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THIS WEEK



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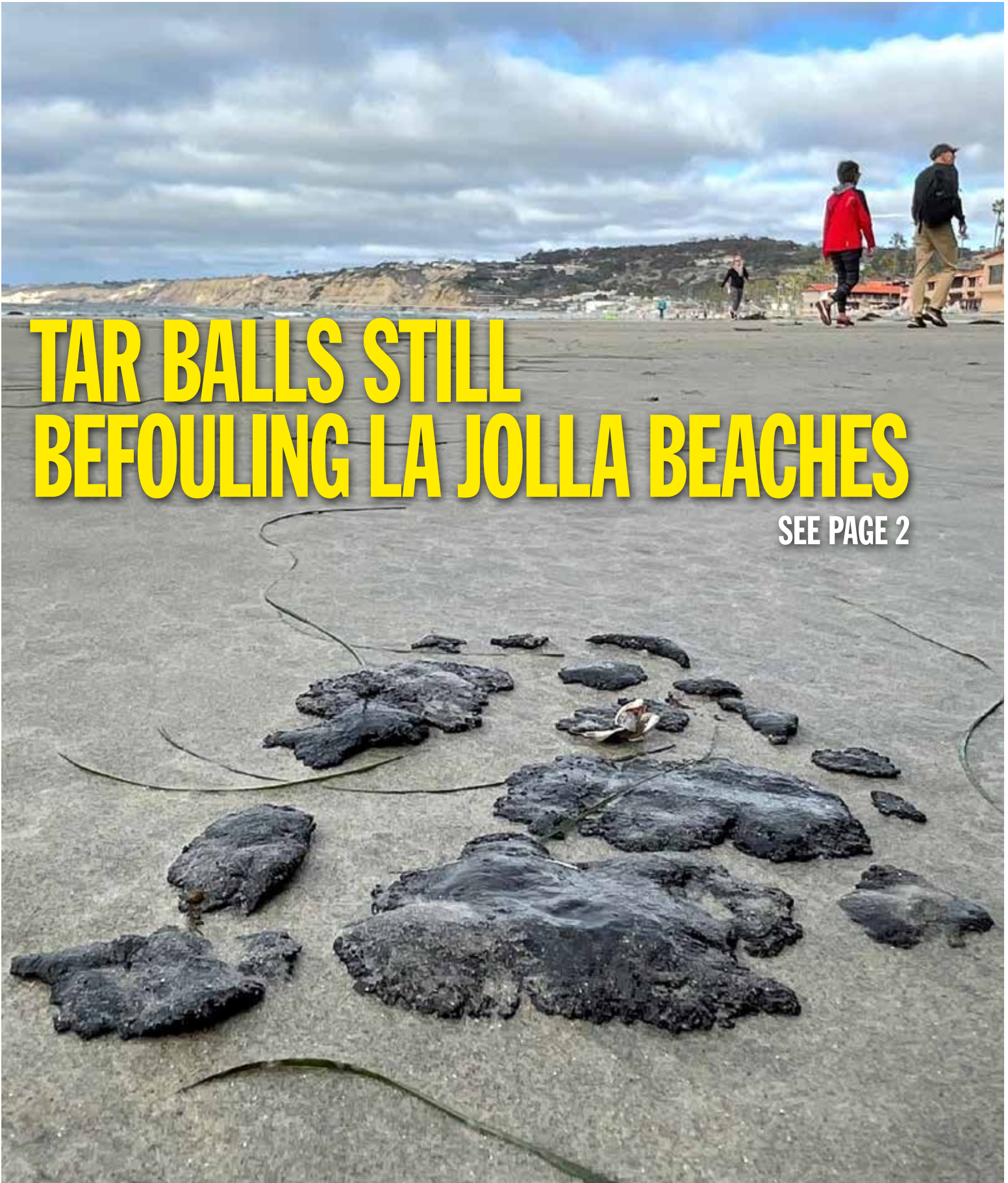
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**La Jolla First Friday
Art Walks to return**

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TAR BALLS STILL BEFOULING LA JOLLA BEACHES

SEE PAGE 2

Tar balls from an oil spill on Oct. 2 near Huntington Beach are still washing up at La Jolla Shores.

PHOTO BY DON BALCH



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Tar balls still polluting SD beaches after oil spill

By DAVE SCHWAB

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

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

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



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

PHOTO BY DON BALCH

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

Long Beach to La Jolla.

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

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

by the Southern California spill."

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

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

The public is being warned to avoid tar balls.

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

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

Tar balls are being encountered by local ocean users.

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

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

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

The cause of the oil spill event remains under investigation.



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Redistricting for District 1 has challengers and supporters

By DAVE SCHWAB

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

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

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

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

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

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

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

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

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

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

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

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



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

By DAVE SCHWAB

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

HISTORY

Opened in 1941, The Marine Room quickly became nationally and internationally famous. For more than half a century, celebrities, world figures, the La Jolla community, and visitors have made it a habit to come and enjoy spectacular panoramic views of the Pacific along with exceptional cuisine.

Perhaps the original menu stated it best: "Unique in many respects, the Marine Room, adjacent to the La Jolla Beach and Tennis Club but open to the general public, presents a sight seldom seen even by world travelers. Perhaps nowhere else is there a similar restaurant where individuals may enjoy the finest cuisine while watching foam from illuminated ocean waves dash at high tide against the heavy plate glass windows which securely protect them from wind and sea."

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

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

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La Jolla First Friday Art Walks to return in December

By DAVE SCHWAB

Art walks are returning by popular demand to the Village of La Jolla.

"We now have a monthly First Friday Art Walk," said Jodi Rudick, executive director of La Jolla Village Merchants Association, the community's business improvement district. "The first one will take place on Dec. 3."

Katey Kalanges, director at Lik Fine Art La Jolla at 1205 Prospect St. and a member of LJVMA's board, is spearheading the monthly art extravaganza.

"We've had them in the past, this is going to be similar," noted Kalanges of the returning popular art walk adding, "My biggest goal is always to work with my (business) neighbors to figure out ways to cross-promote."

She is accomplishing that for the initial Dec. 3 First Friday Art Walk in a number of ways.

"We've got a bunch of restaurants signed up," Kalanges said. "Each gallery is going to pair up with either a local restaurant, a coffee shop, juicery, or brewery to do something in a new and unique way. One gallery may have appetizers and cocktails. Another gallery may have coffee tastings, etc."

Kalanges said all participating galleries will be "COVID safe and friendly." She added she's excited the art walks "are going to be an ongoing thing and that some of our local galleries and restaurants are going to be getting some exposure from people who haven't tried them yet. There are a lot of new things happening, and we want to make sure people get to La Jolla. We want to make sure the art walks are memorable, to give people an excuse to come back and play."

There are presently some 23 active galleries in La Jolla. A



The Lik Fine Art gallery, which will participate in the First Friday Art Walks, presents customizable landscape photography by world-renowned artist Peter Lik. COURTESY PHOTO

few closed during the pandemic. Some have online platforms. "The number of galleries over the past year and a half has pretty much stayed the same," noted Kalanges adding, "There really is a lot to be discovered in the Village."

The game plan for Dec. 3, said Kalanges, is to provide art walkers with "a detailed map showing the locations of all the participating galleries, and tell them what each gallery has to offer."

Kalanges said hours for the Friday art walks will be 4-7 p.m. "We're also looking into having after-parties on Dec. 3, though we haven't nailed down each location," she added.

"We're still very much highlighting our galleries, but we want to pull in other businesses to make it a little bit more unique," said Kalanges who added, "We're also going to be providing some entertainment, a few musicians, either in the gallery or spread around on the street. Jodi is working on getting some carolers for the holiday-themed Dec. 3 First Friday Art Walk."

PARTICIPATING GALLERIES

LIK FINE ART

1205 Prospect St, Suite C.

Opening their doors in La Jolla in 2008, the Lik Fine Art gallery presents customizable landscape photography by world-renowned artist Peter Lik, who has spent over 35 years pushing the boundaries of fine art. A self-taught pioneer in the field of landscape photography, he has become synonymous with pristine images of cascading waterfalls, ethereal mountain peaks and peaceful desert canyons.

LEGENDS GALLERY

1205 Prospect St, Suite B.

Legends Gallery features the works of Dr. Seuss, Mackenzie Thorpe, and Tom Everhart.

ARTEMIS FINE ART

1152 Prospect St.

New La Jolla gallery Artemis Fine Art Gallery represent painters, sculptors and National Geographic photographers who share a common appreciation for nature and a desire to protect our planet. All of the gallery artists support



Krista Schumacher at her new gallery at 1113 Wall St. will participate in the art walk. COURTESY PHOTO

conservation efforts through either their own foundations or foundations chosen by them. For the Dec. 3 First Friday Art Walk, the gallery will support the local chapter of the Explorer's Club and their work as cheetah ambassadors and celebrate International Cheetah Day, which is Dec. 4.

L&G PROJECTS

7940 Herschel Ave.

L&G Projects is a new contemporary gallery that features artists from all over the world. Owner George Theodorakos has over 10 years of knowledge in the art industry. The featured artist for Dec. 3 is OTTO, who is from Mexico and will be at the gallery. His work is displayed at L&G.

BFREE STUDIO

7857 Girard Ave.

A gallery dedicated to featuring emerging and mid-career artists and providing a space for artists to showcase their artwork and engage with the community.

MORTEN GALLERY

1264 Prospect St.

Morten Gallery has been in La Jolla Village for five years and

represents two Mexico City artists, Norman Muller, and MIKI. The work showcased consists of various sized abstract textured oil paintings along with modern contemporary bronze sculpture.

MANGELSEN GALLERY

7916 Girard Ave.

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MODERNIST CUISINE

1241 Prospect St.

Food photography by Nathan Myhrvold, founder of Modernist Cuisine and lead author of Modernist Cuisine: The Art and Science of Cooking, Modernist Cuisine at Home, The Photography of Modernist Cuisine, and Modernist Bread. Myhrvold has had a passion for science, cooking, and photography since he was a boy.

CONTEMPORARY FINE ARTS GALLERY

7946 Ivanhoe Ave.

Contemporary Fine Arts Gallery, voted La Jolla's Best Gallery, has been providing collectors with contemporary paintings, sculpture, and glass fine art for 30 years.

KRISTA SCHUMACHER ART GALLERY

1113 Wall St.

Krista Schumacher is a professional oil painter and owner of the new Krista Schumacher Art Gallery. She was the featured artist for the 2021 La Jolla Art + Wine Festival. Her paintings take on a multi-dimensional form and are easily recognized for their use of heavy-texture and bold colors to emphasize nature's spontaneity and beauty in a modern, abstract way.

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Former MMA fighter opening The Training Center



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

By DAVE SCHWAB

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

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

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

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

MARINE »

CONT. FROM PG. 5

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

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

Cooking should also be festive, concluded Minor.

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

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

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

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

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

THE TRAINING CENTER

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“My pitch is if you’re going to work out for an hour, why spend an hour on the treadmill? Why not spend that time learning valuable skills, punching bags, jumping rope, and learning stuff that, God forbid, you may need in a real-life situation? You have fun, an hour’s gone by, you’re covered in sweat and you’ve gotten your workout in.”

“Chris is the first celebrity fighter to open a gym here,” said Jacob D. Schwartz, a friend of Leben’s and an investor in his gym. “I grew up in Pacific Beach, it’s my hometown. Pacific Beach is lucky to have such a decorated, full-spectrum,

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

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

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

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La Jolla artist not slowing down while in her 80s

Peggy Hinaekian has seen it all and done it all

By DAVE SCHWAB

The world of Peggy Hinaekian is all about color. But hues mean something altogether different – and more – to the octogenarian La Jolla artist and writer, who continues to productively paint and write from her home studio on Soledad Mountain Road.

“I was born and raised in Egypt surrounded by the Sahara Desert and my first impression of color was the yellow-ocher sand, and I was very much obsessed by it, as well as the turquoise of the Mediterranean,” said the 86-year-old artist, who’s lived worldwide, about her early influences. “Since then my color palate has been blues and red oranges evoking emotion and a sunny place. My brain spews out color.”

Hinaekian’s travels in the United States, Canada, Europe, and Africa have strongly influenced her work which she described as “nostalgic and lyrical,” consisting mainly of oils or acrylic on canvas and mixed

technique on paper, as well as limited-edition original etchings.

“I consider myself a color field painter and am foremost a colorist,” she said. “I put myself in a color mood and apply the paint on canvas or on paper to create a layered atmospheric composition, sometimes with collages.”

Hinaekian, whose father was an interior decorator, started drawing at age 3. “He encouraged me in the arts,” she said while admitting to “doodling in my schoolbooks.”

She fled Egypt during the Suez Canal crisis seeking refuge in Canada before coming to the United States and eventually settling down with her husband in La Jolla.

Her work is mostly abstract renditions of imaginary landscapes in warm earth tones and variations of blues, sometimes with collages and texture. She said quiet, atmospheric, whimsical, dreamy, imaginary and poetic are adjectives describing her paintings, which she added, “have a soothing effect on the viewer.”



Peggy Hinaekian in her plein air studio.

COURTESY PHOTO

A truly international and versatile artist, Hinaekian also does commissions. Before becoming a professional artist, she had a formal career as a fashion designer in New York.

Her award-winning art has been exhibited internationally and can be found in numerous corporate and private collections. Her etchings are distributed by Christie’s

EVENTS FOR PEGGY HINAEKIAN

November and December – Exhibition at the La Jolla Community Center, 6811 La Jolla Blvd.

Throughout November – Exhibition of paintings at Bird Rock Coffee Roasters at 5627 La Jolla Blvd.

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The artist works free form by choice and disposition.

“I rarely work with a preconceived vision for the final product, thus allowing the possibility of ambiguity and surprise,” Hinaekian said. “Conceptually, I try to immerse the viewer in the perceptual experience of space, color, and light. Therefore, my paintings actualize perception by carefully balancing these elements. I have a fascination with creative imagery, which is an area of space occupied by floating forms that may join or float independently. Finally, by using color and texture, I try to breathe movement into my ‘abstract landscapes’ to guide the viewer into the paintings making the person wander into a different reality.”

Discussing her outlook on life and art, Hinaekian said: “When you pursue your dreams relentlessly – you eventually get them. But you have to be relentless, and really aggressive in trying to achieve.”

At age 86, she reflected, “Health is the most important thing you can have.”

Returning to art, Hinaekian said her paintings “have a focal point so that your eyes are riveted to the painting.” She added of her artistic preferences, “What I like is big expanses of color. That is the most important thing in my painting.”

She explained her artistic process. “I create an image in my head, then I put it down on canvas.”

Her work also tends to be unorthodox. “I like gathering found objects in the street when I’m walking,” she said. “I do abstract photographs of La Jolla pavements and sidewalks. But you don’t know it’s a sidewalk.”

Hinaekian wrote “The Girl from Cairo – A Memoir,” which she recently presented at a book signing at Warwick’s in La Jolla. She added she also wrote a racy book at age 80 that got translated into French and Swiss. That opus drew headlines reading “Grandmother of 80 writes an erotic book.”

Retiring is not in Hinaekian’s lexicon. “My mind is too full of things,” she admitted. “I work every day either painting or writing.”

At work now on her fourth novel, a fiction piece, Hinaekian hinted that it’s “a book with a strong female protagonist. I cannot write about meek women. I like women to be strong.”

Hinaekian’s work is intended for the masses. “I keep my prices down because I want everyone to own a piece of my art,” she said.

She also is welcomes people coming to her studio to view her work.

“Some people think if they come they have to buy,” she said. “But that’s not the point. The point is to make my art known. It’s a product from my heart. Art is my passion. I cannot live without it.”

Contact her at hinaekian@hotmail.com.



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LJCD field hockey: Beach workouts, 'do two push-ups, roll the medicine ball'

By ED PIPER

Midfielder Julia Cortes, a senior at La Jolla Country Day School, was recounting the field hockey team's game the day before. "It was pouring rain. Our goalie (Sophia Peltier) got stitches on her right cheek. She tripped and fell on her headgear."

"They cleaned it up, put in stitches, then she kept playing." One tough girl, that Peltier, a sophomore.

In the telling of Charlotte Izadi, a sophomore defender, "Sophia

came back in and blocked a bunch of shots. She did the splits to block one shot."

It sounded like quite a scene. The contest ended up being called at halftime due to the downpour, tied 1-1. The two teams were talking about resuming the game from halftime on another occasion. But more importantly, the Torreys continued on their ever-achieving climb under head coach Krista Jackson, in her fifth year at the private school, to build a bigger, better brand of field hockey.

Jackson, who prepped at University City, then played her college ball at Davidson, caught a lucky break when assistant coach Megan Hempsey submitted her application to athletic director Jeff Hutzler. "I think you're going to like this one," Hutzler informed Krista. The two field hockey mentors were on the same page about the program and Hempsey, who played goalie at UCHS when Jackson coached there, takes the Torreys' netminders during part of practice and works on strategy and skills.

Elicia Bikhazi-Green, a ninth-grade forward on offense, dishes on the team's hardest workout and team togetherness. The most challenging workout? "When we're in the weight room (once or twice a week—twice around league games this particular week), we do two push-ups and pass the medicine ball" (everybody lined up side-to-side in push-up position).

Team-building: "Me and (junior captain) Kathleen (McElroy) are close friends."

READ MORE ONLINE AT sdnews.com



Kathleen McElroy (left) and Julia Cortes serve as LJCD's varsity captains on field hockey. PHOTO BY ED PIPER

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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.

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The Social Diary – ‘Bunnies’ at the Mansion, Miracle Babies Gala Baby, & Versace!

By MARGO SCHWAB

Cover shot... museum level pieces of Gianni Versace mixed with Donatella for the Versace store opening in Fashion Valley benefiting Promises2Kids helping foster youth in San Diego. Among those there were May Zawaideh, Deborah and Claude Anthony Marengo, and Francisco Medavog. That's the Medavog designer and collector. Yes, your reporter wore Gianni Versace 1992 mixed with Donatella au courant. Because she is #WildForVersace.

Meanwhile Halloween went pri-vee fun at the Forsyth Mansion up North. Tom and Karian Forsyth hosted the coveted private 'Playboy' themed haunt. Couture skeletons and 'rats' provided the haunting backdrop as a clutch of bunnies and 'Hef handsones' enjoyed epic paella and tunes by the DJ. Can we say it was the event with a very who's who of fabulous.

On the gala side in San Diego, Miracle Babies went glam at Rancho Valencia. Spotlights included profound words by founder Dr. Sean Daneshmand, who helps the amazing neonatal and NICU unit care, his loving wife Marjan looking proudly on, glamour chairs Sandra Alavi in exquisite Oscar de la Renta emerald gown, and Selma Daniels in chic Miu Miu, and legacy award recipient Dr. Edith Eger, a remarkable Holocaust survivor.

Highlights included the DJ JD infused crepes afterparty. All told, a party with a great purpose until the wee hours! '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 #WildforVersace, which will include elements of her passions, animals and fashion. For event coverage inquiries, Margo can be contacted at mschwab@san.rr.com.



The beautiful philanthropy squad, Leida Ebrahimi, Whitney Licavoli, Sandra Alavi and April Ford – Miracle Babies.



Super Gala chairs Sandra Alavi with Selma Daniels – Miracle Babies.



Tamara Renee of Dynamic Wellbeing and Ellen Kardashian – Forsyth Halloween.



Singer Barbara Boyle with Carrie Anderson-Buchmann – Forsyth Halloween.



Laleh Roudi – Miracle Babies.
ALL PHOTOS BY MARGO SCHWAB



Super heroes Dr. Sean Daneshmand with Purple Heart recipient Scott Johnston – Miracle Babies.



Playboy theme Halloween hosts with the most Tom and Karian Forsyth – Forsyth Halloween.



Cuban fabulous Janet Shanner, Margo Schwab, Karian Forsyth, Joan Stucky, and Jerilyn Shaw – Forsyth Halloween.



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SUDOKU PUZZLE

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

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

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				

- CLUES ACROSS**
1. German philosopher
6. A type of stock trading (abbr.)
9. Cincinnati ballplayers
13. Deerlike water buffaloes
14. Island
15. Jewish calendar month
16. Round Dutch cheese
17. Unstressed syllable of a metrical foot
18. A restaurant needs one
19. Decent behaviors
21. Groans
22. Works hard
23. Upset

24. A sound made in speech
25. One point east of due south
28. Boxing's GOAT
29. Whittles
31. Tailless amphibian
33. Surrounded
36. Doesn't stay still
38. Copycat
39. Four-door car
41. Morally correct behavior
44. Something that is owed
45. Pasta needs it
46. Ant-Man's last name
48. Bravo! Bravo! Bravo!

49. Small period of time (abbr.)
51. Woman (French)
52. On or around
54. Fencing swords
56. Fonts
60. Command in the name of the court
61. Sprays with an irritant
62. Georgetown athlete
63. Dry or withered
64. Sign of injury
65. Tracts of land (abbr.)
66. 365 days
67. Physique
68. Icelandic poems

- CLUES DOWN**
1. Bodily substance
2. Internal
3. Provoke or annoy
4. Type of lounge chair
5. Losses
6. Makes less severe
7. Identifies a thing close at hand
8. Group of blood disorders (abbr.)
9. Rebuilt
10. Ancient Greek City
11. American investigative journalist
12. Partially melted snow
14. Take shape

17. Mexican beverage
20. Patti Hearst's captors
21. Jacobs and Summers are two
23. Disfigure
25. Scientists' tool (abbr.)
26. Ill-mannered person
27. Overhang
29. Famed rat catcher
30. Passover feast and ceremony
32. Equal to 10 meters
34. Central processing unit
35. Chinese native religion
37. Unfermented juices
40. "To the ___ degree"

42. Frozen water
43. Medieval circuit courts
47. 1,000 cubic feet (abbr.)
49. Gossipy
50. Shopping is one type
52. Palmlike plant
53. Partner to "oohed"
55. Welsh name meaning "snow"
56. Popular Mexican dish
57. It helps power devices
58. Reddish-brown wildcat
59. Impertinence
61. Legal financial term (abbr.)
65. Atomic #52

S	V	O	D	E		O	O	R		H	V	E	A		
S	H	U	E	I		H	V	O	S		E	H	E	S	
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8	9	9	8	7	7	1	2	6
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7	2	7	1	6	9	9	8	8
7	8	6	9	8	1	7	9	2
9	7	1	8	2	6	8	9	7
9	8	2	9	7	7	8	6	1
8	9	7	6	8	2	7	1	9
2	7	9	7	1	9	6	8	8
6	1	8	7	9	8	2	7	9

LEGALS >>
CONT. FROM PG. 10

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023368 Fictitious Business Name(s) a. KAYGE STUDIO Located at: 5580 BAHIA LANE, LA JOLLA, CA 93037 Is registered by the following: a. KAYLA GOLDSMID This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. KAYLA GOLDSMID Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 18, 2021. ISSUE DATES: OCTOBER 22 ,29 ,NOVEMBER 5 & 12

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9022039 Fictitious Business Name(s) a. SAN DIEGO HOME IMPROVEMENT SERVICES b. SDHIS Located at: 10001 DUNBAR LANE #5, EL CAJON, CA 92021 Is registered by the following: a. JEFF MUDD This business is conducted by: AN INDIVIDUAL first day of business was: 09-29-21 Registrant Name: a. JEFF MUDD Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 01, 2021. ISSUE DATES: OCTOBER 29,NOVEMBER 5,12&19

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

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023810 Fictitious Business Name(s) a. WESTERN YACHT BRO-

KERAGE Located at: 2726 SHELTER ISLAND DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. PHILLIP S. KINNISON This business is conducted by: AN INDIVIDUAL first day of business was: 07/04/13 Registrant Name: a. PHILLIP S. KINNISON Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 21, 2021. ISSUE DATES: OCTOBER 29,NOVEMBER 5,12&19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9023847 Fictitious Business Name(s) a. OPTIMOVE PHYSICAL THERAPY b.. OPTIMOVE CONCIERGE PHYSICAL THERAPY Located at: 1468 THOMAS AVENUE, SAN DIEGO, CA 92109 Is registered by the following: a. ALEXIS ADIARTE This business is conducted by: AN INDIVIDUAL first day of business was: 08/01/2021 Registrant Name: a. ALEXIS ADIARTE Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 22, 2021. ISSUE DATES: OCTOBER 29,NOVEMBER 5,12 & 19

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

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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00046844-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): STEPHANIE WATSON HUNSAKER and SHAUN BRAD HUNSAKER filed a petition with this court for a decree changing names as follows: Present name: a. ELISE GRACE HUNSAKER To Proposed name: ELISE MARGIE HUNSAKER. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 12/20/21 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: November 4, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024415 Fictitious Business Name(s) a. SUN AND SAGE Located at: 3146 VANCOUVER AVENUE, SAN DIEGO, CA 92104 Is registered by the following: a. ALEXIA MARISELA MAGALLANES b.ELISABETH MARIE YAOTANI This business is conducted by: A GENERAL PARTNERSHIP first day of business was: 10/25/21

Registrant Name: a. ALEXIA MARISELA MAGALLANES b.ELISABETH MARIE YAOTANI Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 30, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

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

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

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024984 Fictitious Business Name(s) a. BY MARI PHOTOGRAPHY Located at: 10882 ANGOLA ROAD, SAN DIEGO, CA 92126 Is registered by the following: a. MARICRUZ CARDENAS This business is conducted by: AN INDIVIDUAL first day of business was: 10/01/2021 Registrant Name: a. MARICRUZ CARDENAS Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 8, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9024714 Fictitious Business Name(s) a. DEEP BLUE POOL CLEANING Located at: 2839 SHELTER ISLAND DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. COLIN OLSON This business is conducted by: AN INDIVIDUAL first day of business was: 10/01/2021 Registrant Name: a. COLIN OLSON Title of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 3, 2021. ISSUE DATES: NOVEMBER 12, 19, 26 & DECEMBER 3

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

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

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

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

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

Five reasons to adopt a senior pet:

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



Stormie

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

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

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

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

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

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

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

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SOLD 2 TIMES



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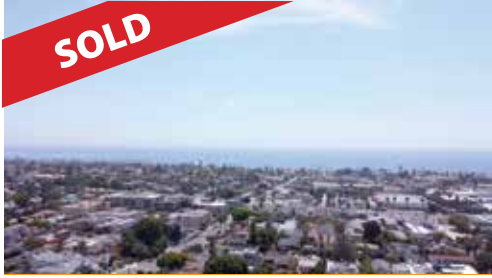
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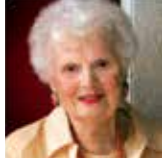
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Gaining freedom from old shoulds while responding to current issues



Doing it Better

By Natasha Josefowitz, Ph.D.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The pandemic has also helped to

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

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

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

COVID-19 vaccine boosters available for San Diegans

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

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

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

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

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

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

who were vaccinated at least two months ago.

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

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

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