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Tar balls still washing up

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New training center in PB

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PLAYOFF CLASH

QB leads Bucs into CIF postseason

See page 9

Mission Bay High School senior QB Clash Orsborn has been a prolific passer for the Buccaneers with 2,254 yards and 35 touchdowns as the team will play host to El Cajon Valley in a CIF Division V playoff game on Friday, Nov. 12.

PHOTO BY STEVE SIDELL

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Tar balls still polluting SD beaches after oil spill

By DAVE SCHWAB

Tar balls from a recent Orange County oil spill have been washing up at La Jolla Shores, Mission Beach, and elsewhere along the San Diego coast, presenting an environmental and health hazard as well as a clean-up problem.

On Oct. 2, disaster struck near Huntington Beach when an offshore drilling pipeline ruptured, releasing an estimated 24,696 gallons of crude oil spilled into the ocean. The 13-square-mile oil slick has wreaked havoc on both the environment and communities, harming marine life, damaging sensitive habitats, triggering beach closures, and washing as far south as Mexico.

The Surfrider Foundation, a grassroots nonprofit working to protect and preserve the world's oceans, waves, and beaches, has made significant progress in responding to environmental disasters. Under the efforts of the Unified



Crews clean tar balls that continue to wash up on La Jolla beaches.

PHOTO BY DON BALCH

Command, which includes the U.S. Coast Guard and California Department of Fish & Wildlife, more than 1,900 trained professionals and volunteers have been deployed since the spill to support the cleanup effort. To date, 513,232 pounds of tar have been collected with response crews deployed from

Long Beach to La Jolla.

"The number of tar balls continues to decline and segments of the beach are recommended for no further clean-up activities," said Capt. Rebecca Ore, federal on-scene coordinator for the oil spill response. "Initially we surged our response capacity to the worst-case scenario

and are now working to transition to a long-term plan for tar ball recovery. Onshore seafood sampling has been conducted and offshore testing was expected to start Oct. 24. Data collected and subsequent analysis of those samples will be used to evaluate seafood safety for fisheries in the areas affected

by the Southern California spill."

Tar balls are small, dark-colored, often sticky-to-the-touch remnants of oil spills or natural oil seep in water. During the first few hours of a spill or natural release, the oil spreads into a thin slick. Winds and waves then break the slick into smaller patches that scatter over a much wider area.

As winds and waves continue to stretch and break the oil patches into smaller pieces, the formation of tar balls and/or tar patties occurs. Initially, the lighter components of the oil evaporate or dissolve into the water much like a small gasoline spill. But with heavier types of oil, such as crude oil, much of the oil remains behind. At the same time, some crude oils mix with salt water to form an emulsion that often looks like chocolate pudding or mousse. The emulsion is much foamier and stickier than the original oil.

The public is being warned to avoid tar balls.

"Oil contains hazardous chemicals, and the public is reminded to avoid contact with any tar ball," said Petty Officer 1st Class Richard Brahm, public affairs officer for Los Angeles/Long Beach. "If contact does occur, wash the area with soap and water, baby oil, or a widely used, safe cleaner. Avoid using harsh chemicals such as solvents, gasoline, kerosene, diesel fuel, or similar products on the skin. These products, when applied to the skin, present a greater health hazard than the tar ball itself."

Added Brahm, "If you do happen to come across a tar ball, do not pick it up. There are trained professionals on standby to respond to any reports of tar balls. Please contact cleanup crews at tarball-reports@wildlife.ca.gov."

Tar balls are being encountered by local ocean users.

"I visit the La Jolla beaches on a frequent basis whether for surfing, stand-up paddling, beachcombing or just for a walk," said Clairemont resident and freelance photographer Don Balch. "I've been seeing congealed, black oil blobs washing up on the coast from Blacks Beach into La Jolla Cove since Oct. 9. It's gotten more prevalent as time has gone by."

"Fortunately, it's easy to pick up and dispose of, but there hasn't been enough of an effort to do so on a steady basis. On a few occasions, I've seen clean-up crews wearing Hazmat suits showing up with graspers, which is good. But we all need to preserve the La Jolla Marine Sanctuary and our oceans in general. Seeing oil from Orange County polluting our beaches is very concerning and needs daily attention for removal."

Amplify Energy, the company responsible for the Orange County oil spill has since secured the pipeline from leaking and is proceeding with repairs in close coordination with Unified Command.

The cause of the oil spill event remains under investigation.



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Pacific Beach Elementary raises funds to keep kindergarten teacher

Pacific Beach Elementary School has raised tens of thousands of dollars to keep its new kindergarten teacher. Every fall, San Diego Unified School district re-evaluates its allocation numbers. When there is a drop in enrollment, teachers are placed in an “excess” process and are removed from their current school site to be placed at another site with higher enrollment. Such was the case this year at Pacific Beach Elementary at 1234 Tourmaline St. Five weeks into the school year, PBE had been noticed that, due to its enrollment numbers, two of its teachers with the least seniority in the district would have to be dismissed. One of those instructors was first-year kindergarten teacher Sydney Arthur, who was to be

dismissed, and her class of 22 students broken up and placed into three separate first-grade classes. When PBE parents received the news that classes might be shifting, those with students in Arthur’s class began to panic. Just three days before the process was to be finalized, a parent of a student in Arthur’s class sent an email to the class, proposing a fundraiser to attempt to buy her position. This grew into a community-wide effort, and in just three days, PBE raised \$50,000 to keep Arthur with her class. Though the families have only known Arthur for seven weeks, their efforts to keep her on staff is a testament to what impact a teacher can have on young students – and their parents.

SAN DIEGO UNIFIED OFFERS STUDENTS, STAFF COVID-19 VACCINES AT SCHOOLS

San Diego Unified is providing new opportunities for students, staff, families, and community members to receive free COVID-19 vaccines at schools throughout the district to help stop the spread of the coronavirus and maintain a safe learning environment. Beginning this week and into December, a Vaccine Van operated by UC San

Diego Health will make stops around the district. All vaccines are available at the mobile unit, including booster shots, vaccines for adults, and vaccines for children ages five to 18. The Vaccine Van schedule of stops will be updated on the district’s COVID-19 vaccine webpage.

READ MORE ONLINE AT [sdnews.com](#)

SCOTT’S PB SPOTLIGHT

I often get met with surprise when people learn that I grew up here in PB since there aren’t too many “locals” anymore. It got me thinking, there’s a lot of interesting people and businesses in our community that people may not know about if they are new to the area. So, each month I will be spotlighting someone within our community that I think has an interesting story to share.

This month I am doing something a little different for the PB Spotlight. I wanted to write about a veteran or active duty member of the military since it is Veterans Day but there were too many good people to choose from and to be frank, I think everyone was worthy of a spotlight. So instead, I just want to say thank you to all of the active duty members of the military as well as all of the veterans in our community.

A big thank you as well to all of the families of active duty members and veterans. Without all of your sacrifices, none of us would be able to enjoy the freedoms that we enjoy today.

“Never was so much owed by so many to so few.”
- Winston Churchill

Thank you for your service!

If you know of someone you think has an interesting story, send me an email scott@isellbeach.com with their info and why you think they would be a good person/business to spotlight and will consider them for a monthly spotlight.

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COMPASS

Redistricting for District 1 has challengers and supporters

By DAVE SCHWAB

Some La Jollans are lobbying to keep the boundaries of Council District 1 mostly unchanged from 2010, while some UC San Diego students want the university removed from District 1 and placed in District 6 with its large Asian population.

That is one of the battle lines being drawn as San Diego's nine council districts are all likely to be readjusted as part of the ongoing 10-year redistricting cycle.

"District 1 United remains committed to maintaining the boundaries set by the 2011 Redistricting

Commission and asserts that keeping communities of interest together under one legislative representative produces the fairest and best outcome for all our neighborhoods," said a lobbying group representing some La Jollans, which is submitting a position paper and proposed maps to the nine-member City of San Diego Redistricting Commission. "D1 United offers an alternative map that represents painful choices to split vibrant communities of interest, including two school attendance zones and community planning group areas, one in the midst of a community plan update. Local communities

are best positioned to identify the alternatives that are the least disruptive to the communities of interest they know best. D1 United has made these choices after careful consideration of many alternatives."

One of many proposed council district boundary changes early on in the redistricting process suggested combining all coastal communities into one council district representing them all.

"While redistricting may present as a bureaucratic and clerical matter, this process can and has been used as a tool to suppress and de-empower certain communities

while over-representing others," said Aidan Lin, the vice president of UCSD Associated Students, in a one-page guide on San Diego Redistricting 2021. "It is essential for students to be active in 2021 redistricting, which has massive implications for the student and Asian American Pacific Islander communities in San Diego. Students tend to be overlooked and underrepresented political groups. Several parts of their identity inherently disadvantage civic participation, including their age, diverse population, full-time responsibilities, and semi-transient state."

Added Lin. "This does not, however, provide justification to disenfranchise and ignore them. While these factors can be overcome, the political atmosphere of La Jolla adds more trouble. The makeup of La Jolla consists mostly of White (79.3%), older (56.1% aged 40+), and wealthier individuals (\$116.9k median household income). Compare this to the makeup of University City, which includes the UCSD Campus and nearby student population centers to the north and south, which has a more diverse (49.0% White, 33.3% Asian), younger population (68.3% aged 0-39), with a modest median household income (\$79.8k). Despite these immense differences, La Jolla dominates the political sphere of District 1, cutting out student needs, i.e. affordable housing, to prioritize their own."

Council District 1 currently includes La Jolla, Carmel Valley, Del Mar Mesa, Torrey Hills, University City, Torrey Pines, and Del Mar Heights.

Redistricting is the government-mandated process of redrawing political district lines every 10 years following completion of the U.S Census, which occurred in 2020. The federal government requires that districts must have nearly equal populations and must not discriminate on the basis of race or ethnicity.

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Chef Mike Minor takes over at The Marine Room in La Jolla



The Marine Room at 2000 Spindrift Drive in La Jolla offers oceanfront dining and sunset views. COURTESY PHOTO

By DAVE SCHWAB

There has been a changing of the guard with executive chefs at The Marine Room in La Jolla, with Mike Minor replacing French-born Bernard Guillas, who recently retired to be with his wife and new child after 27 years of distinguished service.

It is also the 80th anniversary of The Marine Room, which the establishment is celebrating for the rest of 2021 with a special \$80 prix fixe menu.

"I'm sitting right now at one of the tables at the glass level, the waves are coming right at me: It's pretty awesome," said Minor from The Marine Room, where ocean waves lap against the windows during high tides, on a recent Saturday morning. "He (Guillas) chose me to take over. I couldn't be more proud and honored."

Minor also comes well-qualified for his new role, with an impressive resume having worked with some of the biggest names in the restaurant industry – Wolfgang Puck, Mary Sue Milliken, and Susan Feniger. His hard-working, sincere, and passionate demeanor have also landed him multiple national TV appearances including "Chopped" and "Cutthroat Kitchen."

Minor, who comes from Las Vegas, has wanted to live and work in San Diego for a long time as the food, culture, and climate of the city agree with him and reflect his cooking style. As executive chef, he will now lead the culinary teams at the 180-seat Marine Room, and the 200-seat Shores Restaurant, as well as the 100-seat members-only Club Dining at the Beach Club. His role also includes handling banquets/catering.

Minor said he will keep some of the restaurant's signature dishes instituted by Guillas like surf and turf and lobster bisque. But he added, "We're also going to modernize things and move forward being a little more contemporary."

Giving a nod to Guillas, Minor noted: "I'm not French, though I do some French techniques."

Concerning the personal stamp he's putting on The Marine Room's

cuisine Minor said: "We'll keep it California coastal and sustainable cuisine. That's the direction we're going in right now. But we'll continue some of the traditions here. I've changed lots of the menu already, but have kept some of the classics, like the lobster bisque and the iconic Caesar salad. Though I don't have those Roman Caesar salad carts anymore due to COVID. We'll be bringing some more modern twists to the restaurant."

Minor's first culinary mentor was his grandmother whom he noted "inspired me to cook as a little boy standing on a chair helping her peel potatoes while everyone else was outside playing. I was always mind blown that one older lady could cook for 15 people and have this big spread."

The executive chef, having never gone to culinary school, characterized himself as a "self-made man."

"I'm self-taught, having started at a very young age," he said. "I started working in restaurants about age 16 and I'm 48 now. I started right at the bottom, as a dishwasher before being a prep cook and then a line cook, then a lead line cook before becoming a sous chef and now an executive chef. I grew up working for Wolfgang Puck and I've never looked back."

Minor attributes his success to "hard work" while referring to cooking as a "labor of love."

"You don't get rich being a chef," he said, adding it's an extremely demanding and time-consuming role. "It's something you have to dedicate your whole life to, 15 hours day and night," he said.

"You go home and then the next day you rinse and repeat. It really takes dedication and the love of the craft and being around people. You've got to be a people person and willing to do what it takes to be successful."

Asked if he subscribed to the farm-to-table approach to restaurant cuisine, Minor noted he has a slightly different take. "I call it more sea-to-table than anything," he said adding, "We're a seafood restaurant first. And sustainability to me is everything, from how

HISTORY

Opened in 1941, The Marine Room quickly became nationally and internationally famous. For more than half a century, celebrities, world figures, the La Jolla community, and visitors have made it a habit to come and enjoy spectacular panoramic views of the Pacific along with exceptional cuisine. Perhaps the original menu stated it best: "Unique in many respects, the Marine Room, adjacent to the La Jolla Beach and Tennis Club but open to the general public, presents a sight seldom seen even by world travelers. Perhaps nowhere else is there a similar restaurant where individuals may enjoy the finest cuisine while watching foam from illuminated ocean waves dash at high tide against the heavy plate glass windows which securely protect them from wind and sea."

we catch the fish out in the ocean, to how we're trained to prepare it. Everything you eat at The Marine Room now, moving forward, will be sustainably sourced, from the meat to the seafood. One of my goals is to be known as the number one sustainable seafood fine-dining restaurant in San Diego."

Having come from Las Vegas, Minor pointed out that city "has some of the best restaurants in the

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PB Water Store owner retiring, but the water will still flow

By DAVE SCHWAB

After 16 years at PB Water Store, proprietor Terry Townsend is retiring, handing the baton off to long-time customer Jose Santiago and hitting the road.

"I'm going to change my name to Ms. Mosey," quipped Townsend of what comes next. "I'm shopping for a 24-foot motor home and I'm going to go see everything that I haven't seen in the United States. And take my dog and my African Grey parrot with me. It will be so much fun."

A retirement party with food, beverages, and music for Townsend is being held Sunday, Nov. 21 from 2-4 p.m. in PB Water Store's parking lot at 4450 Lamont St.

Regarding the timing of her departure from her self-made business, Townsend said: "We all have an expiration date across our foreheads. We just can't see it. Seven days a week for 16 years is a haul."

Of how she and her late husband, Bruce, started out, Townsend noted: "When we moved to California we were both working construction and he hurt his back. We needed to find a new way to support ourselves. So we created PB Water Store."

Pointing out they both "needed to buy water," just like everyone



Terry Townsend inside PB Water Store next to her wall of fame of customer mementos.

PHOTO BY DAVE SCHWAB

else, Townsend added of their successful water-purification business, "We just grew it from nothing to what it is now. People call this 'going to the well.' We created this humongous PB Water Store family. The energy

here is spectacular."

Why have patrons been coming through PB Water Store's doors for so long? "Because our water is pristine, so clear," answered Townsend adding, "And Jose's going to do the exact same

thing. He's going to treat all these people like family. He's the guy I've always wanted (to buy the business)."

PB Water sells purified bottled drinking water as well as crocks, stands, shower filters, alkaline

water, and pure ice. "We sell everything from one liter up to 5-gallon bottles," said Townsend.

Purified water is water that has been mechanically filtered or processed to remove all dissolved minerals and other impurities and make it suitable for use. PB Water Store is required to meet exacting technical standards for purification.

"In order to sell purified water you have to be under 10 parts per million in dissolved solids," said Townsend. "We're running one or two ppm. We are so clean."

Of tap water, Townsend warned: "Don't drink it. It's the end of the Colorado River and it's just not clean."

While some customers fill containers from taps with purified water, others continuously filter into and out of PB Water. The business is almost busy enough to have a turnstile in front instead of a door opening out onto a storefront mural depicting PB's Crystal Pier.

On the side of the PB Water Store building is an even larger mural done by local tattooist and artist Beth Emmerich, which Townsend said she's leaving behind for posterity.

"She (Emmerich) agreed to paint it for the price of the paint," noted Townsend adding, "It's kind of my gift to the community for their support they've given to us all these years."



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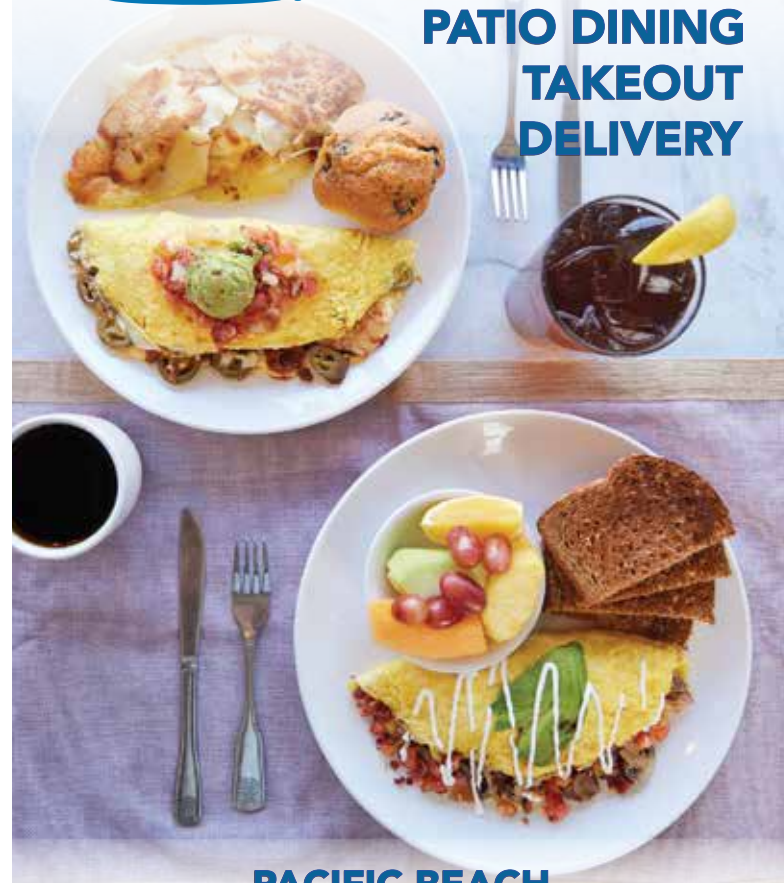


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Former MMA fighter opening The Training Center



Former professional Mixed Martial Arts competitor Chris Leben during a training session. COURTESY PHOTO

By DAVE SCHWAB

Former professional Mixed Martial Arts competitor Chris Leben is setting up his own personalized workout studio this month above The Gym and next to the new Balboa Avenue Trolley Station.

“We’re looking to open Nov. 15 and right now we’re pre-enrolling,” said Leben of his new fitness facility named The Training Center on the third floor of the building at 2949 Garnet Ave. “We’re just finishing putting the mats down and putting the last bit of trim up.”

A Portland, Ore. native, Leben sees gym ownership as a natural progression in his fitness career that started with wrestling in middle school and progressed to boxing training. That ultimately led to his being a professional MMA competitor from 2002 until 2013, compiling a Middleweight Division record of 12-10. He also appeared in the inaugural season of The Ultimate Fighter reality series.

“It’s like you join a gym, represent that gym in competition, and eventually you brand your own gym and start your own lineage,”

MARINE »

CONT. FROM PG. 5

world. I’m bringing some of that Vegas vibe to San Diego. We’re looking at whimsical food. We’re going to have a great time.”

The new executive chef at The Marine Room said it’s a total team effort there. “It’s not about one chef,” he said. “It’s about me and my staff together. Every person in that kitchen contributes something to the menu.”

Cooking should also be festive, concluded Minor.

“Come see what we’re doing,” he implored. “We’ve got some new, exciting, and fun things on the menu. You will be surprised to see some of the very modern things we’re doing.”

said Leben, noting he grew up in a troubled home and martial arts helped him find his way. “I’m moving on to coaching, and I’m very active as a referee and judge in California. A gym has been a dream for me for a lifetime. It’s really been a work in progress for the last two years.”

MMA or ultimate fighting is a full-contact combat sport based on striking, grappling, and ground fighting, incorporating techniques

from various worldwide combat sports including boxing, kickboxing, and martial arts. The Ultimate Fighting Championship is an American mixed martial arts promotion company in Las Vegas. The UFC produces events worldwide showcasing 12 weight divisions. As of 2020, the UFC has held over 500 events.

“I’m going to teach boxing, kickboxing, cardio kickboxing, jiu-jitsu, and other disciplines,” noted Leben.

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Where: 2949 Garnet Ave., third floor.
Contact: thetrainingcentersd.com, 619-907-7333.

humble, mixed martial artist to learn from. He’s someone all the locals can all take pride in.”

Membership to The Training Center is a flat rate, \$129 per month, with a \$99 one-time-only enrollment fee. “You can go to one class a week, or 20 classes a week, it’s up to you,” noted Leben of his program, which offers a 10% discount on membership for military, fire, police, and college students.

For more information visit thetrainingcentersd.com, which is presently under construction.

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Mission Bay QB Clash Orsborn leads Bucs into home playoff game



Mission Bay senior QB Clash Orsborn (9) and the Buccaneers will play host to El Cajon Valley in a CIF Division V playoff game 7 p.m. on Friday, Nov. 12.

PHOTO BY STEVE SIDELL

By DAVE THOMAS

Playing in his final football season at Mission Bay High School, Clash Orsborn is going out in style. The senior quarterback looks to continue a great season this Friday evening as the 8-2 Buccaneers take on El Cajon Valley in a home CIF Division V playoff game. The kickoff is set for 7 p.m.

Orsborn and the Bucs have only tasted defeat twice this season.

Mission Bay lost in its second game of the season to Christian High before rattling off six straight victories. After suffering its second

loss of the season (University City High), Mission Bay ended the regular season with a convincing 41-6 thumping of Hoover High.

As he heads into the playoffs, Orsborn is playing at the top of his game.

To date, Orsborn has thrown for 2,254 yards and 35 touchdowns. The senior has also picked up nine scores running the ball. Yes, safe to say this is a multi-talented quarterback.

For Orsborn, playing at the high school level has been in the works for years.

"I started playing flag football when I was 7 years old, but I

always would throw the football with my family," Orsborn said. "I didn't start playing tackle football until my freshman year.

"There are a lot of things that motivate me, but this year I was motivated by this being my last year of high school football and wanting to leave a legacy behind," Orsborn said.

In his efforts to leave a legacy, it is safe to say his teammates, and head coach Greg Tate has no doubt he is doing that.

"This is my third season working with Clash," Tate said, "As far as what he means talent-wise, he's a testament to what can happen if you buy into coaching and work hard. Leadership-wise, he sets the standard for everyone else and they fall in line and have to match it. Overall, he's a coach's dream when it comes to what you want in a player."

Orsborn said he had high expectations for the team coming into the fall due to how hard the team worked during the pandemic. "I think we are living up to my expectations up until this point but we still have more to prove," Orsborn said.

Getting Orsborn to buy into the system has not been a difficult thing given his love for the sport.

"It's pretty simple for me just getting to play the game I love with a bunch of my best friends. Seeing my teammates and I get better brings me joy," Orsborn noted. "I

cherish every day I get to spend with my coaches and teammates. Just seeing all of our hard work start to pay off is really special."

As Tate sees it, Orsborn simply needed to come into his senior season doing what he's been known to do. That is to go out on the field and be a true leader.

"Honestly coming into the season, I just wanted him to do what he's been doing," Tate said. "He's been a captain for three years, so he knows what the expectation is, and he hasn't wavered."

While Orsborn hopes his Mission Bay football career isn't in the past anytime soon, he does have his sights set on what is likely to

come next.

"I'm going to play college football," Orsborn went on to say. "I don't know where I will be going yet, but I'm still trying to earn some more opportunities. Right now, I'm leaning on majoring in business, kinesiology, or exercise science."

Once he does get to college, and hopefully gets on the gridiron, his chosen school will get a young man ready to lead.

When asked how much of a field general Orsborn is, Tate noted his senior star has been a leader for some time now.

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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.

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Preuss School students create murals at UC San Diego campus to promote inclusivity

By DAVE SCHWAB

A series of artworks done by Preuss School students spread throughout UC San Diego campus promotes inclusivity while questioning whether guaranteed U.S. Constitutional rights are being equitably applied to all people.

The 21-year-old Preuss School UC San Diego is a unique charter middle and high school for low-income students striving to become the first in their families to graduate from college. Preuss graduates are accepted to four-year colleges and universities at a rate of more than 90 percent, with nearly 100 percent going on to higher education.

Created by students of Preuss art teacher Tamima Noorzay, the more than 900-square-foot student mural is themed “We the people ... I am Preuss.”

The mural is composed of individual student art cut up and collaged into portraits. Those portraits were then scanned and digitally cut up by collaborating Baltimore-based artist Jay Wolf Schlossberg-Cohen, who re-collaged them into new images. Each reconstituted “portrait” contains a great deal of student writing that was created alongside their artworks, with quotes added to some of the art pieces.

The student mural artwork was done over the 2020-2021 school year over Zoom and the painting was completed by the students and finished this fall, except for the dedication panel.

Noorzay said the student mural originated during Zoom classes when “we were trying to think of a way to build community the way we do when we’re in-person, so collaboration was what we went to.” She added professional artist Wolf Schlossberg-Cohen’s participation

was also “all about collaboration,” while pointing out, “I’ve been here for eight years, I’ve been trying to get a mural for eight years,” as murals were previously forbidden until just recently on university buildings.

Noting he “grew up in theater,” Wolf Schlossberg-Cohen specializes in collaborative art and has led numerous such projects.

“I’ve been painting almost 50 years and doing community-based public art collaborating with people and artists for 21 years,” he said adding, “My work is about involving the voice of the community directly in the work. So my mural-making is folksy-style. What’s important in the outcome is engaging communities in creating work based on really intense issues.”

Asked while leading a tour through the mural if her students perceive themselves as feeling left out, Noorzay replied: “I think the tide is finally shifting. I’ve talked to juniors and seniors who say that they don’t feel out of place. The mission of our school is that our students can walk in through the front door aggressively seeking their future and well prepared for it holding their heads up high, so they don’t feel like second-class citizens.”

Added Noorzay, “Why we wanted to do this mural is because we want our school environment to be empowering other students on their personal narrative. So it’s ok to be an immigrant or to have lived through adversity. It’s not despite the adversity that you become great, it’s ‘because’ you know how to persevere, rise above, be a participant at the table.”

Artwork by first-generation American students drew the socially conscious Baltimore artist to the Preuss art project.

“These kids are really smart and

they have a passion for America, which of course is why they came here,” Wolf Schlossberg-Cohen said. “They’re asking, ‘Where do we fit in here?’ This mural responds to that.”

“Working on the mural was

something new and way out of my comfort zone,” said Xenia, now a sophomore and one of the Preuss students who contributed to Wolf Schlossberg-Cohen mural section. “But it was amazing seeing how student’s stories made the school

more colorful and welcoming. Being part of the process was really fun and I hope that I am able to do something like this again in the future.”

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Preuss teacher Tamima Noorzay standing next to part of a student mural promoting inclusivity and questioning whether it's being equitably applied. PHOTO BY DAVE SCHWAB

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SUDOKU PUZZLE

Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

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CROSSWORD PUZZLE

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66					67					68			

- CLUES ACROSS

1. German philosopher

6. A type of stock trading (abbr.)

9. Cincinnati ballplayers

13. Deerlike water buffaloes

14. Island

15. Jewish calendar month

16. Round Dutch cheese

17. Unstressed syllable of a metrical foot

18. A restaurant needs one

19. Decent behaviors

21. Groans

22. Works hard

23. Upset
24. A sound made in speech

25. One point east of due south

28. Boxing's GOAT

29. Whittles

31. Tailless amphibian

33. Surrounded

36. Doesn't stay still

38. Copycat

39. Four-door car

41. Morally correct behavior

44. Something that is owed

45. Pasta needs it

46. Ant-Man's last name

48. Bravo! Bravo! Bravo!
49. Small period of time (abbr.)

51. Woman (French)

52. On or around

54. Fencing swords

56. Fonts

60. Command in the name of the court

61. Sprays with an irritant

62. Georgetown athlete

63. Dry or withered

64. Sign of injury

65. Tracts of land (abbr.)

66. 365 days

67. Physique

68. Icelandic poems

- CLUES DOWN

1. Bodily substance

2. Internal

3. Provoke or annoy

4. Type of lounge chair

5. Losses

6. Makes less severe

7. Identifies a thing close at hand

8. Group of blood disorders (abbr.)

9. Rebuilt

10. Ancient Greek City

11. American investigative journalist

12. Partially melted snow

14. Take shape
17. Mexican beverage

20. Patti Hearst's captors

21. Jacobs and Summers are two

23. Disfigure

25. Scientists' tool (abbr.)

26. Ill-mannered person

27. Overhang

29. Famed rat catcher

30. Passover feast and ceremony

32. Equal to 10 meters

34. Central processing unit

35. Chinese native religion

37. Unfermented juices

40. "To the ___ degree"
42. Frozen water

43. Medieval circuit courts

47. 1,000 cubic feet (abbr.)

49. Gossipy

50. Shopping is one type

52. Palmlike plant

53. Partner to "oohed"

55. Welsh name meaning "snow"

56. Popular Mexican dish

57. It helps power devices

58. Reddish-brown wildcat

59. Impertinence

61. Legal financial term (abbr.)

65. Atomic #52

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CONT. FROM PG. 10

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 93037 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. SDHIS 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: 09-29-21 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, PRESIDENT 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 BRO-

KERAGE 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: 07/04/13 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 22, 2021. ISSUE DATES: OCTOBER 29,NOVEMBER 5,12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024018 Fictitious Business Name(s) a. IMMEDIA SYSTEMS Located at: 2465 SELKIRK ROW, LA JOLLA, CA 92037 Is registered by the following: a. BAY PROSPECTOR, INC This business is conducted by: A CORPORATION first day of business was: 07/07/2010 Registrant Name: a. BAY PROSPECTOR, INC Title of Officer, if Limited Liability Company/Corporation Title of Signor CHENG TAN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 23, 2021. ISSUE DATES: NOVEMBER 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024349 Fictitious Business Name(s) a. SO CAL PANGA Located at: 3838 47TH ST, SAN DIEGO, CA 92105 Is registered by the following: a. PANGWERO LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: a. PANGWERO LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor DANIEL BEDENKO , PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 29, 2021. ISSUE DATES: NOVEMBER 5, 12, 19 & 26

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00046844-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): STEPHANIE WATSON HUNSAKER and SHAUN BRAD HUNSAKER filed a petition with this court for a decree changing names as follows: Present name: a. ELISE GRACE HUNSAKER To Proposed name: ELISE MARGIE HUNSAKER. 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: 12/20/21 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: November 4, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024415 Fictitious Business Name(s) a. SUN AND SAGE Located at: 3146 VANCOUVER AVENUE, SAN DIEGO, CA 92104 Is registered by the following: a. ALEXIA MARISELA MAGALLANES b.ELISABETH MARIE YAOTANI This business is conducted by: A GENERAL PARTNERSHIP first day of business was: 10/25/21

Registrant Name: a. ALEXIA MARISELA MAGALLANES b.ELISABETH MARIE YAOTANI 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 30, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024525 Fictitious Business Name(s) a. SPTN b. STAYING POSITIVE TESTING NEGATIVE Located at: 4191 MT EVEREST BLVD, SAN DIEGO, CA 92111 Is registered by the following: a. SPTN, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: SPTN, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor EDWIN WIEDMANN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 1, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024448 Fictitious Business Name(s) a. CLEAN WAVES LAUNDRY Located at: 2267 GARNET AVENUE, SAN DIEGO, CA 92109 Is registered by the following: a. GARNET AVENUE, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: a. GARNET AVENUE, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor ETHAN HARKLEROAD, MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 30, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024982 Fictitious Business Name(s) a. THE TRAINING CENTER Located at: 2949 GARNET AVENUE, 3RD FLOOR, SAN DIEGO, CA 92109 Is registered by the following: a. CSC PB, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: 11/05/21 Registrant Name: a. CSC PB, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor CHRISTIAN LEBEN, MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 8, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024984 Fictitious Business Name(s) a. BY MARI PHOTOGRAPHY Located at: 10882 ANGOLA ROAD, SAN DIEGO, CA 92126 Is registered by the following: a. MARICRUZ CARDENAS This business is conducted by: AN INDIVIDUAL first day of business was: 10/01/2021 Registrant Name: a. MARICRUZ CARDENAS 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: NOVEMBER 8, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024340 Fictitious Business Name(s) a. SAN DIEGO EV RENTALS Located at: 2957 W CANYON AVE, SAN DIEGO, CA 92123 Is registered by the following: a.TRABOULAY CAPITAL, INC This business is conducted by: A CORPORATION first day of business was: 10/21/21 Registrant Name: a.TRABOULAY CAPITAL, INC Title of Officer, if Limited Liability Company/Corporation Title of Signor ERIC TRABOULAY III, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 28, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024714 Fictitious Business Name(s) a. DEEP BLUE POOL CLEANING Located at: 2839 SHELTER ISLAND DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. COLIN OLSON This business is conducted by: AN INDIVIDUAL first day of business was: 10/01/2021 Registrant Name: a. COLIN OLSON 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: NOVEMBER 3, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

SD Humane Society reduces adoption fees during Adopt a Senior Pet Month

Senior pets in need of homes are looking for families that will love them in their golden years.

In honor of National Adopt a Senior Pet Month in November, San Diego Humane Society is reducing adoption fees for senior dogs and cats by 50% through the entire month. The promotion is generously sponsored by Purina.

“Senior pets are sensational and we have several of them who are hoping for a family who will love them in their golden years,” said Dr. Gary Weitzman, president and CEO, San Diego Humane Society.

“The best part about adopting a senior is that you get to really see who that animal is — there is no guessing the personality, size and involved care of a senior pet. Also, you're doing a very good deed.”

Five reasons to adopt a senior pet:

* You can teach an old dog new tricks: Some senior pets are



Stormie

already trained and, even if they're not — they tend to catch on faster and have an easier time focusing than their juvenile counterparts.

* They adapt faster: Mature animals are likely to settle into a home more easily and quickly than younger pets, often due to past experiences living in houses among people or other pets.

* What you see is what you get: Unlike adopting a puppy, there is no guessing about what a senior

animal's full size, personality or required care will be. This information makes it easier to pick an animal that is the right fit for your household.

* A little R&R: These sweet seniors usually have less energy, which makes them great additions to mellow, relaxed households looking for a cozy companion.

* Unconditional gratitude: A senior pet will bring maturity and wisdom into your home. If you give a senior a chance they will thank you for the rest of their life!

Senior cats and dogs are 7 years or older. San Diego Humane Society currently has dozens of senior dogs and cats available for adoption. San Diego Humane Society is open for walk-in adoptions Tuesdays-Sundays, 10 a.m.-6 p.m. at its campuses in Escondido, El Cajon, Oceanside and San Diego. To view animals currently available for adoption, visit sdhumane.org/adopt.

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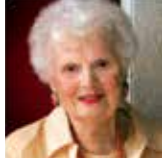
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COMPASS

Gaining freedom from old shoulds while responding to current issues



Doing it Better

By Natasha Josefowitz, Ph.D.

I found this old column from some years back that lists some of my “shoulds” from that time. I was curious to see if any of them would still be applicable today. A few still work, but are modified to fit our current culture and lifestyle.

Shoulds are injunctions carried over from earlier in life, from parents, teachers, religious leaders, and other authority figures. Some have become dispensable. As we grow older, we shed many of these shoulds.

Here are some from years past (listed in italics) followed by today’s modifications:

I should do power walks or run on the treadmill to maintain cardiovascular efficiency. At my age, I no longer run. If I do 4,000 steps every day, I have reached my goal.

I should be working out with weights so that I can carry my own bags of groceries. I still do, but my weights are considerably lighter.

I should do tai chi or yoga to maintain flexibility and help prevent falling. This still holds true, but I mostly do chair Pilates.

I should eat less sugar, less salt, less fat, less red meat. I am more conscious of eating healthily, avoiding processed foods, while

increasing my vegetable and fruit intake. I am also eating more locally grown and sustainable foods.

I should floss and drink enough water to stay hydrated. As one grows older, one is less aware of being thirsty; I have asked Alexa to remind me to drink water throughout the day.

I should be financially prudent. At my age, I turn to my daughter and cousin for financial advice.

I should clean out my closet of all those clothes that I’ve held on to for years. I have been saying this for all these years and have not been able to accomplish this, as yet.

I should throw out all those files that I will never need again until the day after I have thrown them out. I have successfully streamlined much of my paperwork, but still need to do more.

I should attend local cultural events, go to fundraisers, sit on boards, and participate in committee meetings. I don’t feel compelled to attend everything anymore and prioritize fewer events. One of the favorite gifts given to seniors is “I don’t have to go.”

I should be wearing the latest fashions, have a good haircut, polished nails, and be thin with good muscle tone, a washboard stomach, and buns of steel. I mostly wear vintage clothing, easily manage a shorter haircut, and please don’t even mention my stomach and buns. Mark Twain said, “What other people think of me is none

of my business.” I agree with him! I should be productive and lead a meaningful life. Upward mobility or striving for success are no longer goals. A meaningful life for me is making a difference in the lives of others.

I should find something challenging to do (such as learning new programs on my computer) in order to increase the number of neurons in my brain, which will decrease my chances of getting Alzheimer’s disease. I continue taking computer classes and try to keep up-to-date with the ever-evolving technology.

I should do crossword puzzles and word games to keep stimulating my brain in order to make new synaptic connections. Studies have shown that computer games do not

increase brain function; they only improve computer-game skills.

I should prioritize my life, re-think my goals and objectives, and make sure that I am always on track. I have done this throughout my life.

The pandemic has exacerbated many problems of our society. There are new shoulds today that mostly deal with the new world of technology and our environment. In an effort to stay current, I should check my iPhone messages and read my emails on a regular basis. Even more importantly, I should be cognizant of climate change and, therefore, be environmentally responsible as well as conscious of the inequalities that still exist in our world today.

The pandemic has also helped to

simplify our lives. The questions we all need to ask ourselves include: What will enhance my life? What gives me pleasure? What gives meaning to my life? What may be a burden, but is still necessary? What detracts from my life?

It would behoove us to be mindful of the reality that we have less energy than before. This, in turn, has altered life’s priorities, diminished activities, and increased time spent at home. There is still room for new discoveries. These could be our best years yet!

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.

COVID-19 vaccine boosters available for San Diegans

COVID-19 vaccination boosters are now recommended and available for everyone who qualifies.

Last week, the Centers for Disease Control and Prevention approved booster shots for all three COVID-19 vaccines currently available. However, the time frame for when people should get a booster depends on which vaccine you received.

For people who were vaccinated with two doses of Pfizer or Moderna COVID-19 vaccine, the CDC indicates the following

groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older.
- Age 18+ who live in long-term care settings.
- Age 18+ who have underlying medical conditions.
- Age 18+ who work or live in high-risk settings.

For San Diegans who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for people 18 and older and

who were vaccinated at least two months ago.

While all three available COVID-19 vaccines have now been approved as boosters, people should stick to the vaccine they originally received. However, they may choose a different one if necessary.

“People should go with their past vaccine, when possible,” said Wilma J. Wooten, M.D., M.P.H., County public health officer.

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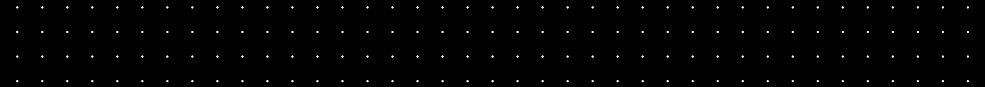


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Veterans Day Fact:

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, the fighting ended about seven months before that when the Allies and Germany put into effect an armistice on the eleventh hour of the eleventh day of the eleventh month. For that reason, Nov. 11, 1918, was largely considered the end of “the war to end all wars” and dubbed Armistice Day. In 1926, Congress officially recognized it as the end of the war, and in 1938, it became an official holiday, primarily a day set aside to honor veterans of World War I. But then World War II and the Korean War happened, so on June 1, 1954, at the urging of veterans service organizations, Congress amended the commemoration yet again by changing the word “armistice” to “veterans” so the day would honor American veterans of all wars.