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FRIDAY, SEPTEMBER 3, 2021

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THIS WEEK



The power of rescue dogs and surfers

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Gov. Recall Election Set for Sept. 14

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New nonprofit helps vets and Mother Earth

SEE PAGE 6




Research Vessel Falkor crew retrieve Remotely Operated Vehicle SuBastian back on to the ships' aft deck after a dive researching underwater. COURTESY PHOTO

Exploratory dives off California's coast in previous waste dumping grounds and areas of potential mining will help advance understanding of human impacts on deep-sea ecosystem



A squat lobster perches atop a Bubblegum Coral on the San Juan Seamount in the Southern California Borderland. COURTESY PHOTO



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Marine scientists aboard Schmidt Ocean Institute's research vessel Falkor have completed a 12-day expedition off the coast of Southern California to survey the biodiversity of deep sea areas rich in minerals that are of interest to deep sea mining developers around the world.

The expedition, which covered 5,310 square miles, explored nine deep sea sites, including the offshore site where possibly hundreds of thousands of barrels of toxic waste from the production of the insecticide DDT were dumped from 1947 to 1982.

With an underwater robot, the team of scientists from UC San Diego's Scripps Institution of Oceanography and the United States Geological Survey collected sediment and biological samples around six barrels to understand potential ecological effects

See SEAFLOOR, Page 8



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Gubernatorial Recall Election set for Sept. 14; What do San Diegans think?

There are similarities – and differences – in the upcoming Tuesday, Sept. 14 California Gubernatorial Recall Election compared with the last successful one in 2003. That election saw then-Gov. Gray Davis replaced by actor Arnold Schwarzenegger.

One major difference this time around is there are only about a third as many candidates, 46, compared with the crowded field of 135 candidates who sought to replace Davis on the October 2003 ballot.

This year's Sept. 14 recall field of candidates to replace Gov. Gavin Newsom includes GOP politicians, a reality TV personality, a YouTuber, a retired detective, a cannabis advocate, several business owners, and a new-age shaman. Unlike 2003 however, this recall election does not include anyone with Schwarzenegger's star power or appeal.

The Recall Election ballot will have two parts. Voters will be asked if Newsom should be recalled (removed). Following that recall question, all qualified replacement candidates for the office of governor will be listed. Write-in replacement candidates for the office of governor can also run. That Certified List of Write-in Candidates will be available on Sept. 3.

Polls leading up to the special election are indicating that Republicans, in general, are enthusiastic about it, while Democrats

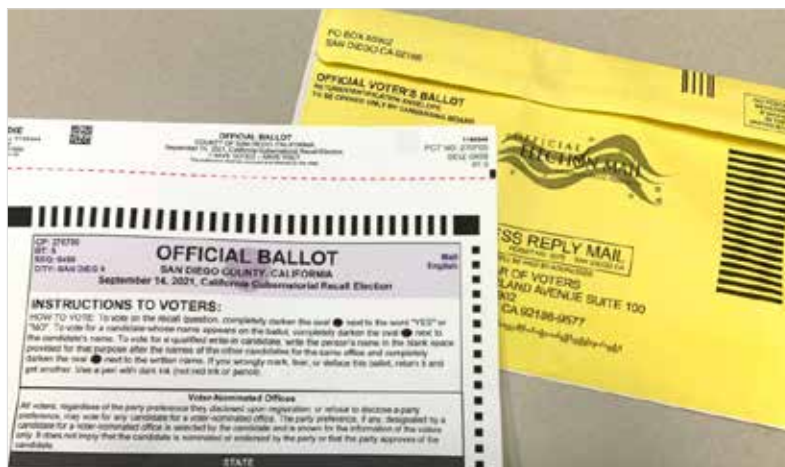
are lukewarm about it, which may or may not be reflected in partisan turnout on Sept. 14. Though Newsom could be hurt by strong GOP voter turnout and weak Democrat turnout, Democrats outnumber Republicans statewide by a wide margin of 22 percentage points.

Newsom also has a large war chest. His camp reportedly has raised \$32 million to fight his recall, including several donations of \$1 million or more. State law allows the target of a recall to accept unlimited sums of money. Challengers, however, can only accept a maximum of \$32,400 from each individual donor.

If the recall should be successful, it could have serious statewide and national implications, as a Republican governor in California could alter the balance of power in Washington, D.C. If 88-year-old Democratic Sen. Dianne Feinstein (D-Calif.) were to retire or die before her term ends, while a Republican governor is in office, that would give a GOP leader the opportunity to appoint her replacement and, presumably, restore a Republican majority in the U.S. Senate.

WHAT ARE SAN DIEGANS SAYING?

With the 2021 Newsom recall election about two weeks away, San Diego Community Newspaper Group did a random poll, not scientifically valid, to gauge the mood of



San Diego beachfront residents on whether they believe California's current governor should be recalled.

Here's what they had to say:

"I, along with nearly 8 million other Californians comprising almost 62% of the state's voters, elected Newsom in 2018," said Tom Coat of Pacific Beach. "Now, a much smaller minority of voters is taking advantage of recall rules badly in need of change to attempt to cancel out our votes. That's not how a democracy should work."

"I would never seek to recall any elected official whose primary focus during a historically deadly pandemic has consistently been to protect the health and lives of his constituents. The state finance department puts the cost of the recall at \$276 million. For \$276 million we could provide 55,200 college scholarships of \$5,000 to low and

middle-income students. I could support spending \$276 million on scholarships that would change lives. I can't on a ridiculous recall effort," Coat said.

"Although Newsom deserves replacement, the more than \$200 million costs of removing him from office is too expensive, since the next gubernatorial election is quite soon – November 2022," said Phyllis Minick of La Jolla.

"Newsom's mismanagement of California is demonstrated by our uncontrolled fire damage, failure to ensure a safe electrical grid, neglect of water conservation, overwhelming homelessness, uninformed anti-COVID mask mandate, attempted to overturn of Prop 13, highest gas prices in the U.S., and among the lowest national K-12 school rankings (37th place). This state, which is bigger and industrially

better than most countries warrants more efficient leadership," Minick said.

"California's 'two-part ballot' recall process is ridiculously flawed and fundamentally unfair," said Karl Rand of PB. "It should be replaced with a single-question ballot that allows the targeted incumbent to run head to head, directly against any and all replacement candidates."

"The good news: there is a pending California Senate Bill (SCA 3 - Allen) that would end this two-part ballot folly for future recalls. The bad news: SCA 3 will not apply to this recall. As a matter of fundamental fairness, I urge everyone to vote no on this recall, and push for the passage of SCA 3 to repair our broken recall process," Rand said.

"He should not be recalled," said Glen Rasmussen of La Jolla. "There are no valid grounds because his actions have been consistent with the will of the majority of Californians."

"I feel it is a waste of time and money in pursuing the recall since the general election when Newsom is up for reelection, is next year," said Ellen Citrano of PB. "Recalls should be used for egregious behavior, failures or criminal acts and not just because some people don't like or agree with what a leader did during an unprecedented crisis."

READ MORE ONLINE AT sdnews.com



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Don't wait until Election Day to vote! The Registrar of Voters encourages you to make voting decisions from the comfort of your home for the September 14, 2021 California Gubernatorial Recall Election.

Sign, seal, date and return your mail ballot to a trusted source.

Return your ballot by mail or to one of the Registrar's 131 mail ballot drop-off locations around the county. Visit sdvote.com to find a location near you.

Voting in-person?

In-person voting locations will be open across the county for four days, Saturday, Sept. 11 – Tuesday, Sept. 14.

Take advantage of early voting:

- At the Registrar's office, 8 a.m. to 5 p.m., Monday through Friday
- At a voting location near you or the Registrar's office Saturday, Sept. 11 through Monday, Sept. 13, 8 a.m. to 5 p.m.

All again will be open on Election Day, Sept. 14, when hours change to 7 a.m. to 8 p.m. Visit sdvote.com to find a voting location near you.

Why are we having an election?

California is one of 19 states that allows any elected official to be "recalled".

The ballot will ask two questions:

- 1) Do you want to recall the governor?
- 2) If recalled, who do you want to replace him?

For more information visit sdvote.com, call (858) 565-5800, or email rovmail@sdcounty.ca.gov

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PB BEACHFEST DOWNSIZED

Discover PB’s annual Pacific BeachFest will return Oct. 2 from 11 a.m. to 7 p.m., but the event is being downsized due to COVID. “BeachFest is being scaled down this year to only the 5K run and beach volleyball tournament,” said Sunny Lee, executive director for Discover PB, the business improvement district that holds the family friendly festival. “This is due to the pandemic causing indirect obstacles in the event industry that made it impossible to put on the full event.”

The free festival typically offers live music, action sports on the sand, a fish taco contest, and local artisan goods for sale, and is held along the boardwalk from

Felspar to Thomas streets in Pacific Beach. This year marks the 23rd anniversary of Beachfest, which draws more than 50,000 visitors annually.

For more information, visit pacificbeachfest.org.

TASTE AT COVE POSTPONED

In the interest of hosting a quality 20th anniversary fundraiser, Taste at the Cove, tasteatthecove.com, has been delayed until May 26, 2022. This move is being made primarily due to the low staffing levels of restaurants. If anyone would like to pre-purchase a table for 2022, that would help. You can click here to sign up. If anyone is interested in donating, go to tasteatthecove.com.

GUARD CHANGES AT HISTORICAL SOCIETY

The La Jolla Historical Society’s board of directors has appointed Lauren Lockhart to succeed executive director Heath Fox, who is retiring this fall. She started Aug. 30. Lockhart was arts manager for the San Diego County Regional Airport Authority for eight years. While there, she helped curate permanent public art and establish rotating and performing arts offerings. Lockhart’s eager to help grow the local arts community and further the cause of the historical society moving forward.

the Face Foundation will be held outdoors at The Lot La Jolla at 7611 Fay Ave. on Saturday, Sept. 11 from 5:30 to 9:30 p.m. Established in 2006, The Foundation for Animal Care and Education (FACE) is a non-profit public charity, whose mission is to enhance and preserve the quality of life of animals by providing access to necessary medical care and education. Based on established criteria, FACE provides financial grants to animal owners who are unable to partially or fully cover the cost of their pet’s emergency or critical care. All proceeds will support saving pets and helping families.

opening the dive coaster, Emperor, in March 2022. Joining other thrill rides at the park, Emperor will be the tallest, fastest, and longest dive coaster in California, as well as the only floorless dive coaster in the state.

Named after the world’s largest penguin, the new coaster will mimic this species’ amazing underwater diving ability. Climbing to 153 feet with feet dangling in the air, riders will be suspended on a 45-degree angle at the crown of the ride before plunging down a 143-foot face-down vertical drop, accelerating to more than 60 miles per hour. Riders will also experience inversions, barrel rolls, Immelmann loop, hammerhead turn and flat spin as they race along the nearly 2,500 feet of track. Each of the floorless ride cars will hold 18 riders in three, six-person rows. This is the first seating configuration of its kind in North America.

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“Due to the unprecedented challenges of the last two years, the opening was delayed, we know this has been disappointing and we’d like to thank our guests for their patience for this long-awaited ride to open,” said John Dunlap, SeaWorld San Diego park president.

TEAM PHUN ACQUIRES MIRUS AGENCY

Team Phun, a Pacific Beach-based branding and promotional products company at 5026 Cass St., announced the completion of the acquisition of Mirus Agency’s Experiential Marketing division.

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Marine veterans start nonprofit to help vets and Mother Earth

By DAVE SCHWAB

Transitioning out of the military, two Pacific Beach Marine veterans have found a new purpose donating medical marijuana to veterans and doing beach cleanups.

Austin Fagen and Gregor Coffaro have started a nonprofit, Purpose First, to donate medical marijuana to veterans. They've also created Purpose First Beach Clean Ups to give back to the community.

The business duo claims they had an epiphany in discovering "just how life-changing this medicine (medical marijuana) truly is."

"We immediately became part of nonprofit organizations that donated free medical marijuana to veterans," said Coffaro, who left the Corps in 2017. He said medical marijuana helped him "calm down and become myself again as I was transitioning out."

Adding medical marijuana was such a positive change in his new normal, Coffaro said he practically "begged to voluntarily create a weed for warriors nonprofit so veterans suffering post-traumatic stress disorder or depression could get free donations of lab-tested cannabis from licensed dispensaries."

Coffaro added he and Fagen felt it was important to get veterans away from the standard practice



Austin Fagen and Gregor Coffaro started the weekly Purpose First Beach Clean Ups this summer in Pacific Beach. COURTESY PHOTO

of using opiates prescribed by the Veterans Administration to treat their maladies.

"We connected veterans of all walks of life and taught them to use natural plant medicine versus the opioid cocktail provided by the VA," said the two Marines. "Cannabis genuinely touched our hearts and helped us find empathy for the things that really matter in this world. At Purpose First, we are building the most sustainable business to lead by example. To create the best cannabis for the people, while giving back the most to the community. We love our people and planet."

Of their Purpose First Beach Cleanups, which started about

six months ago, Fagen said: "We are designing our business to give back to the community. We host biweekly beach cleanups to educate our community, keep our ocean clean and bring people together. We have saved thousands of pounds of trash from polluting our ocean."

Fagen said they typically meet up for beach clean-ups at 11 a.m. at Crystal Pier on Mondays, Thursdays, and Saturdays, and spread out from there to comb the beach, and a couple blocks into Pacific Beach's business district, looking for refuse.

"We wanted to bring the community together and raise awareness and do something about the

PURPOSE FIRST

Contact: www.purposefirst.us,
purposcannabis@gmail.com.
Instagram: @purposefirstbeachcleanups.

trash problem," Fagen said. "We were seeing trash floating down Garnet like tumbleweeds, and we wanted to do something about it."

Added Fagen: "We are shocked at how much trash is out in PB. It's astonishing and eye-opening. The single thing we pick up most is single-use plastic such as coffee cups, soda bottles, beach toys, etc. We pick up 50 to 100 pounds of trash in half an hour to an hour."

Fagen pointed out that "unfortunately, plastic never degrades. It will never break down in the environment. It will last forever. The first piece of plastic ever made in the '50s is still on the Earth today."

"We acknowledge our precious Mother Earth is in trouble," said the two Marine vets on their website, purposefirst.us. "Purpose First is designed to do no harm to our environment. We're working for a brighter tomorrow and believe in leaving the Earth better than how we found it. We must be the change we seek in this world."

White Sands ovarian cancer survivor now an advocate for women

By DAVE SCHWAB

L a Jollan Annette McElhiney was diagnosed in 2008 at age 67 with ovarian cancer and given only a 25% to 35% chance to live five years.

Fourteen years later, like a beacon of hope, McElhiney continues to use her borrowed time to advocate and inspire other women battling the disease. "Everyone tells me that it's encouraging to younger women to find some people like me, at age 80, who do go on and continue to be."

"I'm an advocate because many women don't live to become advocates," McElhiney said from her home at White Sands La Jolla senior living community at 7450 Olivetas Ave. "Though I only do have so much energy and time, the first obligation I feel is to the Clarity Foundation and the fight against ovarian cancer."

McElhiney was introduced through her oncologist to the Clarity Foundation of San Diego, a non-profit providing a wealth of information, resources, education, and referrals to women diagnosed with ovarian cancer. The nonprofit's services include free molecular profiling and personalized psychosocial support and counseling through their Steps Through OC program.

McElhiney is now one of the foundation's most vocal advocates. Each morning she combs through publications and scholarly journals for articles, research, and information to share with the foundation. She's also a regular speaker and mentor for women to ask questions, express concerns, share fears, or vent frustrations.

The cancer survivor pointed out that September has been designated as Ovarian Cancer Awareness Month. And as a cancer survivor, McElhiney doesn't mind being a role model or serving as an example to others.

"I want to help other women do what I have done (survive)," said the former nurse and college professor. "I'm on Facebook with other ovarian cancer patient



Annette McElhiney

survivors. When women need someone to speak to, I'm happy to speak. I've also written a booklet, "Realizing My Post Cancer Self: Memoir of an Ovarian Cancer Survivor." Her survivor's booklet comes with 18 original paintings depicting stages in McElhiney's recovery.

According to the American Cancer Society, about 21,410 women will be diagnosed with ovarian cancer in the U.S. in 2021. About 13,770 women will die from the disease. While 1 in 78 women will get ovarian cancer during their lifetime, it accounts for more deaths than any other cancer of the female reproductive system.

McElhiney's booklet also became an outspoken voice for her and other women who stifle their emotions after a cancer diagnosis.

"After being diagnosed, my first feelings were of being alone and terrified," she said. "The most difficult part wasn't physical, but psychological. I'd never been ill in my life. Not to mention I was terribly afraid to lose my life; I wasn't ready to die. The one thing I could do was give hope to other newly diagnosed survivors."

One way for McElhiney to forget about her medical condition was to paint, though in recent years neuropathy has forced her to transition her painting from acrylic on a large canvas to smaller watercolors.

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Palmys serves healthful dishes at restored historic house

By DAVE SCHWAB

Business was so good that the new owners of 1920s-era cottage Palmys in Pacific Beach had to actually close for final adjustments on their official opening day on Aug. 30.

"It was a good problem to have," said co-owner and native Australian Dave Harper, of his new corner eatery at Felspar and Cass streets, which most recently was Brick & Bell, and before that Cafe 976 for 20 years.

"It was a coffeehouse, it has a beautiful garden, it's a historic house," said restaurant general manager Michael Harrison discussing the obvious appeal of the revitalized outdoor dining spot near PB Post Office and Chase Bank. "This is one of the first of three buildings actually here in Pacific Beach built in 1920. We saw potential here, both with the building itself, and also the space that it has outdoors. It's pretty unique to PB. It really drew us in."

As to opening early, Harrison noted: "There's a lot of history in this space. And rather than just invite people to poke around and see what we're doing, we decided to open up just our breakfast menu and actually showcase some food and have some drinks going. We wanted to invite the community in to experience what we are developing."

What's new?

"Community involvement," answered Harrison adding, "We've got a little market space inside where we have not only items that we've created to sell, but also have outside vendors selling handmade goods, surf wax. We'll have surfboards on display and also for sale."

Harper said the business is structured in a very intentional way. "We look for old buildings, an institution within the community," he said. "And we look to strip them back to their original beauty."

Harper added that was "quite easy to do" given the '20s craftsman bungalow style of their building at 976 Felspar St. which they customized by adding natural elements of stone, wood, and plants to the existing architecture.

The objective in returning the building to its past glory was to "make it a place where the community could feel part of," said Harper noting, "We use local surfboard shapers, local vendors, as much as possible."

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On top of that, said Harper, they hired a local surfer/historian, Ken Lewis, who dug up old photos of the building now hanging on Palmys' indoor walls.

"We see ourselves as the new chaperones of an existing community institution and hub, and so we're trying humbly and authentically to offer it back to the community with a few enhancements. If we had a dollar for everyone who came by and said that they love this garden, and they sat there, and they got married – we'd be rich already."

Pointing out a historic building deserves to have a community feel to it, co-owner Dillon Berkabile noted "people feel more comfortable and more like themselves when they're in a home. We've created an environment where it makes them want to come and



Palmys Cafe at Felspar and Cass streets has a large outdoor patio and garden for diners.
PHOTO BY LUCIANNA MCINTOSH

stay."

Harper said Palmys will be an all-day cafe open for breakfast, lunch, and dinner.

Describing their cuisine, Harper said, "It's a good mix of healthy options. We have lots of healthy bowls, salads, and old favorites as well. Something for everyone, as if

you were at home. With the food, we like to use the term elevated simplicity. We focus on ingredients, seasonal and local produce. If you do things simply, but very well, it's always excellent."

"We're eager to show the community what we have," concluded Harrison.

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San Diego Community Newspaper Group

University City football team: 'We are family'

By ED PIPER

Ikaika (pronounced e-kai-ka) Bell embodies the selfless, do-whatever-the-team-needs spirit that the University City football team represents. The senior, a swift 5 feet 10 inches tall, 165-pound athlete, played quarterback last spring under the previous regime because that's what the squad needed.

That's the way coach Paul Lawrence sees it. Lawrence, the newly-named head coach after 10 years as an assistant at Point Loma under Mike Hastings, rhapsodizes on his selfless wide receiver/corner, who is now "grateful that he gets to play on both sides of the ball."

Ikaika, with that iconic name, gets to play where it suits his talents more this season — wide receiver and cornerback. "That's what a leader does, play where the team needs him."

Under their new head coach — after six years under Lawrence's predecessor Ryan Price — the Centurions started off with a bang against a rebuilding Fallbrook team Aug. 20 behind junior transfer

Samuel Cooper IV, who passed for 314 yards and ran for another 201 yards in a crushing 48-7 win. Cooper added 148 yards passing and one touchdown in a 55-44 win Aug. 27 over Del Norte, plus 56 yards on the ground for another TD.

On the other side of the line, you have a mountain of a man, Jose Sanchez, who goes 6 feet 6 inches tall, 260 pounds, at left tackle on offense, and end/tackle on defense. Sanchez, now a senior, has attended UC (now 2-0) all four years and says, "This is the first year we have a really solid team." UC hit the heights under Price with a 10-2 record in 2017 and 9-3 in 2015, but bottomed out in 2019 at 1-9 and suffered through a COVID season at 1-3 last Spring.

Rodrigo Luna, the senior middle and outside linebacker, said that at Fallbrook: "We really exceeded what I expected. We came out energized." Luna led the Centurions with 11 tackles, including one for loss. Cayden Dawson recorded 10 tackles, four for loss, and was credited with two sacks. Jack Stahl, only a sophomore, had nine tackles, two for loss, and two



New UCHS head coach Paul Lawrence runs his offense through a script of plays they will use in a 55-44 win over Del Norte on Aug. 27. PHOTO BY ED PIPER

sacks. "The new players," Luna said, "are going to be a good addition."

"(Stahl) is an amazing kid," says Lawrence. "He plays opposite Dawson (at defensive end). It's crazy what they're doing." Dawson had three receptions totaling 91 yards with two touchdowns versus Fallbrook.

Says Stahl of Lawrence's preaching of "family": "We have a positive team mindset. We have a team of players who all love the sport." Stahl, who credits his quickness, plays

defensive end and inside linebacker on defense, tackle on offense.

Other key players include LaDainian Lawrence, the coach's son, a transfer from Point Loma, who rushed for 52 yards versus Fallbrook; Troy Granfors, who caught two passes for 78 yards and a touchdown; and Garret King, an outside linebacker, safety, and rover. LaDainian scored four touchdowns against Del Norte on 161 yards rushing.

SEAFLOOR »

CONT. FROM PG. 1

of the dump site and to determine the levels of DDT present in the ecosystem after more than 50 years. The site had been surveyed previously by scientists from UC Santa Barbara and Scripps on previous expeditions.

The goal of the Schmidt Ocean Institute expedition was to establish mineral and biological baselines in the area known as the southern California Borderland, which has the potential for deep sea mining. The area contains rare earth marine minerals such as ferromanganese and phosphorite that are used in the manufacture of electronics, electric car batteries, solar panels, and other green technologies.

Scientists collected more than 300 samples of seafloor rocks, sediment, seawater, and marine invertebrates to better understand the ecology, mineral and microbial makeup of the relatively unexplored deep-sea system. In collecting samples, researchers also hope to evaluate the therapeutic or drug discovery potential of deep-sea microbes found in mineral-rich areas.

"We are just beginning to understand the valuable resources of our ocean ecosystem," said Wendy Schmidt, co-founder of Schmidt Ocean Institute. "We can't protect what we don't know and understand, and the human impact on our ocean over the past 75 years has had a detrimental effect on its health and on the many ocean systems that support life on land. We expect the knowledge gained from this expedition will inform policy, management and stewardship of the deep sea, so that episodes of dumping toxic waste, such as this one, will not happen again"

The 12 expedition dives were broadcast live to the public on Schmidt Ocean Institute's social media channels. During one of the dives to explore the DDT site, scientists discovered a whale fall — the seafloor location where the remains of a whale come to rest. Scientists also identified a new area of methane seepage. Marine biologists consider both areas a focus of specialized research because of the unique habitat they create.

"Establishing ecological baselines in the deep sea allows us to track changes over time and better understand the consequences of human actions," said chief scientist Dr. Lisa Levin, a professor of biological oceanography at Scripps Institution of Oceanography. "The DDT dump site provides evidence of a large human footprint in the deep ocean, but we are just starting to identify the effects on local marine communities."

The information the team collected at the DDT barrel disposal site will be compared to animals and microbes at more distant sites in order to assess the current concentrations and effects of DDT in the region. The samples will return to Scripps Institution of Oceanography where scientists will conduct further analysis and DNA sequencing.



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Benefits of time-restricted eating depend on age and sex

Time-restricted eating (TRE), a dietary regimen that restricts eating to specific hours, has garnered increased attention in weight-loss circles. A new study by Salk scientists further shows that TRE confers multiple health benefits besides weight loss. The study also shows that these benefits may depend on sex and age.

Most TRE studies focus on weight loss in young male mice, but Salk scientists wanted to determine whether TRE confers additional benefits on other populations. Their findings, published in Cell Reports on Aug. 17 show

that while age and sex do affect the outcomes of TRE, the eating strategy delivers multiple health benefits for young and old of both sexes, and indicates that TRE may be a valuable intervention for type 2 diabetes, fatty liver disease and liver cancer, and even infectious diseases such as COVID-19, in humans.

"For many TRE clinical interventions, the primary outcome is weight loss, but we've found that TRE is good not only for metabolic disease but also for increased resilience against infectious diseases and insulin resistance," says Satchidananda Panda, a

professor in Salk's Regulatory Biology Laboratory and holder of the Rita and Richard Atkinson Chair.

Glucose intolerance is the first step on a slippery slope to non-alcoholic fatty liver disease and liver cancer — one of the few cancers whose incidence and death rates have increased, rather than declined, in the past 25 to 30 years.

Further, over 40 percent of Americans are already diabetic or prediabetic, with the American Diabetes Association predicting 1.5 million new cases each year. These trends make finding a

simple treatment for glucose intolerance a major priority.

Breaking the conventional young-male-mice mold, the researchers fed a high-fat, high-sugar diet to male and female mice of two age groups (equivalent to 20- and 42-year-old humans), restricting eating to nine hours per day. The team ran tests to ascertain how age and sex affect the outcomes of TRE on a variety of health parameters: fatty liver disease; glucose regulation; muscle mass, performance, and endurance; and survival of sepsis, a life-threatening response to infection. They also took the

rare step of matching their lab conditions to the animals' circadian clocks (mice sleep during the day and rise at night), often working via night-vision goggles and specialized lighting.

Analyzing the tissues of mice on TRE to ascertain their chemical makeup and processes, the researchers found that regardless of age, sex or weight loss profile, TRE strongly protected against fatty liver disease, a condition that affects up to 100 million Americans and for which no medicine has been approved.

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LEGALS

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9016908 Fictitious Business Name(s) a. PRIMARY DESIGN, INC. Located at: 3319 HILL STREET, SAN DIEGO, CA 92106 Is registered by the following: a. PRIMARY DEVELOPMENT, INC. This business is conducted by: A CORPORATION first day of business was: 10/26/86 Registrant Name: a.. PRIMARY DEVELOPMENT, INC of Officer, if Limited Liability Company/Corporation Title of Signor WILLIAM H. METZ, PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 4 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9016554 Fictitious Business Name(s) a. BEACH TEAM REALTY Located at: 4475 MISSION BLVD, SUITE 233, SAN DIEGO, CA 92109 Is registered by the following: a. BEACH TEAM REALTY , INC. This business is conducted by: A CORPORATION first day of business was: 10/02/07 Registrant Name: a.. BEACH TEAM REALTY, INC of Officer, if Limited Liability Company/Corporation Title of Signor ROGER V. STEBLETON, PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 30 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9016481 Fictitious Business Name(s) a. CAP CREATURES INC Located at: 2750 HISTORIC DECATUR RD, BARRACKS 15, STUDIO 208 , SAN DIEGO, CA 92106 Is registered by the following: a. CAP CREATURES INC This business is conducted by: A CORPORATION first day of business was: 05/09/21 Registrant Name: a.. CAP CREATURES INC of Officer, if Limited Liability Company/Corporation Title of Signor CASEY WHITE, PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 29 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00025967-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): ISIAAH JALEN MCCAW-LEIGH filed a petition with this court for a decree changing names as follows: Present name: a. ISIAAH JALEN MCCAW-LEIGH to ISIAAH JALEN VILLACA 2. THE COURT ORDER 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 09/09/2021 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 / BEACH & BAY PRESS & PENINSULA BEACON. Date: JULY 20, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00032521-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): NAWAR ALAMEEDEE AND SUKAINA SAMI on behalf of minors filed a petition with this court for a decree changing names as follows: Present name: a. a. YASEEN ALAMEEDEE to YA-

SEEN AMIN and b. YASAMEEN ALAMEEDEE to YASAMEEN AMIN 2. THE COURT ORDER 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 09/16/2021 TIME: 8:30 AM DEPT: C-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 / BEACH & BAY PRESS & PENINSULA BEACON. Date: JULY 30, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3 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 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. 2021-9017105 Fictitious Business Name(s) a. TOURMO SURF b. TOURMO PROPERTY SERVICES Located at: 509 N. COAST HWY, SUITE 100, OCEANSIDE, CA 92054 Is registered by the following: a. SEA POINTE PARTNERS, INC This business is conducted by: A CORPORATION first day of business was: 12/24/12 Registrant Name: a.SEA POINTE PARTNERS, INC of Officer, if Limited Liability Company/Corporation Title of Signor CRAIG T STEVENS, CEO. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 5 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017179 Fictitious Business Name(s) a. TAPSTUB b. PAUL GUNN PRESENTS Located at: 1512 KNOXVILLE STREET, SAN DIEGO, CA 92110 Is registered by the following: a. GUNN LIMITED This business is conducted by: A CORPORATION first day of business was: 12/24/12 Registrant Name: a. GUNN LIMITED of Officer, if Limited Liability Company/Corporation Title of Signor PAUL GUNN, PRESIDENT . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 6 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017080 Fictitious Business Name(s) a. SAN DIEGO TRASH VALET b. TRASH VALET Located at: 1070 WILBUR AVENUE, SAN DIEGO, CA 92109 Is registered by the following: a. DAVID ROY FRACALOSY This business is conducted by: AN INDIVIDUAL first day of business was: 01/01/21 Registrant Name: a. DAVID ROY FRACALOSY 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: AUGUST 5 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017127 Fictitious Business Name(s) a. BEE ORGANIZED SAN DIEGO b. BEE ORGANIZED SD Located at: 736 CENTER DRIVE #228, SAN MARCOS, CA 92069 Is registered by the following: a. P.S. COLONY WEST, INC This business is conducted by: A CORPORATION first day of business was: 08/05/21 Registrant Name: a. P.S. COLONY WEST, INC of Officer, if Limited Liability Company/Corporation Title of Signor SHERRY GANGL, CEO . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 5 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017230 Fictitious Business Name(s) a. ASIAN BEAUTY Located at: 7710 BALBOA AVE #214B, SAN DIEGO, CA 92111 Is registered by the following: a.THANH BA VO b. BOYU WANG This business is conducted by: A MARRIED COUPLE first day of business was: 01/01/21 Registrant Name: a. THANH BA VO b. BOYU WANG 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: AUGUST 6 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017395 Fictitious Business Name(s) a. UNITED COLORS PAINTING Located at: 1625 SANTA VENETIA #C202 CHULA VISTA, CA 91913 Is registered by the following: a.INDY RAMIREZ This business is conducted by: AN INDIVIDUAL first day of business was: 04-14-08 Registrant Name: a..INDY RAMIREZ 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: AUGUST10 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017183 Fictitious Business Name(s) a. BETTER SURF THAN SORRY / SURFER BABY Located at: 5059 NEWPORT AVENUE, SUITE 302, SAN DIEGO, CA 92107 Is registered by the following: a.ALAN CHALOM This business is conducted by: AN INDIVIDUAL first day of business was: 04-14-08 Registrant Name: a. ALAN CHALOM 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: AUGUST 6 2021. ISSUE DATES: AUGUST 13 , 20, 27 & SEPTEMBER 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017110 Fictitious Business Name(s) a. RADIANT DENTAL ARTS DENTAL GROUP OF AVINA DENTAL CORPORATION Located at: 12395 EL CAMINO REAL, SUITE #101, SAN DIEGO, CA 92131 Is registered by the following: a. AVINA DENTAL CORPORATION This business is conducted by: A CORPORATION first day of business was: 08/05/21 Registrant Name: a. AVINA DENTAL CORPORATION This of Officer, if Limited Liability Company/Corporation Title of Signor ANASTASIA AVINA, PRESIDENT . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 5 2021. ISSUE DATES: AUGUST 20, 27 ,SEPTEMBER 3 & 10

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The Social Diary – The power of rescue dogs and soldiers, surfers and scientists!

By MARGO SCHWAB

Since 2012, Shelter to Soldier founder and president Graham Bloem, his wife Kyrié, and friend Kryz Holc have synergistically paired “specially trained rescue dogs to post 9/11 combat veterans working through post-traumatic stress and/or TBI (traumatic brain injury).”

To accomplish that mission, they have incredible support and fundraisers like this ‘Be the Light’ at the Inn at Rancho Santa Fe. Guests including Tina and Bruce McCullough, and Mia Parks arrived to the festive sound of music by K. Emeline, tempting auction items, and mingling with hero soldiers and their very well-trained rescue dogs.

Dinner with a live auction presented big donations including dinner for 10 cooked by chef Brian Malarkey. Later, a poignant speech by soldier/engineer Christine Wonder. With her pup alongside, Christine revealed a determined drive to learn, and learn more that got her to the top of commanding a

fleet of Apache helicopters.

The David C. Copley Foundation and Petco LOVE have been steadfast supporters, and this year COX was the lead sponsor with sponsor Griffin Funding taking a whopping four tables... Oorah!

Meanwhile, beachside by Scripps Pier, the Legends of Surfing Invitational benefiting the Moores

Cancer Center at UC San Diego was held. Although modified per COVID safety, the event still raised a half million net! The numbers get better with approximately \$10 million brought in since its founding 28 years ago by Sam Armstrong and John Otterson.

Among the support that’s been there from the start are Sam Iacobellis, Fred Borrelli, Jon

Roseman the king of Cloudbreak in Fiji, Genentech, Tyler Callaway, and humbly me as volunteer photographer, media surfer, press, and table sponsor.

The winning team was Cymer, but frankly the community is the ultimate winner as major cancer research breakthroughs are being made by Dr. Scott Lippman and his team.

Till next time!

Margo Schwab is the owner and publisher of The Social Diary. She has produced TV segments, acted, and is currently filming a documentary “Wild for Versace,” which will include elements of her passions, animals and fashion. For event coverage inquiries, Margo can be contacted directly at mschwab@san.rr.com.



Tim Bessell legendary surfboard maker.



Garick Stenseth with Thistle, Dahltan Seel with Eddie, Zachary Devaney with Dante, Rex O'Brien with Onyx, Collin Walmsley with Ramsey, and Krystal Graves with Tiger.



Sam Iacobellis with John Otterson, Sam Armstrong, and Jon Roseman.



Rachel Charlesworth with Calvin.



Legend Guy Takayama.



Big wave surfer JoJo Roper.



Bill Lyons with his Griffin funding team.



Graham Bloem with son Ethan.

ALL PHOTOS BY MARGO SCHWAB

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SUDOKU PUZZLE

9	5	6				1		
	3	1	2		6		9	
4								8
			7	2				4
	7			8				
5				3		8		
	4		6		9	5		
						9		

CROSSWORD PUZZLE

[illegible]

CLUES ACROSS

1. It governs Federer and Nadal's sport
4. Golden apple tree
8. Central Mexican river
10. Horn
11. Egg-shaped
12. With tooth
13. French modernist painter
15. Disprove
17. Baby shoes
18. Make the grade
21. Type of screen
22. Christian fraternal organization
23. Computer giant
24. When you hope to get there
25. Corporate executive title (abbr.)
26. Shout of welcome or farewell
27. Imaginary awards for good deeds

CLUES DOWN

1. A type of bomb
2. Pacific island country
3. Earth is one
4. A place to gather around
5. Expressed opposite views
6. Group that lives near Siberia
7. Ore deposit
9. Language related to Eskimo
10. Narrative piece of music

[illegible]

- | | |
|---|---------------------------------------|
| 16. Painful intestinal obstruction | 34. A citizen of Iran |
| 17. Baby shoes | 35. It can be sounded |
| 18. Make the grade | 36. Making dirty |
| 21. Type of screen | 37. Romanian city |
| 22. Christian fraternal organization | 38. Baking ingredient |
| 23. Computer giant | 39. Share a common boundary with |
| 24. When you hope to get there | 40. Succulent plants |
| 25. Corporate executive title (abbr.) | 41. Penny |
| 26. Shout of welcome or farewell | 42. Jr. U.S. Senator Paul |
| 27. Imaginary awards for good deeds | 43. "Laurie Partridge" actress Susan |
| <hr/> | |
| 12. Distance covered by normal stride | 26. Nerve that serves the forearm |
| 14. Glycoprotein hormone (abbr.) | 27. One of British descent |
| 15. Mathematical term (abbr.) | 28. A way to get at |
| 17. Popular beer | 29. Food-related allergic reaction |
| 19. Jabbing | 30. Group of arteries near the pelvis |
| 20. Historic Swedish castle | 31. Picked up |
| 23. Humorous expressions | 32. Being three in one |
| 24. Christmas and New Year's Day
each have one | 33. Obscene |
| 25. Filled up | 34. Dravidian language |
| | 36. Growl |

1	6	3	8	5	7	9	4	2
2	4	8	6	1	9	5	7	3
5	9	7	4	3	2	8	6	1
6	7	5	1	8	4	2	3	9
3	8	9	7	2	5	6	1	4
4	1	2	9	6	3	7	5	8
7	2	4	5	9	1	3	8	6
8	3	1	2	7	6	4	9	5
9	5	6	3	4	8	1	2	7

LEGALS »

CONT. FROM PG. 10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00034055 - CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): DENNIS ADITYA PUDJARMINTA filed a petition with this court for a decree changing names as follows: Present name: a. DENNIS ADITYA PUDJARMINTA to DENNIS ADITYA FANG 2. THE COURT ORDER 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 09/29/2021 Time: 8:30 AM DEPT: 616 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 / BEACH & BAY PRESS & PENINSULA BEACON. Date: AUGUST 10, 2021. JUDGE OF THE SENIOR COURT LORNA ALKSNE ISSUES DATES: AUGUST 20, 27, SEPTEMBER 3 & 10 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 OBJECTING 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME, CASE NO: 37-2021-00000034494-CJ-PT-CL, SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): TIMA MAGEO filed a petition with this court for a decree changing names as follows: Present name: a. a. SOFIA ISABELLE MEEKS TO SOFIA ISABELLE MAGEO 2. THE COURT ORDERED 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 09/29/2021 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3. a. Each 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 / BEACH & BAY PRESS & PENINSULA BEACON. Date: July 26, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUED DATE: AUGUST 20, 27, SEPTEMBER 3 & 10 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-12) 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 OBJECTING 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME, CASE NO: 37-2020-00006979-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): AMANDA JEAN PETERSON, on behalf of a minor child filed a petition with this court for a decree changing names as follows: Present name: a. HAYDEN CHESTER THOMAS GREENHAWK, to Proposed name: HAYDEN THOMAS PETERSON, 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: 09/20/21 Time: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; c. 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: August 2, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSTINE ISSUE DATES: AUGUST 20, 27, SEPTEMBER 3 & 10 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 (required 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. 2021-9017972
Fictitious Business Name(s): PURPLE PANSY PRESS Located at:
4760 SAPPHIRE STREET #3, SAN DIEGO, CA 92109 Is registered by
the following: a. LINNA A THOMPSON This business is conducted
by: AN INDIVIDUAL first day of business was: 08/05/21 Registrant
Name: a. LINNA A THOMPSON This 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: AUGUST 16 2021. ISSUE DATES: AUGUST 20, 27
SEPTEMBER 3 & 10

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2021-9017968 Fictitious Business Name to be Abandoned: a. SPECTRUM AUTO Located at: 3200 FURNACE AVE, #101, SAN DIEGO, CA 92103. The Fictitious Business Name referred to above was filed in San Diego County on: 11/4/20 and assigned File No. 2020-9018983 Fictitious Business name is being abandoned by: LAKA-FCM, INC. 3200 FURNACE AVE, #101, SAN DIEGO, CA 92103. This business is conducted by: A CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Registrant name: LAKA-FCM, INC Jianni Tao, MANAGER Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg Jr., Recorder/ County Clerk of San Diego County on: AUGUST 16, 2021. ISSUE DATES: AUGUST 27 / SEPTEMBER 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017969
Fictitious Business Name(s) a. SPECTRUM AUTO Located at: 12068
CAMINITO CORRIENTE, SAN DIEGO, CA 92128 Is registered by the
following: a. FCA USA LLC This business is conducted by: A LIMITED
LIABILITY COMPANY first day of business was: 01/01/21 Registrant
Name: a. FCA USA LLC This is of: Officer, if Limited Liability Company /
Corporation Title of Signor: JIANNI TA, MANAGER The statement was
filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San
Diego County on: AUGUST 16 2021. ISSUE DATES: AUGUST 27
SEPTEMBER 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018379
FICTITIOUS BUSINESS Name(s) A J AND A MARINE SERVICE located at: 1062 FLORIDA ST., IMPERIAL BEACH, CA 91932 Is registered by the following: a JORGE ARTURO RAMIREZ TAPIA This business is conducted by: AN INDIVIDUAL first day of business was: 06/21/21
Registrant Name: a JORGE ARTURO RAMIREZ TAPIA This is Of-
ficer, 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: AUGUST 19 2021. ISSUE DATES:
AUGUST 27 SEPTEMBER 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-90174393
Fictitious Business Name(s) a. PICNIC PARTY SD Located at: 4015
CROWN POINT DRIVE #306, SAN DIEGO, CA 92109 Is registered
by the following: a. JEANETTE REITZ This business is conducted
by: AN INDIVIDUAL first day of business was: 08/01/21 Registrant
Name: a. JEANETTE REITZ This of, if Limited Liability Com-
pany/Corporation Title of Signor The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
AUGUST 10 2021. ISSUE DATES: AUGUST 27, SEPTEMBER 3,
10 & 17

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00036296-CJ-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): KATHLEEN MARY MANNELLY filed a petition with this court for a decree changing names as follows: Present name: a. KATHLEEN MARY MANNELLY, to Proposed name: KATHLEEN MANNELLY. BERTASIS. 2. THE COURT ORDERS that all persons interested in the matter shall appear before this court at the hearing indicated below to show cause, if any, why the name changes 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: 10/13/21 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: ISSUE DATE, 26, 2021. JUDGE OF THE SUPERIOR COURT LORNA TALKSNE. ISSUE DATES: SEPTEMBER 3, 10, 17 & 24 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. 2021-0018864
Fictitious Business Name(s) a. SAN DIEGO FIRE DOOR INSPECTION
Located at: 2535 FRANKFORT ST, SAN DIEGO, CA 92110 is reg-
istered by the following: a. MARK ROMANOWSKI This business is
conducted by: AN INDIVIDUAL first day of business was: 08/24/17
Registrant Name: a. a. MARK ROMANOWSKI This of Office, 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: AUGUST 24 2021. ISSUE DATES: SEPTEMBER
3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018368
Fictitious Business Name(s) a. CANDID AUTO SALES b. CANDID
AUTO GROUP Located at: 2348 RUSSELL PARKWAY #439, SAN
DIEGO, CA 92108 Is registered by the following: a.ABDULRAHMAN
ABDALLA This business is conducted by: AN INDIVIDUAL first day
of business was: N/A Registrant Name: a. ABDULRAHMAN ABDAL-
LA This is 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: AUGUST 19 2021.
ISSUE Dates: SEPTEMBER 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018391
Fictitious Business Name(s) a. THE PALMS HAY STUDIO b. THE
PALMS SALON Located at: 4275 MISAMBAIR DR #235, SAN
DIEGO, CA 92109 Is registered by the following: a. KOAST IN-
VESTMENTS, LLC This business is conducted by: A LIMITED LI-
ABILITY COMPANY first day of business was: N/A Registrant Name:
a. KOAST INVESTMENTS, LLC This is Officer, if Limited Liability
Company /Corporation Title of Signor MALLORY GARYMANAGER,
KOAST INVESTMENTS LLC The statement was filed with Ernest J.
Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUG-
UST 19 2021. ISSUE Dates: SEPTEMBER 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATE FILE NO. 2021-9018579
Fictitious Business Name(s) a. DIGITAL NAMES Located at: 2727
MORENO BLVD UNIT 102, SAN DIEGO, CA 92117 Is registered by
the following: a. .SALT & SAND CONSULTING, INC This business is
conducted by: A CORPORATION first day of business was: 05/01/18
Registrant Name: a. .SALT & SAND CONSULTING, INC This of
Officer, if Limited Liability Company /Corporation Title of Signor

BRIANNA FITZPATRICK, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 20 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00036769-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): CANDIDA MARIE SEIM filed a petition with this court for a decree changing name as follows: Present name: a. CANDIDA MARIE SEIM to Proposed name: CANDIDA MARIE GRASSO 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: 10/18/21 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: August 27, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATE: SEPTEMBER 3,10,17 & 24 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 (required 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.
2021-901859(Fictitious Business Name) s. KRISTEN DENA DE-
SIGN Located at: 2237 SOLEDAD RANCHO ROAD, SAN DIEGO,
CA 92109 Is registered by the following: a. KRISTEN DENA S00
This business is conducted by: AN INDIVIDUAL first day of business
was: 08/15/21 Registrant Name: a. KRISTEN DENA S00 This
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: AUGUST 20 2021. ISSUE DATES:
SEPTEMBER 3,10,17 & 24

ATTORNEY FOR FREEDOM FROM PARENTAL CUSTODY AND CONTROL CASE NUMBER A63439 ATTORNEY OR PARTY WITHOUT ATTORNEY SARA NEUMANN, YELMAN & ASSOC, 3333 CAMINO DEL RIO S , STE 140, SAN DIEGO, CA 92108 (619) 282-1107 ATTORNEY FOR CHARLES & MARGARITA WALLING SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO 2851 MEADOW LARK DRIVE, SAN DIEGO, CA 92123 IN THE MATTER OF MIGUEL ANGEL AMADOR DATE OF BIRTH: 09/09/2003 A MINOR RESPONDENT(S): MIGUEL ANGEL AMADOR TO (name): MIGUEL ANGEL AMADOR You are ordered to appear in the Superior Court of the State of California, County of San Diego, in Department JC-01 at the court location indicated above on OCTOBER 22, 2021, at 1:30 p.m., to show cause, why (name/s) MIGUEL ANGEL AMADOR should not be declared free from parental custody and control (X) FOR THE PURPOSE OF PLACEMENT FOR ADOPTION) as requested in the petition. THIS HEARING WILL BE CONDUCTED BY VIDEO OR TELEPHONE THROUGH THE JUVENILE DIVISION 2851 MEADOW LARK DRIVE, SAN DIEGO, CA 92123SEE ATTACHED INSTRUCTIONS AND CALL THE COURT TO HAVE THE VIDEO LINK EMAILED TO YOU IMPORTANT: MIGUEL ANGEL AMADOR PLEASE CALL THE COURT PROMPTLY FOR INSTRUCTIONS ON HOW TO ATTEND THIS HEARING (760) 201-8720 M-F 8:30-11:30AM PST At the hearing, the judge will read the petition and, if requested, will explain the effect of the granting of the petition, any term or allegation contained therein and the nature of the proceeding, its procedures and possible consequences, and may continue the matter for not more than 30 days for the appointment of counsel, or to give counsel time to prepare. The court may appoint counsel to represent the minor whether or not the minor is able to afford counsel. If any parent appears and is unable to afford counsel, the court shall appoint counsel to represent each parent who appears unless such representation is knowingly and intelligently waived. Someone over the age of 18 not the petitioner — must serve the other party with all the forms and complete a proof of service form, such as Proof of Service JC Form #FL-330 or JC Form #FL-335), telling when and how the other party was served and filed that with the court. If you wish to seek the advice of an attorney in this matter, you should do so promptly so that your pleading, if any, may be filed on time. Date: 7/28/2021 Judge of the Superior Court ANA ESPANA JUDGE FOR THE SUPERIOR COURT ISSUE DATE: SEPTEMBER 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0916956
 FIDUCIARY Business Name(s) a. HANDYMAN SERVICE PRED CON-
 STRUCTION Located at: 4095 HIGHLAND AVENUE #8, SAN DIEGO,
 CA 92105 Is registered by the following: a. PEDRO CERNA TO-
 SCANO This business is conducted by: AN INDIVIDUAL first day
 of business was: N/A Registrant Name: a. PEDRO CERNA TOSSCANO
 This Officer, if Limited Liability Company /Corporation title of
 Signor The statement was filed with Ernest J. Dronenburg, Jr. Re-
 corder/County Clerk of San Diego County on: AUGUST 04 2021.
 ISSUE DATES: SEPTEMBER 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9019434
Fictitious Business Name(s) a. CLEAR REFLECTION CLEANING
COMPANY b. CLEAR REFLECTION CLEANING CO Located at: 4982
BOONE ST, SAN DIEGO, CA 92117 is registered by the following:
a. Z8G FAMILY, INC This business is conducted by: A CORPORATION
first day of business was: N/A Registrant Name: a. Z8G FAMILY,
INC This is Office, if Limited Liability Company /Corporation Title
of Signor Z8G FAMILY, INC LATINA YANAKIEVE, PRESIDENT The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/County
Clerk of San Diego County on: AUGUST 04 2021. ISSUE DATES:
SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018885
Fictitious Business Name(s) a. SAN DIEGO MILITARY OUTREACH
MISSION Located at: 4426 HARBINSON AVENUE, LA MESA, CA
91942 is registered by the following: a. SAN DIEGO MILITARY
OUTREACH MINISTRIES, INC. This business is conducted by: A
CORPORATION first day of business was: 06/12/06 Registrant
Name: a. SAN DIEGO MILITARY OUTREACH MINISTRIES, INC. This
is Officer, If Limited Liability Company /Corporation Title of Signor
SANDRA CARDER, PRESIDENT The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
AUGUST 24 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017532
Fictitious Business Name(s) a. SAN DIEGO MILITARY OUTREACH
MINISTRIES b. SAN DIEGO MOM c. SDOMOM OUTREACH MILITARY
OUTREACH MISSIONS d. SDOMOM e. SDOMOM MILITARY OUTREACH
Located at: 4426 HARBINSON AVENUE, LA MESA, CA 91942 is
registered by the following: a. SAN DIEGO MILITARY OUTREACH
MINISTRIES, INC. This business is conducted by: A CORPORATION
first day of business was: 06/12/06 Registrant Name: a. SAN DIEGO
MILITARY OUTREACH MINISTRIES, INC. This is Officer, If Limited
Liability Company /Corporation Title of Signor EDWARD VACIN, CMO
The statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: AUGUST 11 2021. ISSUE
DATES: SEPTEMBER 3, 10, 17 & 24



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The importance of our homes, our sanctuaries, as extensions of our egos



Doing it Better

By Natasha Josefowitz, Ph.D.

A bird's nest, a wolf's den, a bear's cave, a dog's kennel, a person's room or house or apartment or castle — these are the sanctuaries, the safe places where one retreats to bear and raise one's young, to hide from predators, to seek refuge from the world.

A cave or a hole dug into stone sheltered our ancestors. Today we have four walls, a roof, a floor. In some places it is a wall made of sun-dried mud bricks with cow dung for mortar, a straw roof, and an earthen floor. In other places it is corrugated cardboard walls with a piece of sheet metal for the roof. Then there are barracks for soldiers or migrant workers, cots in rows in homeless shelters, dorm rooms for students, rented rooms in boarding houses, maids' rooms, beach cottages, mountain cabins, condos in high rises, houses with small yards or large gardens, farms, estates, castles.

What they all have in common is a name: Home. It is a place to return to after a day away, a place to rest, to replenish oneself. It can also be a place of strife, of more work

cooking and cleaning, but at the end of the day, there is a bed, four walls, a roof against the elements — safety.

Those of us who can, buy a house or a condo, fix it up, furnish it, and live in it. This space represents who we are — a part of ourselves for the world to see. It is our home and an ego-extension. It is not just a location or a style of house — nor is it only landscape or decor. It is the fulfillment of dreams or failure of them; it is the place of comfort, of refuge, of privacy. A place we can take off our shoes, put our feet up, and be ourselves without the demands of the outside world.

Many of life's most emotional moments happen in our homes. The walls resonate with the memories of conversations, of tears and laughter, of children's voices, of parents long gone.

We look to create the perfect home environment for ourselves, for our families. We spend time buying furniture, deciding on fabrics, on colors for our walls, on the material for our floors: tile, marble, wood, carpets — all give different messages to the visitor: formal or cozy, grand or fun, traditional or innovative. Our homes tell on us; they tell our secrets.

What we place in our homes are symbols of ourselves. Walking around someone's home, we understand the person who lives there better. What are the pictures

on the walls, what photos are out, what are the books on the shelves, how is the furniture arranged? Does the home have little furniture and few objects or is it cluttered, as mine is?

And then there is the color scheme. Is it neutral and peaceful, is it colorful and exciting? I once visited Audrey Hepburn in her house near Geneva, Switzerland. Everything was white in the living room, and she wore white, but the library was in primary colors. So she blended into her living room, but contrasted in her library. It was very dramatic, and it fit a great actress.

We can fall in love with a house, grow into it, and then outgrow it and move on to something larger, or move to a smaller house or apartment, move to the city or the country. But every home we have ever lived in will also live within us. We are the sum of all our living spaces and recreate wherever we go some small part of where we have been — of who we were.

Some years ago, after the death of my mother, my daughter and her husband had just bought a house. So we shipped my mother's furniture to Toronto and in one day my daughter had her living room, dining room, and two bedrooms completely furnished. One grandson slept in his grandfather's bed; whenever I visited, I slept in my mother's bed in the guest room.

The wonder of it was that somehow I did not have to leave behind my family home in Beverly Hills where I grew up; it was recreated in Canada. I felt embraced by the old familiar surroundings of my mother.

It is wonderful when certain treasured family belongings can move either with us as we move or go to our children for them to pass on to the next generation.

These become our heirlooms, our treasures; they fill up our homes and make them the sanctuaries that draw us back to elicit the familiar response: "It's so good to be home."

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.

Pizza, movie, and dance classes at La Jolla Community Center

All events at La Jolla Community Center require pre-registration. Those interested should RSVP (no walk-ins). Email info@ljcommunitycenter.org or call 858-459-0831 and be aware of the center's COVID protocol listed on the website.

Happy Hour Chasers in-person on Sept. 21 at 3:30 p.m. (all welcome) at Sammy's Woodfired Pizza and Grill, 702 Pearl St. Meet at Sammy's to make new friends and eat healthy cuisine.

Movie Night in-person on Sept. 21 at 6 p.m. Showing of the comedy "POMS" featuring Diane Keaton and Jacki Weaver at La Jolla Community Center.

Free, open to all. Snacks available for sale.

Canvas Design & Wine on Sept. 27, 6-8 p.m. An upbeat and creative class. Learn the basics of acrylic painting with step-by-step guidance and drink a glass of wine as well. Cost: \$20 members; \$25 non-members.

New Nia Dance Class starts Sept. 8 9:30-10:30 a.m. Nia is a mind-body fitness practice that combines movement from dance, martial arts, and yoga. No experience necessary. Cost: \$8 members; \$10 non-members. RSVP at ljcommunitycenter.org/fitness-classes.

READ MORE ONLINE AT sdnews.com



10 Entertaining Things to do in San Diego this Fall

- Sept 4 - 24 | Annual Julian Grape Stomp Festa**
11AM-6PM. Stomp the Grapes. Drink the Wine. We are excited to be continuing the old-world tradition of kicking off your shoes, rolling up your pant legs and letting tons of blessed grapes squish beneath your feet!
- Sept 14 - Ongoing Daily | Amazing Scavenger Hunt Adventure**
Turn Downtown San Diego into a giant game board with this fun scavenger hunt adventure. Self-guided from any smart phone, teams make their way among well known and overlooked gems of the city, solving clues and completing challenges. Save 20% w/Promo: SDEVENT
- Sept 11 - Sept 12 | 12th San Diego Spirits Festival**
It's all about Craft Cocktails, Culinary & Culture! This spirited destination event brings together an array of unique adult beverages, exquisite food pairings, hand-crafted cocktails and entertainment to the Port Pavilion on Broadway Pier.
- Sept 18 | Beats at the Beach (Mission Beach)**
3PM-10PM, transport yourself back in time with some of the most iconic names in rap and hip hop including Naughty By Nature, Sir Mix-A-Lot, Tag Team, Rob Base and Tone Loc! The place will be bumpin' with street entertainers, live graffiti artists, a '90s fashion show, B-Boy dancers, delicious food, drinks and more! 21+ event, please bring ID.
- Oct 2 - Oct 3 | Bates Nut Farm Pumpkin Festival**
Customers love coming for their annual visit to the famous Bates Nut Farm to hunt for their pumpkins and enjoy music, food, pony rides, face painting, airbrush tattoos, ceramic painting and more!
- Oct 9 | Taste of North Park 2021**
11AM to 3PM, the Taste of North Park invites culinary enthusiasts to enjoy this self guided tour with over 40 food tastes from San Diego's best restaurants and sip on the regions best craft beer.
- Oct 9 - Oct 10 | La Jolla Art & Wine Festival**
Enjoy over 150 artists from around the globe with 3D chalk art displays, interactive art murals, non-stop live music, family art center, roving entertainment, gourmet food court, and a wine, craft beer, and spirits garden.
- Oct 16 | Ladies at the Lake Fall Market - Santee Lakes**
10AM-3PM, shop from local women in business! There will be a variety of vendors from Health & Beauty, Clothing, Jewelry, Holiday Gifts and more! Food trucks will be available!
- Oct 23 | SoCal Taco Fest**
SoCal Taco Fest, one of the region's favorite festivals dedicated to tacos, music, Lucha Libre and Chihuahuas, will return to Waterfront Park in downtown San Diego.
- Oct 28 - Oct 31 | 2021 Halloween: San Diego Zombie Crawl**
Come experience one of the top Halloween events and gain access to 20+ insane costume parties in the famous Gaslamp Quarter.



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