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Turn recyclables into books

SEE PAGE 4



Halloween happenings in PB

SEE PAGE 11



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ZOMBIES THRILL PB

Zombies dance to Michael Jackson's 'Thriller' in front of Crystal Pier on Garnet Avenue on Oct. 16. The zombies, who learned their moves from instructors at Tap Fever Studios in Pacific Beach, will return at the same location from 5:45-6:30 p.m. on Friday, Oct. 29. For more information, visit thrillersd.com.
 PHOTO BY THOMAS MELVILLE

DOWN SYNDROME AWARENESS MONTH – GiGi's Playhouse reaches out to Pacific Beach with Cass Street Cares event

By DAVE SCHWAB

GiGi's Playhouse, a nonprofit Down Syndrome Achievement Center, is reaching out to the surrounding Pacific Beach community with a new series of events to raise awareness about its mission to make the world more accepting for individuals of all abilities.

The month-long outreach effort for Down Syndrome Awareness Month in October, being referred to as "Cass Street Cares," kicked off Saturday, Oct. 23 with "Cass Treat Cares."

That involved two hours of Halloween trick-or-treating, with youngsters in costumes from the center grabbing goodie bags from the playhouse, located inside, but not affiliated

with, Christ Lutheran Church at 4761 Cass St. Kids then visited numerous PB businesses for free candy and an early Halloween.

The event enjoyed a guest appearance by both Mayor Todd Gloria and a fire engine that handed out goodies to kids.

See CARES, Page 3



Cass Street Cares kicked-off on Saturday, Oct. 23 with the Cass Treat Cares event.
 PHOTO BY DAVE SCHWAB



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Birch Aquarium to open Little Blue Penguins habitat next year

The biggest news in the history of Birch Aquarium at Scripps Institution of Oceanography, UC San Diego is little ... Little Blue Penguins, that is. The aquarium has announced the addition of the Beyster Family Little Blue Penguins habitat, which will open in summer 2022.

Little Blues are the smallest species of penguin — less than 12 inches tall, and weighing just 2-3 pounds — and are known for their unique blue color, and their big personalities. Birch Aquarium will be the only aquarium in the Western U.S. to house these gregarious sea birds.

“We are so very excited to be adding the Beyster Family Little Blue Penguins to Birch Aquarium at Scripps. The new facility will allow us to contribute to an international Species Survival Plan and create an interesting new guest experience,” said executive director, Harry Helling. “Little Blue Penguins will be wonderful ambassadors that can help us to engage our community more deeply and further our mission to connect understanding to protecting our ocean planet.”

Ground-breaking for this project began on Sept. 27 with completion expected by spring. Beyster Little Blue Penguins will be installed in the Nigella Hillgarth Education Courtyard.

Beyster Family Little Blue



Little Blues are the smallest species of penguin — less than 12 inches tall, and weighing just 2-3 pounds — and are known for their unique blue color, and their big personalities. COURTESY PHOTO

Penguins is named in honor of a \$1 million gift from the Beyster Family, who are long-time supporters of Scripps Institution of Oceanography and Birch Aquarium.

“Their graceful swimming and diving abilities and awkwardness on land have endeared these little Southern Australian marine animal ambassadors to the Beyster Family. We are proud to support Birch Aquarium’s mission to shed light on the survival challenges that Little Blue Penguins face along with other seabird species,” said James Beyster.

In Beyster Family Little Blue Penguins, guests will be immersed in the world of Little Blue Penguins, learning about some

of the challenges facing these birds in the wild, and how our future is tied directly to theirs. The 2,900-square-foot exhibit will include rocky and sandy shore habitat and an 18,000-gallon pool where guests will observe the penguins socializing, interacting, and nest building. The exhibit also includes a small amphitheater for guests to observe birds swimming, and a discovery cave for children to closely observe Little Blue Penguins on land and inside nesting burrows.

“Little Blue Penguins and other seabirds are sentinel species for our ocean’s health and help us understand how we can be better stewards for our planet,” said Jenn Nero Moffatt, senior director of animal

care, science and conservation. “Penguins, by their unique nature, are adored by our community and in this way help to serve as great animal ambassadors. We hope that one look at their awkward waddling, their pint-sized bodies, torpedo swimming and social nature will leave our guests enchanted, and wanting to learn how to aid in conservation efforts.”

Little Blue Penguins are native to the coastal dunes and rocky shores of Southern Australia, Tasmania, and New Zealand and are part of the Association of Zoos and Aquariums’ (AZA) collaborative international conservation program called Species Survival Plans (SSP). Each SSP Program coordinates the individual activities of participating member institutions through a variety of species conservation, research, husbandry, management, and educational initiatives

Though penguins are common in zoos and aquariums, only a handful of AZA institutions have Little Blue Penguins. They are Dallas World Aquarium, the Bronx Zoo, Adventure Aquarium, Louisville Zoo, and the Cincinnati Zoo.

Six Little Blue Penguins from Dallas World Aquarium are currently behind-the-scenes at Birch Aquarium, in an aviary built especially for them. Ten additional birds are expected to arrive from Australian zoos ahead of the opening.

In addition to the naming gift made by the Beyster Family, gifts have also been received by Julia R. Brown to name the aquatic animal life support system, Miranda Ko and Jared Cui to name one of the penguins, and a gift from an anonymous donor to name the amphitheater. These gifts also contribute to the Campaign for UC San Diego.

There are still many opportunities for the community to support the Little Blue Penguins habitat including the naming of individual birds, the children’s discovery cave and the VIP Observation and Conservation suite, as well as several others. Those interested in making a gift or learning more, may contact Adeline Duke at am-duce@ucsd.edu or 858-822-5803.

Once open, the Beyster Family Little Blue Penguins habitat will be included in the cost of Birch Aquarium admission. For more information, visit aquarium.ucsd.edu.

MINIMUM WAGE TO INCREASE

Effective Jan. 1, 2022, employees who perform at least two hours of work in one or more calendar weeks of the year within the geographic boundaries of the City of San Diego will receive a minimum wage increase from \$14 to \$15 an hour. The change is in accordance with the City’s Earned Sick Leave and Minimum Wage Ordinance that was approved in 2016 and authored by Mayor Todd Gloria when he served on the City Council.

The ordinance is applicable to all industries and businesses and there are no exceptions. Tips and gratuities do not count toward payment of minimum wage. Updated notices for posting at the workplace are available on the City’s Minimum Wage Program web page. Every employer must post these notices in a conspicuous place at any workplace or job site.

Employees will continue to earn sick leave, either by the accrual or

“front load” method, in accordance with the ordinance. Employees may use earned sick leave for all the reasons described in the ordinance, which includes, but is not limited to, time for their own medical care or for the medical care of a family member. Employers may limit an employee’s use of earned sick leave to 40 hours in a benefit year.

Anyone who believes an employer is violating the ordinance is encouraged to file a complaint in writing with the City’s Minimum Wage Program.

WATER AND SEWER RATE INCREASES

An approved increase in wastewater rates for the first time in over 10 years will allow the City of San Diego to upgrade its sewer system, advance the Pure Water program and continue high-level wastewater collection and treatment services.

READ MORE ONLINE AT sdnews.com

Joseph L. Peschel died in La Jolla, California, on Thursday, October 21, 2021, after a long illness. Beloved father, husband, grandfather, great-grandfather, and uncle, Mr. Peschel was born on March 13, 1931 in Sioux City, Iowa, and grew up there. He graduated with honors from Trinity high school and attended Marquette University in Milwaukee, Wisconsin, before joining the Air Force in 1951. After his stint in the regular Air Force, he became a full-time Air National Guardsmen, stationed at the 174th Tactical Fighter Squadron, later re-designated as the 185th Tactical Fighter Group in Sioux City. He remained in the Guard for the rest of his military career, until the late 1980s when he retired as a Chief Master Sergeant.



On August 7, 1954, Mr. Peschel married Jeanine Solomon, also of Sioux City. Mrs. Peschel died in September of 1962. He is survived by his five loving children: Janice Christensen, June Peschel, and Mary Beth Kirkegaard of Sioux City; Jeanine Peschel and Joan Waitt of La Jolla; and Joseph F. Peschel and Elda Stone of North Sioux City, South Dakota. Mr. Peschel leaves behind grandchildren Virginia Peschel, Hailey Waitt and her husband Jordan Gafa, and Max Waitt, all of La Jolla; Sophia Waitt and Emily Waitt of Los Angeles California; and Jason Christensen of Urbandale, Iowa; and two great-grandchildren, Jason’s sons Lincoln and Dylan.

Mr. Peschel is also survived by a brother Fred Peschel living in Redmond, Washington; nieces Cindy and her husband Richard Hull of Gig Harbor, Washington; Cheri Peschel of Kirkland, Washington; Rene Szafruk of Yakima, Washington; and a nephew Brian and his wife Kim Peschel of Seattle, Washington. Mr. Peschel’s sister-in law Carol Shields lives in Madison, Alabama. His nephew Fred David Peschel died in 1995.

In 1975, he married Unis Pennington, and after retirement, the couple eventually moved to Scottsdale, Arizona, where they lived for decades. Mr. Peschel is survived by Unis, who now lives in Thornton, Colorado, and three step-children, Daryl Pennington and his wife Darlene Steiger-Pennington of St Paul Minnesota; Brion Pennington of New Orleans, Louisiana; and Lauri Chamero, her husband Bruce of Brighton, and their children Katie, Christy, and Ben Chamero of Thornton, Colorado.

Mr. Peschel also appreciated his caregivers Carrie Klein and Leticia Perez at White Sands care center in La Jolla.

Memorial services are pending.

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CARES»
CONT. FROM PG. 1

“We were just trying to figure out what we could do for Down Syndrome Awareness Month for greater San Diego,” said GiGi’s volunteer Patti Dorgan. “We decided to just create a community of support along Cass Street. And the merchants have all just been super supportive and willing to pitch in. It’s just really been a fun event that we anticipate will grow and grow.”

“We’re a really small organization and no one on Cass Street ever knows what we’re doing because we’re in a church,” noted Jeri Gurley whose son, Clark, is a Gigi’s ambassador. Added Gurley, “Patti said, ‘Let’s do something for Halloween. Then we came up with Cass Treat Cares. With a name like that, we said we just have to go with it. And we started going up and down the street, and now we have 38 businesses participating.”

The first of its kind in California, GiGi’s Playhouse San Diego is supporting families across the county by providing free, life-changing therapeutic, and educational programs. Having opened in April 2018, Gigi’s programs now include one-on-one math and literacy tutoring, speech and language therapies, and social skills-building activities for individuals with

‘We’re a really small organization and no one on Cass Street ever knows what we’re doing.’

- JERI GURLEY

Down syndrome of all ages.

Asked how many people Gigi’s serves, Phifer Crute, the non-profit’s site manager answered: “About 540 families actively throughout San Diego County. We have Gigi’s Playhouse where clients can just come for open play and for optional programs like math and literacy. We’ve opened it virtually, which has really broadened the outreach to people who otherwise could not come here for an hour or so.”

GiGi’s volunteer Charlie Recksieck doesn’t have a direct connection with anyone with the syndrome but said he became involved because he was so impressed by the organization, as well as wanting to improve the neighborhood.

“Cass Street has really become a unique district,” he said. “There were always like six [businesses] on Cass, and now it’s like 45. We just felt like so many businesses didn’t know that we were here, and a lot of client families didn’t know the stores. So we thought, ‘Let’s introduce them.’”

Pointed out Recksieck: “Some people feel Down syndrome will be so serious. But everybody here is just really having fun including the volunteers. At first,

people are scared, (fearing) it’s so intense. But I tell them, ‘No. It’s not. It will be fun, not scary. Just come on down and do it.’”

Gigi’s primary goal is twofold: to increase positive awareness of Down syndrome through educational programs and by empowering those with the condition and their families; as well as to create a world where those with Down syndrome are accepted and embraced in their families, schools, and communities.

Down syndrome is the most common genetic chromosomal disorder caused when abnormal cell division results in an extra full or partial copy of chromosome 21. This extra genetic material causes the developmental changes and physical features of the condition, which varies in severity among individuals causing lifelong intellectual disability and developmental delay.

A better understanding of Down syndrome and early interventions have been found to greatly increase the quality of life for children and adults with this disorder, and help them live more fulfilling lives.

To find out more about Cass Street Cares, visit cassstreet-cares.org.



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San Diego Law Library - drop-off location (coming soon).
Street Stewards - Community clean-up collaboration.
Want to help? Email Trisha Goolsby at trisha@sahec-sd.com.

Cans4Books Community Initiative turns recyclables into reading material

By DAVE SCHWAB

Trisha Goolsby has started a movement to trade recyclables to help purchase children's books that would benefit communities including Point Loma and Pacific Beach. Known as the Cans4Books Community Initiative, the drive was started by Goolsby who works with Stellar At-Home Educational Consultants and whose educational background focuses on early childhood/special education. Goolsby's recyclables-for-books drive kicked off last December in the midst of the pandemic when

she had some downtime during the lockdown. "I decided for safety that I would collect unemployment from my home education business during the stay-at-home order," said Goolsby, who started a Facebook page for the Cans4Books Community Initiative, to promote the creation of a mechanism for raising funds from recyclables and converting that into a community benefit. Trisha's notion was to "develop a platform to help support your neighborhood without asking for money or selling anything. I thought, 'Why not start collecting

recyclables to raise money to buy children's books and bring that into the community?' So I created a fundraiser to try and collect 10,000 cans to raise money for children's books." Added Goolsby, "I wanted to bring the community together as a collective to recycle CRV bottles for money to bring educational resources into the hands of our neighborhood children." On her Facebook page, Goolsby implores people to "Look out for those receptacles to dispose of your aluminum cans and plastic bottles. We shall see how much we collect and raise for children's books."



Trisha Goolsby wearing red shoes next to Randall's Sandals drop-off location in Pacific Beach. COURTESY PHOTO

Noting her mission is to make Cans4Books "a nonprofit organization," Goolsby pointed out her initiative started with her running the show and even renting a truck to do her own pickups and deliveries. But her one-person operation has since morphed into a full-scale side business involving many other community-minded individuals. "Our goal was to get the communities together in giving their streets a little TLC, as well as provide locations for CRV recyclable drop-off and free children's book pick-ups at our local small-owned businesses," said Goolsby, adding Cans4Books lends itself to social distancing and scheduled pick-ups.

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CITY DEVELOPS PLAN FOR CLIMATE CHANGE HAZARDS

The City of San Diego is asking for public feedback on its recently released draft Climate Resilient SD plan. Climate Resilient SD implements key strategies of the City's Climate Action Plan and fulfills legislative requirements to integrate climate adaptation into the City's General Plan. Specifically, Climate Resilient SD looks at the past, present and future conditions of San Diego's primary climate change hazards: wildfire, coastal flooding and erosion, flooding and drought, extreme heat and sea level rise.

Residents and members of the public can read the draft, provide feedback and interact with others giving input by visiting the City's Resiliency webpage. Comments can also be submitted to JTMoore@sandiego.gov or mailed to Attn: Climate Resilient SD Team at 9485 Aero Drive, M.S. 413, San Diego, CA 92123.

As City staff developed the draft plan, they held several outreach events and collected community surveys. They will continue to solicit additional feedback before finalizing the document. Staff will present the draft to the Planning Commission at its Nov. 4 meeting. Climate Resilient SD is expected to go to the San Diego City Council

for approval by the end of this year.

The plan aims to make sure San Diego will not only have the capacity to respond and recover from these climate change hazards, but also improve through investments in local communities. In addition, the plan focuses on maintaining critical City services, prioritizing investments for the City's most vulnerable populations and investing in the areas with the greatest needs. Each of the plan's adaptation strategies focuses on core benefits that can be achieved, such as social equity, recreation and improved air quality.

MISSION BAY DYE RELEASE STUDY

The City of San Diego will be releasing a nontoxic, temporarily visible, red dye in Mission Bay to study water circulation patterns on Dec. 3. This study is required to properly design water quality improvements and ecological restoration projects in Mission Bay.

The dye will be released into the Rose Creek inlet to the bay from the Mike Gotch Memorial Pedestrian Bridge between Campland on the Bay and De Anza Cove. The movement of the dye will be recorded using visual and drone surveys and will aid in the understanding of

water circulation patterns within Mission Bay.

The dye is made of rhodamine and is safe for use in drinking water, is not considered a pollutant, and is safe for water contact. The dye will naturally become absorbed into the bay and is not expected to leave any residue on beaches or have any other longterm effects. The material safety data sheet and other information can be provided upon request. Public recreation and use of Mission Bay will not be restricted during or following the dye release. It is safe to continue water contact recreation activities during this study.

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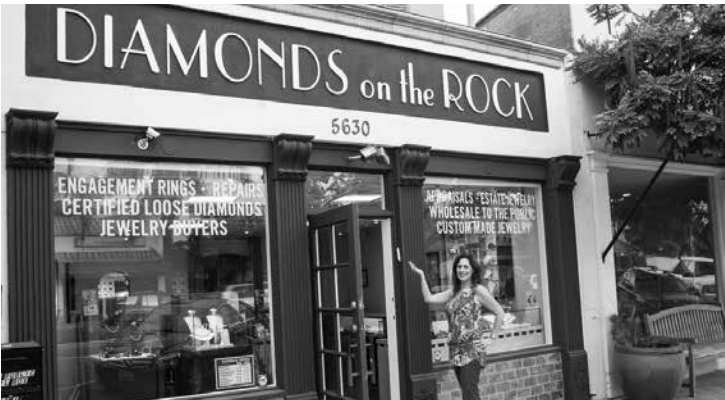
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In 1990 she moved to San Diego where she became a partner in a diamond wholesale Company. Missing the personal connection with her clients she opened a small jewelry store near UTC and then moved to Mission Valley in 1998. She chose to open a store in Bird Rock with her son David because it has the intimate feeling of a small community, and is reminiscent of her hometown. Stop by and say hello! For that personal touch in selecting the perfect engagement ring, designing custom jewelry, or expert repairs, they will take care of you!

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Anita acquired the business February 1987. Anita accredits her success to her ability to interact well with her customers.

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"Where do I start with Sebastian? I could tell he had a high level of integrity from the very first email I received from him when he was looking for an opportunity to come to the United States 6 years ago. He has been a blessing every single day since, along with his jolly German attitude. His family is in the same business in Germany. He has extensive experience and understanding of BMW's".

"Joe is trusted, tried and true and has been with us off and on for 20 years. He is factory BMW trained and is still infected with the BMW fanaticism." In addition to their exceptional skills, the combination of Sebastian and Joe creates such an enthusiastic and happy atmosphere.

BMW's have been Marco's passion since he bought his treasured first car, a 1971 BMW 2002. He loves owning a business in the community he lives in. He takes pride in every customer's satisfaction and aims to surpass expectations. His engineering background and problem solving instinct motivates him to satisfy customers, making their BMW ownership more pleasurable.

Marco, Sebastian & Joe thank customers for their trust and patronage.



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Former Client Polly Walshin takes over as Owner of iSWEAT Lodge

iSWEAT Lodge made it through the pandemic with a brand new owner. Polly Walshin is so excited to be in the neighborhood. As a former PE teacher with a masters degree in health and nutrition she knows exactly how to help your body get healthy again! Especially after everything that we've been through the past 18 months.

iSWEAT Lodge utilizes infrared heat and whole body vibration to treat a myriad of ailments while detoxifying your body. From helping arthritis, skin disorders, to poor circulation, this cozy "spa-like" atmosphere is exactly what we need these days.

The Sessions are 60 to 70 minutes, during which one can burn on average around 1,200 calories, that ultimately leads to skin rejuvenation, better sleep, relaxed muscles, and weight loss and building your immune system. "Some are skeptical of the weight loss factor, assuming it's just water weight, but you also purge toxins and melt fat contributing to the weight loss".

"The process encompasses many areas that we wish to improve - health, wellness, fitness, and beauty and mental health all wrapped up into one, and you can do it all while watching TV, it doesn't get easier than that". "I am not a doctor," but her personal knowledge of these treatments is extensive. She thoroughly explains the science behind the process and is very conscientious of how you're feeling throughout the treatment.

Polly was injured as a PE teacher three years ago. She tried iSWEAT lodge and it completely healed her body of her injury. When the business was going to close she stepped up and said we can't allow Covid to take down another small business. She made a phone call and the former owner was on board to pass the baton because she knew the importance of the lodge! Please stop by they have a code just for local residents to receive 20% off - isweatlocal2021



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Current owner and President of H.S. Perlin Co., Inc., Joel D. Perlin is widely respected as an expert in the gold and rare coin trading markets and has provided his clients with informed and timely financial advice since he started in the family business at its inception.

After his graduation from San Diego State in 1969, he began to pursue a career in the gold and rare coin industry. He has since become a renowned professional numismatist and a recognized expert in international gold trade and advisory.

Mr. Perlin combines his coin expertise with a keen insight into global economic factors

affecting the precious metals trade, resulting in highly successful and lucrative gold investment market trading for his clients. For 60 years, he has been instrumental in developing personalized investment portfolios and collections using world traded gold coins, bullion gold, U.S. gold coins, and rare coins for high net worth investors, corporate pension plans and private investors.

Along with advising his account holders, Mr. Perlin has consulted with managers of pensions and profit sharing plans, estate planners, attorneys, CPAs and tax advisors about the benefits of The 5% Diversification Rule. For decades, Joel has created holdings based on this rule, which advocates for 5% of one's net worth to be held in tangible gold coins for growth and wealth preservation.

For 60 years, H.S. Perlin Co., Inc. has provided tangible gold holdings for their clients. They are a firm focused on gaining your trust and satisfaction by personalizing investment plans to best meet your current and future financial goals. Their principal mission is to create wealth protection strategies through the placement of a small percentage of your financial assets in gold.



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City Council adopts Spaces as Places to allow outdoor business operations

The City Council this week approved the Spaces as Places program, a solution to allow businesses and institutions to continue occupying outdoor public spaces that were temporarily approved for use in response to the COVID-19 pandemic.

City staff devised the Spaces as Places program as a way to transition temporary spaces into permanent facilities with established design and safety standards. The program offers a menu of options to allow for the creation of outdoor areas for dining, walking, biking and other activities.

Earlier this year staff began collecting feedback from community members and business owners regarding the benefits of using outside areas to remain open during the pandemic. With that feedback, staff drafted regulations that provide locational, design and permit requirements to continue the use of outdoor areas. They also developed a design manual for streetaries, active sidewalks, promenades and outdoor dining on private property.

The program targets businesses in traditionally underserved communities to ensure outdoor

dining investments and bicycle and pedestrian improvements are equitably distributed across the city.

"While navigating our recovery from the COVID-19 pandemic, I've been committed to finding long-term solutions for San Diego's beloved outdoor dining spaces," said Mayor Todd Gloria. "I'm proud that the City Council has approved the Spaces as Places program, which will provide ways for temporary outdoor structures constructed in response to the pandemic to come into compliance and become permanent

installations. Spaces as Places also allows for whole street closures to create promenades and will ensure long-term options that are safe, equitable and accessible for all San Diegans."

The Spaces as Places program will be available for business owners 30 days after the City Council's second reading of the ordinance, which is expected in November. The program would also need Coastal Commission approval before it could be implemented within coastal areas.

Once the Spaces as Places program is approved,

applicants will need to obtain the required permits with the City's Development Services Department. Any business that would like to make use of a public space, but does not currently do so, will need to apply for a new permit. Any existing permitted temporary outdoor businesses that would like to continue using that space will have to apply for a new permit and will have until July 2022 to come into compliance with the newly approved regulations.

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Workouts designed for individual fitness needs at Tilcia Pilates Studio



Kevin Durkin, Linda Kinney, Julia Bearden, Nicole Inzitari, Katie Jackson (virtual on monitor), Lizbeth Garcia, Adriana Orgaz, Ashley Roberts, and Angee Jenkins at Tilcia Pilates Studio. COURTESY PHOTO

By DAVE SCHWAB

Tilcia Pilates Studio in Pacific Beach has been serving local clients since 2005. Clients range from pre-and post-rehabilitation injuries to “active agers,” including surfers seeking to keep up and surpass the crowds in the line-up.

“What makes us different is that Tilcia Studios is a comprehensive Pilates and CoreAlign studio offering a private boutique-sized setting, and this works for people who want one-on-one instruction,” said Lizbeth Garcia, owner of the studio at 4655 Cass St. “We design the workout specifically for your individual health and fitness needs and goals.

“We have clients who maintain progressive strength and flexibility workout with our Pilates and CoreAlign specialized exercise equipment. But we also work with pre-surgery and post-surgery clients who need an in-between exercise program after physical therapy and before going back to the gym.”

The Pilates Method was created by Joseph H. Pilates from Germany during the first half of the 20th century, the workout he developed is a system of exercises intended to strengthen the human mind and body. Pilates accompanied his method with a variety of equipment, which he called apparatuses, and are designed to help accelerate the process of stretching and strengthening body alignment while increasing core strength.

Garcia’s company name is a combination of her last name and her husband’s, which is Tillack. “In 2005, we opened Tilcia Studios in Bird Rock, which combined our passions, my Pilates and Pete’s fine art,” Lizbeth said. “We were creative with our space offering Pilates sessions/group classes by day, and in nightfall transforming it into a gallery where we exchanged water for wine.”

In 2007, ‘Tilcia’ was established as the Authorized Training Center ATC in San Diego for Balanced Body Education, offering Pilates Comprehensive Education and more.

“I have been able to grow as one of the few bilingual professional educators as a master instructor for all their programming, which includes Anatomy in Three Dimensions, CoreAlign, Balanced Body Barre, MOTR, Bohdi, and Pilates in both English and Spanish,” said Lizbeth.

The Pilates master trainer is also proud of the accomplishments of her pupils.

“Many of my students have gone on to find their own success, from earning a doctorate of physical therapy, to opening their own studios and becoming lucrative

media fitness influences,” she said. “Together, my students and I are helping people experience the benefits of Pilates exercises in San Diego and throughout the world including Mexico, Costa Rica, Panama, and Japan.”

Lizbeth said her one-on-one teaching method and offering private and group Pilates Mat classes online helped navigate their Pilates business successfully through the pandemic. She noted that Tilcia serves all types of clients starting about age 30 and going up to 80-plus. Her oldest client, an 84-year-old woman, has survived

hip and knee replacements as well as two husbands while remaining one of Tilcia’s most loyal patrons.

Lizbeth talked about a more mature market niche that Tilcia serves, which she refers to as “active agers.”

“We have the 30-year-olds, but we also have those age 65 and over,” she said. “They want to workout without getting hurt. “We focus on their alignment, muscular balance, body mobility and stability, and their posture while still getting a ‘good’ workout.”

Added Garcia: “We work with surfers in their mid-60s who want to paddle out and feel like they’re

TILCIA PILATES STUDIO

Where: 4655 Cass St.
Contact: 858-490-0513.

18 again. They come back and tell us, ‘I paddled for three hours and I didn’t feel a thing.’ That’s how I know I did a good job (training).”

Lizbeth concluded that clients remind her that after they experience the difference in Tilcia Studio’s method of training the mind and body, that they “now understand that exercise is not just to look good, but to feel good and be functional in their everyday activity.”

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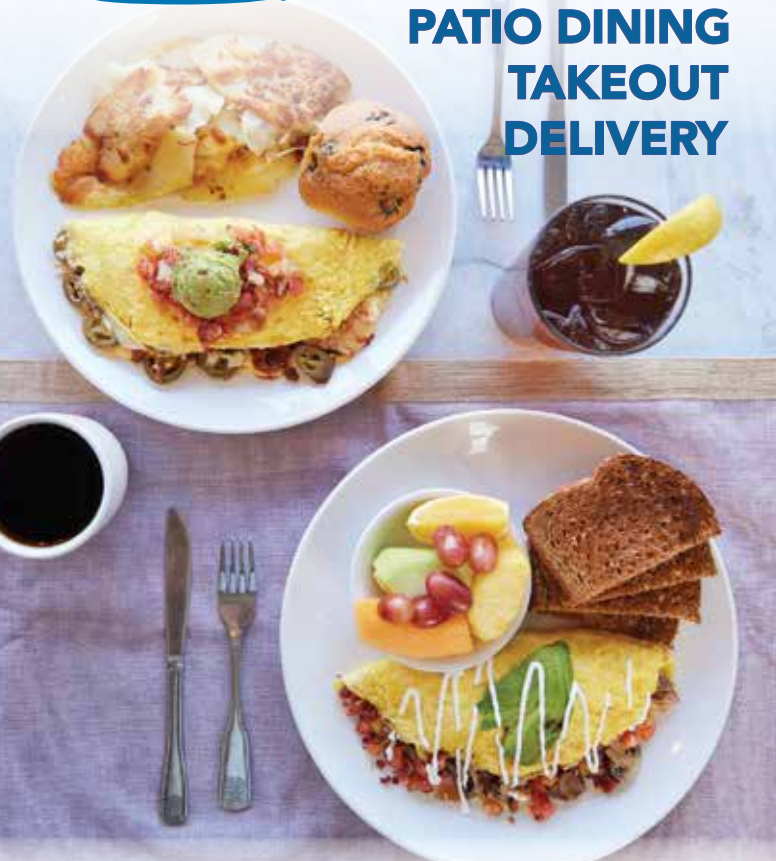
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LEGALS

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00041427-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): TAMI OKUMA DICKEY AND WILLIAM GLENN VAN LIHN DICKEY filed a petition with this court for a decree changing names as follows: Present name: a. JAKE JORDAN OKUMA DICKEY To Proposed name: JAKE JORDAN DICKEY b. TAYLOR SHEA OKUMA DICKEY To Proposed name TAYLOR SHEA DICKEY 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates 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. NOTICE OF HEARING a. Date: 11/15/21 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: September 29, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: OCTOBER 8, 15, 22 & 29, ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

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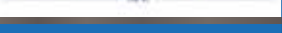
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Halloween happenings in Pacific Beach and La Jolla

By DAVE SCHWAB

If you don't think the coast is haunted, come check out Pacific Beach and La Jolla this Halloween.

Homes and businesses throughout these coastal communities are awash in things that go bump in the night with ghouls and ghosts, witches and goblins decorating yards and residences. It's all fun and part of the "spirit" this time of year.

TRUNK OR TREAT

Pacific Beach Presbyterian Church at 1675 Garnet Ave. is hosting a Halloween-themed event Friday, Oct. 29 from 4:30-6:30 p.m. Join them for a free Trunk or Treat in the PBPC parking lot. They will have decorated cars and candy to hand out. Put on your best costume and come celebrate.

PILLAGE THE VILLAGE IS BACK

The La Jolla Village Merchant's trick or treating extravaganza — known as Pillage the Village is back after a pandemic hiatus. This year, Pillage will take place on Friday, Oct. 29 from 3-6 p.m. It will again feature "Dog-O-Ween" a customer party and contest especially for your furry four legged friends. As in previous years, you can pick up your treat bags at REBA, 908 Kline St.

MAVERICKS MAYHEM

Spooky season is here and Mavericks Beach Club at 860 Garnet Ave. is hosting a Hall-O-Weekend jam-packed with

frightfully fun events through Nov. 1. On Oct. 31, there will be a Zombie Prom from 7 p.m. to 2 a.m. with drink specials, DJs, contortionists, screams, and much more. On Nov. 1, Mavericks is holding a Día De Los Muertos-themed drag show Día De Las Drag.

BELMONT PARK

Free trick or treating at 5 p.m. every Sunday throughout October at Belmont Park. The pumpkin patch is open daily Mondays-Thursdays 11 a.m.-8 p.m., Fridays-Saturdays 10 a.m.-9 p.m. Sundays 10 a.m.-8 p.m.

SEAWORLD'S SPOOKTACULAR

The marine park at 500 Sea World Drive is holding its annual Halloween celebration weekends through Halloween night on Oct. 31. Watch silly and spooky live shows and presentations while enjoying fun Halloween activities. Catch live shows like Clyde & Seamore's Big Halloween Bash and the all-new Sesame Street Halloween Parade. Join Halloween dance parties and let the little ones trick or treat throughout the park and be on the lookout for singing pumpkins.

OTHER HALLOWEEN ACTION

Pumpkin Station — Through Oct. 31 at various locations including near the Del Mar Fairgrounds. Giant slide, rides, magic and comedy shows, petting zoo, games and of course all sizes of pumpkins.

READ MORE ONLINE AT sdnews.com

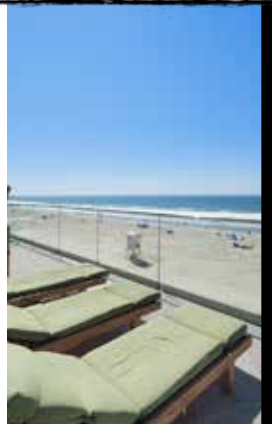


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SUDOKU PUZZLE

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CROSSWORD PUZZLE

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- CLUES ACROSS

1. Nuclear undersea weapon

5. President of Syria al-__

10. Partner to flows

14. "Snow" in Welsh

15. Famed Mexican painter

16. Song

17. ticks outward from the crown

18. Doddering

19. Resist authority (slang)

20. Antsy

22. Wrath

23. Spills the beans

24. Past

27. The woman
30. One has 24 hours

31. Talk

32. It can sting

35. Astronomy unit

37. Halfway

38. Chinese dynasty

39. Australian river

40. Software to transfer audio (abbr.)

41. Fabric

42. Crucifix

43. Defunct European economic group

44. "Hotel California" rockers

45. Michael Knight's car

46. Actress Ryan

47. A digital tape recording of sound

48. Insecticide

49. Scientific instrument

52. Golden-__ corn

55. Israeli city __ Aviv

56. Sword

60. Ottoman military title

61. Aromatic plants

63. Cold wind

64. Large, semiaquatic reptile (slang)

65. Political unit

66. Indiscreetly reveal secrets

67. Comfort food dish

68. Actress Zellweger

69. Romanian city

23. Founder of Babism

25. A baglike structure in a plant or animal

26. Male parent

27. A type of plug

28. Capital of Vietnam

29. Fungal disease

32. Shelter

33. Finished

34. Excrete

36. Unhappy

37. Partner to cheese

38. Coffee receptacle

40. Spend time dully

41. Makes full

43. Snake-like fish

44. Take in solid food

46. __ student, learns healing

47. A way to take away

49. Impart a lesson to

50. "Transformers" actress Fox

51. Spiritual leader

52. Every one of two or more things

53. Indian city

54. 17th stars

57. Weapon

58. Amounts of time

59. Isodor __, American Nobel physicist

61. Soviet Socialist Republic

62. Witness

- CLUES DOWN

1. One point east of southeast

2. Italian monetary unit

3. Warship prison

4. Tropical American tree

5. Alias

6. Normal or sound powers of mind

7. English county

8. Not compatible with

9. Female deer

10. Not late

11. La __ Tar Pits, Hollywood

12. "Jupiter's Legacy" actress Leslie

13. Impudence

21. Advises
23. Founder of Babism

25. A baglike structure in a plant or animal

26. Male parent

27. A type of plug

28. Capital of Vietnam

29. Fungal disease

32. Shelter

33. Finished

34. Excrete

36. Unhappy

37. Partner to cheese

38. Coffee receptacle

40. Spend time dully

41. Makes full
43. Snake-like fish

44. Take in solid food

46. __ student, learns healing

47. A way to take away

49. Impart a lesson to

50. "Transformers" actress Fox

51. Spiritual leader

52. Every one of two or more things

53. Indian city

54. 17th stars

57. Weapon

58. Amounts of time

59. Isodor __, American Nobel physicist

61. Soviet Socialist Republic

62. Witness

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LEGALS >>
CONT. FROM PG. 10

Fictitious Business Name(s) a. THE BAG LADY Located at: 814 VENICE COURT, SAN DIEGO, CA 92109 Is registered by the following: a. LESLIE SHIRLEY This business is conducted by: AN INDIVIDUAL first day of business was: 05/24/21 Registrant Name: a. LESLIE SHIRLEY Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 01, 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00042094-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): ANGELA MARIE FIX filed a petition with this court for a decree changing names as follows: Present name: a. ANGELA MARIE FIX to Proposed name: ANGELA MARIE BUTORI, 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates 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. NOTICE OF HEARING a. Date: 11/07/21 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: October 4, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: OCTOBER 8, 15, 22 & 29, ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022106 Fictitious Business Name(s) a. BITCOIN SHOCKA Located at: 3636 WAWONA DR., SAN DIEGO, CA 92106 Is registered by the following: a. JACOB SUTLEY This business is conducted by: AN INDIVIDUAL first day of business was: 07/04/21 Registrant Name: a. JACOB SUTLEY Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 04, 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021490 Fictitious Business Name(s) a. TORRESCAPE Located at: 12044 ROYAL ROAD #126, EL CAJON, CA 92021 Is registered by the following: a. ALEJANDRA CARLOS This business is conducted by: AN INDIVIDUAL first day of business was: 09/025/21 Registrant Name: a. ALEJANDRA CARLOS Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 25, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022396 Fictitious Business Name(s) a. OFFICIAL CALIFORNIA DETAILING Located at: 7255 CHARMANT DRIVE, UNIT 718, SAN DIEGO, CA 92122 Is registered by the following: a. DUSTIN WHARTON This business is conducted by: AN INDIVIDUAL first day of business was: 08/29/16 Registrant Name: a. DUSTIN WHARTON Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 05, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021684 Fictitious Business Name(s) a. HEAD LICE PATROL Located at: 2750 CURCULO SANTIAGO, APT T, CARLSBAD, CA 92008 Is registered by the following: a. MATTHEW JASON GOMEZ b. GARRIELA GOMEZ This business is conducted by: A MARRIED COUPLE first day of business was: 09/27/21 Registrant Name: a. MATTHEW JASON GOMEZ b. GARRIELA GOMEZ Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 28, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022709 Fictitious Business Name(s) a. VENEGAS CONSTRUCTION Located at: 2003 BAYVIEW HTS DR, SPACE 18, SAN DIEGO, CA 92105 Is registered by the following: a. CESAR VENEGAS MENDEZ This business is conducted by: AN INDIVIDUAL first day of business was: 10/02/2008 Registrant Name: a. CESAR VENEGAS MENDEZ Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 08, 2021. ISSUE DATES:

OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022214 Fictitious Business Name(s) a. LA PERLA STREET TACOS Located at: 3309 ROSECRANS STREET, SAN DIEGO, CA 92110 Is registered by the following: a. LA PERLA CONINA MEXICANA, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: 09/30/2021 Registrant Name: a. LA PERLA CONINA MEXICANA, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor ALEXIS GIOVANNI RODRIGUEZ GARCIA , PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 04, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021335 Fictitious Business Name(s) a. DITTO Located at: 5225 GENESEE COVE, APT 40, SAN DIEGO, CA 92122 Is registered by the following: a. YUN JEONG KIM This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. YUN JEONG KIM Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 23, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022869 Fictitious Business Name(s) a. M & M DESIGN AND CONSULTING Located at: 4560 DEL MONTE AVE, SAN DIEGO, CA 92107 Is registered by the following: a. THOMAS L. HELMS II This business is conducted by: AN INDIVIDUAL first day of business was: 10/12/21 Registrant Name: a. THOMAS L. HELMS II Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022940 Fictitious Business Name(s) a. LAMONT MUSIC b. LAMONT BAND Located at: 973½ AGATE STREET, SAN DIEGO, CA 92109 Is registered by the following: a. JOAQUIN ROMAY This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. JOAQUIN ROMAY Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 15, 22 ,29 & NOVEMBER 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022988 Fictitious Business Name(s) a. GERMER SERVICES Located at: 1840 GUY STREET, SAN DIEGO, CA 92110 Is registered by the following: a. GEORGE LERMA b. EMER FLANAGAN This business is conducted by: A MARRIED COUPLE first day of business was: N/A Registrant Name: a. GEORGE LERMA b. EMER FLANAGAN Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022865 Fictitious Business Name(s) a. JAVA CONSTRUCTION Located at: 3484 DESCANSO AVE #3, SAN MARCOS, CA 92078 Is registered by the following: a. JOSE ALFREDO VARGAS This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. JOSE ALFREDO VARGAS Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022867 Fictitious Business Name(s) a. OPTIMUM DRYWALL SERVICE Located at: 1474 N. LAS FLORES DR, SAN MARCOS, CA 92069 Is registered by the following: a. RICARDO PEREZ, JR This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. RICARDO PEREZ, JR title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022955 Fictitious Business Name(s) a. MONA'S GRILL Located at: 2426 F STREET #4, SAN DIEGO, CA 92101 Is registered by the following: a. SHAMONIQUE LASHAWN MALONE BOYD This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. SHAMONIQUE LASHAWN MALONE BOYD Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 12, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022992 Fictitious Business Name(s) a. THE PIANO MECHANIC Located at: 8742 ATLAS VIEW DRIVE, SANTEE, CA 92071 Is registered by the following: a. BRANDON ERICH EVANS This business is conducted by: AN INDIVIDUAL first day of business was: 05/04/2021 Registrant Name: a. BRANDON ERICH EVANS Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 13, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00043025-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): NGA THI TUYET PHAM filed a petition with this court for a decree changing names as follows: Present name: a. NGA THI TUYET PHAM To Proposed name: VICKY NGA PHAM 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates 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. NOTICE OF HEARING a. Date: 11/23/21 TIME: 8:30 AM DEPT: 61;

b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: October 8, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023313 Fictitious Business Name(s) a. BACK TO BACK PERFORMANCE Located at: 4940 DEL MONTE AVE #104, SAN DIEGO, CA 92107 Is registered by the following: a. BRANDEN HUNTER This business is conducted by: AN INDIVIDUAL first day of business was: 03/01/2021 Registrant Name: a. BRANDEN HUNTER Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 18, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023368 Fictitious Business Name(s) a. KAYGE STUDIO Located at: 5580 BAHIA LANE, LA JOLLA, CA 92037 Is registered by the following: a. KAYLA GOLDSMID This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. KAYLA GOLDSMID Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 18, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023419 Fictitious Business Name(s) a. SPICK & POLISH Located at: 4426 37TH ST, SAN DIEGO, CA 92116 Is registered by the following: a. LILIA VELIZ DE PONCE This business is conducted by: AN INDIVIDUAL first day of business was: 01/01/21 Registrant Name: a. LILIA VELIZ DE PONCE Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 19, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022039 Fictitious Business Name(s) a. SAN DIEGO HOME IMPROVEMENT SERVICES b. SDHS Located at: 10001 DUNBAR LANE #5, EL CAJON, CA 92021 Is registered by the following: a. JEFF MUDD This business is conducted by: AN INDIVIDUAL first day of business was: 01/01/21 Registrant Name: a. JEFF MUDD Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 01, 2021. ISSUE DATES: OCTOBER 29 ,NOVEMBER 5 ,12&19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023151 Fictitious Business Name(s) a. APARTMENT ADVICE, LLC Located at: 1401 21ST ST, STE R, SACRAMENTO, CA 95811 Is registered by the following: a. APARTMENT ADVICE, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: 09/30/2021 Registrant Name: a. APARTMENT ADVICE, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor WESLEY LYNCH, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 14, 2021. ISSUE DATES: OCTOBER 29 ,NOVEMBER 5 ,12&19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021769 Fictitious Business Name(s) a. INSURANCE SAN DIEGO SOLUTIONS Located at: 600 B STREET, SAN DIEGO, CA 92101 Is registered by the following: a. HEALTH INSURANCE SAN DIEGO SOLUTIONS, CO This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: 07/06/20 Registrant Name: a. APARTMENT ADVICE, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor MARIA MCGAFFIGAN The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 29, 2021. ISSUE DATES: OCTOBER 29 ,NOVEMBER 5 ,12&19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023810 Fictitious Business Name(s) a. WESTERN YACHT BROKERAGE Located at: 2726 SHELTER ISLAND DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. PHILLIP S. KINNISON This business is conducted by: AN INDIVIDUAL first day of business was: 01/01/21 Registrant Name: a. PHILLIP S. KINNISON Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 21, 2021. ISSUE DATES: OCTOBER 29 ,NOVEMBER 5 ,12&19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023847 Fictitious Business Name(s) a. OPTIMOVE PHYSICAL THERAPY b. OPTIMOVE CONCIERGE PHYSICAL THERAPY Located at: 1468 THOMAS AVENUE, SAN DIEGO, CA 92109 Is registered by the following: a. ALEXIS ADIARTE This business is conducted by: AN INDIVIDUAL first day of business was: 08/01/2021 Registrant Name: a. ALEXIS ADIARTE Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 21, 2021. ISSUE DATES: OCTOBER 29 ,NOVEMBER 5 ,12 & 19

Steven Schick to step down as music director of La Jolla Symphony and Chorus in 2022

Steven Schick will step down as Molli and Arthur Wagner Music Director of the La Jolla Symphony and Chorus, a position he has held for 15 years, at the end of the 2021-22 season.

Schick, whose association with the LJS&C began 32 years ago, has been named its first director emeritus and will continue his affiliation with the organization, according to Betty McManus, president of the LJS&C board of directors.

Regarding the emeritus position, Schick noted that “maintaining a

close and ongoing rapport between the La Jolla Symphony and Chorus and UC San Diego is critically important. The position bespeaks a deep and ongoing commitment on my part to bridge the university and its orchestra far into the future.”

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Various forms of communication: visual, auditory, tactile and chemical

Doing it Better
By Natasha Josefowitz, Ph.D.

Having just finished reading Suzanne Simard's book, "Finding the Mother Tree," I was bowled over by the ability of trees to communicate with each other through a microbial networks. The Mother Tree is in reality an old tree in the forest who is needed by younger trees to survive and prosper. The old tree sends out micronutrients through its roots. It recognizes its own species, to which it sends life-sustaining copper, iron, aluminum, calcium, and magnesium that it takes from the soil. When a seedling is in distress due to drought, it receives a larger share of carbon, sugar, and proteins. The old tree knows who needs it, and in times of abundance, it also feeds other species of trees, which are needed as neighbors. Dr. Simard has found that diversity is essential for a healthy forest. In other words, a Douglas fir tree needs a Birch nearby who needs a Cedar who needs a fir tree. While the Cedar may send nutrients to the fir, the fir will reciprocate in time. This network of roots and fungus can extend throughout a forest floor uniting a community

of trees, which feed off each other. What is uncanny is the kind of discernment of which tree needs what and when; it is a type of intelligence, for lack of a better word. Forest rangers and lumber companies have learned to include diversity in their plantings. Some of these networks reminds us of our own neural pathways connecting us to this other world we are just discovering. This all made me wonder what other forms of communication are buzzing all around us, though we are unaware of the chatter. I looked up how other non-human species communicate and found a variety of ways animals, insects, and birds all talk to each other non-stop. I had read about a sanctuary in Africa for orphaned baby elephants whose keeper had died. Within minutes all the elephants in the sanctuary had gathered in front of the keeper's house and stood vigil. How did they know? No one has come up with an answer...yet. There are cues we can pick up from the animals we know. Dogs use their ears and tail to send messages that we humans can comprehend. We recognize a meow, a growl, a hiss, but there is a world of communication all around us that escapes us. There are four methods of communication which include: visual, auditory, tactile, and chemical. Some examples of visual

communication are from bees who do a dance to specify the location of a food source. Caribbean reef squid can change the color of their skin to convey a variety of messages to court or warn of predators. They can even have a different message on each side of their bodies. Human toddlers use 52 discreet gestures to communicate, including clapping, hugging, stomping, raising their arms, and shaking their heads. Great apes use 46 of the same gestures so there is an almost 90-percent overlap. An example of auditory communication includes birds, whose songs are a language specific to each species. Sperm whales emit clicking sounds that can travel for miles with various patterns in different parts of the ocean. Elephants emit low sounds that we cannot hear, yet it can be heard more than 170 miles away by other elephants. This sound is called infrasound, below 20 Hertz, too low for us humans. One of the smallest primates, the tarsiers, screech. Their sound frequency is over 20,000 Hertz, too high pitched for us and out of range for predators, too. Tactile communication is used by chimpanzees grooming each other, indicating which area they want groomed. Elephants can communicate by stomping their feet, creating a vibration that can travel for miles through the earth to other elephants' feet.

Chemical communication are used by many animals urinating to either mark their territory or advertise readiness to mate. White rhinos use communal dung heaps like a community bulletin board with messages that include whether one is sick, ready to mate, or a dominant male has just been in the area. We humans use all four methods of communication. We use our voices, our facial expressions, and our body language, and we use smell in ways we are unconscious of. Newborn infants can discern

the unique smell of their mothers. Each of us has an individual chemical scent that our dogs can discern. Our planet is a cacophony of sights, sounds, and smells that we are unaware of. We are barely aware of our unconscious ways of communicating which flows as soon as we encounter each other. Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2021. Natasha Josefowitz. All rights reserved.

Salk team launches phase I clinical trial for Alzheimer's therapy

The investigational Alzheimer's drug CMS121, developed and studied at Salk over the last 15 years, has now moved into a phase I clinical trial to evaluate its safety in humans. Salk Research Professor Pamela Maher and Bill Raschke of Virogenics, Inc. will receive \$4.5 million over two years from the National Institute of Aging to support the trial, and they expect the first doses to be administered to healthy volunteers in early 2022. In mice, CMS121 reverses signs of aging in the brain and prevents the memory loss associated with Alzheimer's disease.

"CMS121 is acting through a completely different pathway than most people have been looking at for Alzheimer's disease," says Maher, head of Salk's Cellular Neurobiology Laboratory. "This drug could actually make a difference for someone with Alzheimer's disease." In 2006, Maher and colleagues first discovered that fisetin — a natural chemical found in strawberries and other fruits and vegetables — helped prevent cultured neurons from dying and boosted the memory of healthy mice.

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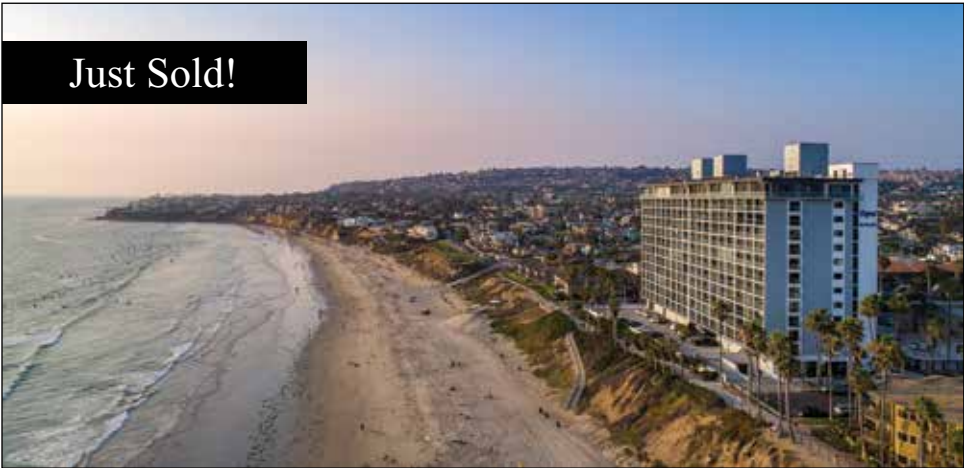
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- Rob & Erin C.

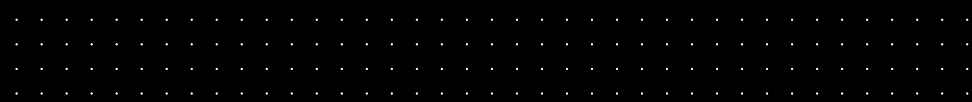


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Halloween Fun Fact:

The name jack-o'-lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him “Jack of the Lantern,” and then just “Jack o’Lantern.”

