



FOR IMMEDIATE RELEASE

A-1 Self Storage Supports Medical Missions in Guatemala

Over 2,000 Guatemalans have been helped with medical aid from California

San Diego, CA – August 21, 2009 – A-1 Self Storage, the premier provider of self storage in California, announced today their support for Helps International’s medical mission team to Guatemala led by Dr. Asa Morton. This is Dr. Morton’s 17th trip leading medical professionals from across San Diego to help poor Guatemalans.

“A-1 Self Storage is grateful for the opportunity to participate in the medical aid of people in Guatemala who do not have access to proper healthcare. These people are being helped in amazing ways that make an incredible difference in their lives.” said Brian Caster, President and CEO of A-1 Self Storage. “We feel it is important to support communities in the places we do business as well as help people around the world who are suffering.”

Dr. Morton’s most recent trip was filmed by NBC and presented in the documentary, “10 Days in Guatemala.” The documentary can be seen on Channel 4 in San Diego and additional information can be found at www.sandiegohelps.com.

For more information about A-1 Self Storage, please visit:

Northern CA - 7 locations

http://www.a1storage.com/self_storage/Northern_California/a-1_self_storage

Southern CA - 13 locations

http://www.a1storage.com/self_storage/Southern_California/a-1_self_storage

San Diego County - 17 locations

http://www.a1storage.com/self_storage/San_Diego_Region/a-1_self_storage

About A-1 Self Storage:

A-1 Self Storage is one of the leading providers of self storage in San Diego with 17 locations in the greater San Diego area and over 40 locations across California. A-1 is the Self Storage division of the Caster Companies, a third generation family-owned company headquartered in Southern California since 1959. The Caster Companies specializes in acquisitions, development and management of A-1 Self Storage, and other commercial properties in California. Its Real Estate Portfolio includes over 4 million square feet in real estate properties. It is one of California’s fastest growing companies.

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