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The Barona Band of Mission Indians celebrated their culture with their annual Powwow last weekend. The Sycuan Band of the Kumeyaay Nation will celebrate their Powwow this weekend, Sept. 9, 10 & 11. Photo credit: Terry Thomas

# Local News & Events

## Aquatics Center opens at McGrath Family YMCA in Rancho San Diego



Large pool.

The highly anticipated new Aquatics Center at the McGrath Family YMCA in Rancho San Diego will celebrate its grand opening on Saturday, Sept. 10. The beautiful state of the art facility, located at 12006 Campo Road, is poised to meet the health, social and recreational needs of the under-served areas of Rancho San Diego, El Cajon, Jamul, Spring Valley and Casa de Oro.

The new Aquatics Center will feature:

- Outdoor Competitive/ Training Pool which isn't just for competitive swim but also for: group swim, water exercise, and lap swim.

- A Splash Pad for kids! Play area features a bucket dump, spurting palm tree, fountains, and shooting water. Area will also include a picnic area where families can lounge and relax.

- One Oversized Spa
- One Instructional Warm

Water Pool. This pool will be great for water exercise, group exercise, and lap swim.

Swimming is an enjoyable and important activity for the entire family - with many health benefits.

The Y is committed to providing as many opportunities for our community to learn basic swimming lessons, water safety practices, water exercises, and the ability to spend quality family time in a fun and safe atmosphere. Most importantly, thanks to thousands of community minded supporters, YMCA programs are available to all regardless of ability to pay.

"At the YMCA we are all about building and supporting communities," said Rob Sauvajot, Executive Director/Vice President, East County Family YMCA. "We are very grateful to our donors, local businesses, volunteers, elected officials and the community at-large for making this dream a reality.

We look forward to seeing this beautiful Aquatic Center being filled with children and families participating in pro-

gramming that will change lives for the better."

In addition to the new Aquatics Center, this YMCA includes a state of the art Sports Complex, a 35,000 sq.ft. full-service facility with: the Sycuan Wellness/Fitness Center, the Dallas Pugh Gymnasium, Multi-Purpose and Conference rooms, a Youth and Teen Development Center and multiple Group Exercise Studios. There is also a Member Lounge and Child Watch Center while members work-out.

As an added incentive to promote family health and fitness, the McGrath Family YMCA is offering a one-month special of 50 percent off its membership joining fee. This offer is available September 10-30 only.

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,687 Ys engage 21 million men, women and children - regardless of age, income or background - to nurture the potential of chil-



Splash Zone.

dren and teens, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, last-

ing personal and social change. The East County Family YMCA operates the John A. Davis Family YMCA in La Mesa and the Cameron Family YMCA in Santee, as well as the McGrath Family YMCA in Rancho San Diego. For more information, visit [www.eastcounty.ymca.org](http://www.eastcounty.ymca.org)

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— LOCAL NEWS & EVENTS —

# El Cajon highlights —

by **Monica Zech,**  
City of El Cajon Public  
Information Officer

## Remembering September 11, 2011 - Ten years later

A variety of events have been planned around the county to remember those who died during the events of September 11, 2001. Here are a few of those events in the City of El Cajon:

Students at Holy Trinity School will be holding a special mass on Friday, Sept. 9, at 8 a.m. Holy Trinity Catholic Church is located at 405 Ballard Street.

El Cajon Valley High School: Mr. John Barnes, a history teacher at El Cajon Valley, will have a large exhibit on display in remembrance of the events of September 11, 2001. The collection has grown to include pieces from events leading up to the 9-11 attacks. As former students began returning from their military deployments, they also donated items to the exhibit. The collection currently has over 1,200 items from 30 countries, and is organized into an annual exhibit at the school auditorium, called "September 11th and the War on Terror." It includes medals, artifacts, letters, photographs, books, magazines, documents, uniforms, models, autographs, films and more. The exhibit and presentation are free and open to the public the following days and times: Friday, Sept.

9, 3 to 8 p.m.; Saturday, Sept. 10, 10 a.m. to 8 p.m.; and Sunday, Sept. 11, 10 a.m. to 5 p.m. There will be a formal presentation on September 11, with special guest speakers, from 5:30 to 8:30 p.m. at the El Cajon Valley High School gymnasium.

Grossmont College students, to mark the 10th anniversary of the September 11, 2001, terrorist attacks, will plant an olive tree of remembrance on the El Cajon campus. The tree planting ceremony will be held at 10 a.m. on Friday, Sept. 9 on a lawn area adjacent to building #53. On Thursday, Sept. 8, between 10 a.m. and 6 p.m., students will have the opportunity to write their thoughts and feelings on small cards and then tie the cards with string to the branches of the olive tree, which, prior to planting, will be located between building #55 and the Learning Resource Technology Center. Grossmont College's 9/11 memorial activities are being planned by the Grossmont College Student Affairs Office and the Associated Students of Grossmont College, Inc.

## Remembering our military with CARE packages

The City of El Cajon's Special Events Committee is currently coordinating a drive to collect items for care packages that will be distributed to military members before the holidays. The theme is "They serve our country - let's serve them!"

City employees have expanded their collection efforts to the community. Items to donate include: new pairs of heavy duty socks, foot powder, baby/body wipes, deodorant, books and DVDs, toothpaste, toothbrush, toiletries, assorted snacks (sorry - no chocolates due to melting) hard candy, gum, sunflower seeds, corn nuts, etc. Monetary donations are also being sought to mail these care packages to military members serving overseas. Please call (619) 875-9011 if you would like to donate. Collection boxes can be found at El Cajon Fire Station 6, 100 E. Lexington Avenue, in El Cajon; and at the El Cajon Federal Credit Union at 266 S Magnolia Ave, Suite # 101.

## Concerts On The Green Friday

On Friday, Sept 9, enjoy African world music with "Akayaa & Bolga Zohdoomah" at Concerts on the Green! Concerts are from 6 to 8 p.m. at the Prescott Promenade located at 201 East Main Street in downtown El Cajon. These "free" concerts are presented by the El Cajon Community Development Corporation and the downtown business district, and sponsored by Sycuan Casino and Taylor Guitars. Bring your family and friends for an evening of music and dine at one of the many wonderful restaurants surrounding the Prescott Promenade; or pack a picnic and sit back, relax and enjoy the show! For more information,

call the El Cajon CDC at (619) 401-8858, or visit them online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

## Mustang evolution at the Cajon Classic Cruise

The next Cajon Classic Cruise on Wednesday, Sept. 14 will feature "Autumn Cajon Speed Fest". This fun free event runs from 5 to 8 p.m. in Downtown El Cajon, located at the Prescott Promenade at 201 East Main Street. Enjoy classic cars, great restaurants, live entertainment, and awards for the top cars! The El Cajon Community Development Corporation (CDC) has extended the Cajon Classic Cruise car show schedule this year through October 26. For more information, call the El Cajon CDC at (619) 401-8858, or visit them online at [www.downtownelcajon.com](http://www.downtownelcajon.com).

## All FORE REC Golf Tournament is September 16

The City of El Cajon Recreation Department and the Crest Kiwanis group will be holding their annual All Fore R.E.C. benefit golf tournament on Friday, Sept. 16, at 10 a.m. at Sycuan Resort, located at 3007 Dehesa Road in El Cajon. This is a great opportunity to get some exercise, and contribute to our R.E.C. Campaign - Recreation Enhances our Community. Proceeds directly support youth activity through: scholarships, sports, recreation classes and after school programs. En-

try fee is \$125 per person with the Shot Gun Start at 12 p.m. If you'd like to attend the dinner only at 5:30 p.m., tickets are \$32 per person. Sponsorship opportunities are also available. For more information, please call (619) 441-1673.

## Kiwanis motorcycle ride

The Kiwanis Club of El Cajon Valley is holding their annual Charity Motorcycle Show and Poker Run on Saturday, Sept. 17. El Cajon Harley Davidson will host the start of the Poker Run, which will tour East San Diego County for 115 miles. The holder of the best poker hand will not only win a special prize, but will also be eligible to enter a drawing for a 2010 Ford F-150 pickup truck compliments of El Cajon Ford. The Boys and Girls Club of Santee will host the Motorcycle Show and post-run activities. Beneficiaries include the Boys and Girls Clubs of East County and children's programs sponsored by Kiwanis. Additional information may be found on the club's website at [www.elcajonvalleykiwanis.com](http://www.elcajonvalleykiwanis.com) or by calling committee chair, Bob Callen, at (619) 244-9730. For additional information call (619) 670-9390.

## Free family fun at the El Cajon Fire Safety & Career Expo

Mark your calendar for the El Cajon Fire, Safety & Career Expo set for Saturday, Oct.

8, from 10 a.m. to 2 p.m., at 100 E. Lexington Avenue, in El Cajon! Emphasis will be on health and safety, which includes disaster preparedness, fire prevention, driving safety, which will offer a section targeting teen drivers. There will also be a Kids Safety Fun Zone with a safety helmet giveaway (while supplies last), Home Depot's Kids Workshop, and several fire and law enforcement emergency vehicle displays. Meet the 9-1-1 For Kids mascot "Red E. Fox" and see a special K-9 demonstration by the El Cajon Police Department! If you belong to an organization or company that provides health and/or safety information, and would like to be a part of this major east county event, or be a supporting sponsor, call (619) 441-1737. A big "thank you" to San Diego Gas & Electric for being our major title sponsor this year, and to Mission Federal Credit Union for being our ongoing community sponsor! For the full line up of organizations taking part, visit [www.elcajonfire.com](http://www.elcajonfire.com).

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@cityofelcajon.us](mailto:mzech@cityofelcajon.us), or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

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## — LOCAL NEWS &amp; EVENTS —

# Bits and pieces around East County

## El Capitan High School Reunion

The El Capitan High School Class of 1981 Class Reunion will be held Saturday, Sept. 17, from 3 to 8 p.m. at the Flinn Springs Inn, 15505 Old Hwy. 80, El Cajon.

For more information on call (619) 561-3015.

## Family Services of East County

Family Services of East County is a newly formed, non-profit, charitable organization serving military and civilian families. The mission of the organization is to improve the quality of life of East County residents by providing services, events, and outreach programs focused on our military service

members and veterans, their families, as well as other victims and families affected by violence. Family Services has a vision to "identify and respond to the military, veteran, and civilian community needs by developing and maintaining effective partnerships with community agencies and organizations that will deliver culture specific resources, skills and expertise tailored to each individual's or family's needs through collaborative efforts. Providing a safe, confidential, friendly, and nurturing environment where individuals and families can access the services they need."

The non-profit organization needs the community's help. They are trying to raise \$100,000 in cash donations as well as seeking corporations and businesses interested in joining to help make a difference for these families in need.

Family Services of East County will be at the Santee Car Show on October 8, sharing a booth with "Courage to Call", accepting donations and handing out information. There is an upcoming Softball Tournament fundraiser at the Santee SportsPlex on October 21, and a Golf Tournament on December 9 at Steele Canyon Golf Course in Jamul. Please visit the website [www.family-servicesofeastcounty.org](http://www.family-servicesofeastcounty.org) for more information, or call 855-770-HOPE (4673)

## Statement by San Diego County Supervisor Dianne Jacob on the state's proposed release of Johnson

This particular class of predator does not belong in any community. The notion that SVPs can be rehabilitated is flawed. Once a person earns the depraved title of SVP, that person belongs in an institution permanently. Even with monitoring, the risk of an SVP taking another victim remains. East County witnessed this firsthand in 2009 when 81-year-old John David Norman, an SVP, was released into Boulevard and had to be recommitted after making inappropriate contact with a 19-year-old bag boy at a supermarket. At least four SVPs have been recommitted after the state saw fit to foist them on communities in San Diego County.

# Lakeside Roundup

by Patt Bixby

## Past and Present Collectibles Auction Company has new location

Past and Present Collectibles Auction has changed their location from the Chamber St. V.F.W. in El Cajon to 12062 Woodside Ave, Lakeside – inside the Global World Building.

The store has a unique display of art, antiques, knives, fire arms and coins. The family-run business started in 1985 by Bill and Celia Underwood. He also served as the auctioneer. The Underwood children now run the business. Bill Jr.' is the buyer and manager. Elizabeth Underwood Angeleri is a certified appraiser and auctioneer. Before her father passed in 2009, Elizabeth went to auctioneer school in Missouri and was happy she was able to work with her dad at auctions.

Celia Underwood is proud to say the business is family owned and operated. When customers come in for guns, ammo or to consign something, it's a family member that serves them. From jewelry to pink bbs, there is something for everyone. The Underwood family's motto is "Treat customers the way you would like to be treated."

Past and Present Collectibles Auction Company will hold an antiques and estate auction Sunday, Sept. 11. Call (619) 579-9140 for more information.

## Lakeside Calendar

**Sept. 10:** Blue Moon Dinner, Lakeside River Park, 5 p.m.

**Sept. 12:** Lakeside Chamber Board Meeting, 6 p.m. at Community Center

**Sept. 13:** Fire Board Meeting, 5:30 p.m. at Parkside offices

**Sept. 14:** Design review meeting, 7 p.m. at Community Center

**Sept. 23:** Heritage day Luncheon at Lakeside Historical Society 11 a.m.



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## — COMMUNITY EVENTS CALENDAR —

# Out and about in the County

**Through Sept. 30: Concerts on the Green** will be held Fridays, through Sept. 30, from 6 to 8 p.m. on the Prescott Promenade in El Cajon on Main Street.

Concert lineup:

September 9 Akayaa & Bolga Zohdoomah - world music / African  
September 16 Scott Martin Latin Soul - Latin jazz  
September 23 The Stoney B Blues Band - blues  
September 30 Sue Palmer & Her Motel Swing Band - boogie woogie / swing

For more information visit [www.downtownelcajon.com](http://www.downtownelcajon.com), or by calling the El Cajon CDC at (619) 401-8858.

**Through Dec. 3: The Ramona Mainstage** has upcoming events through Dec. 3. Currently scheduled are:

Gallagher - Sept. 16; Steve O - Oct. 1; Rob Schneider - Nov. 5 and Christopher Titus - Dec. 3. **Music:** New Wave of British Heavy Metal - Featuring Diamond Head, Girlschool, Hydrogen and Al Atkins - Aug. 20; Pat Travers - Aug. 26; Montrose - Sept. 10 smf Abbanania - Nov. 11. The Ramona Mainstage has free parking, air conditioned and has food drinks and alcoholic drinks. Under 21 admitted with parent or guardian. The Mainstage is located at 626 Main Street, Ramona. (760) 789-7008.

**Through Oct. 19: Cajon Classic Cruise** Wednesdays through Oct. 26, and Dec. 7, 5 to 8 p.m. on Main Street and Magnolia Avenue in downtown El Cajon. Tune to Downtown El Cajon Radio FM 104.1 during the show.

**Cajon Classic Cruise 2011 Season Schedule**

Sept. 14 - Autumn Cajon Speed Fest  
Sept. 21 - Panels on Promenade  
Sept. 28 - Monster Truck Madness  
Oct. 5 - Tractor Trendz  
Oct. 12 - Auto Graphix  
Oct. 19 - Horsepower Hour: Extreme Blowers  
Oct. 26 - Halloween Trunk or Treat  
Dec. 7 - Holiday Parade of Lights

\*\* Schedule subject to change without notice \*\*

(East and West Main Streets will remain fully open to traffic during all car shows - NO Main Street Closures)

For more information visit [www.downtownelcajon.com](http://www.downtownelcajon.com), or by calling the El Cajon CDC at (619) 401-8858.

**Sept. 9: Ramona Fall Festival**, 4 p.m. - 10 p.m. Event is free. The Fall Festival is Sept. 9, 10, and 11. Hours will be 4 p.m.-10 p.m. Friday, noon-10 p.m. Saturday, and noon-5 p.m. Sunday. More than a dozen carnival rides, plus games, food and craft vendors, community displays, musical acts, and a chili cook-off will yield local residents and visitors hours of fun in the church's front yard off Highway 67 at Dye Road. Proceeds support RUMC's local and global missions, including poverty relief, food and health programs and the Little People's Learning Center, one of Ramona's leading preschools. More information and chili cook-off registration is available at or by calling (760) 789-7106. More Info: <http://www.ramonaumc.org/fall-festival/>

**Sept. 9, 10, 11: Sycuan 22nd Annual Pow-Wow.** Native American dancers, drummers, and bird singers from across the nation will convene at the Sycuan reservation this weekend for the 22nd annual Sycuan Pow-Wow. The three-day event will also feature Indian foods, Native American arts and crafts, and informational booths. The pow-wow is free and open to the public. Contestants will vie for up to \$125,000 in prize money. Participants include members of the Apache, Comanche, Cherokee, Chippewa Cree, Kumeyaay, Kiowa, Pawnee, Piute, Crow Creek Sioux, Yaqui and other tribes in traditional attire. The pow-wow grounds are located behind the Sycuan casino at 5459 Sycuan Road in El Cajon. Alcohol, firearms and drugs are not permitted on or near pow-wow grounds. For more information contact Julie La Brake at (619) 445-7776 or email at [jalabrake@sycuan-nsn.gov](mailto:jalabrake@sycuan-nsn.gov)

**Sept. 9: Camp with the stars** presented by San Diego Parks and Rec at William Heise Park, 4945 Heise Park Road, Julian. Event is free. Nightfall—check with ranger for exact time. Join Doug McFarland of the San Diego Astronomy Association. Friday's program features a slideshow in the amphitheater followed by telescope viewing, while Saturday will be just telescope viewing. Phone: (760) 765-0650 More Info: <http://www.co.san-diego.ca.us/parks/>

**Sept. 10: 8 a.m. - 1 p.m. Alpine Community 'Blood Drive'** at the Alpine Woman's Club, 2156 Alpine Blvd. Contact Carol Lewis at [clewis10@aol.com](mailto:clewis10@aol.com) to schedule an appointment.

**Sept. 10: San Diego Walk Now for Autism Speaks**, Liberty Station of Point Loma, Ingram Plaza, 2640 Historic Decatur Rd, San Diego, CA 92106. Registration begins at 8 a.m., walk starts at 10 a.m. Free parking will be available in the lots off of the South West side of Historic Decatur Rd/Roosevelt Rd and the South East side of Historic Decatur Rd/Dewey Rd. Street parking is also

available. Check-in will take place at the north side of Ingram Plaza directly in front of the flag pole. Look for the directions signs and for the registration banner. Registration: Proceed to this area if you or anyone in your family did not register online. You will be asked to fill out a waiver and registration form. If you have donations to turn in, envelopes and donation forms will be available. If you have any other questions or need additional guidance, email [sandiego@autismspeaks.org](mailto:sandiego@autismspeaks.org). [www.walknowforautismspeaks.org/sandiego](http://www.walknowforautismspeaks.org/sandiego)

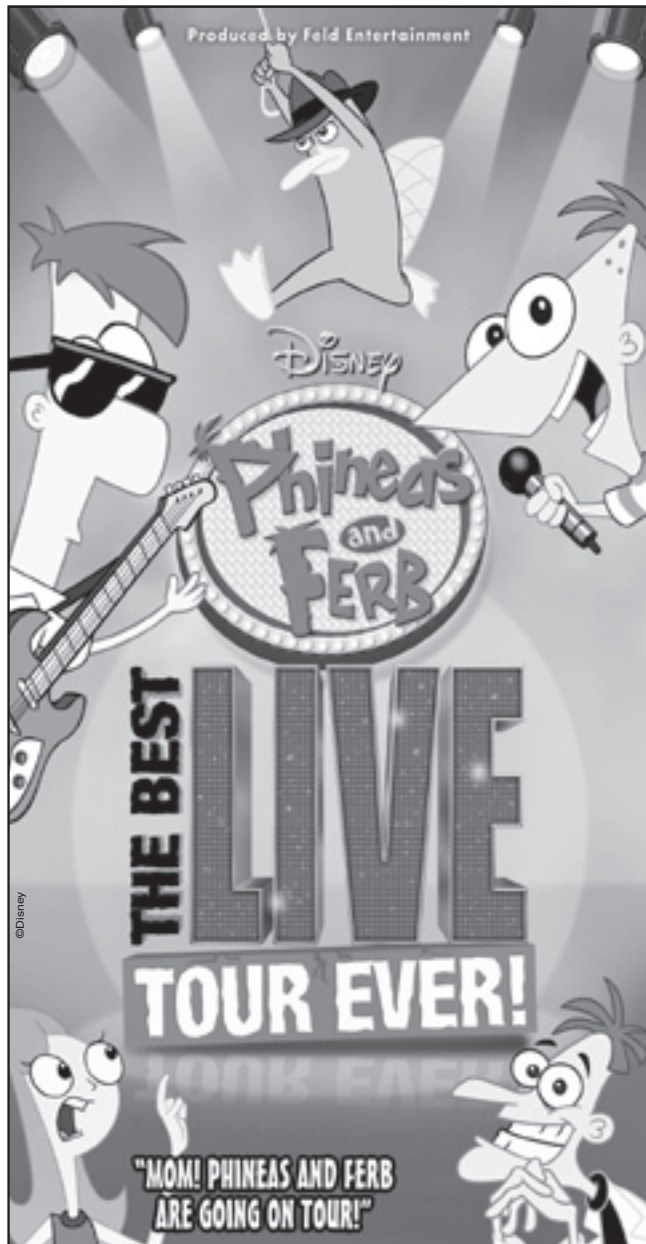
**Sept. 17: 5 p.m. VFW Bert Fuller Post 9578 is having their annual POW/MIA Ceremony.** Call (619) 445-6040 for more information.

**Sept. 17: 11 a.m. - 3 p.m. Kiwanis of Alpine's Chili Cook-Off** at the Alpine Community Park and 8 a.m. - 3 p.m. Show & Shine Car Show. Visit [www.AlpineKiwanis.org](http://www.AlpineKiwanis.org) or call Doug at 445-3328 or Jerry at 709-4411 for more information. Craft vendor spaces are available. Call Terri Horrell at (619) 722-1464.

**Sept. 17: Delightful Dolls of Southern California, Doll Show and Sale** will take place at the Al Bahr Temple, 5440 Kearny Mesa Road on Saturday 10 a.m. to 3 p.m. For more information contact Linda Payne Smith at (619) 265-0443 or [lpaynesmith@cox.net](mailto:lpaynesmith@cox.net).

**Sept. 17: Alpine Show and Shine Car Show and Chili Cook-Off.** Car show open to pre 1973 cars and trucks. Entry fee \$30. Trophies for Best in Show. Each entrant receives two free lunch tickets. The car show and chili cook-off will be held at the Alpine Community Park, 1830 Alpine Blvd. in Alpine. 7 a.m. Pancake Breakfast, 8 a.m. - 3 p.m. car show, 11 a.m. - 3 p.m. chili cook-off. For more information call Doug Benson (619) 445-3328 or Jerry Price (619) 709-4411.

**Sept. 18: 'Monarch Mania.'** Are you a vendor looking for a "wild" venue? "Monarch Mani," set for Sunday, Sept. 18 at Viejas Outlet Center in Alpine, is for you. In addition to the Monarch butterfly release, "Monarch Mania" will include caterpillar races, a plant sale (of specialty butterfly host and nectar plants), caterpillar sale to grow your own butterflies, and a chrysalis tree where onlookers will watch butterflies emerge before their very eyes! Ongoing educational programs will be held throughout the day, with special guests to include live owls, hawks, hummingbirds, snakes, lizards, spiders and more. Event hours are 10 a.m. to 6 p.m. Admission to the event will be free. "Monarch Mania" is hosted by CHIRP for Garden Wildlife, Inc., a not-for-profit habitat education corporation. Proceeds benefit habitat education programs for our schoolyards and backyards. For additional information, visit [www.chirp.org](http://www.chirp.org) or phone CHIRP for Garden Wildlife, Inc., at (619) 445-8352.



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# BUSINESS / FINANCE & REAL ESTATE

## Kahoots has pets covered in all departments



by Diana Saenger

Locally owned Kahoots Pet Store chain of 17 stores recently celebrated its 25th anniversary in Southern California. There are 10 stores operating in San Diego County as full service pet stores.

Daylene Waterman has been the La Mesa store manager since 2006. "I like Kahoots' focus on customer service," Waterman said. "I also enjoy that we have repeat customers and we get to know them and their pets, so it's nice to be able to help them with our products and services."

Kahoots carries all kinds of pet products for dogs and cats, some for birds, rabbits, hamsters, fish and reptiles and in some areas such as Ramona, for horses and livestock. They also sell small animals and fish.

Dog products include everything from apparel and health care & supplements to carriers, crates and toys. Cat products include everything from cat beds & furniture to food and treats, collars and leashes, toys and more. The aisle's of the La Mesa store are wide which allow for easy shopping and the massive

inventory is well-laid out and nicely presented, offering a very comfortable atmosphere for shopping.

"We designed the store with a country-esque feel," said Jaime Hernandez, Marketing Director for Kahoots. "The owners started with items for horses, so they wanted to stay true to that theme, and we do carry those items still in our Ramona store."

Customer Noelle Cotto recently stopped in to look for a new fish. "I like their selection

of products, it's very good," Cotto said. "They also have good prices and it's convenient to my home."

In addition to name brand products Kahoots has a large line of their name brand food and treats for cats and dogs that are natural, have no fillers and very competitively priced. "The Kahoot's chicken & rice premium dog food sells very well and we have our own brand for cats as well," said Hernandez.

Kahoot's also offers pet services. Dog and cat teeth cleaning is kind and gentle as the pet sets in a lap and leaves with cleaner teeth and sweeter breath. The store offers low-cost vaccinations for dogs and cats at all their San Diego County locations; just check at a store or online for dates. They have a roaming vet and a pet photographer. Got a dog in need of a little training? Kahoots Pet Store dog training center in Escondido, in association with Beckman's Dog Training, features a state-

of-the-art 1,500 sq. ft. training facility with top-notch professional dog trainers.

"Joel Beckman used to work with killer whales around the country," said Hernandez. "He's a huge animal lover and an excellent trainer."

Waterman said it's hard to find a better store when it comes to products, service and reasonable pieces. "We really care about animals and our customers," she said. "Our goal is to service their needs."

Kahoots is open Mon. - Sat. 9 a.m. - 8 p.m. and Sat. 10 a.m. - 6 p.m. For more information visit [www.kahootspet.com](http://www.kahootspet.com) See page 2 for ad and coupon.



La Mesa Kahoots employees: Lexi Bunney, Daylene Waterman, Mary Mika and Laura Klosterman. Photo credits: Diana Saenger



KAHOOTS cat department.



KAHOOTS fish department.

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# Inspiration

## Where have all the heroes gone?

**Rev. James L. Snyder**

In celebrating the 10th anniversary of one of the most horrific events in the history of the United States one cannot help but reflect back on the past decade. We have come a long way, but I am wondering if we have gone the right way.

My wife and I were thinking about this the other night and she startled me with a question. Most of the time she just startles me, but this time she had substance in the form of a question.

"I wonder," she said rather thoughtfully, "where all the heroes are today?"

At first, I did not quite get her drift, and so I query her on the subject.

First, I was thinking of all of those movie heroes that we hear about so often. Perhaps she was thinking of Superman or Batman or some such hero. These days, most of our heroes are manufactured in Hollywood and have no real affinity for the average person's life.

One of the things that amaze me about Hollywood is when

they produce their infamous reality shows; there is very little reality to it. The only reality about these shows is that makes real money for those who produce it. I could live with that reality. Hollywood cannot do anything without pizzazz to dazzle the imagination of the intellectually starved populace.

Then my mind drifted back to my wife's question.

"Those heroes of 9/11," she responded. "Whatever happened to all of those heroes that stepped to the front when the need called for it?"

Then I knew what she was talking about. A hero is someone who does ordinary work under abnormal or dangerous conditions. Ten years ago, when our country was attacked these heroes stepped forth, did their job and then stepped back into the shadows of obscurity almost as quickly as they came.

Many of those heroes gave the ultimate sacrifice, their life. Not thinking about their own well-being, they put their life on the line to save someone they didn't even know. Many of these heroes died doing their

heroic deed. Some are, 10 years later, suffering physical consequences from their acts of bravery.

Just what is a hero?

A hero is neither a Republican nor a Democrat. A hero is simply an American who does his or her job when the need arises without any thought of political affiliation. I am rather tired of the political minutia that is paralyzing our country today. Let me say that I believe our country is bigger than all the politicians in our country today.

If only we get the media to understand that all these politicians are simply caricatures of some political ideology and not real people at all. Politicians are Washington's version of a reality show that has no basis whatsoever in reality.

A hero never blows his or her own horn and consequently many heroes fade into the background and are never acknowledged or even thanked. After all, a hero never looks for thanks; a hero only does his or her job to the best of his or her ability. Sometimes a hero only does one heroic action in his life. He's a hero nevertheless.

A true American hero does his or her job when called upon and then fades into the background so that some politician can step forward and take the credit. That seems to be the way politicians operate these days; the credit system. When something goes right, they take credit for it. If something goes wrong, they give the credit to someone else. I'm ready for the politician to step forward with cash on the barrelhead.

I just have one simple question. When you are in trouble, whom do you want? The real American hero or some politician... any politician?

When the aircraft was smashing into their target, where were the politicians?

When the buildings were collapsing and lives were being destroyed, where were the politicians?

Back in "the day," the politician was a servant of the people, sent to Washington DC to do the people's business. That day is far over and probably never will return.

Today, these politicians have the idea that we, the people, are to serve them. After all, they know what's best for us. These politicians, who cannot take care of their own lives or their own business or even pay their own income tax, are fully qualified to take care of our business. Is it any wonder our country is in the mess it's in today?

A real hero is someone who puts someone else's welfare ahead of his or her own. They bravely put themselves in harm's way to save someone they may not even know.

Perhaps, and I know this thought probably comes from Mars, we ought to stop sending politicians to Washington and start sending heroes.

Another kind of hero is needed in our country today. That hero is the one who will pray for our country and ask God to help us get out of the mess we're in.

The formula for this is found in the Old Testament. "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (2 Chronicles 7:14 KJV).

In 10 years, we have tried everything else, and everything has failed. Why not try God?

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

### Dear Dr. Luauna



My daughter is only 15-years-old. She told me she hangs around with people who are involved in Wicca and tarot card reading. I have brought her up in a Christian home, but she said there is good witchcraft. Other moms I talked to say I am overreacting, but I am deeply concerned. What do you think? Signed, *Deeply Concerned*

**Dear Deeply Concerned,**

Yes, you should be concerned – very concerned. While the media bombards us with such things as witchcraft, mediums, wizards and other forms of the occult, it's a very seducing force of darkness to steal the Divine blessing of God from the lives of those who get involved. The Bible is very clear about the occult:

*Deuteronomy 18:10-11*, "There shall not be found among you anyone who makes his son or his daughter pass through the fire, or one who practices witchcraft, or a soothsayer, or one who interprets omens, or a sorcerer, or one who conjures spells, or a medium, or a spiritualist, or one who calls up the dead."

*Leviticus 19:31*, "Give no regard to mediums and familiar spirits; do not seek after them, to be defiled by them: I am the Lord your God."

*Galatians 5:19-21*, "Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God."

Wicca is darkness, and there is nothing good about it. And witchcraft is witchcraft. As you know, it goes against the very Word of God and Christianity back to the beginning when the people began to worship other gods and goddesses and partake in the practices mentioned above.

I will pray for your daughter. Show her the scriptures as many times people don't realize what the Bible says about this subject. I will be praying for you as well. Sometimes when we stand for what is right, we may end up in the minority, but our Lord will strengthen and help you. Thank you so much for writing.

I want to invite you to our church, A Touch From Above on Sundays at 10 a.m., 16145 Hwy 67, Ramona, CA.

[questions@drluana.com](mailto:questions@drluana.com)  
[www.drluana.com](http://www.drluana.com)  
[www.atouchfromabove.org](http://www.atouchfromabove.org)

### Religious humor bits

#### Caught in the flood

A man caught in a flood prayed to God for help. While he was on his knees praying, a police officer came to the door and offered to evacuate him, but he said, "No thanks, Officer, I'll stay here, God will deliver me" and resumed his prayers. Then a person in a rowboat came by as the waters were rising, and the man said, "No thanks, I'll stay here, God will deliver me" and continued praying to God for help. The waters continued to rise and the man had to climb onto his roof. At last a helicopter came with a ladder and the pilot told him to climb aboard. He again refused, all the while sitting on the roof and praying to God. Finally the waters covered him and he drowned. After he got to heaven he told God how disappointed he was that God didn't answer his prayers. God said, "What do you mean I didn't answer? I sent a police officer, a rowboat and a helicopter; what else did you want?"

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# For Health's Sake

## Health bits, tips, seminars and screenings

### What's new in treating chronic shoulder pain

Attend this free seminar to learn about the latest minimally invasive treatment options that can put an end to shoulder pain. A board-certified orthopedic surgeon will discuss new techniques that are available to treat a number of shoulder conditions, including rotator cuff repair and shoulder stabilization. There will be a question and answer session after the talk. Light snacks will be served. Registration is required, seating is limited.

This event takes place on

Wednesday, Sept. 21, from 5:30 to 7 p.m. at the Grossmont Healthcare District Conference Center, 9001 Wakarusa St., La Mesa 91942. Free to the public. Please register at 1-800-82 SHARP (1-800-827-4277), or visit [www.sharp.com/grossmont](http://www.sharp.com/grossmont).

### Meet the Pharmacist

Local pharmacists will review your prescriptions, over the counter medications, vitamins & supplements. Attend health presentations, health screenings, exhibitor fair, safe disposal of unused prescription medications and more.

This free event is sponsored by the East County Action Network, County of San Diego Aging & Independence Services, YMCA, AARP, Oakdale Heights and San Diego County Council on Aging. Tuesday, Sept. 13 from 9 a.m. to 12 p.m. at the Cameron Family YMCA, 10123 Riverwalk Dr., Santee. Reservations required. Call 1-877-926-8300.

### Free screenings for Peripheral Arterial Disease

Students from Grossmont College's cardiovascular technology (CVT) program will provide free screenings for Peripheral Arterial Disease (PAD) from 8:30 a.m. to 12:30 p.m. on Tuesday, Sept. 20, at the Sharp Grossmont Hospital Senior Resource Center, Brier Patch campus, 9000 Wakarusa St., La Mesa. The screenings will test the arterial blood flow to the legs and blood pressure at the ankles and arms. Symptoms of PAD can include aching, cramping or pain in your legs

after walking or exercising. An appointment is required for the free screening. To register, call 1-800-827-4277, or visit [www.sharp.com](http://www.sharp.com).

Grossmont College's CVT program, founded in 1972, was the first to be accredited in the nation and is currently the only CVT program in California to offer all three cardiovascular technology tracks, including vascular, echocardiography and invasive cardiology. Grossmont's CVT grads are currently working in more than 90 percent of the available cardiovascular-related jobs in San Diego.

### HEALTH TIPS/BITS

#### Drink Water

Lack of water can lead to dehydration as well as drain energy. Drinking water is vital to good health and fitness. The Institute of Medicine advises that men consume roughly 3 liters — 13 cups of total — of beverages a day and women consume 2.2 liters — 9 cups of total — of beverages a day.

## A time to forgive



by Judy Callihan Warfield

With September 11 branded into our memories and it's anniversary fast approaching, perhaps this may be a time in everyone's life to do a little mental inventory of people in our lives that we may want to consider forgiving. Remember — forgiving is not forgetting. Forgiving is not giving someone a free pass for

bad behavior. It is about freeing yourself from the weight of carrying around that anger, frustration, disappointment, and hurt.

To forgive is to rid oneself of that burdensome anchor and finally be able to move forward with plans, goals and dreams. Not being able to forgive tends to keep people stuck in the past and sometimes even use that past as an excuse not to reach their full potential.

When we choose not to forgive, then that offending person still retains control of us. Take a moment, take a deep breath and choose to forgive someone in your life. Choose to allow that weight of anger to be lifted from your shoulders. Take responsibility and perhaps see your own role in the event. Use this as an opportunity to grow and gain a higher level of understanding. Choose to channel your energies elsewhere.

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. 4730 Palm Ave. #205, La Mesa. Please call for free consultation (619) 303-8511 or visit [www.successhypnotherapy.com](http://www.successhypnotherapy.com) or email [judy@successhypnotherapy.com](mailto:judy@successhypnotherapy.com).

## Laughter is the Best Medicine

### Tiger's snack

A tiger was walking through the jungle one day and saw two men relaxing under a tree. One was reading a newspaper, and the other was working feverishly on a manual typewriter.

The tiger leapt on the man with the newspaper, and ate him up. The tiger did not bother the other man at all. That's because any predator knows that readers digest but writers cramp.

Have a funny joke, story or anecdote you would like to share? Write to Jokes: East County Gazette, P.O. Box 697, El Cajon, CA 92022 or write to [www.jokes@ecgazette.com](mailto:www.jokes@ecgazette.com)

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**Sunday:**  
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### Previews by Diana Saenger

**P**laygoers have lots of tough choices as new and exciting productions ease their way onto San Diego theatrical stages. Here are some of the choices to see, so hurry and make those reservations soon.

#### Broadway San Diego

Best known for their wildly popular theatrical shows and concerts which combine comedy, music, and technology to produce a totally unique form of entertainment, **BLUE MAN GROUP** is an intensely exciting and wildly outrageous show that leaves the entire audience in a blissful, euphoric state! This unique experience is a form of entertainment like nothing else; guaranteed to be an outing you will never forget. **BLUE MAN GROUP** runs Sept. 20 -25 at the Civic Theatre. For more information call (619) 570-1100. <http://www.broadwaysd.com>

#### Cygnnet Theater Company

Film Director Roger Corman probably never imagined *Little Shop Of Horrors*, his goofy 1960 B-movie about a man-eating plant being fed blood by a hopeless romantic and shot in two days and one night, would make it more than one week in the theater. After more than fifty years the film, as well as the theatrical play, continues to amuse and beguile its audience. *The Little Shop Of Horrors* rock musical, by composer Alan Menken and writer Howard Ashman, runs through September 11 at Cygnnet Theatre in Old Town. For more information call (619) 337-1525, [www.cygnnettheatre.com](http://www.cygnnettheatre.com)

#### La Jolla Playhouse

**MILK LIKE SUGAR** - Like all teenagers, 16-year-old Annie and her friends crave the hottest designer phones, handbags and fashion. But their prospects for the good life seem limited in the dead-end town they call home. When the girls decide to create their own future by entering into a pregnancy pact, Annie is confronted with the challenge of choosing between the safety of the life she knows and the danger of the life she desires. Winner of the prestigious Edgerton Foundation's New American Plays Award, *Milk Like Sugar* is a coming-of-age story for our times. Kirsten Greenidge's new play is written with warmth, humor and a beautiful, raw honesty about being a teenager today. *Milk Like Sugar* runs August 30 - Sept. 25. **JESUS CHRIST SUPERSTAR** - This ground-breaking rock opera, which reinvented musical theatre for the modern age, tells the story of the last week of Christ's life. The zeal with which Christ's followers are hailing him as the Son of God becomes a source of dismay to his disciple Judas Iscariot. Fearing that this tide of religious fervor will provoke brutal repression by the occupying Romans, Judas must make his fateful choice between faith and betrayal. *Jesus Christ Superstar* runs Nov. 18 - Dec. 31. For more information call (858) 550-1010, [www.lajollaplayhouse.org](http://www.lajollaplayhouse.org)

#### North Coast Repertory

**LEND ME A TENOR** - Winner of 3 Tony Awards and 4 Drama Desk Awards *Lend Me A Tenor* combines a chain-reaction of mistaken identity, plot twists, double entendres and

the constant slamming of many doors to create one of the funniest farces to grace the American stage in the last 30 years. A sensation on Broadway and in London's West End, *Lend Me A Tenor* pays homage to the madcap screwball comedies of the 1930's, guaranteed to leave audiences howling hysterically with laughter and walking out the door with a warm smile. *Lend Me A Tenor* runs Sept. 2 - Oct. 7. For more information call (858) 481-1055, <http://www.northcoastrep.org>

#### Old Globe Theatre

**THE ROCKY HORROR SHOW** - The musical that became a movie and started a 35-year nonstop cultural phenomenon is back where it is meant to be seen—live on stage! A sexy, wild, funny, tongue-in-cheek interactive time warp through a kaleidoscope of camp with a musical score that has become iconic—one show-stopper after another! Strange things happen when Brad and Janet, a clean-cut young couple from the suburbs, get caught with a flat in the middle of nowhere. After an incredible night at the Frankenstein place they learn a little bit about themselves and the world. *For Mature Audiences. The Rocky Horror Show* runs Sept. 15 - Nov. 6 in The Old Globe Theatre. **SOMEWHERE** - A World Premiere play from Old Globe Playwright-in-Residence Matthew Lopez, whose *The Whipping Man* was a smash hit at the Globe and then New York. Lopez's poignant new play is about one family's attempt to make its fantasy a reality. Gorgeous dance sequences are woven throughout the play



*The Rocky Horror Show.* Credit: courtesy

and help to tell the story of Inez Candelaria and her three children's dream of a life in show business. With their building scheduled for demolition and their life together beginning to crumble, the filming of the movie of *West Side Story* on the streets of their soon to be abandoned neighborhood finally brings reality into focus. *Some-where* runs Sept. 24 - Oct 30 in the Shirley and Harvey White Theater. **ODYSSEY** -

Director Lear deBessonet and writer/composer Todd Almond have developed an epic music theatre event, *Odyssey*, in celebration of The Old Globe's 75th anniversary. DeBessonet and Almond update the classic story of Odysseus, the Greek hero who faced giants, monsters and seductive sirens in his journey home from the Trojan War. Here, Odysseus' adventures are translated into a voyage through the people and places of modern-day San Diego. *Odyssey* will feature a cast of 200 performers coming together in a unique collaboration between professional artists and community partners. *Odyssey* runs Sept. 30 - Oct. 2 in the Lowell Davis Theatre. For more information; (619) 23-GLOBE, [www.TheOldGlobe.org](http://www.TheOldGlobe.org)

#### San Diego Repertory Theatre

**WALTER CRONKITE IS DEAD** - This West Coast premiere of an intimate comedy takes the vitriolic rhetoric of red state vs. blue state and asks us to view "the other" with our eyes wide open. A fierce thunderstorm shut down airports, two women get stuck in a waiting area at Reagan National Airport...and the drama goes on and on. *Walter Cronkite is Dead* runs Sep. 17 - Oct. 16 in the Lyceum Space. For more information call (619) 544-1000 or visit. [www.sdrep.org](http://www.sdrep.org)

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# MOTOR AND SPORTS

## 2012 Maserati Gran Turismo MC



2012 Maserati

by Dave Stall

Anyone who has never slipped behind the wheel of a Maserati is missing a very enjoyable experience. Interestingly, Maserati uses the same components the other manufacturers do as far as wheels, suspension, engine, transmission, seats, etc. but the difference between a Maserati and the competition is astounding.

The exterior styling is absolutely gorgeous from tip to tail. The car is mounted on 20-inch custom wheels with race proven suspension. The 444 horse powered V8 is backed by a paddle-shifting six speed automatic transmission. Now, I detest paddle shifters. They're ridiculous, and why drive an automatic transmission manually?

Well, Maserati set me straight.

The paddle shifters are mounted on the steering column, not the steering wheel. Why is that important? The Italians have been saying forever, "You never shift while turning, so why do you need the paddles moving with the steering wheel?" This positioning of the paddles made me a believer. I drove this car in manual mode the entire time I drove it and had a blast. One of the other bonuses of paddle shifters is the exhaust sounds. Why? Because "blip" it does when down shifting made the hair stand up on my arms. With paddle shifters there is complete control of this car in and out of turns, hills and open road.

Inside the vehicle there is an Italian Mark of luxury well deserving of its heritage and racing prowess. MC stands for Maserati Corsa – their racing division. Owners of this car get reworked aerodynamics, single rate suspension – unbelievably



2012 Maserati

smooth yet firm – up-graded 4.7-liter V8, sport exhaust, carbon fiber interior treatment, door sills, dash, console and steering wheel, front bumper with integrated splitter, side skirts, hand formed hood, steel body for strength and rigidity, integrated lip spoiler mounted on the trunk lid, new fenders with trailing edges, air outlets and much more.

My trip to Borrego Springs in a convertible – yes it was hot – offered a great ride through the mountains. This is where the Maserati shines, diving in

and out of the turns, and the long flat stretches where you can stretch your legs. This car handles the turns like a pro and even though it has single rate suspension, it drove like a dream on the open road.

I found nothing wrong with this car. For what it comes with the price is doable. The basic MC is \$126,500; add the MC package and it jumps to \$143,850 plus tax and license.

Check it out on You Tube and search Mr. Davestall to see the video I did on KUSI.

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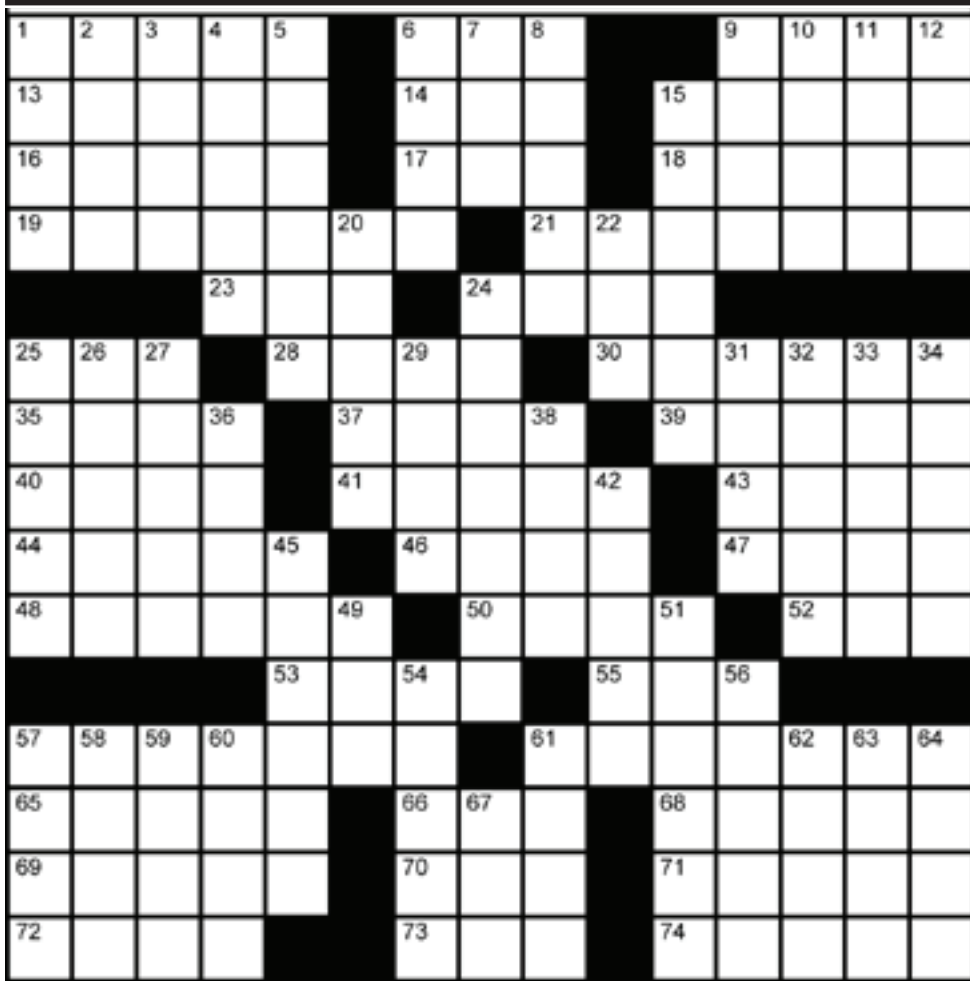
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# Puzzles and Fun

## CROSSWORD



THEME: FOOTBALL

### ACROSS

- 1. Grating sounds
- 6. Seton Hall University
- 9. Cartoon explorer
- 13. Until now
- 14. T-cell killer
- 15. Prestigious prize
- 16. One of many rescued in Chile

last year

- 17. Australian bird
- 18. Run off together
- 19. \*Last year's champ
- 21. Anarchic
- 23. \_\_\_ Paolo, Brazil
- 24. Marketplace
- 25. Suffix that makes a "host" female
- 28. Be gloomy

30. Front of shoe covering

- 35. Illegal lab product
- 37. Spiral-horned African antelope
- 39. Lacking guile
- 40. Small ladies' handbag
- 41. What Edward Scissorhands does
- 43. \_\_\_ crazy
- 44. Police informers
- 46. U.K. art museum
- 47. She was a d'Urberville
- 48. Bully's action
- 50. Toys for \_\_\_
- 52. Wade opponent
- 53. \*Brady won MVP by unanimous \_\_\_
- 55. "\_\_\_ Te Ching"
- 57. \*Consensus college pre-season #1
- 61. \*Finally resolved this summer
- 65. \* \_\_\_ deck
- 66. \_\_\_ Maria
- 68. Anchor rope hole
- 69. Mixed breeds

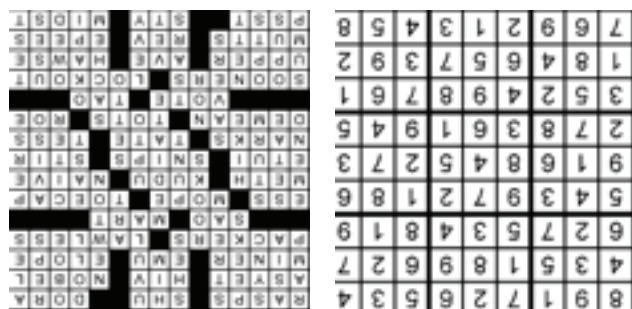
- 70. Once around
- 71. The Three Musketeers' weapons of choice
- 72. "\_\_\_, over here"
- 73. Infection of the eye
- 74. Location of something surrounded by other things

### DOWN

- 1. Used to get from one level to another
- 2. Home to China
- 3. Update, as in iPod
- 4. Throws glances at
- 5. Running water
- 6. "\_\_\_ So Fine"
- 7. Not her
- 8. Throat lobe
- 9. Cabbage Patch Kid, e.g.
- 10. Double reed woodwind
- 11. \*Plays or snaps
- 12. A in IPA, pl.
- 15. \*This year's #1 draft pick
- 20. Chess piece, pl.
- 22. \* \_\_\_ Modell, owned Browns and Ravens
- 24. Arbitrate
- 25. Make corrections
- 26. Stiff hair, pl.
- 27. Gun maker \_\_\_\_, Ruger & Co.
- 29. \*4th down option
- 31. \*The Cowboys and Giants are in the NFC \_\_\_

- 32. One who cites
- 33. Dispatch boat
- 34. As such
- 36. \*Action between center and QB
- 38. "\_\_\_ no good"
- 42. Vigorous fight
- 45. Rescuers
- 49. Neither
- 51. Chief Massasoit, aka Great \_\_\_
- 54. Former Russian leaders
- 56. Similar to giraffe but smaller
- 57. Waste water reservoir
- 58. Symphony #9, e.g.
- 59. Prefers
- 60. Left after deductions
- 61. Tax
- 62. Was in debt
- 63. Functions
- 64. SAT, e.g.
- 67. \*The Eagles played here from '71 to '02

## CROSSWORD SOLUTIONS



## OUTZKIRTS

By: David & Doreen Dotson

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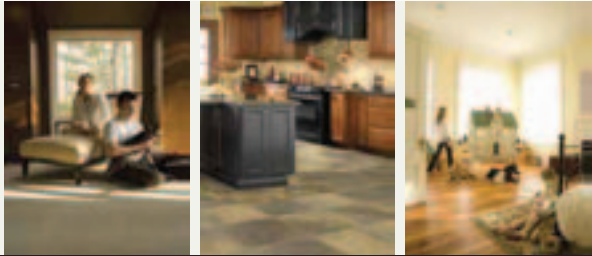
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## A cross-town match – avenging last season's loss

by Chuck Karaszia

With bragging rights once again on the line, the USD Toreros (1-2-0) men's soccer team defeated San Diego State (1-1-1) in a cross-town rival match last Sunday. Nearly 3,000 soccer fans were in attendance at Toreros Stadium on the campus of the University of San Diego.

Pitting two evenly matched soccer teams both squads played a physical game with four yellow cards given in the first half (two apiece). These men competed stride for stride, block for block, and kick for kick – except for the last goal.

With the score knotted at one apiece senior forward Steve Posa broke the tie with a



Toreros senior forward Steve Posa's game winning goal. Photo credit: Chuck Karaszia

late game winning goal in the 88<sup>th</sup> minute of play as time was running down in this non-conference rivalry. That kick

was the game winner giving the Toreros city bragging rights in 2011.

USD was down in the score 1-0 after Aztec Jason Pegg found the corner of the net, bouncing the ball past Toreros goalkeeper Adam Campbell in a one on one confrontation. That lead was short lived when Toreros sophomore midfielder Daniel Meade drilled a goal from 25 yards out into the upper right corner of the net, tying the match at one apiece.

USD wasn't without their chances to blow this one open. Patrick Wallen in a wide open look sailed one above the net

55 minutes into the contest. Then Aztecs goalkeeper Blake Hylen kept SDSU in the game making a spectacular stop off a Posa header 25 minutes later.

Posa however wasn't to be outdone by the Aztecs goalkeeper. Commenting on the game winning goal, he said, "On the last five minutes everyone was pressing hard and trying their best. After a header off the keeper at the six-yard line, I was there to clean it up and put it in."

USD will host Penn this Friday, September 9 at Toreros Stadium. Kickoff is slated for 7 p.m.

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First 20 people to call the Gazette to register for the Mother Goose golf tournament will receive one round of golf at Cottonwood with a cart, compliments of the Gazette.

**Call today! (619) 444-5774**



# LEGAL NOTICES

The East County Gazette is authorized to print official legal notices of all types including: Liens, Fictitious Business Names, Change of Name, Abandonment, Estate Sales, Auctions, Public Offerings, Court ordered publishing, etc. Call the East County Gazette at (619) 444-5774 for rates. The East County Gazette is a legally adjudicated newspaper of General Circulation in the City of El Cajon, State of California, County of San Diego. Legal No. GIE030790

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-024993**  
 FICTITIOUS BUSINESS NAME(S): Alaska's Nature's Seafoods Products  
 Located at: 2268 Aqua Hill Rd., Fallbrook, CA 92028  
 This business is conducted by: Husband and Wife  
 The first day of business was: September 1, 2011  
 This business is hereby registered by the following: Terri Popa 2268 Aqua Hill Rd., Fallbrook, CA 92028  
 Victor Popa 2268 Aqua Hill Rd., Fallbrook, CA 92028  
 This statement was filed with Recorder/County Clerk of San Diego County on September 01, 2011.  
 East County Gazette- GIE030790 9/8, 9/15, 9/22, 9/29, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023279**  
 FICTITIOUS BUSINESS NAME(S): United Utilities  
 Located at: 1543 Peerless Drive, El Cajon, CA 92021  
 This business is conducted by: A Corporation  
 The first day of business was: November 1, 2001  
 This business is hereby registered by the following: Faro LaFata Ent., Inc. 1543 Peerless Drive, El Cajon, CA 92021  
 This statement was filed with Recorder/County Clerk of San Diego County on August 15, 2011.  
 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-025133**  
 FICTITIOUS BUSINESS NAME(S): RHA Import & Export b.) RHA Enterprises  
 Located at: 1463 San Altos Place, Lemon Grove, CA 91945  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Robert Adams II 1463 San Altos Place, Lemon Grove, CA 91945  
 This statement was filed with Recorder/County Clerk of San Diego County on September 06, 2011.  
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 FICTITIOUS BUSINESS NAME(S): a.) Simply Quiche b.) Simply Quiche and Treats  
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 This business is hereby registered by the following: Brenda Jean Tapia 4128 North Cordoba Ave., Spring Valley, CA 91977  
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 East County Gazette- GIE030790 8/25, 9/1, 9/8, 9/15, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023020**  
 FICTITIOUS BUSINESS NAME(S): B.A.S. Trucking  
 Located at: 12429 Old Hwy 80, El Cajon, CA 92021  
 This business is conducted by: An Individual  
 The first day of business was: July 1, 2011  
 This business is hereby registered by the following: Joseph H. Swanda 10003 Corkwood ave., Santee, CA 92071  
 This statement was filed with Recorder/County Clerk of San Diego County on August 11, 2011.  
 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022696**  
 FICTITIOUS BUSINESS NAME(S): Edgy Threads  
 Located at: 4457 Carmen Dr., La Mesa, CA 91941  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Michelle Van Rhyn 4457 Carmen Dr., La Mesa, CA 91941  
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 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022676**  
 FICTITIOUS BUSINESS NAME(S): Happy Family Market  
 Located at: 9531 Jamacha Blvd., Spring Valley, CA 91977  
 This business is conducted by: An Individual  
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 This business is hereby registered by the following: Sizar Shoshane 507 Bosworth Ct., El Cajon, CA 92019  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023270**  
 FICTITIOUS BUSINESS NAME(S): a.) JT Performance Diesel b.) JT Diesel Truck SVC  
 Located at: 11982 Woodside Ave. #103, Lakeside, CA 92040  
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 This business is hereby registered by the following: John E. Scott 11982 Woodside Ave. #103, Lakeside, CA 92040  
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**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022701**  
 FICTITIOUS BUSINESS NAME(S): Major League CrossFit  
 Located at: 405-D Whispering Willow Dr., Santee, CA 92071  
 This business is conducted by: Husband and Wife  
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 This business is hereby registered by the following: Alexander B. Stewart 405-D Whispering Willow Dr., Santee, CA 92071  
 Caren Stewart 405-D Whispering Willow Dr., Santee, CA 92071  
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 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023134**  
 FICTITIOUS BUSINESS NAME(S): Monroy & Monroy Inc. DBA Advanced Body Nutrition  
 Located at: 1855 S. Centre City Pkwy, Escondido, CA 92026  
 This business is conducted by: A Corporation  
 The business has not yet started.  
 This business is hereby registered by the following: Monroy & Monroy Inc. 6642 Bell Bluff Ave., San Diego, CA 92119  
 This statement was filed with Recorder/County Clerk of San Diego County on August 12, 2011.  
 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022805**  
 FICTITIOUS BUSINESS NAME(S): Precision Plastic Surgery  
 Located at: 8690 Center Drive, La Mesa, CA 91942  
 This business is conducted by: A Corporation  
 The business has not yet started.  
 This business is hereby registered by the following: Ervin S. Wheeler, M.D., AMC 8690 Center Drive, La Mesa, CA 91942  
 This statement was filed with Recorder/County Clerk of San Diego County on August 10, 2011.  
 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-022818**  
 FICTITIOUS BUSINESS NAME(S): Rancho CAB  
 Located at: 12191 Cuyamaca College Dr. E #214, El Cajon, CA 92019  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Sarmad Jassim 12191 Cuyamaca College Dr. E #214, El Cajon, CA 92019  
 This statement was filed with Recorder/County Clerk of San Diego County on August 10, 2011.  
 East County Gazette- GIE030790 8/18, 8/25, 9/1, 9/8, 2011

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2011-00095535-CU-PT-CTL**  
 IN THE MATTER OF THE APPLICATION OF NADEZHDA KANCHUKOVA ON BEHALF OF MINOR DARYA KANCHUKOVA FOR CHANGE OF NAME  
 PETITIONER: NADEZHDA KANCHUKOVA ON BEHALF OF MINOR DARYA KANCHUKOVA HAS FILED FOR AN ORDER TO CHANGE NAME  
 FROM: DARYA KANCHUKOVA TO: DASHA GLOZMAN  
 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 92112, Department 08, on SEPTEMBER 27, 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 AUGUST 02, 2011.  
 East County Gazette - GIE030790 8/18, 8/25, 9/01, 9/08, 2011

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2011-00093726-CU-PT-CTL**  
 IN THE MATTER OF THE APPLICATION OF VERONICA WILSON ON BEHALF OF MINOR ALEXANDRIA ELIZABETH MARIA KARAOUI FOR CHANGE OF NAME  
 PETITIONER: VERONICA WILSON ON BEHALF OF MINOR ALEXANDRIA ELIZABETH MARIA KARAOUI HAS FILED FOR AN ORDER TO CHANGE NAME  
 FROM: ALEXANDRIA ELIZABETH MARIA KARAOUI TO: KATT ANAVERO ISABELLE WILSON  
 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 92112, Department 08, on OCTOBER 11, 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 AUGUST 11, 2011.  
 East County Gazette - GIE030790 8/18, 8/25, 9/01, 9/08, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-024153**  
 FICTITIOUS BUSINESS NAME(S): Integrity College & Health  
 Located at: 1423 Broadway, El Cajon, CA 92021  
 This business is conducted by: A Limited Liability Company  
 The business has not yet started.  
 This business is hereby registered by the following: Advanced Health Services LLC 2011 N. MarVista Ave., Altadena, CA 91001  
 This statement was filed with Recorder/County Clerk of San Diego County on August 24, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023790**  
 FICTITIOUS BUSINESS NAME(S): Katie's Kids Corner  
 Located at: 7866 Longdale Drive, Lemon Grove, CA 91945  
 This business is conducted by: An Individual  
 The first day of business was: August 10, 2011  
 This business is hereby registered by the following: Katie Stanglewicz 7866 Longdale Drive, Lemon Grove, CA 91945  
 This statement was filed with Recorder/County Clerk of San Diego County on August 19, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-024349**  
 FICTITIOUS BUSINESS NAME(S): Tessa's Creations  
 Located at: 917 Wrangler Ct., Bonita, CA 91902  
 This business is conducted by: A General Partnership  
 The business has not yet started.  
 This business is hereby registered by the following: Ladonna D. Alequin 148 Taft Ave. #15, El Cajon, CA 92020  
 Michelle L. Mitchell 917 Wrangler Ct., Bonita, CA 91902  
 This statement was filed with Recorder/County Clerk of San Diego County on August 25, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**  
**CASE NO.37-2011-00068433-CU-PT-EC**  
 IN THE MATTER OF THE APPLICATION OF SAUNDRA PAXTON ON BEHALF OF MINOR ISABELLA HARRELL FOR CHANGE OF NAME  
 PETITIONER: SAUNDRA PAXTON ON BEHALF OF MINOR ISABELLA HARRELL HAS FILED FOR AN ORDER TO CHANGE NAME  
 FROM: ISABELLA HARRELL TO: ISABELLA RIEMANN  
 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 92021, Department 14, on OCTOBER 05, 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 AUGUST 02, 2011.  
 East County Gazette - GIE030790 9/08, 9/15, 9/22, 9/29, 2011

**CALL (619) 444-5774 to place your ad today!**

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023264**  
 FICTITIOUS BUSINESS NAME(S): Shear Heaven Salon  
 Located at: 1209 N. 2nd St. #104-105, El Cajon, CA 92021  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Jennifer Mortensen 1835 E. Main St., El Cajon, CA 92021  
 This statement was filed with Recorder/County Clerk of San Diego County on August 15, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-024227**  
 FICTITIOUS BUSINESS NAME(S): Smokers Outlet #3  
 Located at: 3095 Clairmont Dr. A2, San Diego, CA 92117  
 This business is conducted by: Husband and Wife  
 The business has not yet started.  
 This business is hereby registered by the following: Nick Shaia Shamaun 12161 Via Serrano, El Cajon, CA 92019  
 Sundos B. Shamaun 12161 Via Serrano, El Cajon, CA 92019  
 This statement was filed with Recorder/County Clerk of San Diego County on August 25, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023997**  
 FICTITIOUS BUSINESS NAME(S): Tom Boy Ice Cream & Candy  
 Located at: 9971 Campo Rd. #F, Spring Valley, CA 91977  
 This business is conducted by: An Individual  
 The first day of business was: August 23, 2011  
 This business is hereby registered by the following: Waleed K. Kamil 5270 Seaglen Way, San Diego, CA 92154  
 This statement was filed with Recorder/County Clerk of San Diego County on August 23, 2011.  
 East County Gazette- GIE030790 9/1, 9/8, 9/15, 9/22, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-019431**  
 FICTITIOUS BUSINESS NAME(S): McNeilis Realty  
 Located at: 10836 Stoney Creek Ct., Santee, CA 92071  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Rob McNeilis 10836 Stoney Creek Ct., Santee, CA 92071  
 This statement was filed with Recorder/County Clerk of San Diego County on July 07, 2011.  
 East County Gazette- GIE030790 8/04, 8/11, 8/18, 8/25, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-024721**  
 FICTITIOUS BUSINESS NAME(S): Good To Go Wireless  
 Located at: 9717 Camp Rd., Spring Valley, CA 91977  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Nabeel Kassab 3492 Monique Ln., Spring Valley, CA 91977  
 This statement was filed with Recorder/County Clerk of San Diego County on August 30, 2011.  
 East County Gazette- GIE030790 9/8, 9/15, 9/22, 9/29, 2011

**FICTITIOUS BUSINESS NAME STATEMENT NO. 2011-023424**  
 FICTITIOUS BUSINESS NAME(S): Total Control Pest Management  
 Located at: 6190 Jackson Drive, La Mesa, CA 91942  
 This business is conducted by: An Individual  
 The business has not yet started.  
 This business is hereby registered by the following: Juan M. Duarte Jr., 6190 Jackson Drive, La Mesa, CA 91942  
 This statement was filed with Recorder/County Clerk of San Diego County on August 16, 2011.  
 East County Gazette- GIE030790 8/25, 9/1, 9/8, 9/15, 2011



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 \$5 off your next purchase of \$15 or more w/this coupon





## — LEGAL NOTICES —

Trustee Sale No. CA08001561-10-1 APN 388-510-17 Title Order No. 55016344 NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 17, 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 PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 26, 2011, at 10:00 AM, at the entrance to the East County Regional Center by statue, 250 E. Main Street, El Cajon, CA, MTC FINANCIAL INC. dba TRUSTEE CORPS, as the duly appointed Trustee, under and pursuant to the power of sale contained in that certain Deed of Trust Recorded on August 24, 2004, as Instrument No. 2004-0802252, of official records in the Office of the Recorder of San Diego County, California, executed by CORY PETTY, AN UNMARRIED WOMAN, as Trustor(s), in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, 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: 1824 MARLINDA WAY, EL CAJON, CA 92021 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 principal sum of the Note(s) secured by said Deed of Trust, with interest thereon, as provided in said Note(s), advances if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. 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 \$367,109.35 (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. If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee and the successful bidder shall have no further recourse. DATE: August 23, 2011 TRUSTEE CORPS TS No. CA08001561-10-1 17100 Gillette Ave Irvine, CA 92614 949-252-8300 Camale Smith, Authorized Signatory SALE INFORMATION CAN BE OBTAINED ON LINE AT [www.priorityposting.com](http://www.priorityposting.com) AUTOMATED SALES INFORMATION PLEASE CALL 714-573-1965 TRUSTEE CORPS IS A DEBT COLLECTOR. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P872296 9/1, 9/8, 09/15/2011

### CITATION FOR FREEDOM FROM PARENTAL CUSTODY AND CONTROL CASE NO: A 57842

In the matter of: ADOPTION OF CAITLIN RACHELE ACKER-BAUM and AUSTIN TYLER ACKER-BAUM : Date of Birth: November 24, 1998 and September 11, 2003. To: MICHAEL ROY ACKER, Jr. You are advised that you are required to appear in the Superior Court of the State of California, County of San Diego, in Department One at the Superior Court of California, County of San Diego, Central Division, Juvenile Court, 2851 Meadow Lark, San Diego, CA 92123, on October 28, 2011 at 9:00 a.m. to show cause, if you have any, why CAITLIN RACHELE ACKER-BAUM and AUSTIN TYLER ACKER-BAUM, minors, should not be declared free from parental custody and control (for the purpose of placement for adoption) as requested in the petition. The presence of the minor children is required by statute. You are advised that if the parents are present at the time and place above stated the judge will read the petition and, if requested, may explain the effect of the granting of the petition and, if requested, the judge shall explain any term or allegation contained therein and the nature of the proceeding, its procedures and possible consequences and may continue the matter for not more than 30 days for the appointment of counsel or to give counsel time to prepare.

The court may appoint counsel to represent the minor whether or not the minor is able to afford counsel. If any parent appears and is unable to afford counsel, the court shall appoint counsel to represent each parent who appears unless such representation is knowingly and intelligently waived.

If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your pleading, if any, may be filed on time. Dated: August 17, 2011  
By Clerk of the Superior Court: Juan Cordero, Deputy

East County Gazette GIE 030790  
Sept. 8, 15, 22, 29, 2011

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT LYNN BARTLEY CASE NUMBER: 37-2011-00151973-PR-PI-CTL. To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both of ROBERT LYNN BARTLEY aka ROBERT L. BARTLEY. A PETITION FOR PROBATE has been filed by BAMBI J. BARTLEY in the Superior Court of California, County of San Diego. THE PETITION FOR PROBATE requests that BAMBI J. BARTLEY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedents 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: SEPTEMBER 22, 2011 AT 9 A.M. IN DEPT. PC-1 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: JOHN C. GRIER, ESQ., MATHEWS BERGEN & GRIER 1076 BROADWAY, SUITE B, EL CAJON, CA 92021. (619) 298-2100. EAST COUNTY GAZETTE—GIE030790 August 25, Sept. 1, 8, 2011

NOTICE OF TRUSTEE'S SALE TS #: CA-10-343712-VF Order #: 365967 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 2/23/2007. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 of the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): MICHELLE L SITES, A SINGLE WOMAN Recorded: 3/1/2007 as Instrument No. 2007-0141077 in book XXX, page XXX of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 9/22/2011 at 10:00:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main

Street, El Cajon, CA Amount of unpaid balance and other charges: \$231,179.26 The purported property address is: 792 AVOCADO AVE UNIT 33 EL CAJON, CA 92020 Assessor's Parcel No. 493-010-20-33 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Bank of America 475 Crosspoint Parkway Getzville NY 14068 Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: [www.priorityposting.com](http://www.priorityposting.com) Reinstatement Line: 619-645-7711 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0010680 9/1/2011 9/8/2011 9/15/2011

### ORDER TO SHOW CAUSE FOR CHANGE OF NAME

CASE NO.37-2011-00096678-CU-PT-CTL IN THE MATTER OF THE APPLICATION OF MARK TIMOTHY THOMAS FOR CHANGE OF NAME PETITIONER: MARK TIMOTHY THOMAS HAS FILED FOR AN ORDER TO CHANGE NAME

FROM: MARK TIMOTHY THOMAS  
TO: MARK TIMOTHY DITOMASO

THE COURT ORDERS that all persons interested in this matter shall appear before this court (San Diego Superior Court, 220 W. BROADWAY, SAN DIEGO, CA 92101, Department 8, on OCTOBER 11, 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 AUGUST 22, 2011.

East County Gazette – GIE030790  
9/08, 9/15, 9/22, 9/29, 2011

NOTICE OF TRUSTEE'S SALE TS #: CA-11-437791-AL Order #: 791625 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/23/2005. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): RONALD N GILHANG and LILIBETH A GILHANG, HUSBAND AND WIFE AS JOINT TENANTS Recorded: 7/1/2005 as Instrument No. 2005-0561446 in book XXX, page XXX of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 9/22/2011 at 10:00:00 AM Place of Sale: At the entrance to the east county regional center by statue, 250 E. Main Street, El Cajon, CA Amount of unpaid balance and other charges: \$341,708.43 The purported property address is: 952 TEATRO CIRCLE EL CAJON, CA 92021 Assessor's Parcel No. 507-270-44-05 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Americas Servicing Company 1 Home Campus X2504-017 Customer Service Des Moines IA 50328 Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 714-573-1965 or Login to: [www.priorityposting.com](http://www.priorityposting.com) Reinstatement Line: 619-645-7711 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0009772 9/1/2011 9/8/2011 9/15/2011

NOTICE OF TRUSTEE'S SALE TS #: CA-11-444253-AB Order #: 5421223 YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 6/12/2007. 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. A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings association, or savings bank specified in Section 5102 to the Financial code and authorized to do business in this state, will be held by duly appointed trustee. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by the Deed of Trust, with interest and late charges thereon, as provided in the note(s), advances, under the terms of the Deed of Trust, interest thereon, fees, charges and expenses of the Trustee for the total amount (at the time of the initial publication of the Notice of Sale) reasonably estimated to be set forth below. The amount may be greater on the day of sale. **BENEFICIARY MAY ELECT TO BID LESS THAN THE TOTAL AMOUNT DUE.** Trustor(s): AMANTE O. BARTOLOME, JR., A SINGLE MAN Recorded: 6/15/2007 as Instrument No. 2007-0407492 in book xxx, page xxx of Official Records in the office of the Recorder of SAN DIEGO County, California; Date of Sale: 9/15/2011 at 9:00am PST Place of Sale: At the SHERATON San Diego HOTEL & MARINA, 1380 Harbor Island Drive, San Diego, CA 92101 in the Nautilus Ballroom Amount of unpaid balance and other charges: \$213,274.74 The purported property address is: 904 AMISTAD COURT UNIT A EL CAJON, CA 92019 Assessor's Parcel No. 514-370-04-49 The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein. If no street address or other common designation is shown, please refer to the referenced legal description for property location. In the event no common address or common designation of the property is provided herein directions to the location of the property may be obtained within 10 days of the date of first publication of this Notice of Sale by sending a written request to Nationstar Mortgage LLC 350 Highland Drive Lewisville TX 75067 Pursuant to California Civil Code §2923.54 the undersigned, on behalf of the beneficiary, loan servicer or authorized agent, declares as follows: [1] The mortgage loan servicer has obtained from the commissioner a final or temporary order of exemption pursuant to Section 2923.53 that is current and valid on the date the notice of sale is filed; [2] The timeframe for giving notice of sale specified in subdivision (a) of Section 2923.52 does not apply pursuant to Section 2923.52. **If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, or the Mortgagee's Attorney.** Date: Quality Loan Service Corp. 2141 5th Avenue San Diego, CA 92101 619-645-7711 For NON SALE information only Sale Line: 800-280-2891 or Login to: [www.auction.com](http://www.auction.com) Reinstatement Line: 619-645-7711 Quality Loan Service, Corp. If you have previously been discharged through bankruptcy, you may have been released of personal liability for this loan in which case this letter is intended to exercise the note holders right's against the real property only. **THIS NOTICE IS SENT FOR THE PURPOSE OF COLLECTING A DEBT. THIS FIRM IS ATTEMPTING TO COLLECT A DEBT ON BEHALF OF THE HOLDER AND OWNER OF THE NOTE. ANY INFORMATION OBTAINED BY OR PROVIDED TO THIS FIRM OR THE CREDITOR WILL BE USED FOR THAT PURPOSE.** As required by law, you are hereby notified that a negative credit report reflecting on your credit record may be submitted to a credit report agency if you fail to fulfill the terms of your credit obligations. IDSPub #0008792 8/25/2011 9/1/2011 9/8/2011

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# Our Best Friends

## One person can make a difference

**D**on't tell Lisa Sellman that one person can't make a difference. She knows better.

Sellman, a community activist and lifelong volunteer, recently learned how one act of kindness can set off a chain reaction that can span the globe.

"It just started out with me asking a regional pet food company for a donation of dog food for Red Lake Rosie's in Minnesota," said Sellman, a professional dog trainer and owner of a pet care business. "I called Solid Gold Northland, and one of the marketing managers there advised me that they were trying to increase the number of people who 'liked' them on Facebook, and that if I could get 40 new Facebook members to click on their 'like' button, they'd give me \$200 worth of pet food."

So Sellman, who currently volunteers for six different com-

munity groups, sent a message out to all her Facebook friends inviting them to Solid Gold Northland's fan page on Facebook. Somehow, the invite made it to the Facebook page of The Patrick Miracle, a page devoted to the story of a two year old pitbull found by a janitor in a dumpster. Their Facebook page has charted over 109,000 "like" clicks from users. When the founders of the page posted Sellman's invite, Solid Gold Northland received more than 2,000 new fans from all over the world in the course of about 48 hours.

"When I contacted them the next week, they were blown away by how quickly the response took off," said Sellman, also author of the children's book *The Legend of the Wolves of Gunflint Lake* ([www.dreamcatcherpress.us](http://www.dreamcatcherpress.us)), which contains the theme of the value of community service and which she hopes will serve to inspire others. "As a result of

the combined outreach, Solid Gold Northland and Chuck and Don's Pet Food Outlet have committed a donation of \$2,000 worth of pet food, and I've helped to forge new friends from other countries who all care about the same things I care about. And it all started with a simple posting on Facebook because I wanted to help a local animal shelter. It's been magical."

Sellman's simple act was a drop in the bucket compared to her schedule of volunteer activities. She works as an after school care volunteer at the Minneapolis Indian Center, a special events assistant at the Loft Literary Center, a volunteer marketing director for canine events at the Gunflint Lodge (the real location contained in her children's book), and a trail staff assistant with Wilderness Inquiry, where she and her husband take disabled children and adults on outdoor adventures throughout the US.

They've been volunteers with this organization since 1997.

"Although I work hard, I love being able to serve my community," Sellman said. "The people in all the organizations I'm involved with, all share my values and my world view and they are my friends and my family. The people and the activities fill up my life with fun, joy and a purpose I could never have achieved any other way. It doesn't mean that I think everyone should take the same path that I have. I know most people don't have the time. My point is this: it only takes one simple act, one click of a mouse button to start a movement. It happened to me and it can happen to you. All you need to do is give it a shot."

### About Lisa Sellman

Lisa Sellman, owner and professional dog trainer, volunteers for half a dozen charitable organizations. She believes that community service is its own reward, a message that resonates throughout her new children's book *The Legend of the Wolves of Gunflint Lake*.

### About Solid Gold

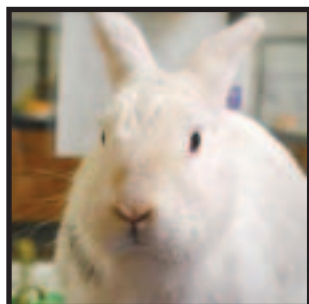
Solid Gold dog food brand is counted among the first pet food companies in the United States which uses all-natural ingredients in their products. The product line is formulated and manufactured by Solid Gold Health Products for Pets, Inc. based in El Cajon.

### First Friends - Thursdays and Fridays, Sept. 1 - Dec 16

Helen Woodward Animal Center hosts *First Friends*, a parent-child participation class designed to introduce children ages 3 to 6 to the amazing animal world. With seven themes to choose from including "Fur, Feathers and Scales" and "Out of Africa," children participate in craft activities and meet a variety of animals from hissing cockroaches to skinks, dogs and cockatiels. *First Friends* helps children develop a foundation for life as a compassionate animal lover. Sessions are Thursdays and Fridays Sept. 1 to Dec. 16 and are \$17 per child with a discount for booking four or all seven sessions. Parents are free. For more information or to register, visit [www.animalcenter.org](http://www.animalcenter.org) or call 858-756-4117 ext. 318.

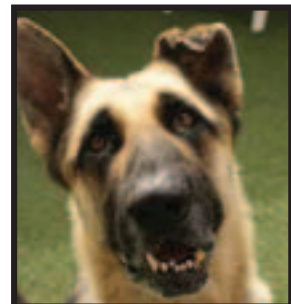
## ADOPT-A-PET

Lola is a 2-year-old brown/white female Pit Bull. Her adoption fee is \$105 and her identification number is 53386. Lola can't wait to find a special family to love. This gal is calm and easy-going, but content to play a lot as well! She loves hanging out with human companions that she knows and trusts. She also enjoys being in the company of other dogs. While Lola can be a bit shy at first, she warms up quickly and has a huge heart! She will do well in a variety of homes, including a home with children and other animals. Her adoption fee is \$105 and includes her spay, current vaccinations, permanent microchip identification, a certificate for a free her exam and a license if residing in Oceanside or Vista! Lola 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](http://www.sdhumane.org).



Chelsea is a 5-year-old white Harlequin/Californian mix female. Her adoption fee has been reduced to \$20 to celebrate our "Take a Furry Vacation with Some Bunny" promotion - ID: 69565. Chelsea is a playful and loving small animal companion looking for a home. With a big heart, adorable ears and a fun-loving personality, she can't wait to find a new family to call her own. Energetic and entertaining, Chelsea is happy to spend quality time with her people friends. She enjoys munching on green veggies and delicious fruit! Chelsea also loves getting her exercise in "bunny-proof" areas of the home. Sometimes, she will playfully leap, skip and jump into the air! She will do well in a variety of homes, including a home with children. If you are ready to welcome a fantastic small animal companion into your heart and home, then come visit Chelsea at the North Campus of the San Diego Humane Society and SPCA today! 572 Airport Rd., Oceanside, CA 92058 (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org).

Barney is a white 4-year-old Shepherd male. His adoption fee is \$105. Identification number: 78023. Barney is a lovable puppy seeking a special home where he'll be a cherished member of the family. Barney absolutely adores playing with his toys and going for long walks in the great outdoors. He is very social and gets along well with other dogs. Barney is strong, athletic and an excellent companion. He will do well in a family of all ages, but would prefer a home without cats. Barney's adoption fee is just \$105 and includes his neuter, current vaccinations, permanent microchip identification, a certificate for a free veterinary exam and a license if residing in Oceanside or Vista! SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS 2905 San Luis Rey Rd., Oceanside, CA 92058 (760) 757-4357 [www.sdhumane.org](http://www.sdhumane.org). Adoption Hours: Open daily 10 a.m. - 5 p.m.



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— COMMUNITY CONTRIBUTIONS —

# Local charity needs East County volunteers for Annual "Red Shoe Day"

**M**ore than 1,000 volunteers are needed to take over San Diego and Imperial County intersections to collect donations that will support San Diego's Ronald McDonald House® during its second annual Red Shoe Day. On Wednesday, Sept. 28 from 6:30 to 9:30 a.m. "Street Team" volunteers are needed to gather cash donations in iconic size-14 red shoes at major intersections and roadside locations throughout San Diego County. The charity is looking for volunteer teams from East County to staff the following local intersections:

- Alpine:
  - Alpine Boulevard/West Victoria Drive
  - Alpine Boulevard/South Grade Road
  - Alpine Boulevard/Tavern Road
  - El Cajon:
  - East Main Street/Jamacha Road/North 2<sup>nd</sup> Street
  - Jamacha Road/East Washington Avenue
  - East Chase Avenue/Avocado Avenue
  - Fletcher Parkway/North Johnson
  - Fletcher Parkway/North Magnolia Avenue
  - Main Street/South Magnolia Avenue
  - West Chase Avenue/El Cajon Boulevard
  - La Cresta Road/Greenfield Drive
- Grossmont:
  - Fletcher Parkway/Baltimore Drive
  - Lake Murray Boulevard/Baltimore Drive
  - Lake Murray Boulevard/Jackson Drive
  - Lake Murray Boulevard/Navajo Road
  - Jackson Drive/Lake Shore Drive
  - Jackson Drive/Navajo Road
- La Mesa:
  - El Cajon Boulevard/Baltimore Drive
  - Grossmont Boulevard/Jackson Drive
  - La Mesa Boulevard/Spring Street
  - University Avenue/70<sup>th</sup> Street
  - University Avenue/La Mesa Boulevard (east of Spring St.)
  - University Avenue/La Mesa Boulevard (west of Spring St.)
  - University Avenue/Massachusetts Avenue
  - El Cajon Boulevard/70<sup>th</sup> Street
- Lemon Grove:
  - Broadway/Lemon Grove Avenue

- Broadway/Massachusetts Avenue
- Santee :
  - Mast Boulevard/North Magnolia Avenue
  - Mission Gorge Road/Carlton Hills Boulevard
  - Mission Gorge Road/Cuyamaca Street
  - Mission Gorge Road/North Magnolia Avenue

For additional intersections, visit [www.rmhcscd.org/redshoe-day](http://www.rmhcscd.org/redshoe-day).

Volunteers are encouraged to have fun during their service by wearing crazy wigs, making noise and collecting a "boot-load" of contributions for the charity, which offers a range of services – including food, lodging and emotional support – to the families of critically ill or injured children being treated at San Diego-area hospitals. In addition to volunteering as a Street Team member, there are a number of ways to participate in the fundraiser: Text Donations – Don't see a big red shoe on the way to work? Text REDSHOE to 20222 to make a \$5 donation.

Corporate or "C" Teams – Corporate volunteers can station a red shoe in their lobby, break room or other high-traffic area to raise awareness and collect donations leading up to and on Red Shoe Day on Sept. 28. Corporate participants looking to encourage friendly competition can have internal departments, floors or branches compete to raise the most money.

Youth Community Teams – Children or youth groups, churches, troops, schools and individual classes can create their own fundraiser and collect donations leading up to and on Red Shoe Day, Sept. 28.

Personalized Fundraising Page – Personalized fundraising pages can be created to ask friends and family to support participants in reaching a fundraising goal.

For more information on Red Shoe Day and to fill out an application to be a volunteer, visit [www.rmhcscd.org](http://www.rmhcscd.org). To set up a personal fundraising page, to register as a Street Team participant, or to set up another contributing team, email [redshoeday@rmhcscd.org](mailto:redshoeday@rmhcscd.org) or call (858) 598-2456.



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**Enjoy a night out or enjoy a dinner-to-go on any Sunday from 3-9 pm at Mangia Bene Italian Restaurant and a portion of the proceeds will be donated to the Mother Goose Parade!**

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