



SDRC

SAN DIEGO RECREATIONAL CANNABIS

C10-0000323-LIC & C10-0000634-LIC

MISSION VALLEY

1299 CAMINO DEL RIO S.

SAN DIEGO, CA 92108

SORRENTO VALLEY

10150 SORRENTO VALLEY RD.

SAN DIEGO, CA 92121

FABULOUS FALL BLOWOUT

25% OFF STORE WIDE

MISSION VALLEY & SORRENTO VALLEY

valid through 11.15.2021 not valid with any other coupon deals in store only

FREE DELIVERY 30 MIN OR LESS*

MENTION THIS AD WHEN YOU CALL OR ORDER ONLINE *RESTRICTIONS APPLY

LA JOLLA

VILLAGE NEWS

LA JOLLA'S LOCALLY OWNED INDEPENDENT VOICE SERVING UNIVERSITY CITY AND LA JOLLA TODAY & EVERYDAY

LA JOLLA

GOLF CARTS

BUY A NEW GOLF CART \$200 PER MONTH

FINANCING NOW AVAILABLE!

Based on \$500 downpayment and approved credit. 6% average interest. Terms may vary.

CALL US AT (858)401-6307 lajollagolfcarts.com

858.270.3103 | LAJOLLAVILLAGENEWS.COM

THIS WEEK



San Diego designer on 'Project Runway'

SEE PAGE 14



Cans4Books turns recyclables into books

SEE PAGE 4



The Social Diary at Champions of Hope Gala

SEE PAGE 14

LITTLE BLUE PENGUINS SWIMMING TO LA JOLLA

SEE PAGE 2



Little Blue Penguins are the smallest species of penguin and are known for their unique blue color. The Beyster Family Little Blue Penguins habitat will open in summer 2022 at Birch Aquarium.

COURTESY PHOTO

Safe Places Initiative in La Jolla to provide havens

By DAVE SCHWAB

District 1 Councilmember Joe LaCava, with the support of City and community leaders, has launched a “Safe Places Initiative” by La Jolla businesses to provide safe havens and resources for hate crime victims.

Launched in April 2021, the “Safe Place” program was initially created to help identify safe locations and resources for victims of LGBTQ+ hate crimes by San Diego Police Department. SDPD later expanded the program in June 2021 to provide resources and promote safe places for the Asian American and Pacific Islander communities.

“Racism and discrimination are not bound by political or physical boundaries,” said LaCava. “I am proud of La Jolla merchants that are joining others across our City in support of the Safe Space program. This collaboration between local businesses and SDPD helps foster safety for those who work, live, and shop in our neighborhoods. This action is not a beginning or an end, but continuing leadership that we will not tolerate hate in any neighborhood.”

“Everybody has a vested role in making all members of the community feel safe, and educational programs, such as the ‘Safe Place Initiative,’ play a vital role in doing just that,”

‘Racism and discrimination are not bound by political or physical boundaries.’

- DISTRICT 1 COUNCILMEMBER JOE LACAVA

said Sgt. Lem Sainsanoy, a liaison for the SDPD Multi-Cultural Community Relations Office. “We all must do our part to combat racism.”


La Jolla businesses that step up to participate in this initiative will display a window decal, identifying their establishments as a safe place for individuals who feel threatened or are victims of hate crimes or harassment.

LaCava noted participation by La Jolla businesses is “purely voluntary.” He said 600 store decals have already been given away to participating La Jolla businesses adding “another run of stickers” is in the works.

LaCava defined a safe haven as “someplace you can duck into if you feel like you’re being harassed or followed when you’re walking out there on public streets in commercial areas.” He added, “It’s an opportunity to make a non-emergency phone call or 911 call if it’s severe enough. It’s also to encourage people to report incidents to the police. That’s been a problem with the Asian community, that traditionally doesn’t complain.”

Added LaCava: “It’s really important for the police department to know of every incident. Because then, they can begin to track the activity of certain individuals who are showing up and engaging in this kind of behavior. When they don’t get caught, it tends to make them a little braver and more aggressive. Early intervention can be an important tool.”

READ MORE ONLINE AT sdnews.com



GET YOUR MAILBOX TODAY!


Get 3 FREE MONTHS

with purchase of 6 months

SHIP EARLY FOR THE HOLIDAYS

Need to send a trick or treat this halloween?

We can ship anything to your pumpkin.



PAK MAIL

PAK MAIL LA JOLLA

7486 La Jolla Blvd. 858.456.8573

pakmaillajolla.com

Birch Aquarium to open Little Blue Penguins habitat next year

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

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

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

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

Beyster Family Little Blue



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

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

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

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

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

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

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

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

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

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

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

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

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

MINIMUM WAGE TO INCREASE

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

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

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

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

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

WATER AND SEWER RATE INCREASES

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

READ MORE ONLINE AT sdnews.com

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



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

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

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

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

Memorial services are pending.

MAKE THE RIGHT CHOICE SENIOR LIVING

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities. Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Homelike setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/> For more info call (619) 246-2003 or go to the www.rightchoicenorliving.org. NOW HIRING CAREGIVERS! CALL NOW!

• Assisted Living Care Home Communities
• No more than 6 residents per community
• Highly motivated and experienced staff
• Short Term Respite Stays are ok

Veteran Owned & Operated
619-246-2003

NOW HIRING CAREGIVERS CALL NOW

RIGHT CHOICE

SENIOR LIVING

Full Service Assisted Living Starting at \$150 a day.

We are saving families thousands per month

Grand Opening New La Mesa Care Home

www.rightchoicenorliving.org



billionaires **row**
TEN FIGURES



LA JOLLA Country Club: Private, gated estate with patios facing panoramic north shore ocean views for ultimate entertaining!
5 BD 5 full + 2 half BA | 6,246 SF | \$4,590,000



LA JOLLA Beach and Barber Tract: Private, gated estate sits on a cul-de-sac just steps away from famous WindanSea Beach.
4 BD 5 BA | 4,750 SF | \$5,998,000



LA JOLLA WindanSea: Lot with approved plans for your finishes including roof-top patio for panoramic ocean view. Just steps from beach.
3 BD 3 BA | 1,859 SF | \$1,599,000



LA JOLLA WindanSea: Rare! Three detached units on one lot.
3BD/2BA/1,112 SF | 2BD/2BA/1,015 SF | 1BD/1BA/486 SF
\$2,825,000



LA JOLLA The Village: Chance of a lifetime to start from ground up in the heart of the village. Build up for ocean views!
7,330 SF | L.P. \$2,695,000

**SOLD OVER
\$100 MILLION
in sales year
to date in 2021!**



Gregg Whitney
858-456-3282

info@BillionairesRowLaJolla.com
CalDRE #01005985

**BUSINESSES/ORGANIZATIONS
PARTICIPATING IN CANS4BOOKS**

PB Woman's Club
Randall's Sandals, PB - drop-off location.
San Diego CRV Center - Cash donation box.
Shore Buddies
Vishna Life, LLC
Vervor Shop, OB - Cans4Books free children's books available in their kids corner.
PB Town Council
Christ United Presbyterian Church, South Park - drop-off location.
San Diego Law Library - drop-off location (coming soon).
Street Stewards - Community clean-up collaboration.
Want to help? Email Trisha Goolsby at trisha@sahec-sd.com.

Cans4Books Community Initiative turns recyclables into reading material

By DAVE SCHWAB

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

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

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



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

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

READ MORE ONLINE AT sdnews.com

TORREY HOLISTICS

YOUR CANNABIS STORE

TORREYHOLISTICS.COM
858-558-1420

10671 Roselle St. #100 | San Diego, CA 92121
C10-0000242-LIC

This **HALLOWEEN**
THE PARTY STARTS
at **TORREY HOLISTICS**

25% OFF WUNDER 	25% OFF CHILL CHOCOLATES 	20% OFF CHEMISTRY MOODS Plus... Get a 2-pk Daytrip Gummies for a penny with any Moods purchase
25% OFF HEAVY HITTERS 	25% OFF ROSE DELIGHTS 	20% OFF MISS GRASS

Deals valid 10/29-10/31 while supplies last. Cannot be combined with other offers. Must be 21+ with government-issued ID.



Full Service Chimney Cleaning

ONLY \$99 reg. \$189

Includes full safety inspection

CALL TODAY:
619-593-4020

CHIMNEY SWEEPS, INC
SERVING SAN DIEGO COUNTY
FOR OVER 30 YEARS

RAIN, WIND, AND FIRE... "The three menaces to any chimney, fireplace, or stove."

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego's leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.

CITY DEVELOPS PLAN FOR CLIMATE CHANGE HAZARDS

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

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

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

for approval by the end of this year.

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

MISSION BAY DYE RELEASE STUDY

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

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

water circulation patterns within Mission Bay.

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

SHOP

La Jolla

THINK LOCAL. SHOP LOCAL. BUY LOCAL

Raymundo's

TACO SHOP

Thank you for voting us one of the Best Mexican restaurants in La Jolla!

FREE

Bean and Cheese Burrito w/ purchase of any burrito expires 11/29/21

(858) 352-6867

7918 Ivanhoe Ave., La Jolla, CA 92037

Encourage your Neighbors to

SHOP LA JOLLA

SHOP LOCAL SPEND LOCAL

If you are a La Jolla Business and would like to advertise on this page call

(858) 270-3103

x117 or x105

Ask for Mike Fahey or Paul Welsh

GENTRY CUSTOM FURNITURE

858.246.7127

Custom ironworks inspired by European travels

Furniture & Wall art

Gazebos & Arches

Fences & Gates & Doors

Furniture Restoration Services

7470 Girard Ave · La Jolla · gentrycustomfurniture.com

WANT TO GET AWAY?

Spend the Perfect Day in San Diego's Coastal Paradise with this Exclusive Parking Discount.

\$4.95 ALL DAY PARKING IN LA JOLLA*

PARK. SHOP. DINE. PLAY. STAY ALL DAY. LA JOLLA VILLAGE IS SAFELY OPEN FOR YOU.

la jolla VILLAGE MERCHANTS ASSOCIATION

*This offer is good only at the ACE Parking Garage located at 875 Prospect (Entrance on Fay Avenue) using the ACE Parking App. Offer good through December 31, 2020. Space is Limited.

Reserve Your Spot Now at

www.tinyurl.com/parklajolla4

WWW.LAJOLLABYTHESE.COM

Don't Miss our

LA JOLLA HOLIDAY GUIDE

NOVEMBER 26TH AND DECEMBER 10TH

The November 26th edition will include Highlights for the La Jolla Christmas Parade on December 5th.

Holiday Events • Holiday Specials and Sales

Gift Ideas • Christmas Greetings • Holiday Dining

Call Mike Fahey or Paul Welsh to reserve your advertising space!

(858) 337-8546 Mike Fahey or (858) 337-8546 Paul Welsh



You'll find it all in
The Living Room!

The Living Room has truly lived up to its name in La Jolla. The café has drawn young and old alike to sip tea, coffee and deluxe smoothies in a homey ambiance furnished with antique, ornate couches and wooden tables. Patrons find the communal atmosphere inspiring and relaxing; you'll find groups of friends smoking the hookah on the upstairs patio and others poring over books in the back.

You must try out the quiche lorraine, spinach & cheese stuffed croissant or a super healthy acai bowl with fresh fruits for breakfast. The sandwiches, wraps, paninis, soups and amazing salads for lunch. And for dinner we highly recommend the turkey lasagna, buffalo chicken or humus & veggie wrap. You will be impressed by a visit to our wine cellar while you are dining with us, featuring an excellent selection with great prices.

Top off your meal with one of the many scrumptious desserts. Enjoy the views from the second floor ocean view room. **Check out our Banquet Room - the perfect venue for any event or party.** The Living Room is currently open for Patio Dining and Pickup. Delivery available by your favorite delivery service.

Living Room Coffeehouse
1010 Prospect St.
(858) 459-1187

Pak Mail's Motto:
"It CAN be done."
(even in a pandemic)



Have something large and awkward to ship? How about getting the best value for small package shipping? Need something sent overnight?

You've come to the right place. Pak Mail La Jolla is the most comprehensive packing and shipping business you will ever use.

"We help our customers do everything from sticking a stamp on a letter, to packing and shipping delicate crystal, to crating heavy machinery going overseas," owner Melih Gunay said.

"We've shipped everything from airplanes to race cars to priceless antiques and super fragile glass sculptures. Of course we will ship more common items like gifts and clothing. Our motto is "It CAN be done."

And, by the way, we'd like to be your personal packing & shipping department.

When you ship with us, you will have the opportunity to compare our negotiated rates from our preferred network of carriers (DHL, FedEx, UPS, USPS, and more) and numerous delivery options to provide you with a reliable and efficient delivery method. Select from the top carriers to ensure safe and secure delivery each and every time. Whether you need to ship a grandfather clock, electronic equipment, a small apartment or artwork.

Serving La Jolla and all surrounding cities. Request a Free Online Estimate at pakmailajolla.com or call us at 858-456-8573. We follow all safe practices for your protection.

PAK MAIL LA JOLLA
7486 La Jolla Blvd. 858.456.8573
pakmailajolla.com



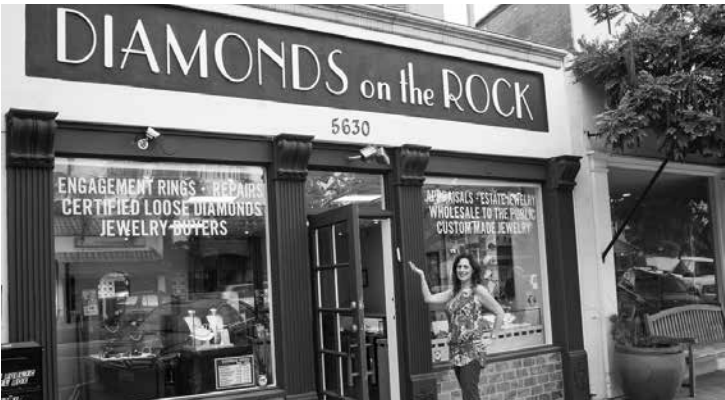
MEET YOUR LA JOLLA MERCHANTS
YOUR GUIDE TO LA JOLLA PROFESSIONALS
AND COMMUNITY BUSINESSES

Cafe Milano-a taste of Northern Italy

Owner/chef Pasquale Cianni brought northern Italian cuisine to La Jolla 20 years ago and has been successfully pleasing both local residents and out-of-towners — even out-of-the-country guests — with his homemade pappardelle pasta, veal ossobuco, lobster ravioli, chicken marsala, veal scaloppini and many other authentic Italian dishes. This is just a small sampling of their extensive menu. The kitchen at Cafe Milano uses only fresh, local and seasonal ingredients in its dishes and has a large range of Italian and Californian wines to choose from. The bread and balsamic dipping sauce is so good you need to be sure to save room for the delicious entrees to come. And to finish off your dining experience, the tiramisu is simply scrumptious - one of a large variety of dessert selections. Add to this service that is fast, friendly, and attentive and it's no wonder they are a consistent award winner for Best Italian Restaurant. Café Milano is an exciting and incredible experience for the whole family at affordable prices. Open Tues. - Sun. 2- 9pm. Closed Mondays.



Café Milano
711 Pearl St.
(858) 454-3806
cafemilanolajolla.com



Debra Levine is your Diamond expert in La Jolla!

Debra's grandfather established their family's first Jewelry store 96 years ago in Endicott, New York. "I developed a passion for gemology watching my Father and Uncles' enthusiasm for gems" said Debra. In 1986 Debra moved to California to attend the Gemological Institute of America (G.I.A) , at the time in Los Angeles, where she obtained her Graduate Gemologist diploma G.G.. Upon her graduation she was selected to work at the G.I.A. as a diamond grader in their lab providing Diamond Reports! Debra's desire to work more closely with people led her to transfer to the education division where she continued her career as a Diamond Grading Educator.

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

DiamondsOnTheRock.com 5630 La Jolla Blvd, La Jolla (858) 750-2190

ERLING

ROHDE

PLUMBING

MIKE GLANCY

COMPANY

THANKS LA JOLLA FOR 111 YEARS OF FRIENDSHIP

Erling Rohde Plumbing started in 1910. It is the longest run, family-owned plumbing business in La Jolla and San Diego. The company now in Bird Rock has been operated for the last 38 years by the grandson of the founder, Michael Glancy. Mike returned from Vietnam in the 70's and decided to seize the opportunity to work in a "good trade." He is also a surfer and wanted to stay close to the ocean. Mike says his company offers two valuable traits: honesty and knowledge. Rohde Plumbing's specialties include bathroom and kitchen remodels, water heater replacement, toilet, faucet, backflow protection, underground leaks including water, sewer, and gas pipes, and Ray-Pac boiler repair and/or replacement. They have earned their stellar reputation for providing genuine, caring customer service.

ERLING ROHDE PLUMBING
5771 La Jolla Blvd. #5 (858) 454-4258 erlingrohdeplumbing.com



La Jolla Mailbox Rentals

For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood.

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

Anita says "I have personal interests in all the people; I take the time to service people individually. My customers know that they can send anything anywhere around the world and it will arrive safe and sound.

La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at their convenient location, you receive not only a private mailing address, access to

delivery of large packages and 24-hour access to your mailbox, but also peace of mind.

In addition to mailboxes they also offer complete postal services, copies, scanning, and shredding.

La Jolla Mailbox Rentals also offers DHL, UPS, and Fed Ex services. They truly are your one stop postal shop.

You can rest assured your in good hands- La Jolla Mailbox is a consistent winner of the "Best Shipping" award in La Jolla.

For further information:
Anita Wood - La Jolla Mailbox Rentals
858-456-2216
Open Monday - Friday 9:00am - 5:00pm
Saturday - 9:30am - 12:00pm



AND PROFESSIONALS

SHOP LOCAL AND SUPPORT YOUR COMMUNITY BUSINESSES.



Rosamaria Acuña

Rosamaria Acuña has a real passion for real estate and is committed to her clients and the community. As a REALTOR® for over three decades representing buyers and sellers, Rosamaria is one of the greater San Diego area's most trusted agents for residential real estate. Together with Berkshire Hathaway and her team of professional Realtors, Rosamaria is dedicated to offering her clients superior service by providing the latest innovations in marketing and technology to facilitate every transaction. If you are looking for your dream home, purchasing investment property, or thinking of selling your current residence, contact Rosamaria today for a complimentary consultation or to receive up to the minute details about the real estate market. She is happy to address all inquiries so don't hesitate to call her today at 619-890-2828.

Rosamaria Acuña Realtor, CRS,GRI | DRE# 00980917
Top 1% Nationwide Berkshire Hathaway HomeServices
619.890.2828 | AcunaRosamaria@gmail.com | JustCallRosa.com



Trust Your BMW to Marco Polo's Team

It's no wonder customers actually enjoy going to Marco Polo Independent when you are welcomed as a friend and treated with respect. Fluid top offs? Quick Fix? Cappuccino? No charge! Questions and concerns? Ready to help!

Owner, Marco Gentile explains the secret to their success- his team members!

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

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

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

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



858.454.2002
7464 Draper Ave. La Jolla, CA



Former Client Polly Walshin takes over as Owner of iSweat Lodge

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

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

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

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

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



iSweat Lodge • 5709 La Jolla Blvd. • 877-70-SWEAT



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

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

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

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

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

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



BBB Rating: A+



1110 Silverado, La Jolla, CA 92037
Phone: 858.459.7803 / Fax: 858.459.7804 • www.goldendures.com



Everything YOU'D EVER WANT TO DO. { Or not do }

We take care of the rest
Weekly Housekeeping
Village Transportation &
Activities are all included
in the monthly rent!
no costly entrance fees, just
affordable coastal living
redefine aging...



Family owned since 1977

chateaulajolla.com

Tours By Appointment

233 Prospect Street, La Jolla, CA Call: (858) 459-4451



Couples Thrive Together at Belmont Village La Jolla



Too often couples who have spent most of their lives together face the threat of separation in later years because of varying health needs, from dementia to mobility. Belmont Village Senior Living La Jolla, opening summer 2022, offers a solution for couples who want to remain together, but may need additional support to do so.

Each Belmont Village community is thoughtfully designed and licensed throughout for the highest level of care. With research-based programs tailored to individual needs, couples

can thrive together. Programming at Belmont Village La Jolla will be enhanced through an ongoing partnership with UCSD to develop activities that foster resilience and wellbeing in older adults.

Belmont Village has served San Diego seniors for 20 years at its Sabre Springs and Cardiff by the Sea communities, offering independent living, assisted living and award-winning memory care. To learn more, call 858-358-7129 or visit belmontvillage.com/lajolla.

Chateau La Jolla

Chateau La Jolla sits on a two-acre estate, 1/2 block from the ocean. Every aspect has been specially designed for comfort and convenience. Our unique layout ensures that everything is always within easy reach.

We have specialized in serving the 55 plus population for over 40 years. Our apartments are designed with you in mind. Our staff is here to ensure you have time to enjoy what the Chateau, the Village of La Jolla, and the beautiful coastline have to offer.

You can relax by the fireplace, read a book or tickle the ivories in our beautiful salon lounge, entertain



guests in the dining room, or take a walk to the charming restaurants, markets, museums, and galleries, just a few blocks away.

Make the Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) wanted to develop better Assisted Living Care Homes and Services for seniors at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), La Mesa, Del Cerro. See us today before making your final choice. Make the Right Choice Today.

We are excited to announce that

Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.

Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Home-like setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit. <https://silverlighthomesllc.com/>

For more info call (619) 246-2003 or go to the www.rightchoicenorliving.org. **NOW HIRING CAREGIVERS! CALL NOW!**

- Assisted Living Care Home Communities
- No more than 6 residents per community
- Highly motivated and experienced staff
- Short Term Respite Stays are ok

Veteran Owned & Operated

619-246-2003

NOW HIRING CAREGIVERS CALL NOW

RIGHT CHOICE

SENIOR LIVING

Full Service Assisted Living Starting at \$150 a day.

We are saving families thousands per month

Grand Opening New La Mesa Care Home

www.rightchoiceseniorliving.org



BELMONT *Village*
SENIOR LIVING

LA JOLLA

Opening Summer 2022



DISTINCTIVE LIVING MEETS
BEST-IN-CLASS CARE, WITH A VIEW

For nearly 20 years, Belmont Village has set a high standard for senior living and care in San Diego. Developed in partnership with global leader in residential living, Greystar, our newest community in La Jolla will feature our renowned, first-rate clinical care and exceptional hospitality with captivating coastal views. Through our pioneering university collaborations, including our ongoing partnership with UCSD to promote resilience and wellbeing, residents of our La Jolla community will experience innovative, award-winning programming designed to keep seniors thriving. Better yet, our buildings are fully licensed so that residents don't have to move when care needs change, and couples with differing needs can continue to stay together.

Now Taking Reservations | 858-358-7129

Discovery Center Now Open | 3880 Nobel Drive
BelmontVillage.com/LaJolla

CLASSIFIEDS

MARKETPLACE

HELP WANTED 250

General Help Wanted

PART TIME JOB OPENING IN DOWNTOWN LA JOLLA ATTENTION COLLEGE SENIORS: Work part-time at \$22.00/hr.while you finish your education. Then transition to full-time in a busy, fast-paced commercial real estate management firm. Opening for part-time Administrative & Accounting Assistant, flexible hours to accommodate your class schedule. Employer provided covered parking. Resume Athena@harmannrealators.com Or Call 858-454-0101 X 101

Locus Development General construction work in the San Diego area, laborers needed.40 hour week 19 hour wageDonconnelly22@gmail.com

Net Developer: Develop, test and maintain web applications; 40hrs/wk; Send resume to IPS Group, Inc. Attn: Gina Lisi, 7737 Kenamar CourtSan Diego, CA 92121

ITEMS FOR SALE 300

Rummage Sales

Huge Rummage SaleNov. 13, 2021 8:00AM - 4:00PMFirst United Methodist Church of San Diego2111 Camino del Rio S.San Diego CA 92108

ITEMS WANTED 325

Items Wanted

Secure & Confidential Pawn Loans We buy estate jewelry, gold & watches Luxe Jewelry & Loan by appointment Luxepb.com 858-900-2036

BUSINESS OPTS. 550

Income Opportunities

WANT TO purchase minerals and other oil & gas interests. Send details P.O. Box 13557, Denver, Co 802011

LEGALS

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021202 Fictitious Business Name(s) a. BOHO IMPORTS Located at: 5187 W. POINT LOMA BLVD #4, SAN DIEGO, CA 92107 Is registered by the following: a. BOHO IMPORTS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: a. BOHO IMPORTS, LLC Title of Officer, if Limited Liability Company /Corporation Title of Signor KENDAL WRIGHT, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 22 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021879 Fictitious Business Name(s) a. 1st MERIDIAN PRIME CONCIERGE SERVICES b. MERIDIAN PRIME CONCIERGE SERVICES Located at: 4545 MURPHY CANYON ROAD, STE 214, SAN DIEGO, CA 92123 Is registered by the following: a. ERIC TUCKER This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. ERIC TUCKER Title of Officer, if Limited Liability Company/ Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 22 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

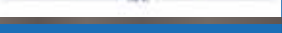
FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021860 Fictitious Business Name(s) a. GASLAMP SPA Located at:540 3RD AVENUE, SAN DIEGO, CA 92101 Is registered by the following: a. JESSIE HUO This business is conducted by: AN INDIVIDUAL first day of business was: 10/01/18 Registrant Name: a. JESSIEHUO Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 30, 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021591 Fictitious Business Name(s) a. HASEGAWA DESIGN STUDIO Lo- cated at: 5055 SARATOGA AVE, APT 19, SAN DIEGO, CA 92107 Is registered by the following: a. SHIGEKAZU HASEGAWA This busi- ness is conducted by: AN INDIVIDUAL first day of business was: 02/01/2016 Registrant Name: a. SHIGEKAZU HASEGAWA Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 27, 2021. ISSUE DATES: OCTOBER 8, 15, 22 & 29,

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9021987

SERVICE DIRECTORY

ATTORNEY



PERSONAL INJURY – ACCIDENTS

Auto | Cycle | Pedestrian
Dog Bite | Slip and Fall
Brain Injury | Wrongful Death

– Free Consultation | No Recovery, No Fee –
Serving our community for over 30 years

University Avenue
3180 University Ave.
Suite 220
San Diego, CA 92104
(619) 682-5100

Poinsettia Village
7220 Avenida Encinas
Suite 203
Carlsbad, CA 92011
(760) 931-2900

www.kdcinjurylaw.com
A Professional Corporation

AUDIOLOGY



Dr. Robert A. Faillace AuD
Dr. Lucia Kearney AuD

**Comprehensive
Hearing Test**

**Hearing Aids
Sales & Service**

**3590 Camino Del Rio
North # 201**
**Located inside the
Senta Clinic**
619-810-1204

AUTOMOTIVE



• BRAKES • SINCE 1947
• ALIGNMENT •
• A/C SERVICE •
• 30/60/90K Maintenance •

10% OFF
W/ THIS AD

(UP TO \$50 MAX FOR DISCOUNT)
(excludes oil changes)
May not be combined
with any other offer.

2938 GARNET AVE., PACIFIC BEACH
(858) 273-2411
www.beelinebrakes.com

AUTO GLASS SPECIALIST

WE DO ALL TYPES OF
AUTO GLASS INSTALLATION

\$149.95

**WINDSHIELD
REPLACEMENT**

(Most cars, some restrictions apply.
Mobile Service Available.)

(619) 265-2811
5803 El Cajon Blvd.
wcautoglass.com

ALT. MEDICINE



ORDER ONLINE
FREE DELIVERY OR CURBSIDE PICK-UP

15% OFF DAILY DEALS:

- MUNCHIE MONDAY ... EDIBLES
- TOPICAL TUESDAY ... TOPICALS
- WEED WEDNESDAY ... FLOWER
- THIRSTY THURSDAY ... DRINKS
- SUNDAY FUNDAY ... VAPES

Cannot be combined w/other offers.

www.torreyholistics.com
10671 Roselle St. #100 | San Diego, CA 92121
C10-0000242-LUC

CLEANING

**YOUR HOUSE
CLEANING EXPERT
IN SAN DIEGO**

Hire our professionals
to simplify your life

- Recurring House Cleanings
- Move In/Out Cleaning
- Window Cleaning Add On
- Deep Cleaning & Sanitizing

**619-366-0886**



**POWER
WASHING
SERVICES**

www.sdklean.com
619-460-8177

CLEANING

Cleaning Service
by Cecilia Sanchez
Family owned & operated
15 years experience.

**Office, residential &
vacancy cleanings**

**#1 vacation
rental experts**

**Free estimates
& excellent
references**

**(619)
248-5238**

CARPET & TILE CLEANING



**WHERE YOU ARE
TREATED LIKE ROYALTY!**

**Cleaning Carpet, Tile,
Upholstery for over 28 years.**

CARPET CLEANING SPECIAL
SAVE \$45

3 ROOMS \$129

25% OFF Tile & Grout Cleaning
25% OFF restretching or carpet repairs
Must mention ad. Some restrictions apply.

619-677-6523
Or visit our website at
www.service-kings.com

CONTRACTOR



Lic. #1032673

Home Improvement Specialist

AFFORDABLE
ON-BUDGET
EXPERIENCED

SPRING SPECIAL
15% OFF

DECKS, DOORS & WINDOWS
619-541-1737
johnmartinconstruction.com

STARBOARD Construction

GENERAL CONTRACTOR

- REMODELS
- TENANT IMPROVEMENTS
- REPAIRS
- EVALUATIONS
- CONSULTING
- BIG/SMALL JOBS
- FREE ESTIMATES
- FAIR PRICING

619-577-5847
Lic.# 634838

ELECTRICIAN



Fischbeck Electric
For all your electrical needs:

- Solar Systems
- Green Energy Ssavings
- Panel Upgrades and Changes
- Remodels
- Recessed Lighting, etc.

CA Lic. #900788 (LO-12)

(619)749-7105
FischbeckElectric.com

**PLACE YOUR
SERVICE
DIRECTORY
AD ON-LINE**

sdnews.com

or call

858-270-3103

FLOORING

**OLD WORLD
CRAFTSMAN**

**HARDWOOD
FLOORING &
CONSTRUCTION**

Lie. 786437 • Bonded Insured

619-606-5954

MARIANO BLSALACCHI
oldworldcraftsman@aol.com

P.O. Box 152872
San Diego, CA 92195

HANDYMAN

RENT-A-HUSBAND

**HANDYMAN WITH
30 YEARS EXPERIENCE**

MANY SKILLS

HOURLY OR BID

**PROMPT, AFFORDABLE,
PROFESSIONAL
INSURED**

Ask for Bob
619-742-0446

HAULING



You Call-We Haul!
No Job Too Small!

Evictions, cleanouts,
construction debris,
tree trimming, etc.

619-933-4346
www.iluvjunk.com

**10% Senior
Discount**

INSURANCE



**We Speak
Medicare**

619-660-6996

www.haishainsurance.com

LANDSCAPE/GARDEN

**CROWN POINT
CLIPPERS, INC.**

TREE SERVICE

FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

CROWNPOINTCLIPPERS@GMAIL.COM

(858)270-1742
Fully licensed and insured. Lic# 723867

**SERVING THE LA JOLLA
AREA FOR 40 YEARS**



WEED REMOVAL
Yard Clean Ups
Monthly Maintenance
Junk Removal
Sprinkler Installation & Repairs
Sod Installation
Retaining Walls

CALL FOR A FREE ESTIMATE
619-513-0424
Lic # 1041479



WEEKLY • BI • MONTH

SPRINKLER DOCTORS

CLEAN-UPS • HAUL/DUMP

SENIOR TO SENIOR 10%

CA. ST. LIC. #0783646

tony@pointlomalandscape.com
(619) 523-4900

- Gardening Services
- Lawns • Hedges
- Weeding & Trimming

We Do It ALL!

Allied Garden Resident Since 1993
30 Years Experience
Specializing in Local Communities

- Licensed
- Free Estimates
- Reliable
- Weekly
- Bi-Weekly
- Monthly

Turner Landscape
619-287-6947

LODGING



Retro Hotel
**Centrally Located in
Mission Valley**
**Waffle Spot
Locals Favorite**

**Amigo Spot – Old Charm
Mexican Cuisine**

**1333 Hotel Circle South
San Diego, CA 92108**
619.297.2231
Kingsinnsandiego.com

PAINTING



**DOUBLE G
PAINTING &
CONTRACTING**

“When Quality Matters”

We specialize in complete
interior & exterior projects

Kitchen
Bath
Moldings
Baseboards
Flooring
Painting
Remodels
Stucco

Gutters
Concrete
Windows
Waterproofing
Masonry
Brickwork
Drywall
and more!

Senior & Military Discounts

**Free Estimates from
owner John Gregg**

619.665.0754
Member BBB • Lic. #950146 • doublegpainters.com



(619) 795-9429
www.chuckiespainting.co
chuckgjr@cox.net
CA Lic. #925325

CLEANING

FREE ESTIMATES (619)755-9651

**CLEANING GC
SERVICES**

Regular Deep Cleaning
Move in/Out Services

PERSONAL TRAINER



GansFitness
BANKERS HILL

Your health is your wealth
MAKE IT COUNT!
858.531.8018
Rgans24@hotmail.com

PEST CONTROL



**SAN DIEGO'S
FINEST FAMILY
OWNED PEST
CONTROL BUSINESS**

Since 1948

**Fumigation | General Pest
Control | Termites | Ants |
Roaches | Rodents | Spiders |
Wasps | Bed Bugs**

619-584-8155
www.harborpest.com



**FAMILY OWNED & OPERATED
BY A VIETNAM VET**

San Diego's Oldest
Plumbing Company.
Offering quality service &
repair for 110 years.

858-454-4258
5771 LA JOLLA BLVD #5
ERLINGROHDEPLUMBING.COM

PLUMBING



(619) 583-7963
idealservice.com

5161 Waring Rd, San Diego
CA License #348810

60 YEARS

PLUMBING

BILL HARPER PLUMBING.COM

Licenced Plumber
with years of experience in residential homes
Prompt, Professional and Affordable
Phone Estimates, Cash Discounts

CALL BILL 619-224-0586
Lic #504044

REALTOR

**LA JOLLA COVE
REALTY**

Mercedes La Ford

**Residential &
Investment Realtor**

1150 Silverado St, La Jolla
La Jolla Professional Bldg.

Bus: **(858) 454-0157**
Cell: **(858) 232-5565**

mercedes@lajollacovererealty.com
LIC. 684628

SENIOR CARE



CareGiver/Companion
Can Do: Hospice, Alzheimer's
Parkinson's, ALS, and more.

Medications, Appointments
Errands, Bathing, Wonderful
Cook, Lite Housekeeping,
Pet Care, Live in/out,
I'll help with your daily needs.

**Call Laura for interview at
858-243-8288 Thank You**

SENIOR CARE

Male w/ 10 Years Exp w/ 1
Family, ADL's, Dementia,
Diabetes, Bathing, Errands,
Excellent Cook, Appointments.
Day or Night Shifts. Speaks
French, Spanish and Loves Pets!
Text Only

619-887-6450



A Lifestyle of Choices

- Assisted Living
- Memory Care
- Respite Care

619-464-6801
5740 Lake Murray Blvd
La Mesa

WATCHMAKERS

London Gate
Watchmaker & Jeweler



Experts on
Rolex, Patek Philippe,
Cartier & all Fine Watches
WE BUY GOLD
Genuine Factory Parts
Batteries Installed while
you wait.

OVER 30 YEARS EXPERIENCE
1451 Garnet Ave. Pacific Beach
858-270-6565

WINDOW CLEANING

Ray & Roger's

**WINDOW
CLEANING**

Commercial & Residential

Tracks Screens Mirrors Skylights

30 Day Rain Guarantee
Licensed & Insured • Free Estimates

619.252.1385

WEDDINGS

**INTER-FAITH
WEDDING
OFFICIANT**

Inter-faith minister
available to officiate
weddings in San Diego.

\$350

(PayPal, Google Pay, Facebook Pay)
of booked Zoom conference
wedding or outdoor inter-faith
wedding ceremony.

619-398-7197
thubtenpematenzin68@gmail.com

Vikings players show resilience, guts, and skill

By ED PIPER

Matt Blackburn: "He's 6-feet 3-inches tall, 180 pounds," says assistant coach Kevin Hurt, looking over a reporter's shoulder at the La Jolla High roster. "He has played both ways (offensive line and defensive line). He's going up against guys who weigh 230."

Case in point: the Oct. 22 game at Cathedral Catholic, in which the opponent's linemen run 320-320-295-290-280.

"He's very determined. He's not afraid," Hurt goes on.

Juan Juarez, another lineman: "He's listed at 6-feet 1-inch tall, 265 pounds. He's playing both ways..."

Danny Molestina: "He's another guy you should write about..." Listed by head coach Tyler Roach at 6-feet 2-inches tall, 280 pounds.

These and other core players, never

receiving the headlines alongside the offensive players who dazzle and gain attention, not only have shown resilience in the "next man up" culture of Viking football. Under Roach's construction in the last four years of a new, improved brand of LJHS football which was unheard of in, say 2004, Blackburn, Juarez, Molestina et al have shown an increased skill level that never knew how to make its appearance in a struggling program that had no remembrance of the 1990-1995 seasons.

In those years, in the "original" Western League, La Jolla won league titles under Dick "Hud" Huddleston six straight years, which included a CIF title in 1991. That's when San Diego only had one level of play, instead of the present six divisions.

Expectations are much higher these days. During the COVID season of 2020-2021, the Vikings tore through a shortened schedule in spring 2021 to go 5-0 behind linebacker/running

back Max Smith, who has since gone on to the U.S. Naval Academy after graduation. That followed the fall 2019 year resulting in the Southern California Region title following a San Diego Section championship locally.

Jerome Watson, offensive coordinator and quarterbacks coach, talks about the surprising job back-up QB Kevin Steel, a senior who had never started a varsity game, is doing with starter Jackson Stratton, headed to the University of Washington, out with a broken right scapula (shoulder blade).

"Kevin has done a good job of staying locked in," Watson says of the 6-feet 3-inches tall, 185-pound Steel. "He has not had an easy deal (in filling in for Stratton). He's up to 800 or 900 yards passing. We've always known the only thing he lacked was game experience. He's pinpoint accurate (on his touch)."

READ MORE ONLINE AT sdnews.com



Receiver Makai Smith (2) makes forward progress for La Jolla early in its game at Cathedral Catholic Oct. 22. PHOTO BY ED PIPER

Women with hair loss can have thick and healthy hair and look years younger!

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy's salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. Once this application process has been applied, you will be amazed at the transformation that

occurs, not only in your hair, but also in your outlook!

How do you match to a clients existing color?

If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the client's hair choose a shade that works well with the skin tone.

What type of hair extensions do you use?

Judy uses Great Lengths® all-natural hair

extensions and prefers these extensions because they are created from 100% human hair and use a unique, application process that attaches a bond of protein the same molecular structure as your hair. This is an extremely hightech method of bonding the hair strand to your own hair. Whether creating a new look, following fashion or with a special occasion on the horizon. Judy's hair extensions have over 55 colors to choose from and blend with your own hair for perfect color matches.

Can hair extensions damage my hair?

No, they will not. Actually, even very fine and damaged hair can become healthier if you're wearing hair extensions because they will protect your hair from things that could damage it like curling irons, blow dryers, styling heat and environmental damage. Because of the unique application bonding system, the extensions can be easily removed.

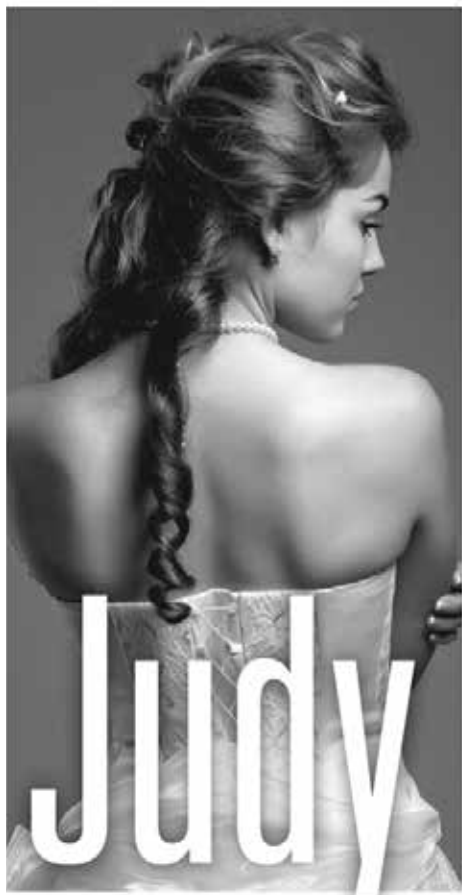
How do I maintain my extensions?

Judy is fully trained on how to educate her clients to professionally take care of their

hair extensions at home. Judy will recommend hair care products, brushes, combs and appliances for use at home. Hairstyling is very similar to how you style your hair without extensions.

Judy Judy Judy Hair Salon
7734 Herschel Suite #P, La Jolla
hairextensionsoflajolla.com
858-456-2344

Call today to receive
\$200 off on your first full head of hair replacements!



Great Lengths USA

GET READY FOR THE HOLIDAYS!



Fall Hair Extensions!

LA JOLLA
VILLAGE NEWS
**READERS
CHOICE
AWARDS**
RETAIL/SERVICES
2021



\$200 OFF A FULL HEAD OF HAIR EXTENSIONS*

Call Judy at 858-456-2344 to schedule your FREE expert consultation.

*First time customers only please.

Judy Judy Judy Hair Salon is located in downtown La Jolla
7734 Herschel Ave. Suite P • www.hairextensionsoflajolla.com

FastCashOfferSanDiego.Com

DRE#01232827

SUDOKU PUZZLE

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

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21		22				23			
			24		25				26					
27	28	29		30				31			32	33	34	
35			36				37				38			
39						40				41				
42					43				44					
45				46			47				48			
			49				50			51				
52	53	54			55				56		57	58	59	
60					61				62		63			
64					65						66			
67					68						69			

- CLUES ACROSS**

 - Nuclear undersea weapon
 - President of Syria al-__
 - Partner to flows
 - "Snow" in Welsh
 - Famed Mexican painter
 - Song
 - ticks outward from the crown
 - Doddering
 - Resist authority (slang)
 - Antsy
 - Wrath
 - Spills the beans
 - Past
 - The woman
30. One has 24 hours

31. Talk

32. It can sting

35. Astronomy unit

37. Halfway

38. Chinese dynasty

39. Australian river

40. Software to transfer audio (abbr.)

41. Fabric

42. Crucifix

43. Defunct European economic group

44. "Hotel California" rockers

45. Michael Knight's car

46. Actress Ryan

47. A digital tape recording of sound

- CLUES DOWN**

 - One point east of southeast
 - Italian monetary unit
 - Warship prison
 - Tropical American tree
 - Alias
 - Normal or sound powers of mind
 - English county
 - Not compatible with
 - Female deer
 - Not late
 - La __ Tar Pits, Hollywood
 - "Jupiter's Legacy" actress Leslie
 - Impudence
 - Advises
23. Founder of Babism

25. A baglike structure in a plant or animal

26. Male parent

27. A type of plug

28. Capital of Vietnam

29. Fungal disease

32. Shelter

33. Finished

34. Excrete

36. Unhappy

37. Partner to cheese

38. Coffee receptacle

40. Spend time dully

41. Makes full
48. Insecticide

49. Scientific instrument

52. Golden-__ corn

55. Israeli city __ Aviv

56. Sword

60. Ottoman military title

61. Aromatic plants

63. Cold wind

64. Large, semiaquatic reptile (slang)

65. Political unit

66. Indiscreetly reveal secrets

67. Comfort food dish

68. Actress Zellweger

69. Romanian city

I	S	V	I		Э	Э	N	Э	H		H	S	V	H
В	V	Г	В		Э	Л	V	Л	S		О	О	В	О
V	В	О	В		S	Э	В	V	S		V	В	В	V
В	Э	В	V		S	Г	Э	Л	Э		О	В	V	Э
				H	Э	Л	Э	В	Э	Г	Э	Л		
Л	О	О		Л	V	О		В	Э	W		Л	I	И
S	Э	Г	В	В		О	Э	Э		О	О	В		
В	Э	О	N	S		О	V	Л	S	V	В	N	V	
Э	N	I	W		О	Г	I	W		О	Э	S	В	V
Э	Э	В		В	V	В		А	V	О		Э	H	S
			А	V	О	В	Э	Л	S	Э	А			
S	В	V	Г	В		Э	В	I	В	Э	В	V	Э	
S	В	Э	В		Э	Г	I	N	V		W	I	В	
V	I	В	V		О	Г	I	N	V	Х		В	I	Э
S	В	В	Э		О	V	S	S	V		W	В	Г	S

Г	Л	9	6	Э	Г	9	8	Л	
6	Л	8	Л	Г	9	Г	9	Э	
Э	9	Г	Л	8	9	6	Л	Г	
Л	Г	6	8	9	Э	Л	Г	9	
9	8	Г	Г	Л	Л	9	Э	6	
Л	9	Э	9	6	Г	Л	Г	8	
Г	Э	Л	Г	9	Л	8	6	9	
8	Г	9	9	Г	6	Э	Л	Л	
9	6	Л	Э	Л	8	Г	9	Г	

LEGALS >>
CONT. FROM PG. 10

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

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

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

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

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

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

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

OCTOBER 15, 22 ,29 & NOVEMBER 5

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

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

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

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

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

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

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

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00043025-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): NGA THI TUYET PHAM filed a petition with this court for a decree changing names as follows: Present name: a. NGA THI TUYET PHAM To Proposed name: VICKY NGA PHAM 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 11/23/21 TIME: 8:30 AM DEPT: 61;

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

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

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

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

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

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

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

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

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

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

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

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

Regarding the emeritus position, Schick noted that “maintaining a

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

“This news presents a big transition for us,” said McManus, “but we are grateful that we have the opportunity to work with Steve on mutually rewarding collaborations going forward.” LJS&C Executive Director Stephanie

Weaver said, "Because Maestro Schick's powerful artistic vision inspired the LJS&C to reach great musical heights over the past 15 years, we are now well-situated to take the organization to the next level of excellence with a new music director."

Schick is a distinguished professor of music at UC San Diego, where he holds the Reed Family Presidential Chair. He is renowned worldwide as a percussionist.

READ MORE ONLINE AT sdnews.com

Ask Me About Real Estate!



"Find your place in the Sun!"


John Shannon

Call (858) 225-8213

www.SolaceRealty.com



"Upsizing, Downsizing or Beachsizing?" Call John!



ABC 858-287-1416

BETTER CONSTRUCTION IDEA

Custom Building & Design



- Free Estimates and Plans
- Residential Remodels
- Unique Decks
- 2nd Story Additions
- Skilled Carpentry

- Custom Stairs
- Power Washing
- Painting
- Donovan Mahoney - Design / Construction



MARK JENKINS

BEACH SPECIALIST

Here for all your Real Estate Needs

858.212.7355

sellingdreamhomes@gmail.com DRE# 01295923




BERKSHIRE HATHAWAY HomeServices California Properties

DEWHURST & ASSOCIATES SM

GENERAL CONTRACTOR • LIC. NO 381927


EST. 1929



LA JOLLA • 7533 GIRARD AVE. • P.O. BOX 574 • LA JOLLA, CA 92037

TEL (858) 456-5345 • FAX (858) 454-0180

WEBSITE: [HTTP://www.dewhurst.com](http://www.dewhurst.com)



LA JOLLA VILLAGE NEWS READERS CHOICE AWARDS RETAIL/SERVICES 2020



CASH OFFER

24 HOURS

858-414-5478

THE **MAVIN GROUP** WEST

DAVID R. INDERMILL

BROKER-OWNER PROFESSIONAL REPRESENTATION SINCE 1998 DRE-01232827

SOLD 2 TIMES



4079 Shasta St Pacific Beach CA 92109
\$1,199,000 Cash Represented Buyer and Seller

SOLD 2 TIMES



7538 Caminito Avola La Jolla CA 92037
\$2,725,000 Cash Represented Buyer and Seller

SOLD



927 Wilbur #2 Pacific Beach, CA 92109
\$850,000 Represented Buyer and Seller

SOLD



7520 Mar Ave La Jolla CA 92037
\$3,000,000 Cash Represented Seller \$201,000 over asking price

OFF MARKET SOLD



13023 W Sunset Blvd Los Angeles Ca 90049
\$6.2M CASH Represented Buyer

SOLD



13043 W Sunset Blvd, Los Angeles, CA 90049
\$2,362,000 Cash Represented Buyer

TRUSTWORTHY BROKER - EXPERT NEGOTIATOR - EXPERIENCED AND CLIENT DRIVEN

THEMAVINGROUPWEST.COM

PROFESSIONAL REPRESENTATION SINCE 1998



CERTIFIED DISTRESS SELLER PROPERTY EXPERT



REALTOR

San Diego designer a contestant on 'Project Runway'



Fashion Files

Diana Cavagnaro

San Diego resident Kenneth Barlis is a current contestant on "Project Runway." Barlis presented a "Project Runway" Season 19 Premiere Party on Oct. 14 to celebrate.

The event was held at the estate of Allan and Megan Camaisa in La Jolla with a breathtaking view of the ocean. Guest were encouraged to arrive wearing a creation made by Barlis. The crowd listened to tunes by Jay-R Mesina from DJay-R. A jumbo screen was set up for the viewing while everyone waited in anticipation to see Barlis on the show.

Barlis has been on a busy schedule. He showed his "Divina" collection last month in Rancho Santa Fe and then went on to show at Paris Fashion Week on Oct. 4. This was the womenswear collection

called the Secret Garden; Where Dreams Come True.

After returning from Paris the day before for the launch of his "Project Runway" Premiere Party, I asked him what was next and he said he was going to show at LA Fashion Week on Sunday, Oct. 17. He presented his latest collection The Moresuna Gemu SS22 (The Furious Games). The event was powered by Art Hearts Fashion located at The Majestic Downtown LA.

Talking to Barlis, I asked him what he had planned down the road. He said that in May 2022 it will be his 10th year in the fashion business and he plans to put together a big runway show. His goal is to design 100 couture outfits for his clients and then have them model in the show. Stay tuned for more information.

The time finally arrived for the guests to cheer Barlis on by watching the first two "Project Runway" season 19 episodes. It was wonderful to see that he didn't get voted off but remained on the show. This left a note of

optimism in the air. The night didn't end with the "Project Runway" episodes but continued with DJay-R spinning more tunes. Singer Aira Luna began entertaining the guests with her amazing voice.

"Project Runway" is on Thursday nights on Bravo. The judges for this season 19 are Christian Siriano, Brandon Maxwell, and Nina Garcia. If you would like to cheer Barlis on, be sure to tune in at 9 p.m. on Thursday nights. For more information about this talented designer, visit KennethBarlis.com or @Realkennthbalis.

UPCOMING EVENT

Friday, Dec. 3 – Winter Wonderland Fashion Show and Luncheon by Leonard Simpson to benefit the ARC of San Diego at the Hilton San Diego Bayfront. For tickets, visit arc-sd.com/winterwonderland.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego area. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.



Kenneth Barlis' The Moresuna Gemu SS22 'The Furious Games' collection being shown at LA Fashion Week.
PHOTOS COURTESY OF KENNETH BARLIS

The Social Diary – Crohn's and Colitis support, progressive espnW, and heroes honored hurrah!

By MARGO SCHWAB

Seaside Kona Kai Resort was the go-to for the Champions of Hope Gala benefiting the Crohn's and Colitis Foundation. Barbara and Dr. Howard Milstein wouldn't miss it. Nor would many other champions for the cause like brother-sister duo Jon Roseman and Dr. Anne Varick Lauder, a San Diego chapter board member.

From Lauder: "The evening had added meaning as my brother and I announced the Dr. David M. Roseman Memorial Fund in tribute to our late remarkable father and his 60 years of practicing medicine and caring for IBD patients."

Roseman added: "Our father was truly an inspiration. Despite the rigors of full-time practice – he was chief of gastroenterology and chief of staff at Scripps Memorial Hospital in La Jolla – he always made time for others. In Fiji, he taught in local hospitals and brought difficult cases back to the US."

And he was one of the few who did house calls, too!

The evening included poignant remarks from 12-year-old Crohn's and Colitis fighter Mason Harvey, insight from Crohn's and Colitis fighter and leader Rolf Benirschke, and some levity with fundraising that included Dr. Tiffany Grunwald buying a \$20 bill for a nearly \$1,000 donation. It was that kind of night!

Meanwhile, the Lodge at Torrey Pines held the 2021 espnW Women + Sports Summit with quite the power-packed attendance and messaging. Branding in sports plus viewership of women's college sports is way up.



Ozstar and Robin De Jourday, Dr. Anne Varick Lauder, Jon Roseman and Erin Talbert, Valerie and Sam Armstrong, and Dr. Tiffany Grunwald – Crohn's and Colitis.



Winning bid for Tahitian Pearl Necklace Ozstar de Jourday – Crohn's and Colitis.

Up and inspiring too was keynote speaker Halle Berry. She rocks! Great to hear about her soon-to-be-released movie "Bruised." The incredible story of the last chance for an MMA fighter. Playing the lead and directing, Berry researched MMA women. The result, they are motivated by getting their power back, not money.

And on an Honor Flight to D.C. went 94 veteran heroes including former Marine Harry Hunt and his daughter Kimberly Hunt, news anchor for Channel 10, and Gold Wings pilot Charley Melville accompanied by his daughter Peggy Stern. Vets enjoyed reminiscing, remembering lost friends, and touring the monuments.



Jon Roseman and Erin Talbert – Crohn's and Colitis.



Tyler Callaway and Holly Sandeen Evans – Crohn's and Colitis.



Rachel Epstein, senior director, ESPN and espnW marketing, Laura Gentile, founder of espnW, and espnW columnist and soccer reporter Julie Foudy.

Coming up Miracle Babies and Halloween mansions... 'Til next time!

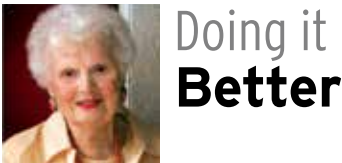
Margo Schwab is the owner and publisher of The Social Diary. She has produced TV segments, acted, and is currently filming a documentary



Honoree Dr. Gauree Kanijeti with her daughter – Crohn's and Colitis.

#WildforVersace, which will include elements of her passions, animals, and fashion. For event coverage inquiries, Margo can be contacted at mschwab@san.rr.com.

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



By Natasha Josefowitz, Ph.D.

Doing it Better

Having just finished reading Suzanne Simard’s book, “Finding the Mother Tree,” I was bowled over by the ability of trees to communicate with each other through a microbial networks. The Mother Tree is in reality an old tree in the forest who is needed by younger trees to survive and prosper. The old tree sends out micronutrients through its roots. It recognizes its own species, to which it sends life-sustaining copper, iron, aluminum, calcium, and magnesium that it takes from the soil. When a seedling is in distress due to drought, it receives a larger share of carbon, sugar, and proteins.

The old tree knows who needs it, and in times of abundance, it also feeds other species of trees, which are needed as neighbors. Dr. Simard has found that diversity is essential for a healthy forest. In other words, a Douglas fir tree needs a Birch nearby who needs a Cedar who needs a fir tree. While the Cedar may send nutrients to the fir, the fir will reciprocate in time. This network of roots and fungus can extend throughout a forest floor uniting a community

of trees, which feed off each other. What is uncanny is the kind of discernment of which tree needs what and when; it is a type of intelligence, for lack of a better word. Forest rangers and lumber companies have learned to include diversity in their plantings. Some of these networks reminds us of our own neural pathways connecting us to this other world we are just discovering.

This all made me wonder what other forms of communication are buzzing all around us, though we are unaware of the chatter. I looked up how other non-human species communicate and found a variety of ways animals, insects, and birds all talk to each other non-stop.

I had read about a sanctuary in Africa for orphaned baby elephants whose keeper had died. Within minutes all the elephants in the sanctuary had gathered in front of the keeper’s house and stood vigil. How did they know? No one has come up with an answer...yet.

There are cues we can pick up from the animals we know. Dogs use their ears and tail to send messages that we humans can comprehend. We recognize a meow, a growl, a hiss, but there is a world of communication all around us that escapes us. There are four methods of communication which include: visual, auditory, tactile, and chemical.

Some examples of visual

communication are from bees who do a dance to specify the location of a food source. Caribbean reef squid can change the color of their skin to convey a variety of messages to court or warn of predators. They can even have a different message on each side of their bodies.

Human toddlers use 52 discreet gestures to communicate, including clapping, hugging, stomping, raising their arms, and shaking their heads. Great apes use 46 of the same gestures so there is an almost 90-percent overlap.

An example of auditory communication includes birds, whose songs are a language specific to each species. Sperm whales emit clicking sounds that can travel for miles with various patterns in different parts of the ocean. Elephants emit low sounds that we cannot hear, yet it can be heard more than 170 miles away by other elephants. This sound is called infrasound, below 20 Hertz, too low for us humans. One of the smallest primates, the tarsiers, screech. Their sound frequency is over 20,000 Hertz, too high pitched for us and out of range for predators, too.

Tactile communication is used by chimpanzees grooming each other, indicating which area they want groomed. Elephants can communicate by stomping their feet, creating a vibration that can travel for miles through the earth to other elephants’ feet.

Chemical communication are used by many animals urinating to either mark their territory or advertise readiness to mate. White rhinos use communal dung heaps like a community bulletin board with messages that include whether one is sick, ready to mate, or a dominant male has just been in the area.

We humans use all four methods of communication. We use our voices, our facial expressions, and our body language, and we use smell in ways we are unconscious of. Newborn infants can discern

the unique smell of their mothers. Each of us has an individual chemical scent that our dogs can discern.

Our planet is a cacophony of sights, sounds, and smells that we are unaware of. We are barely aware of our unconscious ways of communicating which flows as soon as we encounter each other.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2021. Natasha Josefowitz. All rights reserved.

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

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

“CMS121 is acting through a completely different pathway than most people have been looking at for Alzheimer’s disease,” says Maher, head of Salk’s Cellular Neurobiology Laboratory. “This drug could actually make a difference for someone with Alzheimer’s disease.”

In 2006, Maher and colleagues first discovered that fisetin — a natural chemical found in strawberries and other fruits and vegetables — helped prevent cultured neurons from dying and boosted the memory of healthy mice.

READ MORE ONLINE AT sdnews.com

WANT TO DOUBLE YOUR MONEY?

This home was in original condition and with only \$15,000 invested it went ...

From this...

...to this!

Resulting in more than **DOUBLE** the money back when the property sold!

Want to make repairs or renovations with NO UPFRONT COSTS OR INTEREST CHARGES?
Use our hassle-free **Compass Concierge Program** to maximize the value of your home!

Call today to get started!

Greg Cummings
The Greg Cummings Group
858-717-0730
Greg@GregCummings.com
DRE# 01464245

COMPASS

LOOKING FOR OFF-MARKET POSSIBILITIES?*

MISSION BEACH

3/2 OCEAN FRONT
Over 2,000 Square Feet | All Glass, Unbelievable Views
\$4,000,000

3/3.5 TURNKEY
Almost 1,400 Square Feet
\$1,850,000–\$1,900,000

3/2 TURNKEY, SOUTH MISSION
Almost 1,400 Square Feet
\$2,500,000

***CALL NOW FOR DETAILS / APPOINTMENT ~ PRINCIPALS ONLY**

HELEN SPEAR
DRE #01244302
619.813.8503
PBLISTINGSPECIALIST.COM

SAN DIEGO
REALTY
CONSULTANTS

1ST ANNUAL SLOAN CANYON MEMORIAL RUN



WALKING TO
REMEMBER
Our Servicemen & Servicewomen



“YOU HAVE TO RUN, JOG, OR WALK THIS COURSE...
IT’S THAT BEAUTIFUL!”

-STEVE LEBHERZ, AVID JOGGER FOR 50+ YEARS



SD News Special Discount

SAVE 25%

Use Promo Code: “sdnews25”

5k = \$33.00 • 10k = \$40.50
expires 11/04/21

ENTRIES ARE LIMITED to the first 300 participants

One of
San Diego’s
most scenic
5K/10K
race courses!

REGISTRATION INCLUDES:

- Racing BIB "Chipped & Timed"
- 1st Annual WFTF "Sloan Canyon" Trucker Hat
- 1st Annual WFTF "Sloan Canyon" Finisher’s Medallion
- Free Parking & Shuttle at Sycuan Casino
- Arrive 30 minutes before the scheduled race time
- 10k Starts @ 7:30am
- 5k Starts @ 7:45am, 8:15am or 8:30am



Sycuan Casino Resort • 5469 Casino Way, El Cajon, CA 92019