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Meet Hollie, see page 23

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What's new in theatres?



Looking for action and entertainment at the theatres?

Read about 'The King's Speech' by James Colt Harrison and



'Country Strong' by Diana Saenger on pages 11 & 12

Get the real scoop on movies right here in the Gazette!

Volunteers roll up their sleeves at River Park



The Scouts from Our Lady of Perpetual Help Catholic School presented 20 Cedar wood bird nesting boxes they had built to the River Park Conservancy. See story on page 6. Photo credit: Cindy Collins

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Local News & Events

Santee man turns 100



Frank Andrews.

by Diana Saenger

Frank Andrews of Santee rode into the Home Town Buffet in his wheelchair on Tuesday to the cheers of 82 friends and family gathered to wish Andrews blessings on his 100th birthday. The special party arranged by friend Bill Ridenhour was part of Sunrise's Prime Time Class's weekly breakfast meeting.

Andrews, who attended with

his wife Julie, was amazed and pleased by the turnout. "It's nice to see so many friends come by," said Andrews as he was presented with a huge card made by card-maker extraordinaire Dot Saurer, and friends came by to wish him a happy birthday.

Born in Savannah, Georgia on January 8, 1911, Andrews moved to Oakland with his family when he was four. His father was the boss of porters for the Pullman Company. "We never took advantage of going on any train trip," Andrews said.

His parents bought him a coronet and later a trumpet. He attended high school in Oakland where he enjoyed running quarter-mile track. His first job was working on the line at a Chevrolet plant. Eventually Andrews joined a music group that played on the Pacific Ocean Cruise Liner. He was drafted into the Army in 1942, served in World War II and became a part of the Army Band Corp.

A Christian of more than 80 years, Andrews first met his wife at church. "He was stationed at Point Loma and I noticed him when he was playing hymns at the First Baptist church," Julie said. "They had a mixer for singles and another man asked me out. But Frank beat him the next time, and we've been married for 68 years. It's been good."

Carl Metzler is part of the visitation ministry of College



Frank Andrews and his Prime Time friends. Photo credits: Diana Saenger



Frank Andrews and Pastor Doug Bray, Bill Ridenhour (in back).

Ave. Baptist Church where Andrews once attended and has visited him at his resident at Stanford Court for four years. "I've been most impressed by how much he loves and speaks so highly of his wife," Metzler said about their visits.

"There was never a time I went to visit Frank that it wasn't thrilling," Ridenhour said. "There are many days he's still at his peak. And I've never had the opportunity, pleasure and honor to congratulate someone who is 100; so that's been very special."

Frank and Julie Andrews joined the Prime Time class at Sunrise years ago and many recall how wonderful it was to enter the building with Andrews playing his trumpet along with the piano player. "It was a tremendous mood setter for people coming into the class," said Prime Time Pastor Doug Bray. "Their stewardship even in their 80s and 90s was a real testimony of how one can be used and blessed by God at the same time. We will never forget his and Julie's faithfulness."

"It was my pleasure, and

God blessed me for it," Andrews replied. "God has given me a wonderful wife for 60 years. I love her and could never find another girl like that."

When Julie was asked about the secret to their marriage and how she knew Frank was the right one, she replied, "You just take the good and enjoy it and if life hands you something you don't like you just throw it out and keep going. We've traveled a lot and had quite an adventure. And why him? Chemistry. Pure chemistry!"

Try out an E-Reader at the El Cajon Library

Customers now have the option to explore an e-reader free of charge at the El Cajon Library, 201 E Douglas. Two E-Readers, electronic devices designed primarily for the purpose of reading digital books and periodicals, are currently on display offering interested customers hands-on experience and materials which provide information about the features of these new devices.

Approximately one in 10 Americans currently own an E-Reader, and 20 percent more are expected to own one by the end of this year, according to a recent Harris Interactive Poll. San Diego County Library offers an expanding

collection of e-books to meet this increasing demand. E-Reader owners can download thousands of e-books for free with their San Diego County Library card online through OverDrive, a collection of downloadable books. E-books can be checked out and downloaded to e-readers from the comfort of home, providing even greater access to popular titles, in a convenient, on-the-go format.

"We hope that this display of E-Readers will lead to more people falling in love with reading," El Cajon Library staff member Jenne Bergstrom says, "We encourage customers to enjoy all that our library has to offer, whether they



choose to read print books or e-books."

For more information on the El Cajon Library E-Reader display or how to download a free e-book today, contact branch staff at (619) 588-3718.

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— LOCAL NEWS & EVENTS —

El Cajon highlights

By Monica Zech, City of El Cajon Public Information Officer

Looking for the next Miss El Cajon & Miss Rancho San Diego

The Miss El Cajon Scholarship Association is looking for contestants for the 2011 Miss El Cajon and Miss Teen Rancho San Diego Scholarship Pageant scheduled for Saturday, March 19, 2011. They will also be selecting the Miss El Cajon Teen and Miss Rancho San Diego Teen as well. If you would like to be more involved in your community, make new and lasting friendships, develop your public relations skills, and earn scholarship money for college, you are invited to attend an informative orientation on Saturday, Jan. 29 at 1 p.m. at Kennedy Recreation Center located at 1675 East Madison Avenue in El Cajon. Young women, ages 13-24, who reside in El Cajon are encouraged to attend. Please call (619) 938-3477, or email: misjelcajon@yahoo.com to RSVP for the orientation.

New Year, New Neighbor - Lend A Hand's Saturday Morning Clean-up

Kick off 2011 by giving back to the community in a big way - volunteer! In the season of resolution-making, join the El Cajon CDC for January's "New Year, New Neighbor" themed Saturday Morning Clean-up. The

Lend A Hand location will be at the corner of South Sunshine Avenue and Chamberlain Avenue on Saturday, Jan. 29, from 9 to 11 a.m. Along with the standard trash pick-up and graffiti identification, they will also host some fun activities to help you meet your neighbors. It promises to be a morning of good company, vibrant energy, and positive change in our neighborhoods. Don't forget, if you've recently cleared out the closet and you're looking for a place to pass on gently-used house wares, clothing, toys, or working electronics, the El Cajon CDC will also collect items for tax-deductible donations to the San Diego Rescue Mission. Simply drop them off at the Lend A Hand location. For more information or to register, please call (619) 401-8858.

Law Enforcement Promotion & Retirement Ceremony

A time for new responsibility — or a time to relax — as the El Cajon Police Department will hold a Promotion and Retirement Ceremony on Wednesday, Jan. 26, from 4 to 5 p.m. at the Ronald Reagan Community Center, 195 East Douglas Avenue in El Cajon. For more information please call "Jay" at (619) 579-3351.

Free Disaster Preparedness Classes For 2011

The first of three East County Community Emergency Response Team (CERT) disaster preparedness academies is now

"full" — but space is still available in the remaining two academies for 2011. It's all about being prepared!

Free Disaster Preparedness Classes for 2011

Enroll now in one of our three "free" 2011 East County Community Emergency Response Team (CERT) disaster preparedness academies listed below. It's all about being prepared!

2011 East County CERT schedule

Academy — #1 — Filling Up Jan. 29 - Disaster Preparedness/CERT Organization

Feb. 12 - Disaster Medical/Triage

Feb. 26 - Fire Extinguishers/Light Search and Rescue

March 12 - Fire Extinguishers/Light Search and Rescue Hands on at *HTF

March 26 - Disaster Psychology/Hazardous Materials/Terrorism

April 9 - All Inclusive Manipulative Review and Graduation — *At HTF and Graduation!

Academy #2-June 11, June 25, July 9, July 23, August 6, August 20 — Space available!

Academy #3-Sept. 24, Oct. 8, Oct. 22, Nov. 5, Nov. 19, Dec. 3 — Space available!

*No excuses, those who have already taken the CERT program have ranged in age from 16 up to 90 years of age! These classes are held on Saturday mornings from 8:30 a.m. to 12:30 p.m. Class location for "registered" CERT students is 8054 Allison Avenue, La Mesa Fire Station 11, in La Mesa, and the HTF location is 1301 N. Marshall Avenue in El Cajon. If you would like to register please Leave your name and best contact phone number. We'd like to limit our classes to 35 per academy, ages 16 and up, non-residents are welcome. Please, for safety concerns, we ask you do not bring babies or children to our classes, wear closed toed shoes only — no sandals. Any classes missed may be made up during the following academy. Classes are taught by members of Heartland Fire & Rescue and Santee Fire Departments. For general information on being prepared "now" for a disaster, please visit www.elcajonfire.com or www.readysandiego.org.

Special happenings at the Knox House Museum

The Knox House is more than a museum, it's also a Book Club! Knox Readers will meet Wednesday, Jan. 12, at 2 p.m. at the Knox House Museum. They will be Discussing Calico Palace by Gwen Bristow and

Half Broke Horses by Jeannette Walls. First Fridays will host a Salon Series in the parlor of Amaziah Knox. The first casual gathering will feature two Acoustic Guitarists on Friday, Feb. 4, from 6 to 7:30 p.m. You can also enjoy tours of Knox House Museum this month on Saturday, Jan. 15, from 11 a.m. to 2 p.m. The Knox House Museum is all about life in El Cajon during the years of 1876 through 1912. "February" Is Museum Month and the Knox house will be open each Saturday in February from 11 a.m. to 2 p.m. The Knox House Museum is located at 280 N. Magnolia Avenue in El Cajon. For more information visit www.elcajonhistory.org or call (619) 663-0228.

Paint a utility box this year

"UArt" - Downtown El Cajon's Utility Art Box Program continues to grow! If you would like to transform an ordinary utility box into a valued piece of public art, applications are available online and due to the El Cajon Community Development Corporation by Friday, Jan. 28. Artists chosen will receive a stipend of \$125 to cover project expenses. This program is inspired and supported by the City of El Cajon and coordinated by the El Cajon CDC. This season, project organizers are particularly interested

in artwork promoting public transportation or environmental health. Of course, artists and community members are also invited to contribute creative designs that celebrate the identity and character of El Cajon - its past happenings, signature community events, distinctive businesses, historic buildings, natural beauty, culture, and more. To learn more, please contact Rebecca Reyes, Community & Economic Development Associate, at (619) 401-8858.

Report a concern

The public can report a concern online on the City's website. To report graffiti, noise, potholes, weeds, or storm water violations, you can go to www.ci.el-cajon.ca.us and click on REPORT A CONCERN. You can also call City Hall with your concern at (619) 441-1716.

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

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— LOCAL NEWS & EVENTS —

Alpine Kiwanis celebrates 60 years of service to the community



Dick Brown receiving his Legion of Honor from President Tony Cheesman

by Diana Saenger

The chatter coming forth from inside the Alpine Elementary School auditorium on Saturday, Jan. 8 could be heard before the door even opened. "Very friendly people inside," I was told.

That's because this was the regular time for the Alpine Kiwanis club's weekly meeting, but this week was a very special day. Members gathered to celebrate the club's 60th birthday.

Master of Ceremonies Dick Rabell – a 30-year member of the organization – told those gathered that the Alpine Kiwanis club was chartered by Kiwanis International on January 1, 1951. At that time the 32 charter members met at Fuller Hall in Alpine. The first recognition of the day went to Kristen Gauss and Jeff Duckworth, Kiwanians for the month of November for their service at Rady's Children Hospital.

Fred Higginbotham, the club's longest serving member, was honored for his 62 years of combined Kiwanis service. "In those days your competition had to let you in," Higginbotham recalled. "I was happy, this was the club for me so I could serve the community."

Two years ago Kiwanis International presented Higginbotham with their Legion of Honor Award.

Three other prominent members were singled out for their distinguished service. Curly Collier joined in 1967 and under his presidency (1970-1971) increased the club's membership from 15 to 52. Rabell said Collier was awarded Kiwanis International's highest award – the Tablet of Honor. Collier's passion is Rady's Children Hospital and he's part of the efforts of the Alpine Kiwanis club that has raised \$790,000 for Rady's.

Also receiving The Tablet of Honor award was Bob Wilson, who joined Kiwanis in 1956. Wilson, who along with many contributions to the group, served as President in 1962 and donated the podium still used by the club. "I think they were hard up for members and someone pushed me in," Wilson said about joining. "And I've enjoyed it ever since."

Carmelo Manuele, another recipient of the Tablet of Honor, joined the club in 1951 and was the one who started the Annual Pancake Breakfast. His wife, Joan, said about his recognition, "My husband loved this club and coming to meetings and seeing friends."

John Tracy was posthumously honored as a Distinguished Kiwanian. His wife, Gretchen said, "This club does so much good for the community, and I want to thank you for what you did for John."

Several long-time members were asked at random why they joined Kiwanis. Amid laughter and heartfelt camaraderie the answers rarely wavered, but the members were quick to respond: Bob Jackson, who started in Washington in 1982, said, "I wanted to find a group as good as the one I left, and I did." Richard Higgins' response, "Joe said join so I did; but it was because it's a great club that actually does service for each other, too." Dick Brown, a 25 year Legion of Honor recipient, said, "When we came here we had no friends. Kiwanis gave us a club and friends." Dave Truax replied, "I like that they serve the public. It's one the greatest clubs." Dave Kebert answered, "I wanted to be of service and was fortunate to find this club." Ken Schuettenhelm, who serves as the club's Santa, said, "It's a great club that affords good experiences"

Charles Nelson and Kathie Turner were thanked for steering the Salvation Army bell



Bill Gardiner and Jerry Hines prepare the cake to celebrate Alpine Kiwanis' 60th birthday. Photo credits: Carol Lewis

ringing duties. Nelson said he was depressed after retirement but then joined Kiwanis. "There are a lot of good people here. It's the best family I ever had," he said.

The Kiwanis Club of Alpine supports local organizations and each and every year organizes nearly 57 fundraisers

and events. The record of community involvement by this group stands tall and since 1976 Kiwanis International has honored the Alpine club with Distinguished Status 28 times. Five of the 60 presidents have been elevated to the position of Lt. Governor including Doug Birrell, Paul Clay, Curly Collier, Bob Jackson and Gene Smith. Richard Higgins, Past President (2007-2008), was recently elected to the position of Lt. Governor of Division 31.

Tony Cheesman, the 61st President of the Alpine Kiwanis, made remarks and addressed several agendas while members enjoyed their breakfast. In conclusion Rabell announced that the Kiwanis theme for 2011 is "Changing The World One Child And One Community At A Time."

For further information regarding The Alpine Kiwanis visit www.alpinekiwanis.org



Charles Nelson talks about his Kiwanis experience, President Tony Cheesman in background

EAST COUNTY Gazette

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Prevent identity theft at the El Cajon Library

As many as 9 million Americans have their identities stolen each year, according to the Federal Trade Commission. The El Cajon Library, 201 E Douglas Ave, is doing its part to help

customers prevent identity theft by offering a free workshop on Tuesday, Jan. 25, at 6 p.m.

Identity theft occurs when one person uses another's Social Security number, credit card information or simply their name to engage in fraudulent activities or criminal behavior. This workshop will teach attendees the best ways to assure

that personal information is kept safe, as well as the steps to take if identity theft does occur. The discussion will be led by Antonio Savarese, an independent financial advisor who has been helping the community make informed decisions for more than thirty years.

For more information on this free identity theft prevention

workshop, contact branch staff at (619) 588-3718.

Better Business Bureau promotes East County ethics on the radio

The San Diego Better Business Bureau (BBB), in cooperation with the San Diego

Radio Broadcasters Association (SDRBA), is running this month its "Famous Voices" radio advertising campaign, featuring two East County-based BBB accredited businesses touting the value of the BBB to their company and consumers in the community.

Frank Farsoudi of El Cajon Mitsubishi, 247 El Cajon Blvd. in El Cajon, and Brad Belus of Cable Pipe and Leak Detection, 1466 Pioneer Way in El Cajon, are among five participants in this year's BBB's "Famous Voices," now in its 12th year.

Three other San Diego companies, including Cox Business Services, Everett Stunz Duxiana and Dearn Law Group, also are part of this year's Famous Voices campaign that will consist of about 2,000 30-second spots airing during the month of January on 19 English-language and nine Spanish-language stations. Sharon Massey, SDRBA executive director, said the campaign is expected to reach more than 1.5 million adults age 18 and older in San Diego County.

First Time Homebuyer Education Class

The Neighborhood House Association's Housing Counseling program, 841 South 41st St. San Diego, is hosting a First Time Homebuyer Education Class on Saturday, Jan. 29 from 9 a.m. to 5 p.m. to provide first time homebuyers with

the knowledge and confidence needed when purchasing their first home.

This class fulfills the requirement for potential buyers to utilize government assistance programs such as the down payment, closing costs and shared equity programs. The class will provide education and counseling on budgeting for a home purchase, finding a home, shopping for a loan and caring for a home.

Guests must pre-register by calling (619) 263-7761 x122 or emailing ccollins@neighborhoodhouse.org to obtain a seat. There is a \$35 registration fee per household.

Neighborhood House Association (NHA) Housing Counseling Program is a U.S. Department of Housing and Urban Development (HUD) approved counseling agency and is dedicated to providing families with the knowledge, awareness and resources related to all housing issues.

Board of Equalization helps employees expand education opportunities

Michelle Steel, Third District Member of the State Board of Equalization, recently announced that the BOE is working collaboratively with the California State University's (CSU) Continuing Education Program to provide opportunities for adult learning to

See EDUCATION page 17

FREE HOMEOWNERS COUNSELING

OPTIONS TO SAVE YOUR HOME

THE HOUSING OPPORTUNITIES COLLABORATIVE;
IN COLLABORATION WITH:



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PRO BONO PROGRAM, INVITE YOU TO ATTEND A
HOME CLINIC

Date: Saturday, January 22, 2011

Time: 10:00 am to 2:00 pm

Location: San Diego County Library
El Cajon Branch
201 E Douglas Avenue
El Cajon, CA 92020

Cost: FREE

Walk-in & Family Members Welcome!

Registration Recommended: Please send email with name, address, and telephone number to, HOMEclinic@housingcollaborative.org,

or call (619)283-2200 or 800-HOC-0503 to be registered.

To find out more about HOC, please visit

www.housingcollaborative.org

"Housing For All"

The HOME Clinic is a community service program of the Housing Opportunities Collaborative (HOC), a coalition of nonprofit organizations and housing agencies in the San Diego region, to assist and educate homeowners and homebuyers in their housing needs. HOC is a HUD approved housing counseling agency.

WHY ATTEND THE HOME CLINIC?

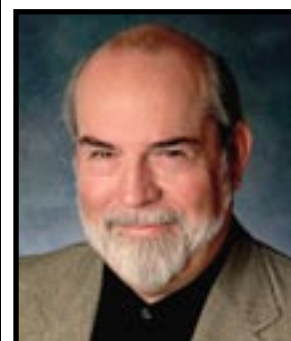
- One location to give you a **one-stop** shop of counseling resources;
- **Save \$550** through free one-on-one counseling with a **HUD approved** housing counseling agency;
- **Save \$300** an hour in **attorneys fees** through one-on-one session with pro bono attorneys for the day to learn about your legal options;
- Access to other **compatible resources**;
- **Free loan modification assistance** from a HUD approved housing counseling agency after your case has been reviewed;
- **Referral** to local law enforcement or to local professional associations who may give resolution to your problems;
- **Educational sessions** on credit management, loan modification, bankruptcy and consumer protection will also be provided; and
- Consider all your legal and financial options to make an **educated decision**.



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Free Market Evaluations

'Country Strong'

page 12



EAST COUNTY
GAZETTE

CLASS ACT

DINING & ENTERTAINMENT GUIDE

SECTION B TO THE EAST COUNTY GAZETTE VOL. 11, NO. 32, JANUARY 13, 2011

— CLASS ACT ENTERTAINMENT —

Out and about in the County

Through January 30 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Best of Nature View inventive and daring nature-based imagery by amateur and professional photographers. From an elk silhouetted in the morning mist with reflections that mimic wildfire, to the underside of brilliant red cardinal wings against a snowy sky, the images in Best of Nature are not to be missed. Three rounds of judging took place to choose the winning photographs, which range from landscape and wildlife images to abstract/impressionistic nature-based images. Traditional and digital photographic works are represented in the show. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through February 28 Photography exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. BioScapes See the winners of the 2010 Olympus BioScapes Photo Competition on display. Now in its eighth year, the Olympus BioScapes competition is the world's premier platform for honoring images and movies of human, plant and animal subjects as captured through light microscopes. The images illustrate how photography has become an essential part of scientific investigation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3, 2011 3D Film Premiere Turtle Reef— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Turtle Reef is a new emotionally inspiring story that explores the intimacies of the relationships between creatures on a coral reef in Hawaii over a 24-hour period. Explore the dynamic relationships and partnerships formed on coral reefs featuring the Hawaiian Green Turtle (*Chelonia mydas*). Endangered by over fishing, these turtles were brought to the brink of extinction before legislation in 1978 protected them. Today, the Hawaiian population is recovering, but in many other places elsewhere in the world, turtles face a grim future. Turtle Reef is a new film from the award-winning team that produced the giant-screen Ocean Oasis. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3, 2011 3D Film Experience—Waking the T. rex: San Diego Natural History Museum, 1788 El Prado in Balboa Park. The Story of SUE In May 2000, the world was introduced to Sue, the most complete T. rex specimen ever discovered. Her skeleton has fascinated millions. Now this famous Tyrannosaurus rex, the most renowned predator of the dinosaurs, will awaken. Join scientists as they decipher fossil clues to piece together the lifelong struggles, from nest to death, of this famous Tyrannosaurus rex. Witness her life events unfold, including an epic battle with a Triceratops, in a world where the only rule is eat or be eaten. Recommended for children age 9 and up. Waking the T. rex 3D: The Story of SUE is presented by D3D Cinema and [The Field Museum](#). Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Through April 3 Traveling exhibition— San Diego Natural History Museum, 1788 El Prado in Balboa Park. Lizards & Snakes: Alive! Small and shy, or big and fierce? Bright as a jewel, or hardly visible? Four legs? Two legs? No legs at all? When you're talking about lizards and snakes—the squamates—the answer is usually . . . Yes! This ancient group, whose scientific name is Latin for "scaled," is more diverse than mammals, as old as dinosaurs. And they're almost everywhere: harsh desert to lush rainforest, high in the treetops, beneath the ground. We share the planet, but we often overlook these quiet neighbors. So welcome to the world of squamates, and get ready to be surprised! Created in collaboration with the American Museum of Natural History and Fernbank Museum of Natural History, this fascinating exhibition features a mix of live animals and interactive displays that reveal the secret lives of a group more diverse than mammals and as old as dinosaurs. Lizards and Snakes: Alive is funded by the San Diego County Board of Supervisors at the recommendations of Chairwoman Pam Slater-Price, Supervisor Ron Roberts, and Supervisor Greg Cox. Additional financial support provided by the City of San Diego Commission for Arts and Culture. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students;

\$11 for children 3–12. Free for members. For more information call (619) 232-3821.

Through early April; 9:30 a.m. and 1:30 p.m. Whale-watching Cruises Don't miss your chance to watch whales migrate past San Diego! The Museum offers several types of whale-watching and nature cruises this winter. Museum members receive great discounts on whale-watching cruises! Also, nonmembers may purchase museum/cruise combo packages at a reduced price. Call the Museum's Visitor Services Desk for more information at 877.946.7797.

Sundays, Jan. 16, 23 and 30; 12:15 p.m. and 2:15 p.m. Free family performance—Wacky Science Sundays with Ms. Frizzle™ and The Magic School Bus© Wahoo! Join us for live performances EVERY Sunday at the Museum. Get ready to explore the wild and wacky worlds of mysterious creatures, fascinating habitats, and phenomenal hands-on science! FREE with Museum admission. For more information or to register, visit [www.sdnhm.org](#) or call (619) 255-0210 (M-F).

Jan. 13; 10:30 a.m. Family program—Nature and Me Storytime Calling all budding naturalists! Come enjoy an imaginative journey into nature through dynamic readings and visits to exhibitions. Storytime is held every second Thursday of the month. Open to all ages with a parent (recommended for ages 1–5). FREE with Museum admission. For more information or to register, visit [www.sdnhm.org](#) or call (619) 255-0210 (M-F).

Jan. 22-23: The Biggest Cat show West of the Mississippi. Come see 41 breeds compete or enter your household pet in show by January 17, 2011. We promise to have wonderful education talks both days and Agility both days for your enjoyment. The Meow Mall will have all kinds of Cat items.

Go to our website for information [www.SanDiegoCat.org](#) or for a \$1 off coupon. San Diego Cat Fancier's Annual Cat Show Food & Water Bowl XIX. Del Mar Fairgrounds - Exhibit Hallm 2260 Jimmy Durante Blvd., Del Mar, Ca 92014. Saturday 10 a.m. - 5: p.m., Sunday 9 a.m.- 5 p.m. Admission: Cash at the door \$8adults, \$6 seniors, military and children under 12.

ONGOING

Julian Doves & Desperados every Sunday (weather permitting) 1 p.m., 2 p.m., 3 p.m.: Historic comedy skits located at the stage area between Cabbages & Kings and the Julian Market & Deli. For more information contact Krisie at (760) 765-1857.

Triangle Club's Old Time Melodrama every Friday, Saturday & Sunday Friday at 7:15 p.m., Saturday at 1:15 p.m. and 7:15 p.m., Sunday at 1:15 p.m. Town Hall. visit: [www.julianmelodrama.com](#)

Permanent exhibition—San Diego Natural History Museum, 1788 El Prado in Balboa Park. Fossil Mysteries From dinosaurs to mammoths, discover the rich fossil history of our region. In this major exhibition created by the Museum visitors can play the role of paleontologist: ponder a mystery, examine the strong fossil evidence from the Museum's collection, and use scientific tools to discover answers. Traveling through a 75-million-year timeline, from the age of dinosaurs to the Ice Ages, experience an unfolding of the prehistory of southern California and the peninsula of Baja California, Mexico. Major funding provided by the California Cultural and Historic Endowment; National Science Foundation; Stephen and Mary Birch Foundation. Admission: \$17 for adults; \$15 for seniors; \$12 for military, youth 13–17, students; \$11 for children 3–12. Free for members. For more information call (619) 232.3821.

Volunteers help River Park

by **Betty McMillen**
Mother Nature got a lot of helping hands last weekend. Cub Scout Pack #3, the Americorp National Civilian Community Corp and active duty Marines and Navy personnel rolled up their sleeves and worked like ants to enhance the park.

The Scouts from OLPH Catholic School brought 20 cedar wood bird nesting boxes they built with their fathers. With family members watching the Scouts proudly presented the nesting boxes to the River Park Conservancy to be installed in the trees to attract more birds.

The Scouts also went on a nature hike guided by local bird expert and park volunteer, Robert Doty. They learned about the many types of birds, plants and animals that thrive in the ponds and cathedral of trees growing in the river bottom. Conservation has been a regular subject at Scout meetings.

The Americorp, Navy and Marine men and women dug up evasive weeds, planted native shrubs and built a French

Drain to help control erosion. The most challenging work of the day was installing a heavy owl nesting box 30 feet up in an Eucalyptus tree.

The military YMCA brought the volunteer crew from North Island, Point Loma Sub Base, Miramar and Imperial Beach to do the community service work. The Americorp members enjoy working outdoors on conservation work and came from various states to spend one year volunteering work for their country.

Seth Connolly, an Americorp worker for the Lakeside River Park, organized the event and kept busy keeping tabs on the various jobs. Results at the end of the day by spirited community volunteers included 125 shrubs planted, a French drain built and 21 bird nesting boxes installed in trees.

Cindy Collins, the volunteer coordinator, said that planting helps improve the habitat for native species.

For information on volunteer opportunities at the Lakeside River Park, please call Cindy at (619) 443-4770.



Robert Doty shows a nest. Photo credit: Cindy Collins

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'The King's Speech' a welcome addition to contemporary historical chronicles

Review by James Colt Harrison

His nickname was "Bertie" but the world knew him as King George VI. He was the husband of the Queen Mother Elizabeth (played with style by Helena Bonham Carter), and he became the father of the current Queen Elizabeth and the late Princess Margaret. Bertie had a speech impediment — he stammered. Not a good situation for a King who had to give speeches over the radio in war-torn England during the late 1930s.

Played in *The King's Speech* with eloquence and sensitivity by one of England's finest actors, the peerless Colin Firth envelopes himself in the role. Just fresh from his Oscar-nomination for last year's *A Single Man*, Firth tackles a real-life character who has seemingly insurmountable challenges for a royal personage who must lead his country through difficult times.

His brother David (Guy Pearce) was first in line for the throne. Only he didn't want it. He wanted to marry commoner Mrs. Wallis Simpson of Delaware, a recent divorcee. For David to be King and marry a divorcee was simply not permitted by the Church of England. Thus, he abdicated for "the woman I love," and handed the throne to Bertie. Thus, King George VI was formed from Bertie, and he served honorably but reluctantly.

When Bertie must give a speech, it's like he's going to be executed because he stammers, he hesitates, and he sputters when he's in front of a crowd or a microphone. His dutiful and loving wife seeks out speech therapists

to disastrous results. Nothing works. He is still terrified at the thought of having to give speeches. Bonham-Carter shows just the right amount of wifely concern and love for her husband. We know she is a caring woman who dotes on her Bertie and desperately wants to help him.

Elizabeth stumbles upon the eccentric Lionel Logue, played brilliantly by Geoffrey Rush. He's a failed Shakespearean ham actor who has a knack for speech therapy. Even worse, he's an Australian! He's not of royal blood or anywhere near to being of high-class breeding, but is lower than common compared to the elegant character played by Firth. But, amazingly, Logue is just what the terrified royal needs.

Bertie and Logue find common ground, have fierce quarrels, break up, get back together, and slowly make progress with the speech therapy. Geoffrey Rush is rather imperial in his manner as he is the one who holds the key for curing the stammer. He's brash, rough, tough, and often feels equal to or superior to the future King. It's a performance like no other Rush has ever given, and he is on par with Firth for acting honors. The two men battle it



Collin Firth and Helena Bonham Carter star in *The King's Speech*. Photo credit: Laurie Sparham/The Weinstein Company

out on screen like two divas in an operatic aria.

Director Tom Hooper guides his actors with a

confident hand through the script written by David Seidler. The film has all the flavor of previous British hits such as *The Queen* and

Young Victoria. This look behind the curtains of royal life is a welcome addition to contemporary historical chronicles.

Dear Dr. Luauna



Problems do not automatically produce what God wants and many people become bitter instead of better. You Never Know God is All you Need, Until God is all you have! Some have asked me, how can God help me in all my problems? Let me share a few stories in the Bible; God could have kept Joseph out of jail. Gen 39:20 Then Joseph's master took him and put him into the prison, a place where the king's prisoners were confined.

And he was there in the prison. 21 But the LORD was with Joseph and showed him mercy, and He gave him favor in the sight of the keeper of the prison. God could have kept Daniel out of the lion's den. Dan 6:16 So the king gave the command, and they brought Daniel and cast him into the den of lions. But the king spoke, saying to Daniel, "Your God, whom you serve continually, He will deliver you." 17 Then a stone was brought and laid on the mouth of the den, and the king sealed it with his own signet ring and with the signets of his lords, that the purpose concerning Daniel might not be changed. God could have kept three Hebrew boys out of the fiery furnace; Dan 3:1 If that is the case, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king. 18 But if not, let it be known to you, O king, that we do not

serve your gods, nor will we worship the gold image which you have set up."

We must know: Our hope in hard times is not based on wishful thinking, human thinking, and not on our emotions. If we make our hope in Jesus, by faith you can move mountains. When we understand, God is in control of all things! There is a grand design behind all things! What the devil thought for bad, God can turn it for good! Even your mistakes, sin, hurts illness, debt, divorce or the death of a loved one. WHY? GOD CAN BRING us out of it all.

Sometimes our life is like a cake mix! Flower, sugar, baking soda, salt, eggs; mixed together somehow it will come out good! If you leave out an ingredient for your cake, it will not taste GOOD. JESUS is what you need for your life, He brings the good to the not so GOOD life, not everything that has happened in our life has been good! But if you will allow JESUS to become LORD of your life!

Everything can turn GOOD! Start the year with JESUS, He loves you and so do I. Come to church, and know how GREAT JESUS really is! P.S. Read the rest of those stories in the Bible, Wow!

Connect with Dr. Luauna
questions@drluauna.com
www.drluauna.com
www.atouchfromabove.org

Facebook & Twitter: Dr Luauna Stines



The King's Speech
Studio: The Weinstein Company
Gazette Grade: A
 MPAA: "R" for some language.
Who Should Go: fans of historical drama

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— AT THE MOVIES —

Clichéd 'Country Strong' is saved by its cast

Review by Diana Saenger

serious flaws, and only those aforementioned fans may be able to overlook them.

Kelly Canter (Paltrow) is in rehab to overcome alcoholism. We first meet her as she and handsome counselor Beau Hutton (Hedlund) are making moon pie eyes at each other in her room. They're working on writing the lyrics and melody of a song together, and it's quickly apparent that there's something more between them.

Within minutes Kelly's husband James (McGraw) arrives to pull Kelly out of rehab early. She's a top county star and James is itching for her to get back on stage. Kelly suffered a tragic experience at her last concert in Dallas. While her fans are waffling about her comeback, James knows they can't lose anymore time. Even Beau's plea that she's not ready falls on deaf ears.

What's interesting right off the bat – in one of the first script flaws – involves James being quite aware that something is going on between Kelly and Beau. Yet just a short time later after hearing Beau sing and play at a bar and seeing how much the audience likes him, James invites the guy to be the opening act for Kelly. This makes no sense to me, especially since Kelly happens to be a Grammy-winning super star. Don't iconic performers like this already have a list of opening acts?

Although trying to show up and deliver the goods at her first appearances, Kelly is an emotional wreck. She can't get over what happened to her in Dallas; she's hung up on Beau; and James is cold and unpleasant to her.

The triangle soon becomes a square when former beauty pageant queen Chiles Stanton (Leighton Meester) catches James' eye. She's got great a voice but gets shell shocked on stage, so James encourages Beau to take her under his wing. At first Beau appears complacent with Chiles, who is growing in her affection for him while also trying to avoid unwanted attention from James. It doesn't help when Chiles starts to out sing Kelly and Beau begins to show real affection for this newcomer with solid pipes.

The plot offers nothing new – country songs with tales about broken hearts,



Garrett Hedlund and Leighton Meester star in *Country Strong*. Photo credit: Screen Gems

lost loves and hard times. Paltrow doesn't falter as Kelly and sings rather well even if the songs seem less than catchy. The production value adds nothing to the film, and the subplots – like one about a small quail Kelly and James alternate taking care of – rarely resonate. The "overcoming addiction" plot plays like a media headline

we read almost every day, so it's difficult to raise sympathy for characters with this problem.

What's good about *Country Strong* is Paltrow (*Iron Man 2*), Hedlund (*Tron Legacy*) and Meester (*Going the Distance*). Each one could have a sing-off and draw a crowd. I was particularly taken by Hedlund and Meester's believable performances and singing abilities. While McGraw has proved his ability as an actor, playing a rather irritable character only makes us miss his singing that much more. Fortunately, the engaging cast in *Country Strong* helps us almost forget about Shana Feste's disappointing script and irrational ending.

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REEL FACTS

Country Strong
Studio: Screen Gems
Gazette Grade: B +
MPAA: "PG-13" for sexual content and drugs
Who Should Go: Country music fans



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Robert Frost was a famous American poet. In one of his poems, called "**Birches**," he wrote about swinging on the branches of birch trees. He described the way an ice storm weighs branches down with a coating of ice. Brrrr! Hmmm...**Frost** wrote about **ice** storms!

"... Loaded with ice a sunny winter morning
After a rain. They click upon themselves
As the breeze rises, and turn many-colored
As the stir cracks and crazes their enamel.
Soon the sun's warmth makes them shed crystal shells
Shattering and avalanching on the snow-crust-
Such heaps of broken glass to sweep away..."

Ice Storm!



Geesshhh! What horrible weather...I don't want to be out here either!



- Getting ready for the ice storm:**
1. have _____ stored in bottles
 2. to listen to news and weather reports have a _____ with batteries
 3. get plenty of fresh batteries for _____ and lanterns
- Read the clues to fill in the puzzle!**
4. store cans of _____ to eat
 5. pile dry _____ for the fireplace
 6. shovel _____ in buckets to spread later on ice
 7. drain water from basement _____ so they won't freeze
 8. kindly bring all _____ inside

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logs
pipes
food
sand
flashlights
pets
water

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TENGIKHBDSIRS ATPOI
JIOUGC SIJEKFAOI HG D
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LIUHGC DITIOKJHGRFO
FROSTPJ CJTOIJKLMNL
YHNMJIO LUWRS HOVELP
VBNMKJHEIOO QADD CFW
UWINDLHSHNOIKNLP UO
OKLP IUHNGS IUATFC DN
SNOWBANKSRESSDFVBS

- Find and circle all of these "stormy" words:**
- | | | | |
|------------|------------|------|---------|
| snowsuit | glittering | cold | icicles |
| snowblower | snowplow | ice | sand |
| snowbanks | winter | wind | frost |
| snow tires | shovel | gray | glaze |

Sizzlin'! Outside, the frozen rain is pinging against the glass. Inside, the fire is snapping and crackling as a ...

Follow the dots to see what is roasting!

... is roasted and popcorn is popped!
The hot chocolate warms us, too.

By Another Name...

The U.S. National Weather Service describes an ice storm as a storm that leaves at least .25 or 1/4 inch of ice on surfaces out in the open.

When freezing rain comes down and leaves an icy coating or glaze on trees, bushes and houses and the world is full of glitter in the sunshine, some people (in parts of U.S. and in Canada) call it a:

or a

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| 16 | | | | | | 17 | | | | 18 | | | | |
| | 19 | | | | 20 | | | 21 | 22 | | | | | |
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| 25 | 26 | 27 | | 28 | | 29 | | | 30 | | 31 | 32 | 33 | 34 |
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| 72 | | | | | | 73 | | | | 74 | | | | |

THEME: WILD WEATHER

ACROSS

- 1. Bullying, e.g.
- 6. Greyhound, e.g.
- 9. Artist colony in New Mexico
- 13. *Wind bursts
- 14. *Wildfire remains
- 15. Gold

- 16. Early stages
- 17. *Where storms can lead to sickness
- 18. It sweeps a nation?
- 19. "The Quiet American" author
- 21. *It leads to #15 Across?
- 23. July-August zodiac
- 24. Potato
- 25. A great distance

- 28. *Mild fog
- 30. Soldier's knapsack
- 35. Right to another's property
- 37. *Mountain cap?
- 39. Roman Catholic Church's central administration
- 40. Largest city of Norway
- 41. Another spelling for "icon"
- 43. April 1st victim
- 44. Branch of this tree represents peace offering
- 46. Prefix denoting "around"
- 47. Southwestern flooring
- 48. Pour out
- 50. Great Barrier ____
- 52. Fleur-de-____
- 53. It prevents objective consideration
- 55. Prune
- 57. *Type of radar
- 61. Not dangerous to health
- 64. Eskimo hut

- 65. Knot-tying vow
- 67. Nostrils
- 69. White, French
- 70. Roman sun god
- 71. ____ Maria Remarque
- 72. E-mail command
- 73. Right coast time
- 74. Like many basketball players

DOWN

- 1. Gone by
- 2. A plug in a barrel or flask
- 3. "Back in the ____," song
- 4. It can be stainless
- 5. An attitude of admiration
- 6. Headquarters, as in military
- 7. Employ
- 8. Half step higher than given note
- 9. U-____
- 10. United ____ Emirates
- 11. Greek liquor
- 12. Eurasian duck
- 15. Of low pH
- 20. It can be loud or white
- 22. Black and white sea bird
- 24. Fire-tenders
- 25. *Result of Katrina
- 26. Bridal path
- 27. Indiana Jones' Lost Ark, e.g.
- 29. The sound of Edward Scissorhands?

- 31. Bunch of hair
- 32. Cook from above
- 33. Garlic mayonnaise
- 34. *They move 45 to 90 knots
- 36. The brightest star
- 38. Donned
- 42. Sister's daughter
- 45. All together
- 49. Neither a win nor a loss
- 51. *Ominous shape in sky
- 54. Get up
- 56. Found on a queen
- 57. "I call first ____!"
- 58. Stare amorously
- 59. "____ of attack"
- 60. "On Golden ____," movie
- 61. *Thunderstorm sight
- 62. Smile
- 63. Head holder
- 66. ____ and don'ts
- 68. Timid or unsure

PRESENTED BY



SUDOKU

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

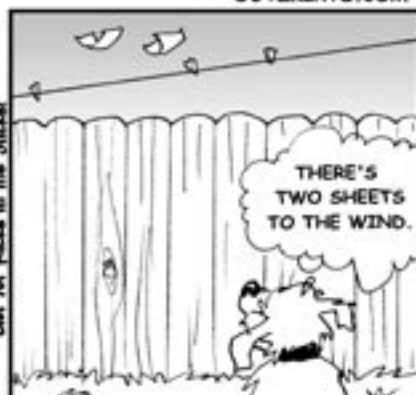
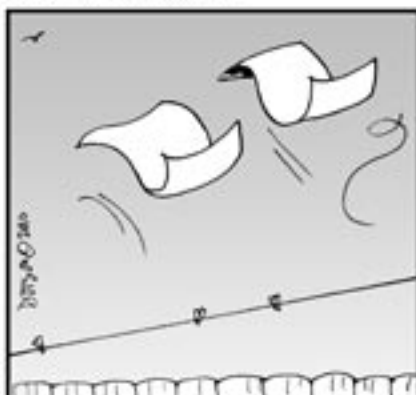
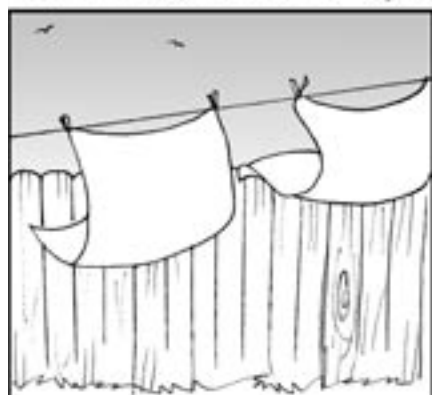

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FAMILY FEATURES

New Year SLIMMING SECRETS

Two years ago, Japanese supermarkets couldn't keep bananas on the shelves after a man revealed the secret of his weight-loss success on a leading social network. Now a healthier version of his diet is catching on in America, thanks to the fruit and nutrition experts at Dole.

The Go Bananas 2-A-Day Challenge was originally created in 2009 by the Dole Nutrition Institute as a healthier sequel to Japan's phenomenally popular Morning Banana Diet.

Dole's expanded version for 2011 is part of larger multimedia initiative created by Dole Fresh Fruit for Americans looking for a healthy way to kick off the New Year. The Go Bananas Challenge substitutes well-balanced meals and nutritious recipes instead of the "all-you-can-eat" approach popular in Japan.

Going beyond the original two-banana morning routine, Dole nutritionists created a comprehensive two-week regiment of lunches, dinners and snacks to help participants boost their energy, increase their intake of fruits and vegetables, and improve their overall health while they lose weight.

"We know that increasing consumption of fruits and vegetables in general, and bananas in particular, can help support healthy, sustainable weight loss," said Nicholas Gillett, Ph.D., of the Dole Nutrition Institute. "What we did at Dole was expand this simple principle into a well-balanced, two-week plan that can serve as the basis for a long-term healthy lifestyle."

Go Bananas 2-A-Day Challenge participants begin each day with two bananas and at least eight ounces of water, a combination that specifically aids in weight loss.

According to Gillett, banana fiber creates extra bulk in the stomach, allowing participants to feel full longer — and less

hungry overall. He says the fiber acts like an internal accelerator that pulls some of the fat in the stomach through the digestive system before it can be absorbed.

The Go Bananas Challenge follows the morning banana routine with a medley of 14 lunch and dinner recipes that combine lean chicken or fish with fresh Dole® fruits and vegetables, low-fat cheeses, wheat pasta, long-grain rice and salads.

While participants can choose among fresh fruit, vegetables and nuts for their daily afternoon snack, sugar-based desserts and alcohol are strictly off-limits. The plan also advocates that followers drink water only with every meal, finish eating by 8 p.m. each day and go to bed by midnight.

"Of course, those taking the Go Bananas 2-A-Day Challenge also benefit from the banana's status as a superfood. It doubles as an excellent source of vitamin B6 and a good source of potassium, fiber and vitamin C," added Gillett.

Special dishes included in the plan range from Curried Spinach Soup and Warm Thai-style Scallop and Mango Salad to Spinach and Chicken Stir Fry with Raspberries and Honey Mustard-glazed Salmon with Fruit Salsa.

For more information on the Dole Banana Diet, or Dole Bananas in general, including recipes, serving suggestions and nutritional information, go to www.dole.com/bananas. You can also follow Dole Bananas on Facebook at www.facebook.com/DOLEbananas.

Two popular recipes, Caribbean Black Bean and Fruit Salad and Pineapple Salsa Chicken, are featured in the sample meal plan. Remember that at least 8 ounces of water should accompany each meal.

Sample of a Day's Menu

■ BREAKFAST ■ MORNING SNACK

2 Dole Bananas and 8 ounces of water

5 slices Dole Pineapple (3-1/2 inches in diameter x 3/4 inches thick)



■ LUNCH Caribbean Black Bean and Fruit Salad

- 1 can (15 ounces) black beans, drained
- 2 tablespoons prepared salsa
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon finely chopped red onion
- 1/2 teaspoon grated orange peel
- 1 tablespoon lime juice
- 1/4 teaspoon ground cumin
- 1 ounce feta cheese, crumbled (optional)

- 1 large Dole Banana, sliced
- 1 Dole Orange, peeled and sliced

Combine beans, salsa, cilantro, onion, orange peel, lime juice and cumin in large bowl. Spoon onto lettuce-lined platter. Sprinkle cheese on top of salad, if desired. Arrange banana and orange slices alongside of salad. Squeeze additional lime juice over bananas.

■ AFTERNOON SNACK

1/4 cup almonds

■ DINNER

Pineapple Salsa Chicken

- 6 boneless, skinless chicken breasts
- 2 cups chunked, fresh Dole Tropical Gold Pineapple*
- 1/4 cup Dole Pineapple juice
- 1/2 cup finely chopped Dole Red Bell Peppers
- 1/4 cup finely chopped Dole Green Bell Pepper
- 1 tablespoon chopped Dole Green Onion
- 2 teaspoons chopped fresh cilantro or parsley
- 2 tablespoons chopped jalapeño chilies

Grill or broil chicken 5 to 10 minutes on each side or until chicken is no longer pink in the center. Combine pineapple chunks, juice, bell pepper, onions, cilantro and chilies in bowl. Serve salsa with grilled or broiled chicken.

*May substitute 1 can (20 ounces) Dole Pineapple, chunked, drained.

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 adju□

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00106373-CU-PT-CTL
 IN THE MATTER OF THE APPLICATION OF FREYSI GUERRERO OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON FOR CHANGE OF NAME PETITIONER: FREYSI GUERRERO OLIVERO AND ON BEHALF OF MINOR ALYAHNA JAY HAIRSTON HAS FILED FOR AN ORDER TO CHANGE NAME FROM: FREYSI GUERRERO OLIVERO TO: FREYSI G. BHATTI AND FROM ALYAHNA JAY HAIRSTON TO: ALYAHNA GUERRERO HAIRSTON THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 WEST BROADWAY, SAN DIEGO, CA 92101, Department D-25 on FEBRUARY 03, 2011 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 DECEMBER 20, 2010.
 East County Gazette – GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-032946
 FICTITIOUS BUSINESS NAME(S): a.) Illuminati Records b.) R1 Entertainment Located at: 7840 Stalmer St., B-11, San Diego, CA 92111 This business is conducted by: An Individual The first day of business was: December 10, 2010 This business is hereby registered by the following: Anthony Sanchez 7840 Stalmer St., B-11, San Diego, CA 92111 This statement was filed with Recorder/ County Clerk of San Diego County on December 10, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033596
 FICTITIOUS BUSINESS NAME(S): Ryan L. Hopkins Dressage Located at: 3081 Via Viejas, Alpine, CA 91901 This business is conducted by: An Individual The first day of business was: October 1, 2010 This business is hereby registered by the following: Ryan L. Hopkins 3081 Via Viejas, Alpine, CA 91901 This statement was filed with Recorder/ County Clerk of San Diego County on December 16, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033221
 FICTITIOUS BUSINESS NAME(S): Riteway Recovery Located at: 9622 Medina Dr., Santee, CA 92071 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: James V. Collier 9622 Medina Dr., Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on December 14, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00072845-CU-PT-EC
 IN THE MATTER OF THE APPLICATION OF RASHID RASHID ON BEHALF OF MINOR AVEEN RASHID FOR CHANGE OF NAME PETITIONER: RASHID RASHID ON BEHALF OF MINOR AVEEN RASHID HAS FILED FOR AN ORDER TO CHANGE NAME FROM: AVEEN RASHID TO: AVEEN RASHID SALEH THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, FOURTH FLOOR on FEBRUARY 14, 2011 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 DECEMBER 29, 2010.
 East County Gazette – GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033069
 FICTITIOUS BUSINESS NAME(S): Trilogy PR Group Located at: 5360 Jackson Drive, Suite 112, La Mesa, CA 91942 This business is conducted by: An Unincorporated Association- other than a Partnership The first day of business was: December 1, 2010 This business is hereby registered by the following: 1. Scott Alevy 5360 Jackson Drive, Suite 112, La Mesa, CA 91942 2. Xema M. Jacobson 5360 Jackson Drive, Suite 112, La Mesa, CA 91942 3. John Freeman 5360 Jackson Drive, Suite 112, La Mesa, CA 91942 4. Francisco Mata 5360 Jackson Drive, Suite 112, La Mesa, CA 91942 This statement was filed with Recorder/ County Clerk of San Diego County on December 13, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-032806
 FICTITIOUS BUSINESS NAME(S): Day and Night Construction Services Located at: 10728 Prospect Ave. Ste. G, Santee, CA 92071 This business is conducted by: A Corporation The business has not yet started. This business is hereby registered by the following: Day and Night Construction Services 10728 Prospect Ave. Ste. G, Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on December 09, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-032298
 FICTITIOUS BUSINESS NAME(S): Shaded Industries Located at: 12780 Jackson Hill Way, 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: Nicole Riley 12780 Jackson Hill Way, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 03, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033247
 FICTITIOUS BUSINESS NAME(S): Elite Auto Collision Repair Center Located at: 4949 Baltimore Drive, La Mesa, CA 91942 This business is conducted by: A Corporation The first day of business was: November 1, 2005 This business is hereby registered by the following: Versatile Champions 4949 Baltimore Drive, La Mesa, CA 91942 This statement was filed with Recorder/ County Clerk of San Diego County on December 14, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033350
 FICTITIOUS BUSINESS NAME(S): East County Wood & Laminate Flooring Inc. Located at: 9813 Highdale Rd., Santee, CA 92071 This business is conducted by: A Corporation The first day of business was: June 14, 2004 This business is hereby registered by the following: East County Wood & Laminate Flooring Inc. 9813 Highdale Rd., Santee, CA 92071 This statement was filed with Recorder/ County Clerk of San Diego County on December 15, 2010.
 East County Gazette- GIE030790 12/23, 12/30, 2010, 1/06, 1/13, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-031763
 FICTITIOUS BUSINESS NAME(S): Alpine Motor Vehicle Registration Service Located at: 2128 Arnold Way Ste. 8, Alpine, CA 91901 This business is conducted by: An Individual The business has not yet started. This business is hereby registered by the following: Rodney N. Galloway Jr., 2414 Pimlico Place, Alpine, CA 91901 This statement was filed with Recorder/ County Clerk of San Diego County on November 29, 2010.
 East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033744
 FICTITIOUS BUSINESS NAME(S): Alliance Dwellings, LP Located at: 657 Live Oak Drive, El Cajon, CA 92020 This business is conducted by: A Corporation The first day of business was: December 17, 2010 This business is hereby registered by the following: Alliance Dwellings, Inc 657 Live Oak Drive, El Cajon, CA 92020 This statement was filed with Recorder/ County Clerk of San Diego County on December 20, 2010.
 East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000447
 FICTITIOUS BUSINESS NAME(S): a.) Rlenerz Designs b.) Kindred Media Design Located at: 1274 Dawson Drive, Chula Vista, CA 91911 This business is conducted by: Husband and Wife The business has not yet started. This business is hereby registered by the following: 1. Arlene Guevarra Carcabuso 1274 Dawson Drive, Chula Vista, CA 91911 2. Richard Rogador Carcabuso 1274 Dawson Drive, Chula Vista, CA 91911 This statement was filed with Recorder/ County Clerk of San Diego County on January 5, 2011.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME
CASE NO.37-2010-00071844-CU-PT-EC
 IN THE MATTER OF THE APPLICATION OF: COWANA JOANANNE-MARIE WHITE FOR CHANGE OF NAME PETITIONER: COWANA JOANANNE-MARIE WHITE HAS FILED FOR AN ORDER TO CHANGE NAME FROM: COWANA JOANANNE-MARIE WHITE TO: FALLON COWANA STONE THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 250 E. MAIN ST., EL CAJON, CA 92020, Department 15, on FEBRUARY 28, 2011 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 NOVEMBER 04, 2010.
 East County Gazette – GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000453
 FICTITIOUS BUSINESS NAME(S): Jimbo's Liquor Located at: 9388 Mira Mesa Blvd., San Diego, CA 92126 This business is conducted by: A Corporation The first day of business was: January 1, 2011 This business is hereby registered by the following: 1. S.N.K. Inc. 9388 Mira Mesa Blvd., San Diego, CA 92126 This statement was filed with Recorder/ County Clerk of San Diego County on January 5, 2011.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000504
 FICTITIOUS BUSINESS NAME(S): Shae Technologies Located at: 4455 Rosebud Lane #D, La Mesa, CA 91941 This business is conducted by: An Individual The first day of business was: January 1, 2011 This business is hereby registered by the following: 1. Brian Kelly 4455 Rosebud Lane #D, La Mesa, CA 91941 This statement was filed with Recorder/ County Clerk of San Diego County on January 6, 2011.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-000132
 FICTITIOUS BUSINESS NAME(S): Pure Lifestyle Wellness Located at: 526 Burnham Street, El Cajon, CA 92019 This business is conducted by: A General Partnership The first day of business was: January 3, 2011 This business is hereby registered by the following: 1. Stephanie Morgon 526 Burnham Street, El Cajon, CA 92019; 2. Lauren Morgon 2251 Bolinas Street, San Diego, CA 92107 This statement was filed with Recorder/ County Clerk of San Diego County on January 3, 2011.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034292
 FICTITIOUS BUSINESS NAME(S): GM Door & Trim Inc. Located at: 751 E. Bradley Sp-30, El Cajon, CA 92021 This business is conducted by: An Individual The first day of business was: July 21, 2006 This business is hereby registered by the following: 1. Gustavo Morales 751 E. Bradley Sp-30, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034110
 FICTITIOUS BUSINESS NAME(S): Performance Mobile Detailing Located at: 1476 Greenfield Drive, 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. Joseph Bertasso 1476 Greenfield Drive, El Cajon, CA 92021 This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.
 East County Gazette- GIE030790 1/13, 1/20, 1/27, 2/03, 2011

Education ...

Continued from page 8
 enable employees to get a college degree while working. The BOE hosted a one-hour presentation in Sacramento today by CSU that presented information on various degrees that can be earned through the College of Continuing Education Program .

The BOE continues to offer opportunities to its employees to gain a greater understanding of tax and fee programs, improve professional skills, and continue employee education for professional development to better serve the tax and fee payers of California . CSU will offer in person and online classes to encourage BOE employees to expand their knowledge of a particular subject or advance toward an academic degree. Employees who enroll in

this program as students are responsible for the costs associated with the courses; however, reimbursement may be allowed pursuant to bargaining agreements.

Elected to the Board of Equalization in 2006, Michelle Steel serves as Southern California's elected taxpayer advocate. In December 2007, Steel discovered the Board of Equalization had delayed the return of millions of dollars in security deposits owed to California businesses. Procedures were changed due to Steel's decisive leadership. Following her investigation, the tax agency refunded tax security deposits to over 5,500 small businesses.

For more information on other taxes and fees in California , visit www.taxes.ca.gov.

— CORRECTION —

Robert Oren Conley August 25, 1923 to December 18, 2010

The Gazette regrets the error made in the Obituary for Robert Oren Conley published in last week's issue, the following paragraph should have read as follows:

“During WWII Bob served in the South Pacific under General MacArthur. Following the war Bob and Barbara settled in Lakeside purchasing 11 acres in the foothills of Eucalyptus Hills next to Maniscalco's Cactus Ranch. Bob and Barbara built a unique concrete block home on EL Nopal in Lakeside on the foundation of an old 120 cow milking farm. The home took five years to build. The Conley's son Ronald Oren Conley was born February 10, 1947 and daughter Coleen Rae Conley was born January 19, 1948. “

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ONCE YOU STOP BY OUR OFFICE, YOU'RE DONE!

NOTICE OF TRUSTEE'S SALE Trustee Sale No. 10102146 . Loan No. 0031186364 Title Order No. 574900 APN 58628340 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED May 25, 2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On January 26, 2011, at 10:00 AM, at the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA, Power Default Services, Inc., as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on June 26, 2006, as Instrument No. 20060450369 of Official Records in the office of the Recorder of San Diego County, CA, executed by: FRANK R. DANIELS AND HAZEL J. DANIELS, HUSBAND AND WIFE AS JOINT TENANTS, as Trustor, in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS INC., AS NOMINEE FOR UNION FIDELITY MORTGAGE, INC. as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER, in lawful money of the United States, all payable at the time of sale, that certain property situated in said County, California describing the land therein as: AS MORE FULLY DESCRIBED IN SAID DEED OF TRUST. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 634 BLUFFVIEW RD, SPRING VALLEY, CA. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining unpaid balance of the obligations secured by and pursuant to the power of sale contained in that certain Deed of Trust (together with any modifications thereto). The total amount of the unpaid balance of the obligations secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of this Notice of Trustee's Sale is estimated to be \$545,725.40 (Estimated), provided, however, prepayment premiums, accrued interest and advances will increase this figure prior to sale. Beneficiary's bid at said sale may include all or part of said amount. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the California Financial Code and authorized to do business in California, or other such funds as may be acceptable to the trustee. In the event tender other than cash is accepted, the Trustee may withhold the issuance of the Trustee's Deed Upon Sale until funds become available to the payee or endorsee as a matter of right. The property offered for sale excludes all funds held on account by the property receiver, if applicable. DATE: 12/27/2010 POWER DEFAULT SERVICES, INC., Trustee By: Fidelity National Title Company, its agent 17592 E. 17th Street, Suite 300, Tustin, CA 92780, 7145085100 By: Michael Busby, Authorized Signature The undersigned mortgagee, beneficiary or authorized agent for the mortgagee or beneficiary pursuant to California Civil Code 2923.52(c) declares that the mortgagee, beneficiary or the mortgagee's or beneficiary's authorized agent has obtained an exemption from the state regulator that is current and valid and the additional 90 day period does not apply. This loan servicer has implemented a comprehensive loan modification program that meets the requirements of civil code section California Civil Code 2923.53. Regarding the property that is the subject of this notice of sale, the "mortgage loan servicer" as defined in Civil Code section 2923.53(k)(3) declares that it has obtained from the Commissioner a final or temporary order of exemption pursuant to Civil Code section 2923.53 that is current and valid on the date this notice of sale is recorded. The time frame for giving a notice of sale specified in Civil Code Section 2923.52 subdivision (a) does not apply to this notice of sale pursuant to Civil Code Sections 2923.52.

Fidelity National Title Company, as Agent for the mortgage loan servicer as defined under California Civil Code section 2923.53 (k)(3) By: Michael Busby, Authorized Signature SALE INFORMATION CAN BE OBTAINED ON LINE AT www.fidelitytasap.com AUTOMATED SALES INFORMATION PLEASE CALL 7142597850 ASAP# 3864261 01/06/2011, 01/13/2011, 01/20/2011

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARGARET D. COX CASE NUMBER: 37-2010-00152580-PR-PW To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of MARGARET D. COX. A PETITION FOR PROBATE has been filed by PATRICIA S. SOTO in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that PATRICIA S. SOTO be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. 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: JANUARY 27, 2011 AT 1:30 P.M. IN DEPT. PC-2 LOCATED AT 1409 FOURTH AVE., SAN DIEGO, CA 92101 MADGE BRADLEY. 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. Attorney for Petitioner: CHARLES ANTHONY WILLIAMS SBN 63891, 9340 FUERTE DRIVE, SUITE 300B, LA MESA, CA 91941 (619) 464-4216 EAST COUNTY GAZETTE -GIE030790 Jan. 6, 13, 20, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033092
FICTITIOUS BUSINESS NAME(S): No Name Printing and Sign
Located at: 411 W. Chase Ave. #16, 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: Loay Yousif 411 W. Chase Ave. #16, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 13, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00072841-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF SHARMISTHA MITRA-KELLY FOR CHANGE OF NAME PETITIONER: SHARMISTHA MITRA-KELLY HAS FILED FOR AN ORDER TO CHANGE NAME FROM: SHARMISTHA MITRA-KELLY TO: SHARMISTA MITRA-KELLY 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 FEBRUARY 16, 2011 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 DECEMBER 29, 2010.
East County Gazette - GIE030790 1/06, 1/13, 1/20, 1/27, 2011

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME FILE NO. 2010-032424 ORIGINAL FILE NO. 2010-007373-01
The following person(s) has/have withdrawn as general partner(s) from the partnership under the fictitious business name: Petal Pusher Diva'z. The Fictitious Business Name Statement for the Partnership was filed on March 15, 2010, in the County of San Diego, CA. The following General partner has withdrawn: Debbie Miller 6541 Bantam Lake Dr., San Diego, CA 92119. THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON DECEMBER 06, 2010
East County Gazette GIE030790 JAN. 6, 13, 20, 27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034251
FICTITIOUS BUSINESS NAME(S): Yama Yoga Healing Retreat
Located at: 4829 La Cruz Dr., La Mesa, CA 91941
This business is conducted by: Co-Partners The first day of business was: December 20, 2010
This business is hereby registered by the following: Lori Shaw 4829 La Cruz Dr., La Mesa, CA 91941
Rose Polak 3883 Jewell St., Apt. B7, San Diego, CA 92109
This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034287
FICTITIOUS BUSINESS NAME(S): Ken's Liquor
Located at: 132 E. Mission Ave. #A, Escondido, CA 92025
This business is conducted by: Co-Partners The first day of business was: January 1, 2006
This business is hereby registered by the following: Haithem Ballo 758 S. Mollison Ave. #41, El Cajon, CA 92020
Diaa Ballo 758 S. Mollison Ave. #41, El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 28, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-034128
FICTITIOUS BUSINESS NAME(S): a.) Dove Real Estate b.) Pre Foreclosure San Diego Realty
Located at: 6165 Primrose Rd., La Mesa, CA 91942
This business is conducted by: General Partnership
The first day of business was: December 27, 2010
This business is hereby registered by the following: Carmelita A. Velasco 6165 Primrose Rd., La Mesa, CA 91942
Hugo R. Plascencia 3048 Central Ave., Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on December 27, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

NOTICE OF TRUSTEE'S SALE TS No. 10-0122276 Title Order No. 10-8-447602 Investor/ Insurer No. 1697080741 APN No. 505-590-19-00 YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 10/08/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER." Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by DAVID J. HAMILTON AND LONNA L. HAMILTON, HUSBAND AND WIFE AS JOINT TENANTS., dated 10/08/2004 and recorded 10/15/04, as Instrument No. 2004-0979682, in Book , Page 3815), of Official Records in the office of the County Recorder of San Diego County, State of California, will sell on 02/10/2011 at 10:00AM, At the South entrance to the County Courthouse, 220 West Broadway, San Diego, CA 92101 at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any, of the real property described above is purported to be: 10176 TRES LAGOS COURT, SPRING VALLEY, CA, 91977. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$313,059.18. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. DATED: 12/24/2010 RECONTRUST COMPANY, N.A. 1800 Tapo Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone: (800) 281 8219, Sale Information (626) 927-4399 By: Trustee's Sale Officer RECONTRUST COMPANY, N.A. is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. ASAP# FNMA3868981 01/13/2011, 01/20/2011, 01/27/2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033052
FICTITIOUS BUSINESS NAME(S): a.) Green Grasshopper Gardening b.) Bornhorst and Mayrose
Located at: 13135-B Julian Ave., Lakeside, CA 92040
This business is conducted by: An Individual The first day of business was: September 1, 2001
This business is hereby registered by the following: James J. Second II 13135-B Julian Ave., Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on December 13, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033427
FICTITIOUS BUSINESS NAME(S): a.) Next Level Body and Skin Care b.) Next Level Skin Care
Located at: 777 6th Ave., San Diego, CA 92101
This business is conducted by: An Individual The business has not yet started.
This business is hereby registered by the following: Candace D. King 777 6th Ave., San Diego, CA 92101
This statement was filed with Recorder/ County Clerk of San Diego County on December 16, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-033783
FICTITIOUS BUSINESS NAME(S): Case Assignments
Located at: 1017 San Bernardino Ave., Spring Valley, CA 91977
This business is conducted by: An Individual The first day of business was: January 1, 1995
This business is hereby registered by the following: Michelle St. Claire 1017 San Bernardino Ave., Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on December 20, 2010.
East County Gazette- GIE030790 12/30, 2010, 1/06, 1/13, 1/20, 2011

ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NO.37-2010-00072785-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF JOSEF RAY FOX FOR CHANGE OF NAME PETITIONER: JOSEF RAY FOX HAS FILED FOR AN ORDER TO CHANGE NAME FROM: JOSEF RAY FOX TO: JOSEF RAY SMITH 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, FOURTH FLOOR on FEBRUARY 16, 2011 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 DECEMBER 27, 2010.
East County Gazette - GIE030790 1/13, 1/20, 1/27, 2/03, 2011

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-032264
FICTITIOUS BUSINESS NAME(S): YNN SoCal
Located at: 917 Teatro Circle, 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: Wendy A. Weick 1175 Merritt Dr., El Cajon, CA 92020
This statement was filed with Recorder/ County Clerk of San Diego County on December 03, 2010.
East County Gazette- GIE030790 1/06, 1/13, 1/20, 1/27, 2011

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For Health's Sake

Health classes, screenings, classes and events

CPR Class January 22

Would you know how to respond if your child stopped breathing or someone you love had a heart attack? If you said, "No," then you should join this class. It will be held at the Alpine Fitness Club, 1620 Alpine Blvd. on Sat. Jan 22nd from 9am to 11am. You will receive a two year certification; learn the New CPR skills and how to perform CPR on an adult, child and infant. You will also learn the Heimlich maneuver, how to use an AED machine and what to do for a drowning victim. If you have a pool this class is a must. Adults are \$45 per person and children 8 years to 17 years old only \$30 per child. Space is limited. To reserve your place please call Save-A-Heart at (619) 445-4569.

Free blood pressure screening

No appointment necessary. Open to the public. For information, call (619) 740-4214.

La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., Friday, Jan. 21, 9:30 to 11 a.m.

Managing caregiver emotions

Caregivers often become emotional casualties while providing care for their loved ones. Learn to recognize the unique factors that contribute to caregiver stress, understand various methods of dealing with anger and other stressful emotions and learn to articulate tips that will help in reducing stress. Presented by Diane Darby-Beach from the Alzheimer's Association on Monday, Jan. 24, 10 a.m. to 12 noon at the Grossmont HealthCare District Conference Center, 9001 Wakarusa St., La Mesa. Registration required. Call 1-800-827-4277.

Shape up in the New Year

Want to lose weight? Think you need more fiber? Want to have

more energy and just feel better overall? Think you should exercise, yet don't have "the get up and go" to do it? Learn simple tricks to make your diet healthier (for example: eat a rainbow.). Find out from Registered Dietitian Candy Cmming what makes being healthy challenging and make a plan to make it easier! Monday, Jan. 31, 1 to 2:30 p.m. Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa Reservation required. Call 1-800-827-4277

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

This free program helps people who live alone by offering a phone call each day. If there's no answer, someone is called to check on you. Other Project C.A.R.E. services include Vial of Life, friendly visitor from the Retired Senior Volunteer Patrol

and more. East county residents may call the Sharp Grossmont Hospital Senior Resource Center at 619-740-4214. Seniors in other zip codes may call 1-800-510-2020 for locations throughout San Diego County.

Classes and Events

Sharp HealthCare offers hundreds of classes, events, tours and support groups for all ages. Find a class or service that best meets your needs and your family's needs. For help choosing or registering for a class, please call 1-800-82-SHARP (1-800-827-4277), Monday through Friday, 8 a.m. to 6 p.m. or go online at www.sharp.com.

Laughter is the Best Medicine

Four dads

Once there were four business men. They were sitting on a bench in a hospital waiting room because their wives were having babies.

A nurse comes over and says to the first businessman, "Congratulations! Your wife had 1 baby."

The man says, "What a coincidence! I'm the president of And1!"

The nurse goes away.

Then the nurse comes back and says to the second businessman, "Congratulations! Your wife had twins!"

The man says, "What a coincidence! I'm the owner of the Minnesota Twins!"

The nurse goes away.

The nurse comes back and says to the third businessman, "Congratulations! Your wife had triplets!"

The man says, "What a coincidence! I work for Triple Crown!"

The nurse goes away.

The nurse comes back and sees the fourth businessman alone on the bench crying.

She asks, "Why are you crying?"

The man replies, "I work for Seven Up"!!

Have a funny joke you'd like to share? Write to editor@ecgazette or P.O. Box 697, El Cajon, CA 92022,

Weight loss New Year's resolutions

by Judy Callihan Warfield



How many years have you made up your mind to get to that goal weight? Hypnotherapy has helped millions of people to successfully manage their weight. Notice that I said "manage their weight" rather than lose weight. Weight is one of the most complicated issues because it's tied into so many other issues: stress, motivation


to exercise, portion control, elimination or reducing influence of certain foods, addressing boredom and loneliness, and most important, self image.

Over the years people create and reinforce certain negative habits and thoughts. Most people can modify these habits and thoughts for a short time, but eventually they come back along with the excess weight. Everyone has the ability to change this and move on to a healthy weight.

The subconscious is 90 percent of the power of our mind, and because hypnotherapy is the direct access to this 90 percent it works well. Our habits, behaviors, limiting beliefs, and patterns reside in the subconscious. This is why so many people feel like they are in an internal battle between what they want and what their habits want. Hypnotherapy is a way to stop that internal battle once and for all and have that 90 percent working for you instead of against you.

Hypnotherapy is fast, effective, and drug free. Why not make this the year you reach your weight goal and are equipped with the tools to easily maintain it.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. www.successhypnotherapy.com, 4730 Palm Ave. #205, La Mesa, (619) 303-8511 or email judy@successhypnotherapy.com for a free consultation.


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Sports & Events

Winter Instructional classes to start soon

It's not too late to register for winter classes. Be sure to register your child for their favorite class before its full! Registrations will be accepted through January 22 (if space is available). You may register online, by mail, fax or at any of our recreation centers during operational hours. Registering online is easy: If you have an active account, you will be able to register online. Forgot your password? No problem, just click on "Forgot My Password" and it will be sent to your email. If you are new to our program, start by logging onto www.elcajonrec.org to set up your account. Don't be left out - register today!

New adult sports leagues- coming soon!

Adult Soccer- The City of El Cajon is now accepting rosters for an adult soccer league. A meeting will be held January 11 at 7:30 p.m. Must be 18 years or older to participate, affordable league fees vary.

Adult Volleyball- The City of El Cajon is now accepting rosters for an adult volleyball league. A meeting will be held January 11 at 8 p.m. Must be 18 years or older to participate, affordable league fees may vary.

Adult Flag Football - The City of El Cajon is now accepting rosters for an adult flag football league. A meeting will be held January 11 at 8:45 p.m. Must be 18 years or older to participate, affordable league fees may vary.

For more information on all these adult leagues please contact Kennedy Center at (619) 441-1676.

Adult basketball league, sign-ups

The City of El Cajon is currently accepting team rosters for upcoming adult basketball leagues. Must be 18 years of age or older to participate, affordable leagues fees may vary. A meeting will be held on January 11 at 7 p.m. For more information contact Kennedy Center at (619) 441-1676.

Adult softball leagues, sign-up today!

The City of El Cajon is looking for adult softball teams to participate in men's, women's and co-rec leagues forming today! Whether you are an experienced player or just looking to get some exercise and have

some fun, the City of El Cajon has a softball league for you. With leagues offered five nights a week for all skill levels, why not get some friends together and sign-up! Complete teams are welcome and we would be happy to assist individuals

interested in joining some of our existing teams who may be looking to add some new players. Must be 18 years of age or older to participate, affordable league fees may vary. Meetings will be held January 11, men's at 6, co-rec at 6:30 and

women's at 8:30 p.m. For more information, contact Kennedy Center at (619) 441-1676.

Get Fit in 2011

Want to get fit but dread going to the gym? Check out fitness classes offered at City

of El Cajon Recreation Centers. There is something for everyone including stretching, toning, core strengthening and Zumba! For more information call Wells Recreation Center at (619) 441-1680, or go online at www.elcajonrec.org.

For more information about the El Cajon Recreation Department parks, facilities, programs, classes and events call (619) 441-1754, or go online to www.elcajonrec.org. Sign up for a class today!

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Our Best Friends

House-training: What works for today's pet owners

Dog ownership is on the rise in the U.S. Whether you rescue or use a breeder, one thing all new dog owners have in common is needing to start off on the right paw when it comes to house-training their new pet. House-training isn't as daunting as it sounds if you set some boundaries and get on a schedule to start.

Here are a few pointers to help get you started and get your dog quickly house-trained:

- **Timing is everything**—Puppies do best on a regular schedule. Lead your puppies to the pad frequently, as they will need to relieve themselves

at least six times a day. Follow the same path to the pad every time. The process will require your full attention for a few weeks, but the effort you put into it now will last for the rest of your pet's life.

- **Dine and dash**—If you establish set mealtimes, your pets will need to relieve themselves on schedule as well. Keep tabs on when your dog relieves himself during training. Use that timing to get your dog accustomed to going outside or using the training pads.

- **Relaxation room**—Dogs like their own den, and a proper-sized crate for your dog is all the space it needs for downtime. Have your dog or puppy sleep in the crate at night and

when you are not home during training.

- **Separate spaces**—Set up the training pad in a special area away from the crate and food. Consider using special trays designed to hold training pads to keep the pad in place and deter dogs from playing with the training pads.

- **Treat time**—Use the same treat every time your pet does the right thing during house-training for positive reinforcement. Rubbing its nose in its feces may make matters worse and could cause your dog to hide when it's time to go.

- **Go green**—Consider environmentally friendly training pads such as Eco-Care Training

Pads made by Simple Solution. These pads are made from 85 percent recycled material, saving landfills from over 400 tons of waste every year. While reducing landfill waste, they also maximize absorption, holding two times more liquid than leading pad brands and using polymer technology to convert liquid to gel, locking in moisture and preventing leaks.

The pads are designed with odor neutralizers to eliminate tough urine odors and can be used with litter box mats, as a dog crate liner, as car seat covers and to clean up messy spills.

For more information, visit www.simplesolution.com.



Today, more owners use potty pad training when they have limited outdoor areas.

ADOPT-A-PET

Hollie is a one-year-old Chocolate Labrador Retriever (mix) female Identification number: 51254. Hollie is an energetic dog who can't wait for a second chance start at life and family to love! Adventuresome and engaged in life, Hollie is one entertaining pup. She likes to receive lots of mental stimulation and physical exercise. With a fun-loving spirit, she adores splaying! She would be thrilled to accompany her people friends on their athletic pursuits and outdoor activities. It will be important that Hollie's new pet-parents demonstrate consistent leadership and training with her, so that she can learn how to be the best pup she can be. She will do well in a variety of homes but would prefer to be the only pet in the home. Sweet, very lovable and endearing, Hollie loves to make her people friend's smile. Until February 14, 2011, her adoption fee is just \$14 and includes her spay, current vaccinations, certificate for a free veterinary exam, and more! Hollie is available for adoption at the North Campus of the San Diego Humane Society: 2905 San Luis Rey Rd., Oceanside, CA 92058, (760) 757-4357 www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.



Meet Brisa! A fun-loving, 63-pound German Shepherd/Australian Shepherd blend, Brisa is looking for her forever home. At eight years old, she certainly has a spring in her step and would love to brighten up your home with her adorable face and loving personality. This smart girl walks well on a leash and is treat-motivated, so we know she can learn even more. Come meet Brisa today at the County Animal Shelter in Bonita at 5821 Sweetwater Rd., or for more information call 619-788-7880 or 858-205-9974. Her \$69 adoption fee includes license, vaccinations, microchip and spay.

Lola has a very sweet-temperament which makes her very easy to love. Lola loves being outdoors and exploring while on walks, and she does great on the leash. She is very well mannered and loves to socialize, but she can be a little shy in new surroundings. She absolutely loves to play and gets very excited and energetic while doing so! Her petite stature and perky ears are adorable. Lola is a fun-loving and well-behaved dog who would love to go home with you today! If you think Lola could be the perfect companion for you, please contact our Customer Service department at (760) 757-4357 or ask an adoption counselor about her today!



This little lady's name is Cynthia. A beautiful and petite kitty, this 6 year old DLH Exotic Mix, only weighs 7lbs! Cynthia is a loving and special girl, and her beautiful long silky hair will require regular grooming to keep her looking healthy and gorgeous! To meet Cynthia, please call (760) 960-7293 or go directly to the Encinitas Petsmart located at 1034 N. El Camino Real. Adoption hours are Monday-Friday 5-8 p.m., Saturday 12-3 p.m. and 6-8 p.m. and Sunday 1-6 p.m.

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