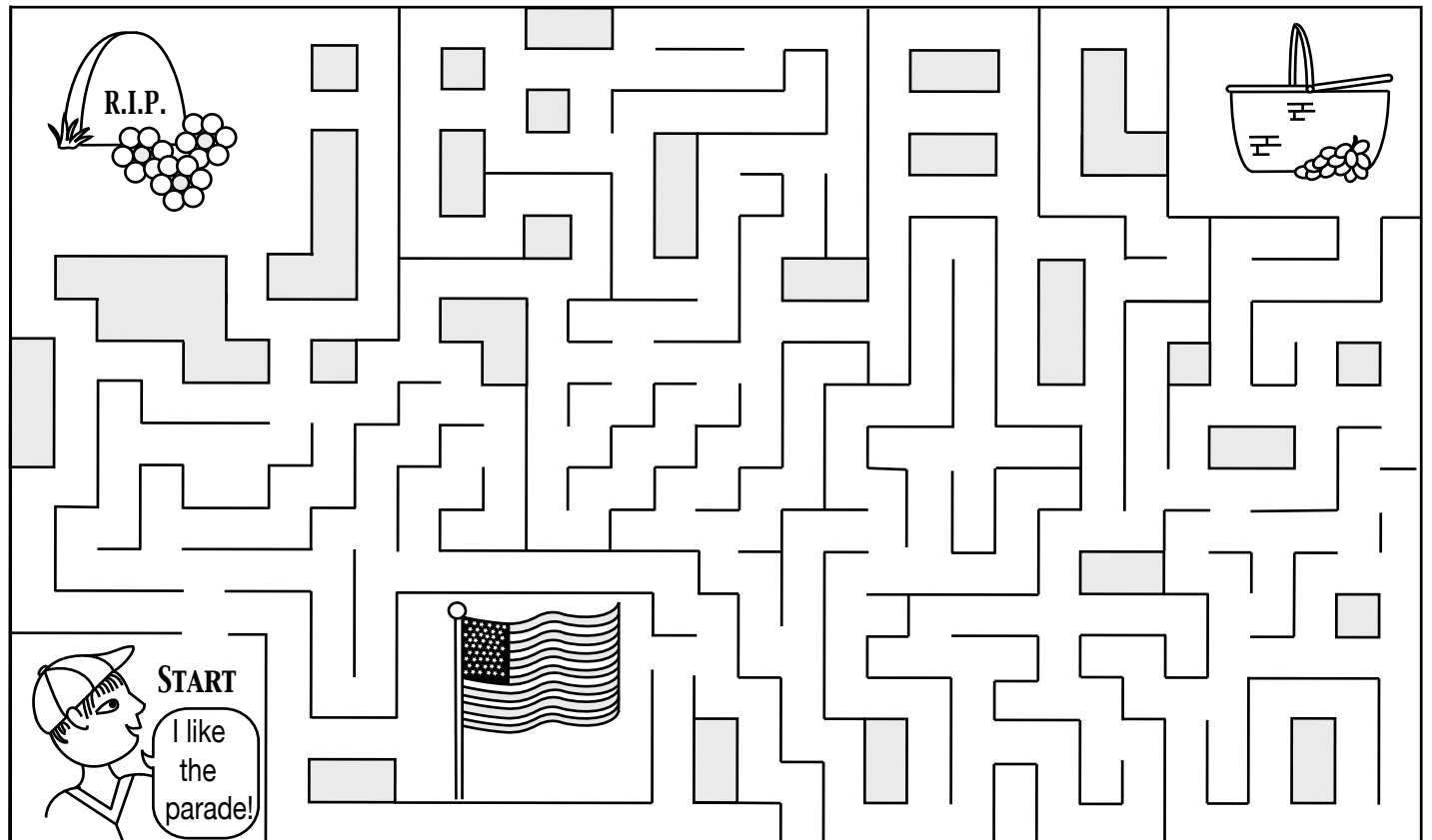
What is a "parade?"

- A. a small yellow parrot
B. a light umbrella to shade a person from the sun
C. a wild bird park
D. people and bands marching by rows of people watching

Mini Quiz!

AN A-MAZING DAY!

Ben is getting up early to go to a service in the cemetery. Next, he is to carry the flag in the Memorial Day Parade. Later, Ben is going on a family picnic. Can you help him find his way through his busy and A-mazing Memorial Day? For a bigger challenge, find your way using each path only one time!



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

NOTICE OF PETITION TO ADMINISTER ESTATE OF ANN GAHAGAN. CASE NUMBER: 37-2009-00151504-PR-LA-CTL

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of ANN GAHAGAN. A PETITION FOR PROBATE has been filed by PATRICIA GAHAGAN in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that PATRICIA GAHAGAN be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING ON THE PETITION WILL BE HELD IN THIS COURT AS FOLLOWS: JUNE 18, 2009 AT 9:00 A.M. IN DEPT. PC-1 LOCATED AT 1409 FOURTH AVE., 3RD FLOOR, SAN DIEGO, CA 92101 Probate Division. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Petitioner PATRICIA LORENZ, 13231 W. STARDUST BLVD., SUN CITY WEST, AZ 85375. (623) 546-9103

EAST COUNTY GAZETTE
-GIE030790
May 21, 28, June 4, 2009

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00065688-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: EUGENA KAY MARKS FOR CHANGE OF NAME
PETITIONER: EUGENA KAY MARKS
HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

EUGENA KAY MARKS
TO:

GINA KAY MARKS

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 June 17, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON MAY 21, 2009.

East County Gazette - GIE030790
4/30, 5/07, 5/14, 5/21, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00065809-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: MELANIE ANN MILLA TORRES FOR CHANGE OF NAME
PETITIONER: MELANIE ANN MILLA TORRES HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

MELANIE ANN MILLA TORRES
TO:

MELANIE ANN MILLA THORSEN

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 E-15, on June 10, 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 APRIL 24, 2009.

East County Gazette - GIE030790
4/30, 5/07, 5/14, 5/21, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

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

HUNTER COLE BLOOD
TO:

HUNTER COLE GIBBS

AND
SKYLAR NICHOLE BLOOD

TO: SKYLAR NICHOLE GIBBS

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, East County Division, 250 E. Main St., El Cajon, CA 92020. Department 14, FOURTH FLOOR, on JULY 1, 2009 at 8:30 a.m.) to show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this ORDER TO SHOW CAUSE be published in the East County Gazette, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing. THIS STATEMENT WAS FILED WITH THE CLERK OF THE SUPERIOR COURT ON MAY 14, 2009.

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

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012056

FICTITIOUS BUSINESS NAME(S): Solar Windward Photographic
Located at: 5173 Waring Rd. Ste. 509, 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:

Erik Hepler 4746 Choctaw Dr., San Diego, CA 92115
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 22, 2009

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012136

FICTITIOUS BUSINESS NAME(S): a.) Bible Bee b.) National Bible Bee
Located at: 1161 East Main St., Suite 205, El Cajon, CA 92021
This business is conducted by: A Corporation
The business has not yet started.

This business is hereby registered by the following:
Shelby Kennedy Foundation, Inc. 1161 East Main St., Suite 205, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 22, 2009

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012289

FICTITIOUS BUSINESS NAME(S): a.) San Diego Festival Music b.) San Diego Festival Strings c.) Festival Trio d.) Festival Strings e.) Festival Quartet f.) Festival Orchestra g.) San Diego Festival Orchestra h.) Festival Music i.) San Diego Festival Quartet j.) San Diego Festival Trio
Located at: 10760 Itzamna Rd., La Mesa, CA 91941

This business is conducted by: Husband and Wife
The first day of business was: January 1, 1975

This business is hereby registered by the following: 1. Mary Karo 10760 Itzamna Rd., La Mesa, CA 91941; 2. Steve Karo 10760 Itzamna Rd., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 23, 2009.

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012604

FICTITIOUS BUSINESS NAME(S): Harvest Moon
Located at: 986 Coleen Ct., 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: George W. Lyon 986 Coleen Ct., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 27, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-013113

FICTITIOUS BUSINESS NAME(S): Bee's Flowers
Located at: 9395 Harritt Rd. #253, Lakeside, CA 92040

This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Breeanna K Roland 9395 Harritt Rd. #253, Lakeside, CA 92040
2. Brenda Kay Roland 9395 Harritt Rd. #253, Lakeside, CA 92040
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 01, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-010958

FICTITIOUS BUSINESS NAME(S): RDC Detailing
Located at: 10065 Silva Rd., 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:
Richard D. Cheatham 10065 Silva Rd., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 13, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012643

FICTITIOUS BUSINESS NAME(S): Centric Transmission
Located at: 1265 Greenfield Dr., El Cajon, CA 92021

This business is conducted by: An Individual
The first day of business was: June 1, 1999
This business is hereby registered by the following:

Jose A. Reynolds 447 Casselman St., #A, Chula Vista, CA 91910
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 28, 2009.

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-010091

FICTITIOUS BUSINESS NAME(S): Freeman Outfitters
Located at: 1611 H Street, Ramona, CA 92065

This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: Freeman Outfitters, Inc. 1611 H Street, Ramona, CA 92065
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 09, 2009.

East County Gazette- GIE030790
5/7, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012998

FICTITIOUS BUSINESS NAME(S): G.M. Tractor Service
Located at: 4575 Panorama Dr., La Mesa, CA 91941

This business is conducted by: An Individual
The first day of business was: February 5, 1982

This business is hereby registered by the following: Greg Allen Mazzone 4575 Panorama Dr., La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 30, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012994

FICTITIOUS BUSINESS NAME(S): Latin Chef
Located at: 1142 Garnet Ave., San Diego, CA 92109

This business is conducted by: A Corporation
The first day of business was: March 14, 2007

This business is hereby registered by the following: Fredy Palma, Inc., 5786 Tex Street, La Mesa, CA 91942

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 30, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT

NO. 2009-012993

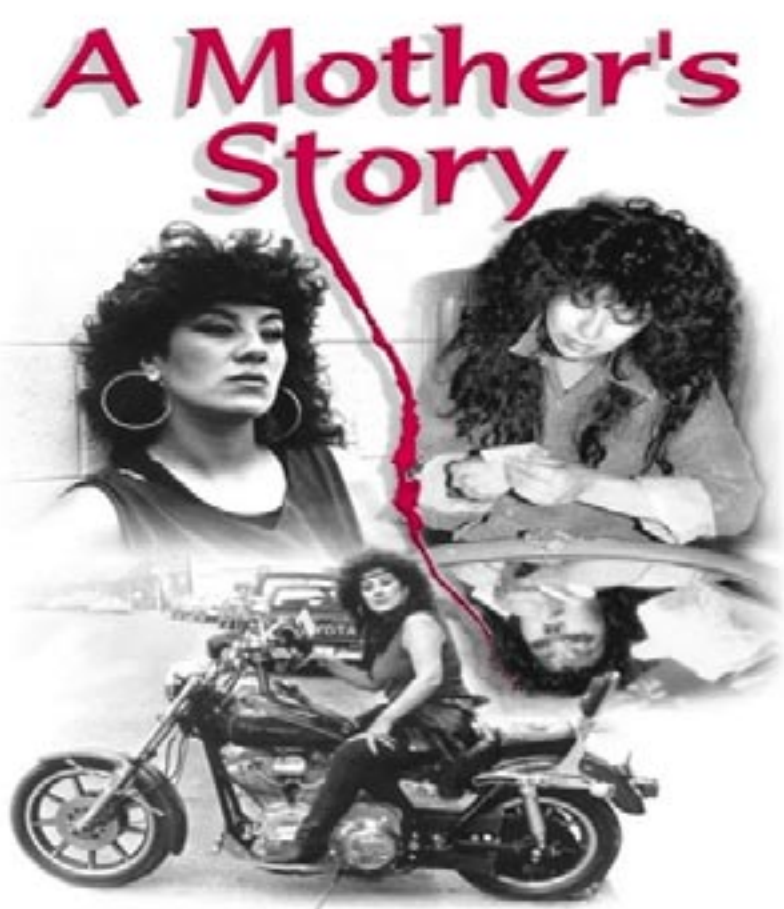
FICTITIOUS BUSINESS NAME(S): Mundi Design
Located at: 1136 Garnet Ave., San Diego, CA 92109

This business is conducted by: A Corporation
The first day of business was: April 30, 2005

This business is hereby registered by the following: Fredy Palma, Inc., 5786 Tex Street, La Mesa, CA 91942

This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 30, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009



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Fair Housing Community Workshop

Analysis of Impediments to Fair Housing is required of all state and local governments that receive federal funds from the U.S. Department of Housing and Urban Development (HUD). This includes grants in the form of the Community Development Block Grant (CDBG). Each state or local unit of government (often referred to as an Entitlement Community) that receives these funds must certify to HUD that it will affirmatively further fair housing and that it will conduct an analysis to identify impediments to fair housing choice within the Jurisdiction. HUD recommends that the Entitlement Community update its Analysis of Impediments every three to five years. The Analysis of Impediments is a summary of many housing and housing-related practices evident throughout the Entitlement Community that inadvertently or deliberately prevent people from living where they choose.

On **May 28, 2009**, a community workshop will be held to assist the City's consultant to discuss fair housing issues. City Councilmembers, Non-Profit Service Organizations and the general public are invited to attend to provide input. The meeting will be held at the Ronald Reagan Community Center, East Room, 195 E. Douglas Ave., El Cajon, from 6:00 to 8 P.M.

For additional information on the City's Public Outreach with respect to the Analysis of Impediments to Fair Housing, please contact Xavier Velasco in the Redevelopment and Housing Department at (619) 441-1786.

East County Gazette- GIE030790
05/14, 5/21/09

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-012064

FICTITIOUS BUSINESS NAME(S): Profitlink
Located at: 406 9th Ave. Ste. 313, San Diego, CA 92101
This business is conducted by: An Individual
The first day of business was: January 1, 1995
This business is hereby registered by the following: 1. Craig V. Castanos CPA 406 9th Ave. Ste. 313, San Diego, CA 92101
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 22, 2009

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00065972-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: LARRY DONELL HOLLWOUTH FOR CHANGE OF NAME PETITIONER: LARRY DONELL HOLLWOUTH HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

LARRY DONELL HOLLWOUTH
TO:

LARRY DONELL HOLLINGSWORTH, SR. 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 E-15, 4th Floor on June 17, 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 APRIL 22, 2009.

East County Gazette – GIE030790
4/30, 5/07, 5/14, 5/21, 2009



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

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

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

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

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

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

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

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00065526-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: CHRISTOPHER RYAN EVANS FOR CHANGE OF NAME PETITIONER: CHRISTOPHER RYAN EVANS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

CHRISTOPHER RYAN EVANS
TO: CHRISTOPHER RYAN WARNER

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 JUNE 10, 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 13, 2009.

East County Gazette – GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013248

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

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-012080

FICTITIOUS BUSINESS NAME(S): STOSI
Located at: 4700 Williamsburg Lane, #402, 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: Shirlynn Nicole Grant 4700 Williamsburg Lane, #402, La Mesa, CA 91941
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 22, 2009

East County Gazette- GIE030790
4/30, 5/07, 5/14, 5/21, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013478

FICTITIOUS BUSINESS NAME(S): Flat Bill Mob
Located at: 9377 Tiffany Park Place, El Cajon, CA 92021
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: Joley Rae Styles-Dones 9377 Tiffany Park Place, El Cajon, CA 92021; Juan Carlos Dones 9377 Tiffany Park Place, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 05, 2009

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013283

FICTITIOUS BUSINESS NAME(S): V and C Concrete
Located at: 3889 Rogers Road, Spring Valley, CA 91977
This business is conducted by: A General Partnership
The first day of business was: May 4, 2009
This business is hereby registered by the following: Carlos Tirado 14750 Lyons Valley Road, Jamul, CA 91935; Victor Manuel Peralta 3889 Rogers Road, Spring Valley, CA 91977
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 04, 2009

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-012274

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

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-012992

FICTITIOUS BUSINESS NAME(S): Latin Trader
Located at: 740 5th Ave., San Diego, CA 92101
This business is conducted by: A Corporation
The first day of business was: April 1, 2009
This business is hereby registered by the following: Fredy Palma, Inc., 5786 Tex Street, La Mesa, CA 91942
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 30, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013644

FICTITIOUS BUSINESS NAME(S): Diane Liquor
Located at: 4696 Clairmont Mesa Blvd., San Diego, CA 92117
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: F&S Diane Liquor, Inc. 4696 Clairmont Mesa Blvd., San Diego, CA 92117
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 06, 2009

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-012866

FICTITIOUS BUSINESS NAME(S): RDC Construction
Located at: 10065 Silva Rd., 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: Richard D. Cheatham 10065 Silva Rd., El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on April 29, 2009.

East County Gazette- GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013697

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

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

STATEMENT OF ABANDONMENT OF USE OF

FICTITIOUS BUSINESS NAME ORIGINAL FILE NO. 2008-032632 FILE NO. 2009-010089

The following person(s) has/have abandoned the use of the fictitious business name: Freeman Outfitters
The Fictitious Business Name Statement was filed on October 14, 2008, in the County of San Diego.
Freeman Outfitters 1611 H Street, Ramona, CA 92065

This business was conducted by: 1. Brian Freeman 1611 H Street, Ramona, CA 92065
2. Julie Freeman 1611 H Street, Ramona, CA, 92065
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON April 03, 2009

East County Gazette GIE 030790
5/7, 5/14, 5/21, 5/28, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00065525-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: VIRGINIA WARNER ON BEHALF OF MINOR KYLE DAVID EVANS FOR CHANGE OF NAME PETITIONER: VIRGINIA WARNER ON BEHALF OF MINOR KYLE DAVID EVANS HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

KYLE DAVID EVANS
TO: KYLE GABRIEL WARNER

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 JUNE 10, 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 13, 2009.

East County Gazette – GIE030790
5/07, 5/14, 5/21, 5/28, 2009

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2009-00066266-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF: ROBERTO MODESTO MOREL FOR CHANGE OF NAME PETITIONER: ROBERTO MODESTO MOREL HAS FILED FOR AN ORDER TO CHANGE NAME FROM:

ROBERTO MODESTO MOREL
TO: ROBERTO CRUZ CASTILLO

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020. Department E-15, on JUNE 24, 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 30, 2009.

East County Gazette – GIE030790
5/07, 5/14, 5/21, 5/28, 2009

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013288

FICTITIOUS BUSINESS NAME(S): Rolf's Raeder
Located at: 1360 E. Madison ave. #105, El Cajon, CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Rolf Siegen 1360 E. Madison ave. #105, El Cajon, CA 92021
This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 04, 2009

East County Gazette- GIE030790
5/14, 5/21, 5/28, 6/04, 2009

CASE NUMBER RIC 500177 SUMMONS (CITACION JUDICIAL) NOTICE TO DEFENDANT: (AVISO AL DEMANDADO): ORANGE COAST TITLE CO. OF RIVERSIDE, form of business entity unknown; TRANSAMERICA FINANCIAL SERVICES, form of business entity unknown; and DOES 1 through 10, inclusive. YOU ARE BEING SUED BY PLAINTIFF: (LO ESTA DEMANDANDO EL DEMANDANTE): SAHIR HADDAD, an individual You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law 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, Riverside County, 4050 Main St., Riverside, cA 92501. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney is: (El nombre, la direccion y el numero de telefono del abogado del demandante, o del demandante que no tiene abogado, es): JOSEPH SAMO- LAW OFFICES OF JOSEPH SAMO 124 WEST MAIN ST., SUITE 230, EL CAJON, CA 92020 (619) 540-3688. Date: (Fecha) May 27, 2008 Clerk (Secretario, D.R., Deputy (Adjunto)

East County Gazette GIE030790
May 14, 21, 28, June 4, 2009

TO PLACE YOUR LEGAL AD CALL (619) 444-5774

— LEGAL NOTICES —

FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014128 FICTITIOUS BUSINESS NAME(S): Impact Sign Solutions Located at: 1038 Vista Sierra Drive, El Cajon, CA 92019 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Bruce Heinzl 1038 Vista Sierra Drive, El Cajon, CA 92019 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 12, 2009 East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013935 FICTITIOUS BUSINESS NAME(S): NRG Building & Consulting Located at: 2223 Honey Springs Rd., Jamul, CA 91935 This business is conducted by: A Corporation The business has not yet started. This business is hereby registered by the following: 1. NRG Building & Consulting 2223 Honey Springs Rd., Jamul, CA 91935 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 08, 2009. East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013772 FICTITIOUS BUSINESS NAME(S): Peak 8 Partners Located at: 3401 Adams Ave., A-98, San Diego, CA 92116 This business is conducted by: An Individual The first day of business was: May 4, 2009 This business is hereby registered by the following: 1. Katherine France 7607, Rowena St., San Diego, CA 92119 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 07, 2009. East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-014603 FICTITIOUS BUSINESS NAME(S): Quick Trip Inc or QT Located at: 596 N Mollison Ave. #102, El Cajon, CA 92021 This business is conducted by: A Corporation The first day of business was: August 10, 2003 This business is hereby registered by the following: Quick Trip 596 N Mollison Ave. #102, El Cajon, CA 92021 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 15, 2009. East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013770 FICTITIOUS BUSINESS NAME(S): Viva Manufactured Homes Located at: 1143 E. Main St., El Cajon, CA 92021 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: 1. Thomas Wayne Paden 10770 Jamacha Blvd. #20, Spring Valley, CA 91978 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 07, 2009. East County Gazette- GIE030790 5/21, 5/28, 6/04, 6/11, 2009	FICTITIOUS BUSINESS NAME STATEMENT NO. 2009-013632 FICTITIOUS BUSINESS NAME(S): Valley Transmission Located at: 1158 N. 2 nd St., El Cajon, CA 92021 This business is conducted by: A Corporation The first day of business was: August 1, 1977 This business is hereby registered by the following: Valtran, Inc. 1158 N. 2 nd St., El Cajon, CA 92021 This statement was filed with Gregory J. Smith Recorder/County Clerk of San Diego County on May 06, 2009 East County Gazette- GIE030790 5/14, 5/21, 5/28, 6/04, 2009
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Alpine Community Planning Group

P.O. Box 819, Alpine, CA 91903-0819

www.alpineplanninggroup.org

NOTICE OF REGULAR MEETING

Thursday, May 28, 2009 — 6:30 P.M.

Alpine Community Center,

1830 Alpine Boulevard, Alpine, CA 91901

I. Call to Order

II. Invocation / Pledge of Allegiance

III. Roll Call of Members

Brad Bailey
George Barnett
Jim Easterling
Joe Ford
Greg Fox

Rodger Garay
John Hood
Cory Kill
Jennifer Martinez
Lou Russo

Richard Saldano
Chuck Taylor
Kippy Thomas
Scott Tuchman
Dana Zeno

IV. Approval of Minutes / Correspondence / Announcements

1. Minutes: April 2009

2. APG Statement:
The Alpine Community Planning Group was formed for the purpose of advising and assisting the Director of Planning, the Zoning Administrator, the Planning Commission and the Board of Supervisors in the preparation, amendment and implementation of community and sub regional plans. The Alpine Community Planning Group is only an advisory body.

V. Open Discussion

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda. Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

VI. Prioritization of this Meetings Agenda Items

VII. Group Business

1. Discussion and Vote; Grossmont High School District proposed High School site

2. Discussion and Vote; GP Update: Alpine Community Plan

Organized / Special Presentations:

1. None

VIII. Consent Calendar

1. Circulation

1. Discussion and Vote: None

2.

3. Communications

1. Discussion and Vote: None

4. Private Actions

1. Discussion and Vote:P09-002, Cricket Cell Site, 3547 E. Victoria

2. Discussion and Vote: Discussion and Vote: P09-002, ZAP-A05-010-02, Cricket Cell Site, 844 Tavern Rd.

3. Discussion and Vote: S09-001-RPL Cricket Cell Site, 2356 Tavern Rd.

5. Public Facilities, Services & Major Public Policy

1. Discussion and Recommendations (Vote): None

6. Trails & Conservation

1. Discussion and Vote: None

7. Parks & Recreation

1. Discussion & Vote on PLDO Expenditures

8. ADHOC Sub Committees

1. Discussion and Recommendations (Vote): None

IX. Subcommittee Reports (Including Alpine Design Review Board)

1. Private Actions
Richard Saldano

2. Trails & Conservation
Scott Tuchman

3. Parks & Recreation
Brad Bailey

4. Public Facilities & Services & Major Public Policy
John Hood

5. Circulation
Greg Fox

6. Communication
Vacant

7. Alpine Design Review Board
Kippy Thomas

8. Alpine Safety ADHOC
Jim Easterling

9. Alpine Incorporation ADHOC
Chuck Taylor

10. Albertson Park ADHOC
Brad Bailey

11. Alpine High School/ADHOC
Lou Russo

X. Officers Reports

A. Chairman
Dana Zeno

B. Vice Chairman
Chuck Taylor

C. Secretary
Jim Easterling

D. Immediate Past Chair
Vacant

XI. Open Discussion 2 (Only if Necessary)

Any member of the public may address the group on topics pertaining to planning, zoning and land use which does not appear elsewhere on this agenda Upon recognition by the Chairman, each speaker will be allowed up to three minutes to speak (organized/special presentations up to fifteen minutes). There can be limited discussion with no vote on any issue (s) so presented until such time as proper public notice is given prior to such discussion and vote.

XII. Request for Agenda Items for Upcoming Agendas

1. (All requested Agenda Items MUST be to APG Chair by the 2nd Thursday of each month to be included in the Preliminary Agenda.)

XIII. Approval of Expenses / Expenditures

XIV. Announcement of Sub-Committee Meetings

XV. Announcement of Next Meeting

A. Thursday, June 25, 2009, 6:30 P.M.

XVI. Adjournment of Meeting

Our Best Friends

New cat hates other cat ... ask a trainer

by Nan Arthur, CPDT

We love our cat, and decided to get a second cat to add to our family. My older cat is 3 years old, and the new cat is just under a year. I have followed all the advice and kept them separated until they can get used to each other, but my son left the door open and the cats got into a big fight. I want them to get along, but now I'm not sure this is going to work. We have had the new cat for about a week now. Can you give me some advice on how to introduce them so they get along? We really want to keep the new cat, but I don't want them living in misery. Help!

Signed, Cat Fight

Dear Fight,

Having more than one cat can be very fun, and I'm glad you are going to try and make it work. I think it has not been enough time for them, so let's look at what you can do to help them both become more comfortable with each other.

Be realistic and take time

Having realistic expectations is the first step to successful introductions to cats meeting for the first time, and in your case, it will be a second time.

You should plan on the process taking any where from a couple of weeks to six months, depending on the cats. If one of the cats has been under-socialized, plan on the process to take longer.

What you will need:

Preparation for the re-introduction is very important. As you are already doing, keep both cats in separate areas for now, but do instruct your family to be extra careful not to allow the cats to meet. Make the area for your new cat resort-like and comfortable so she can get used to her new surroundings. Her area should include a litterbox, some type of scratching surface, a set of water and feeding bowls, a few toys, and ideally, a very tall cat tree for her to use.

Invest in a product called Feliway. It is a cat pheromone spray or plug-in that sends an olfactory message of, "Hi, I'm a friendly and happy cat," and it comes in a spray or a plug-in helps felines feel more comfortable during stressful times.

If you are able to put your new cat somewhere else for a short time, you can allow your resident cat go into the room you have set up so she can look around and take in the smells. If you take a little time to pet, groom or play with your resident cat in that space, she should rub against things and put her own "happy" scent in that area. This will help the new cat relax a little more since she will be getting a message of a friendly cat when she goes back into her area.

Use two small towels to collect the scent of each cat by rubbing one towel on each cat and then feeding the opposite

cat on that towel. You will be building a positive association for both cats by feeding each one on the other's scent.

Trading places:

After the incoming cat has spent a day or two in her new space, switch her and the resident cat. The new cat will now be in the area where the resident cat was and visa versa. Just for an hour or two will be fine.

Use a carrier to move the new cat and to keep her safe as you juggle them around.

The meeting:

After you have done all the above things (taking your time to allow the cats to become familiar with the other's scent), use a doormat or something to prop the door open about an inch so the cats to go to the open doorway to explore and sniff. The space should be small enough that they cannot actually touch each other, just see and smell one another a little.

As long as the cats are displaying curiosity, and not aggression or fear, you can continue this process each day, while opening the door just a tiny bit more each time until you have the door open about 2 inches. If you see any problems, go back to the closed door for a while longer.

Letting them meet:

Even if you think your cats are ready, do not force the

cats to meet. This should be a casual, but always supervised process. Simply leave the door open and allow the cats to see each other as though it is no big deal. A couple of sprays of Feliway into the air just before the meeting can also help calm the mood.

A climbing tree is helpful in case one of the cats feels the need to get away. Having a way to get up high helps cats feel like they have more space, and they rarely fight while perched in the air since the likelihood of injury is greatly increased.

As the cats move closer to each other, you will want to keep an eye on them, and of course, be ready to intercept

them if things do not appear to be going well. A word of caution: Never grab a cat in the middle of a fight or potential fight. You might be bitten, and the restraint often escalates the disagreement. Instead, have something ready that you can put between them—a rag mop or a broom are good objects to use since they are both soft enough as to not hurt the cats, but sturdy enough if a cat latched on, you could move the cat away.

If all seems to be going well after the initial meeting you can start giving the cats more freedom and time together. It is still a good idea to feed them separately so problems over food are kept to a minimum. At least for a while, you will

also want to keep them separated when you are not able to supervise their interactions, just in case something triggers a reaction by one of the cats and you are not there to redirect them.

Slowing but surely, your cats should come to accept one another and your extended family should be comfortable with one another and harmony should prevail.

Good luck,

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

Author: Chill Out Fido! How to Calm Your Dog www.dog-wise.com

ADOPT-A-PET

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



Delya is a 5-yr old Pit Bull. She weighs 65 pounds, and embodies the saying about "sugar and spice." She really IS everything nice: Friendly, affectionate, easy-going, and pretty to boot! Delya is available for adoption through FOCAS (Friends of County Animal Shelters www.focas-sandiego.org). To learn more about her, call (619)-788-7880.



Molly, with her beautiful face and expressive eyes, is pure sweetness. She is a 50-pound, 2-year old, Vizsla/Hound mix. Molly loves to snuggle, enjoys outings, and is highly intelligent. She'll do best in a home with older children (12+) or adults. Molly is being fostered in a private home as part of the FOCAS (Friends of County Animal Shelters www.focas-sandiego.org) rescue program. To arrange a meeting, call (858) 205-9974. Her \$150 adoption fee includes microchip, license, vaccinations, and spay.





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