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THIS WEEK



La Jolla International Fashion Film Festival

SEE PAGE 16



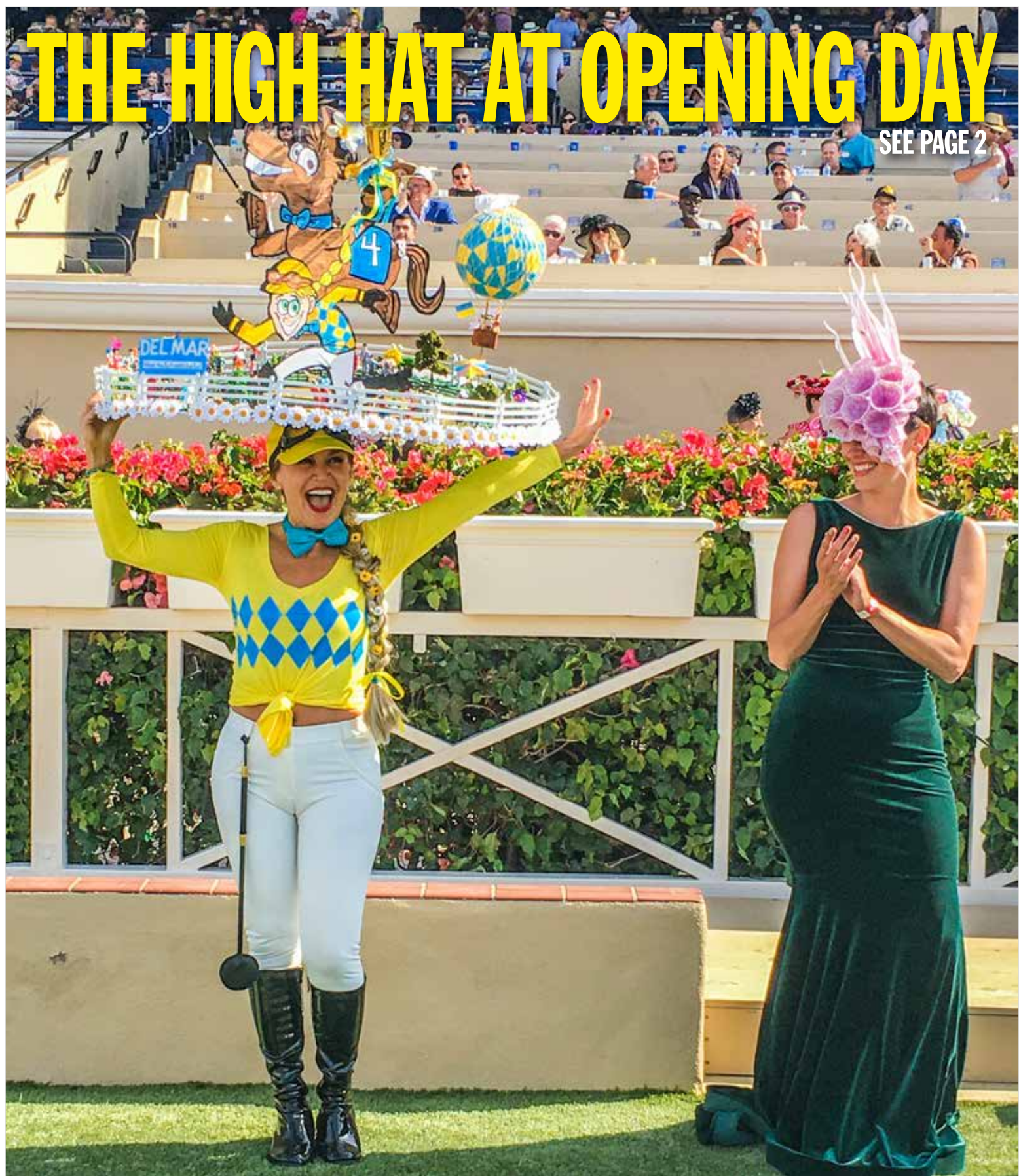
Children's Pool seawall needs costly repairs

SEE PAGE 6



The Social Diary Turf Club at Del Mar

SEE PAGE 8



The Hats Contest Grand Prize winner Steffi Poce (left) of Park City, Utah, celebrates as Aubrey Fohl from San Juan Capistrano, the Best Fascinator winner, cheers her on during Opening Day at Del Mar Racetrack.

PHOTO BY THOMAS MELVILLE

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Del Mar Racetrack sets Opening Day record



Priano (4) holds off Single Me Out (2) and Big Flame (3) in the third race at Del Mar's Opening Day.

By HECTOR TRUJILLO

Despite a limited sell-out crowd of 21,682 attending on July 22, Del Mar Racetrack set an opening-day record all-sources handle of \$23.56 million breaking its previous record of \$21.30 million set last year.

The summer meeting opened a week later than normal this season and will extend past Labor Day for the first time in nearly 20 years.

The day featured several events including fan favorites like the Hats Contest, which drew more than 160 contestants, the return of the Opening Day Party, the

exclusive After Pony Party, and a 10-race program that included the \$100,000 Oceanside Stakes.

"We got here early and stayed through the last race," said Del Mar resident Carmen Arredondo. "We have been coming to Opening Day every year as a family and have it circled on our calendar. I am so happy not only because I cashed a ticket today, but also because I see that so many people are out here and having fun again."

Del Mar's Grandstand also started operating at full capacity for the first time since 2019 and will continue to do so throughout the season.

Opening weekend had races going through Sunday with large attendance numbers throughout the weekend, which had 11 races each on Saturday and Sunday. Among other highlights of the weekend was the return of the Del Mar Racetrack's mascot Pony Boy after being absent for the last couple of years.



Michelle Acherman, of Chula Vista, watching the fifth race at the rail on Opening Day. See more photos of Opening Day at sdnews.com. ALL PHOTOS BY THOMAS MELVILLE

"We drive up from Tijuana because we love the atmosphere so much and it brings me back to my childhood," said Ernesto Becerra. "I would go to the races at Caliente with my parents when I was little and now want my kids to have the same great memories that I did growing up watching these beautiful horses and amazing jockeys."

Caliente Racetrack ceased horse racing in the early 1990s.

For a full list of summer season events at the Del Mar Racetrack, visit dmtc.com/calendar.

OPENING DAY HATS CONTEST

The 28th annual Opening Day Hats Contest at Del Mar drew more than 160 contestants. Categories included Most Glamorous, Best Fascinator, Best Flowers, and Best Racing/All Others Theme. Contestants competed for more than \$4,000 in cash and prizes.

The Grand Prize winner was Steffi Poce of Park City, Utah, who competed in the Best Racing Theme category. Poce received a one-night stay and meal for two at Rancho Valencia Resort & Spa valued at \$1,000, a \$500 Studio Savvy Salon gift basket, and a \$300 cash prize for a total value of \$1,800.

Poce wore a large racetrack atop her head with the centerpiece of a horse riding a jockey. Poce spent approximately 40 hours crafting her creation and even made hats on all the miniature figures across her racetrack brim. Her outfit consisted of riding pants and a racing crop with diamonds on yellow silks.

The first place Best Fascinator award went to Aubrey Fohl from San Juan Capistrano. The hat was designed by Maor Zabar, a couture milliner atelier based in Tel-Aviv, specializing in surreal and unexpected pieces of art. This particular fascinator is a pink carnivorous flower. The hollyhock flowers are beautifully offset by Fohl's fitted deep forest green velvet dress.

First place in the Best Flowers category went to Amparo Brean from Encinitas. This artistic and creative hat was designed by Amparo herself. The judges were "abuzz" from the many bees, flowers, and beehive she wore.

In the Most Glamorous category, Belinda Berry, all the way from Spring Hill, Tenn., wore a self-titled ensemble, "Gilding the Tiger Lily." Berry's stunning light green and coral matching hat and custom-made dress are perfection from head to toe.



David Kuoppamaki and Toni Hoyt of Bay Park have their photo taken on Opening Day.



An up-close look at the details of Steffi Poce's winning hat.



A group of colorful women pose near the paddock on Opening Day.

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Is your pet the cutest? Enter San Diego Humane Society's Photo Fundraiser



Mr. Puff



Maisie



Kismet

By DAVE SCHWAB

Nearly everyone thinks their pet is the fairest of them all. Now you can prove it while having some fun and serving a noble cause.

San Diego Humane Society's 30th annual Photo Fundraiser is open for submissions and voting for your favorite pet's favorite photo to can be done now through the end of August.

Participating is easy. Submit your favorite pet photo at sdhumane.org/photocontest and encourage your family and friends to vote for your pet's picture through Aug. 31.

The SDHS fundraiser generates money for the organization's vital services, which include animal sheltering and adoptions,

investigations of animal cruelty and neglect, veterinary care, education programs for youth and adults, the rescue and rehabilitation of wildlife, and more.

Prizes include having your pet featured on a full-month spread of San Diego Humane Society's 2023 calendar, a professional photo shoot for your pet, tickets to the organization's annual Fur Ball gala on Oct. 1, and other special gifts. All photo entries with five votes or more are guaranteed inclusion in the calendar or on the collage pages.

"The Photo Fundraiser is one of our favorite campaigns because it gives the community an opportunity to support our lifesaving work, while also taking part in a friendly competition showcasing their favorite animals," said senior vice

president and chief philanthropy and communications officer Brian Daugherty. "We're halfway to our goal of raising \$110,000 to help us save more lives. We encourage everyone to enter their best pet photos and to get their family and friends to vote."

SDHS spokesperson Nina Thompson noted summer is the busiest time for the animal welfare nonprofit. "There is a peak in July for business because that is when kittens, puppies, and wild-life babies are being born," she said pointing out this is one of many reasons why the photo fundraiser is important, as well as being easy to do.

"When you submit your pet photo you get a profile with your pet's name that you can share on different social media platforms like Facebook, Twitter, and Pinterest, to ask friends and family to vote for your pet with just a click of a button," said Thompson. "The sooner you enter – the more time you have to get votes by Aug. 31."

Thompson said there are no restrictions on the types of pet photos that can be submitted. "It can be

any type of animal or multiple animals, and they can be dressed up," she said. "Whatever type of photo you think is going to be the best vote-getter. Last year, we had 944 photo entries and the top winner was Mr. Puff, a cat, who solicited 19,771 votes, almost double the second biggest vote-getter, who had about 10,000 votes."

Thompson noted that SDHS' biggest fundraiser, the Fur Ball, brought in \$1 million last year.

SDHS is especially busy right now in mid-summer. "We have more than 600 animals available for adoption, which is why fees were lowered all through July with fees being waived all together the last week of July," said Thompson. "The hope was we could get more people in the door."

With campuses in El Cajon, Escondido, Oceanside, Ramona, and San Diego, SDHS provides animal services for 14 cities within San Diego County. The organization not only cares for more than 40,000 companion and wild animals in its communities annually but also shares the expertise they have gained

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- You can contact our Behavior Helpline to get expert guidance about behavior or training concerns.
- By adopting, you'll help create space in the shelter for other animals in need.

through their innovative programs with shelters nationwide so they can save more lives in their communities.

SDHS' scope of social responsibility goes beyond adopting animals. The organization offers programs that strengthen the human-animal bond, prevent cruelty and neglect, provide medical care, educate the community and serve as a safety net for all pet families. For more information, visit sdhumane.org.



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Girl Scout's do-si-do around a price increase for cookies

By DAVE SCHWAB

Those Thin Mints, Tagalongs, and Do-si-dos are going to cost more when Girl Scout cookie season resumes next year in January.

But not to worry. No doubt, Girl Scout cookies will continue to sell – and people will continue to buy.

There was a good reason for the price increase, said Carol Dedrich, CEO of Girl Scouts San Diego.

"For the first time in eight years, Girl Scouts San Diego made the decision to adjust the price of Girl Scout cookie packages to \$6 for all varieties beginning in the 2023 Girl Scout cookie season," she said. "The adjustment is one of the ways our council is working to offset the significant effects that the pandemic and inflation have had on funding for our programming."

All Girl Scout cookie proceeds stay in San Diego to fund troop activities and service projects. Earnings also support camps, volunteer training, and the financial



BellaRose Uhrig, who has been a Girl Scout for 11 years and sold cookies for 10, is a fifth-generation La Jolla/Pacific Beach resident, and a third-generation Girl Scout. COURTESY PHOTO

assistance that keeps Girl Scouting available and affordable for all.

Dedrich pointed out Girl Scouts San Diego empowers 23,000 girls and adults in San Diego and Imperial counties each year through programs that build business and life skills and promote

explorations in science, technology, engineering and math (STEM), the outdoors, and more.

Added Dedrich: "Our array of enriching summer camps taking place right now are among these."

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City Council approves updates to Climate Action Plan, net zero by 2035

By DAVE SCHWAB

San Diego City Council voted 8-0 Aug. 2 to support an update of the City's Climate Action Plan.

Councilmember Chris Cate was absent for the vote.

The update formalizes the City's goal of achieving 100% renewable energy by 2030, and net zero emissions by 2035. It also reinforces the City's standing as a statewide and national climate leader.

One hundred percent renewable energy means getting all energy from renewable resources – sunlight, wind, rain, tides, waves, and geothermal heat – to be used for electricity, heating, cooling and transport.

Net zero applies to bringing global greenhouse gas emissions from human activity into balance with emissions reductions. At net zero, carbon dioxide emissions are still generated, but an equal amount of carbon dioxide is removed from the atmosphere as it is released into it, resulting in a zero increase in net emissions.

"Years of delay and disinvestment have left San Diegans ill-prepared for climate impacts like pollution, deadly heat waves, wildfires, and droughts," said the Climate Action Campaign, a nonprofit with a mission to stop the climate crisis, in a statement before the City Council meeting. "The City can safeguard our health and safety by

making sure that this plan is implemented."

"Achieving the CAP goals requires a shift in how we power our buildings, move around the City, reduce our reliance on imported water and expand our tree canopy and wetlands," said District 1 Councilmember Joe LaCava representing La Jolla who chairs the Council's Environment Committee. "There is a lot of work ahead of us. Climate action in the City is clearly already underway."

Added LaCava, "We have an aggressive work plan in the months ahead, not just the implementation plan itself, but the department work plans and the administrative regulations. Success in meeting our new CAP goals will have to

come from every City department. As a City we will track progress, we will meet our targets."

"This CAP is a landmark for our City," said Council President Sean Elo-Rivera. "It's something that other cities in the country will model their CAPs off of. I can't emphasize how significant our commitment to zero emissions is. What we hope will be different this time is whether or not we hit the goals that are being set."

Added Elo-Rivera, "I'd like to fast-forward to what San Diego would be like if we meet these goals. We would have healthy indoor air in every home. We'd have safe and efficient mobility options in every neighborhood. We'd have food and water security. We'd have

abundant trees and plant life and clean air. With those ideas in mind, we have every reason to work as hard as possible to achieve those goals."

"We all know that climate change is happening across the world," said District 2 Councilmember Dr. Jennifer Campbell. "And I'm proud that our City has taken bold action by adopting updated goals and strategies to help combat the effect of climate change and reduce greenhouse gas emissions. Let us continue, onward and forward, with helping our planet recover from climate change."

The City's updated CAP can be viewed at climate-action-plan-updated-draft.pdf (sandiego.gov).

Pacific Beach Town Council delays vote on proposed name change

By DAVE SCHWAB

Due to a procedural glitch involving the lack of a membership quorum, a July final vote by Pacific Beach Town Council on a proposed name change for the group had to be postponed.

"At some point, we had to have 10% of our total membership of about 370 there for the vote and, because it was a hybrid meeting, and some people left early, we had to have at least 37 votes and that was razor-thin," said Marcella Bothwell, PBTC president.

As a result, Bothwell said the town council opted to delay the vote on the name change to the community association and place it under review by its governing

committee. She added the committee needs more time to evaluate the situation and determine the best course of action moving forward.

Prior to the July vote, all PBTC board members were sent information explaining the reasoning behind the group's proposed name change.

"The PBTC desires to increase community awareness of the organization's mission and accomplishments, and to grow membership," read the statement. "A major obstacle to this effort is a widespread misunderstanding of what the PB Town Council is, how it operates, and who may participate. Much of the confusion stems from the name, 'Town Council.'"

The statement proceeded to note

that many residents infer that the town council is governmental, a lower-tier subgroup of the San Diego City Council, and therefore do not understand that PBTC is actually an all-volunteer membership organization.

Bothwell said the name-change proposal was far from a slam dunk.

"We've spent two years on this and some people want to do a name change," she said. "But there are other people who do not want a name change."

Ellen Citrano, a former PBTC office assistant and a current member of its board, said she had been undecided on the issue.

"I have wavered regarding the name change," she admitted. "But I don't feel there is any proven

information that would indicate younger people joining, or people understanding the organization any better. In fact, when our board member asked his children who are young adults if they would consider joining the board or the association, they both said no."

"Over the past year, we have had quite a few people in their 40s and 30s join as members and they seem to get the concept. So I'm a bit of a traditionalist and I like the old name," Citrano said.

"People need to be informed and need to come together to a decision," Bothwell said of the delayed name-change vote. She added: "We thought we might need to look at this in a different way. So we took it back to the governance committee."

The vote on the name change is also too important to be taken lightly, notes Bothwell. "We need more than 40 people to make this decision," she said. "It's too important to the community."

One possibility would be to expand PBTC membership voting on this issue via a mail-out ballot to members, said Bothwell. "That may be best," she said. "People can send it back. At least they would have had the opportunity (to vote)."

PBTC is dark in August, which means the September meeting of the group would be its earliest opportunity to re-vote, in-person on changing their designation from Pacific Beach Town Council to Pacific Beach Community Association.

University City man gets 18 years for killing roommate

By NEAL PUTNAM

A University City man who stabbed his roommate to death in 2019 has been sentenced to 18 years in state prison after he pleaded guilty to voluntary manslaughter.

Brandon Ganskow, 37, had attacked the victim, Kevin

Crosthwaite, 56, once before with a knife, but Crosthwaite forgave him and allowed him to return to his house in the 5300 block of Bothe Avenue when Ganskow finished a jail term on terms of probation.

"He was a victim who had a big heart," said Deputy

District Attorney Matt Greco. "Unfortunately, on July 8, 2019, history repeated itself in a very sad way."

Ganskow had moved his mother into the house in 2019, and she called police when the victim was injured. Crosthwaite was stabbed seven times in the neck with

scissors. Ganskow had developed delusions that Crosthwaite kept track of his movements through phones and devices, the prosecutor said.

Ganskow pleaded guilty to voluntary manslaughter and a murder charge was dismissed. He also pleaded guilty to using the scissors

as a deadly weapon and received five years consecutively for injuring Crosthwaite in the prior case to add up to 18 years, said the prosecutor.

San Diego Superior Court Judge Eugenia Eyherabide gave Ganskow credit for nearly three years spent in jail at his sentencing on June 30.

CLEAR THE SHELTERS

San Diego Humane Society is reducing adoption fees for dogs, cats, kittens and small pets during a nationwide campaign to "Clear the Shelters" in partnership with NBC Universal and Telemundo. Aug. 2-31. You can adopt a dog, cat or kitten for \$20 and a small pet for \$5 at any of San Diego Humane Society's campuses in El Cajon, Escondido, Oceanside and San Diego. San Diego Humane Society is open for walk-in adoptions Tuesdays-Sundays, 10 a.m.-5 p.m. at its campuses in Escondido, El Cajon, Oceanside, and San Diego. To view animals available for adoption, visit sd-humane.org/adopt.



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Children’s Pool seawall repairs could cost \$2.3 million

HISTORY OF CHILDREN’S POOL

While the Children’s Pool, a small sandy beach at 850 Coast Blvd. at the end of Jenner Street in La Jolla, had attracted visitors since the 1870s, for several decades afterward, its coast and surf developed a reputation for danger. By the early 1900s, visitors were being warned not to go into the ocean at La Jolla’s many beaches here because of the hazardous cross currents. In 1921, Ellen Browning Scripps, a wealthy La Jollan since 1897, who had focused much of her life and philanthropy on the welfare of children in the community, sought to resolve this ongoing problem. She hired a hydraulic engineer named Hiram Savage to conduct a survey for the construction of a proposed breakwater somewhere in La Jolla to create an area where it would be safe for children to go in the ocean. In 1923, Savage submitted his results, proposing that a crescent-shaped breakwater be constructed where the Children’s Pool beach is today. Scripps paid for the construction of a breakwater project in order to create a place where children could play and swim that would be protected from waves coming onshore. In May 1931, a public celebration was held to commemorate the completion of the new breakwater, and the safe ocean bathing area for children it created, all of which had been gifted by Scripps to La Jolla. Scripps was too ill to attend the public celebration herself, unfortunately, and she died in 1932. But the Children’s Pool remains another lasting legacy of her local philanthropy.

By DAVE SCHWAB

Looking ahead, an engineering study well underway is planning for needed repairs to the Children’s Pool seawall estimated to cost \$2.3 million.

The study by MDEP Inc. engineering firm commissioned by La Jolla Parks and Beaches, Inc., is being paid for by leftover money from the Children’s Pool Plaza construction project finished in 2018. LJP&B makes recommendations to the City on coastal parks in the Jewel.

LJP&B received an update recently on the project by Matt Mangano from MDEP Inc. “We are looking at a seawall itself that is nearly 100 years old, and we are designing for another 100-plus years,” Mangano said. “The big challenge is going to be the adherence (of the seawall to the reef). So, whatever the new concrete is, it needs to be better than the existing concrete. So, we’re going to have to prepare the surface (of the seawall) then come in with the latest, newest technology (for repairs).”

MDEP said they would be using Army Corps of Engineers’ inspection techniques and their manuals on designing seawalls. Much of what needs to be done is easy to see, Mangano said.

“Anyone who has been down there is familiar with the

degradation and the erosion that is occurring on the (seawall’s) stairwell, which is a shame for the access and there will be a challenge to (repairing) it,” he said. He added that waterproofing will be key to successfully repairing the seawall. “Any sort of waterproofing we can do on the wall has a lot to do with the porousness of the concrete,” he said. “So, with the repairs, there is going to need to be some sort of demolition.”

Mangano pointed out engineers are “going to have to make some strong educated guesses” about the stability of the seawall while working to reinforce it. “We’re not going to cut the wall open and travel through it to see,” he said adding how much work needs to be done could largely be determined by “the interior (of the wall) and how that has all held up.”

Referring to the seawall’s original design, Mangano said: “It really was an amazing process to have the concrete really become part of the reef from an engineering perspective.” He added, “We’re going to be recommending reconstructing the steps into the water for children to actually use to swim.”

LJP&B members expressed approval of the Children’s Pool seawall-repair project.

“Ellen Browning Scripps



The degradation and the erosion that has occurred to the seawall is evident in this photo. PHOTO BY DAVE SCHWAB

would be so proud,” said Melinda Merryweather.

“This is an underlying feature of our local community here,” said Phyllis Minick, who spearheaded the Children’s Pool Plaza construction project. “People who come here from other parts of the world, the first thing they ask for is to go to Children’s Pool and the Cove. So, to reinforce these features, and make them available for the future, is incredibly important.”

DO’S AND DON’TS

- The seawall is nearly 100 years old and it’s an uneven path so unsteady walkers should take heed.
- While you gaze at the seals, be mindful of the ocean behind you as it’s not uncommon for the surf to pound the sea wall and startle you with a splash. Be mindful of what you are hand-carrying because it would be easy to drop your phone if this happened.
- Don’t wear a backpack or carry a bulky bag as it will be hard to pass by others on the seawall as the walkway is narrow.
- Keep an eye on young children as the fence slats are wide.

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Boys To Men paddle out at La Jolla Shores honors donors for Transplant Games

By HECTOR TRUJILLO

Boys To Men Mentoring Network held an event honoring the Transplant Games of America, which included a donor tribute paddle out at La Jolla Shores on Sunday, July 31.

Dozens of participants took part, which included surfers of all ages and abilities alongside members of the network. The event had beautiful floating memorial tributes on the water in honor of organ donors and their loved ones.

"Whatever I intended or planned it to be, it was a hundred times better," said event organizer Joe Sigurdson. "It was beautiful, it was divine. I didn't know how many donor families were going to show up to be a part of the ceremony and the healing that they got from this process was hugely impactful."

Among those who took part in the paddle-out were parents whose son passed away in a motorcycle accident eight years ago at the age of 22. Both his birthday and day of passing coincided with the date the paddle out was held, July 31.

"They both paddled out and brought a portion of their son's



Dozens of participants took part in the donor tribute paddle out at La Jolla Shores on July 31. PHOTO BY ALEX ABATIE

ashes to spread," Sigurdson added. "This was all in God's hands the whole time and everybody that needed to be here was here. The impact that we had on the families that came to be a part of this was huge."

About half the people who attended the gathering took part in the paddle out. The Boys To Men Mentoring Network was founded in 1996 by Herb Sigurdson, Joe Sigurdson, and Craig McClain in La Mesa.

"We do a lot of honoring at Boys To Men so this was not a foreign concept to me," said Sigurdson. "I took on putting this thing together as part of my service to the Holiday Bowl." Sigurdson is one of more than 300 "RedCoat" volunteers with the San Diego County Credit Union Holiday Bowl.

Monthly guided tours of Rose Creek for bird watchers



Bird walk tour guide Kyle Fischer pointed out aquatic fowl during a stop along a bridge over Rose Creek.



Birders on a guided bird walk of Rose Creek in Pacific Beach got to see an osprey feeding on his catch on a light pole at Mission Bay High School.

PHOTO BY KYLE FISCHER

By DAVE SCHWAB

A small group of bird watchers on a guided tour of Rose Creek on July 31 didn't know they were in for a real treat: an osprey feasting on a fish on a Mission Bay High School light pole, a mullet it had just caught before the tour even began.

Tour leader Kyle Fischer, who brought along a field telescope and his smartphone armed with Merlin, a sound-sensitive app that can pick out birds by their song, identified both the bird and its prey for birdwatchers in the free monthly walk of Rose Creek, which begins in the parking lot of MBHS.

Near the end of the tour, Fischer was able to identify a bird song using the Merlin app as that coming from a Golden Warbler.

"I've been birding since I was a young kid and during the pandemic I started birding a lot more," said Fischer about his involvement. "I came up here to Rose Creek and noticed trash building up, so I reached out to Friends of Rose Creek. I found out they were leading bird walks. They asked me to help lead them, and I've been doing it for two years now."

Volunteer Fischer pointed out there are regulars and one-timers on his monthly creek bird walks. "You get a wide range of people,

some beginners, and some who have been birding for a long time," he said.

Asked about the appeal of birding, Fischer replied: "Some people love to bird watch because they're looking for rarities. Some are making lists, or they're traveling in birding. Some people just enjoy getting out into nature."

Is it fun to be a guide? "It's wonderful, I'm very happy to do it," replied Fischer. "It's been great."

The guide was also quick to point out San Diego is an incomparable place for birding. "More birds have been seen in the County of San Diego than any other county in the United States," noted Fischer, who explained why. "It is because of the incredible diversity of ecosystems,"

BIRD WATCHING TIPS

Study habitat: Each bird is specially adapted to a particular habitat. What you see will depend in large part on where you look.

Work the flocks: Your chance of finding an unusual bird is far greater in a flock, just because you have more birds to look at.

Be patient: A bird hopping around in a bush will eventually move into a spot where you can get a good look. Bird watching is often about being patient and waiting for the birds to show themselves.

Get the sun at your back: It is not always possible but moving around so that the sun is behind you will make it much easier to see and identify birds.

Try pishing: Sometimes, no matter how patient you are, you just cannot get a

good look at the bird. Try pishing, which involves making small, squeaky noises by kissing the back of your hand or making a low whistled pish by blowing air through your closed teeth. Here's how to pish: Clench your teeth, open your lips, and whisper the word pish.

Avoid brightly colored clothes: Many birds have poor color vision, but bright clothes, like whites, will contrast with the surrounding environment and enhance the appearance of movement. Wear darker colors or earth tones to blend into the background.

Look around: Many bird watchers, focused on the flock in the thicket, forget to look at the other habitats around them. In particular, they forget to look up and thus miss the flock of geese or the soaring hawk.

he said. "We have far offshore waters. We have desert and mountain habitats. We have chaparral and foothills. We have everything. It's really phenomenal."

The birdwatching tour threaded its way up and down Rose Creek along the bike path from the ocean to the north of Garnet Avenue and back. It was a pleasant, early-evening jaunt taking in glimpses of mostly common birds, as participants ducked out of the way of cyclists on the popular PB bike path. Viewed along the way were seagulls, sparrows, ducks, numerous crows, and hummingbirds, among others.

"In the winter there can be hundreds of coots (migratory water birds) here," pointed out Fischer.

Joining in on the tour mid-way through was Karin Zirk, executive director of Friends of Rose Creek, who talked about how things got started. "I used to do tours for years since I first got involved with Rose Creek in 2004," she said. "The first one probably happened in 2005. San Diego Audubon helped me do the first few. In the wintertime, I always do two or three, because that's when all the out-of-town birds are here, the ones that summer up in Canada and Alaska."

Added Zirk: "The monthly tours have been great because it's allowed a buildup of people to happen. And now Kyle, an expert birder, really brings the people out. Whenever he comes, we always have a much bigger turnout."

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La Jolla mural by Roy McMakin to be revitalized and renamed Your Favorite Color

Murals of La Jolla projects are located on private property, are privately funded, and are temporary, meaning they have a lifespan and are replaced every two to five years. But replace Roy McMakin's Favorite Color (2010)?

With its cheerful, graphic simplicity and deceptively poignant humanity, this mural has become a beloved landmark and community portrait, so Murals of La Jolla invited McMakin to create another version for the same wall. Twelve years later, Your Favorite Color is underway for the same location at 7596 Eads Ave.

The mural is set to be painted Aug. 1-6. And just like its previous iteration, McMakin's Your Favorite Color is visually playful and came to fruition through the artist's collaborative concept.

"The idea was very simple. I have always, since a child, been intrigued by both my own emotions around color preference

and also others. It has been important, and part of my identity, to know what my favorite color is. I often recall times when I discussed color with my friends as a child, and the talk always centered around preference. And I have found as an adult that most people still enjoy sharing what their favorite color is," McMakin said.

"My proposal for the wall in La Jolla in 2010 was to create a visual document of what a somewhat arbitrary group of people, of various ages, etc., chose as their favorite color. I began the process by asking people their favorite color, and then I presented them with a selection of four to six colors, of which they chose the one that was closest to the color they liked best. For example, if someone said 'blue,' then I showed them blue swatches and they chose one. One square was then painted that color."

While the new iteration of Your

Favorite Color looks like the first version, it is completely different, as all of the color choices are new. Eight hundred and eighty-two individuals chose their favorite color at a three-day event at the Athenaeum in May 2022. There were 79 colors to choose from, and all of the colors were chosen at least once, while one color, in particular, was chosen 40 times. Lime green was the most popular color choice in 2010, and in 2022, it is classic pink.

McMakin is an artist whose predominantly sculptural practice includes architecture and furniture through which he demonstrates a deep engagement with the artistic potential of domestic objects and environments. He was born in 1956 in Lander, Wy. He studied conceptual art-making under artists Allan Kaprow and Manny Farber at the UC San Diego, where he received both his BA and MFA.

McMakin resists the



Roy McMakin is re-doing his Favorite Color mural at 7596 Eads Ave. with new colors this week. It will be re-named Your Favorite Color. COURTESY PHOTO

conventional forms of art-making through the push and pulls of form and function. He seeks to bring art into every day, as opposed to putting it on a pedestal, with work that is both accessible and functional. Many of his sculptures are inspired by

or incorporate found furniture. The artist reworks these objects of American domesticity, adjusting size and material to change how they are traditionally understood.

More information about McMakin's Favorite Color (2010) can be found at muralsoflajolla.com.



Denise Hug of famed Mille Fleur Restaurant. ALL PHOTOS BY MARGO SCHWAB



Elegant Donna Allen and Dianne Bashor in the 'suite.'

The Social Diary — Turf Club 'suites' to the 'Sweet' world stage of LJIFFF

By MARGO SCHWAB

Opening Day at Del Mar Racetrack never disappoints. Fashion, champagne, and a whole lot of people watching, and people watching horses. Might be a bit of gossip thrown in here and there... biggest boldest jewelry (John Matty was a fave), craziest hats, elegant hats, and some va-va-voom ladies in the mix.

I hung with the elegant ones

and they did not disappoint. Dianne Bashor in Fe Zandi couture and Linda Hong in a detailed self-designed head to toe! Happy notations that local Allegiance Ranch in Fallbrook takes in a lot of retired race horses and retrain them for general equestrians... Great story by Kimberly Hunt of Channel 10 on thatBravo!!

A week later, La Jolla International Fashion Film Festival took place in La Jolla at

The Lot. This genius creation of Fred Sweet has a world platform of mind-boggling film talent and mind-boggling outfits. Among the fashionista mix were designer/collector Francisco Medavog, a true gem of gentleman and talent!

Get a social shout out in my next column. Be the first to correctly identify the era of my classic pleated outfit on the cover shot. Send answers to mschwab@san.rr.com. 'Til next time!



Beauties Darcy Smith with designer Linda Hong and Daran Grimm.



Singer La Laura Paris famous for the song 'Kissing Boys' and Dee Issac.



TV's Morningstar Foidada.

Memories of a sportswriter – I played the Jacksons in basketball

By ED PIPER

I guess that was my biggest media claim to fame — playing the Jacksons in basketball in a charity game at Santa Barbara High School. I blocked a shot at the buzzer that would have tied or won the game. My coach, Jack Trigueiro, the coach of Santa Barbara High's boys team, told me I should have let them make the basket. Oh well, my destiny wasn't fulfilled.

This was during the Jacksons' heyday in 1977. No, Michael Jackson wasn't there. I remember

we, the faceless opposition made up of local members of the media, sat leaning against the gym walls during the halftime spectacular before a packed house that had come to see the Jacksons sing and put on a dance show before enormous throbbing speakers.

During a George Plimpton (look it up) phase of participatory journalism as a 23-year-old and thereabouts, alternately:

--I played ice hockey against a boys youth team on skates. At the conclusion of the game, we piled the kids in the goal as a humorous coda to the event. They all loved it.

--I jogged with a female UC Santa Barbara long-distance runner while interviewing her, then wrote up the whole piece afterward for the Goleta Today, a weekday-morning daily I served as a one-man sports staff.

--I got smoked by Los Angeles Rams player Otis Grant (like me, 6 feet 5 inches tall) as he went around me easily to score in a benefit basketball game at Rio Mesa High School in Oxnard, near my hometown.

I spent one week as an assistant basketball coach for Bruce Lofthus at Dos Pueblos High in

Goleta/Santa Barbara until I explained a pivot to a varsity player that didn't comport with Bruce's understanding of the move and we called the whole experiment off. I continued my sports writing, he continued his teaching and coaching at the school. That was my one foray into coaching, and I have remained a sports reporter/photographer on the sidelines in stretches ever since.

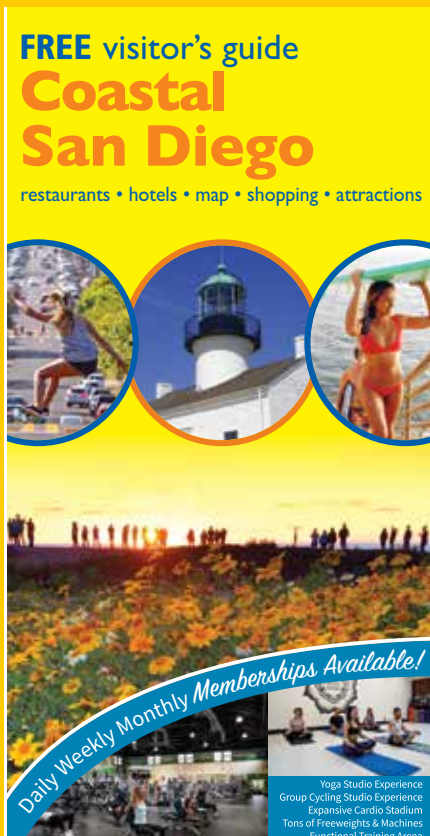
Along the way, I experienced the mundane — covering local high school basketball games for the Chico Enterprise-Record as a college student intern — and the

more elevated — sitting in the top deck of Estadio Azteca in Mexico City sharing sandwiches and snacks with other fans during a pro soccer semifinal.

When I entered journalism as a junior high writer with a column, "Eddie the Editor," then proceeded to high school to author my next sports column, "Physical Ed," I never once thought of newspapers as something that would go out of style. My cousin, a managing editor of an outlet in Nebraska, recently told me he knew from his college days that the days of newspapers were numbered.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015133 Fictitious Business Name(s) a. RUDE DAWGS Located at: 3600 N HARBOR DRIVE, SAN DIEGO, CA 92101 Is registered by the following: a RUDY TORRES This business is conducted by: AN INDIVIDUAL he first day of business was: 6/30/22 Registrant Name: a RUDY TORRES 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: JULY 5, 2022. ISSUE DATES: JULY , 22, 29, AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016090 Fictitious Business Name(s) a. WISE HEALTH COACHING Located at: 6331 ARMS LAKE AVE, SAN DIEGO, CA 92119 Is registered by the following: a CASSI A. BENAVIDES This business is conducted by: AN INDIVIDUAL he first day of business was: 6/30/22 Registrant Name: a CASSI A. BENAVIDES 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: JULY 16 2022. ISSUE DATES: JULY , 22, 29, AUG 5 & 12

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00029103-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): NASER AHMADI filed a petition with this court for a decree changing names as follows: Present name: a NASER AHMADI to Proposed name: SORAN ARTIN court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 09/12/2022 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: JULY 25, 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUG 5, 12, 19 & 26 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. 2022-9016962 Fictitious Business Name(s) a. STRONGPOINT PERFORMANCE GYM Located at: 7900 MICHELLE DR, LA MESSA, CA 91942 Is registered by the following: a. STRONGPOINT PERFORMANCE GYM, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/08/2022 Registrant Name: a STRONGPOINT PERFORMANCE GYM, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. DANIEL Y. ISHI, MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 27, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016473 Fictitious Business Name(s) a. OHANA ON THE GO Located at: 4719 NEWPORT AVENUE, SAN DIEGO, CA 92107 Is registered by the following: a. MELISSA MICHAEL WOFFORD This business is conducted by: AN INDIVIDUAL The first day of business was: 07/21/2022 Registrant Name: a. MELISSA MICHAEL WOFFORD TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. Eldon Charles Cairns, President The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 21, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016104 Fictitious Business Name(s) a. BEACH & BAY PRESS b. LA JOLLA VILLAGE NEWS c. PENINSULA BEACON Located at: 1621 GRAND AVE., STE C, SAN DIEGO, CA 92109 Is registered by the following: a. MANNIS COMMUNICATIONS, INC This business is conducted by: A CORPORATION The first day of business was: 08-01-1985 Registrant Name: a. MANNIS COMMUNICATIONS, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. JULIE MAIN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 16 2022. ISSUE DATES: JULY 29, AUG 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016392 Fictitious Business Name(s) a. TURN KEY METAL BUILDINGS Located at: 3505 CAMINO DEL RIO SO #332, SAN DIEGO, CA 92108 Is registered by the following: a DON REEDY b. RAJESH NARAYANA This business is conducted by: CO PARTNERS he first day of business was: 7-10-22 Registrant Name: a DON REEDY b. RAJESH NARAYANA a 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: JULY 20, 2022. ISSUE DATES: JULY 29, AUG 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016452 Fictitious Business Name(s) a. NADA'S LUXURY TRAVEL Located at: 2392 MAYDEY BELL CT, EL CAJON CA 92019 Is registered by the following: a NADA VOSTMYER This business is conducted by: AN INDIVIDUAL he first day of business was: N/A Registrant Name: a NADA VOSTMYER 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: JULY 21, 2022. ISSUE DATES: JULY 29, AUG 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016458 Fictitious Business Name(s) a. PROMONTORY PROPERTIES b. WOODLAWN MANOR APARTMENTS Located at: 523 GRAPE STREET, EL CAJON, CA 92021 Is registered by the following: a STEPHEN KERN HENDERSON b. ANITA DEFLOH HENDERSON c. JAMES JEFFREY DEFLOH d. JOANN DEFLOH This business is conducted by: GENERAL PARTNERSHIP The first day of business was: 6/16/1995 Registrant Name: a STEPHEN KERN HENDERSON b. ANITA DEFLOH HENDERSON c. JAMES JEFFREY DEFLOH d. JOANN DEFLOH 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: JULY 21, 2022. ISSUE DATES: JULY 29, AUG 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016869 Fictitious Business Name(s) a. THE VIBE HOSPITALITY HOMES Located at: 1850 CITADEL, CHULA VISTA, CA 91913 Is registered by the following: a MEREDITH REYES b. EUGENE REYES This business is conducted by: MARRIED COUPLE he first day of business was: 07-01-22 Registrant Name: a MEREDITH REYES b. EUGENE REYES 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: JULY 26, 2022. ISSUE DATES: JULY 29, AUG 5, 12 & 19

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00028397-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): ANTHONY PAUL DAVID BALL filed a petition with this court for a decree changing names as follows: Present name: a ANTHONY PAUL DAVID BALL to Proposed name: ANTHONY PAUL DAVID SKYERS court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 09/27/2022 TIME: 8:30 AM DEPT: C-61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: JULY 20 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUG 5, 12, 19 & 26 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. 2022-9016962 Fictitious Business Name(s) a. STRONGPOINT PERFORMANCE GYM Located at: 7900 MICHELLE DR, LA MESSA, CA 91942 Is registered by the following: a. STRONGPOINT PERFORMANCE GYM, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/08/2022 Registrant Name: a STRONGPOINT PERFORMANCE GYM, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. DANIEL Y. ISHI, MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 27, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016888 Fictitious Business Name(s) a. CairnsCraft Design & Remodel Located at: 4660 VOLTAIRE ST, SAN DIEGO, CA 92107 Is registered by the following: a. Tru-Value Enterprises, Inc. This business is conducted by: A CORPORATION The first day of business was: 02/10/2005 Registrant Name: a. Tru-Value Enterprises, Inc. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. Eldon Charles Cairns, President The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 26, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016473 Fictitious Business Name(s) a. OHANA ON THE GO Located at: 4719 NEWPORT AVENUE, SAN DIEGO, CA 92107 Is registered by the following: a. MELISSA MICHAEL WOFFORD This business is conducted by: AN INDIVIDUAL The first day of business was: 07/21/2022 Registrant Name: a. MELISSA MICHAEL WOFFORD TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. Eldon Charles Cairns, President The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 21, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017182 Fictitious Business Name(s) a. ROSE GOLD BEAUTY Located at: 6515 LA JOLLA BLVD, SUITE A, SAN DIEGO, CA 92037 Is registered by the following: a. RACHEL ROSE CRUZ This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. RACHEL ROSE CRUZ TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. Eldon Charles Cairns, President The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 29, 2022. ISSUE DATES: AUG 5, 12, 19 & 26

School news

PB ELEMENTARY

■ While students have been working hard in summer school, having fun is also important. At PB Elementary each Friday during summer school is a Fun Friday! On Fun Fridays there is a fun theme so students and staff can come to school dressed up. Friday, July 15, first and second grade students had fun on “Wacky Tacky Friday.”

■ The 280 elementary students attending the five week summer session at Pacific Beach Elementary are busy in academic areas and having fun at the same time. Principal Ali West summarizes the summer experience as “one filled with social justice focused content, social emotional learning, community building and fun. I have been surrounded by an incredibly kind and talented group of teachers and support staff, and amazing and supportive families. It has truly been a special summer.” Summer enrollment includes four kindergarten classes, three first grades, two second grades, two third grade classes, a fourth, and a fifth grade class. Afternoon enrichment activities have included visual and performing arts sessions, tennis instruction, and the school district’s Primetime Program.



Third grade students (left to right) Blake White, Ace Pringle, Shelby Skiles, and Casey Stoza are engaged in a writing assignment focused on making changes and improvements on current social topics. Eliminating graffiti, removing inappropriate language from YouTube videos, and addressing child abuse and animal abuse are just some of the topics selected by this third grade class.

PHOTO BY C. REINICKE



Pacific Beach Elementary students Lila Schultz, Yaneli Noriega, Tanner Wilbur, Miles Garrison, and Emma Etchings on Wacky Tacky Friday.

PHOTO BY C. REINICKE

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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.

8				3		1						
	6	3	5					7				
				6				9				
						3	1					
				1								
7	2											9
	7						4	9	2			
	3					2		6	7			
						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						69			

- CLUES ACROSS**

 - 1. Female parent
 - 5. NY city
 - 10. Israeli diplomat Abba
 - 14. Surrounded by
 - 15. Car part
 - 16. Simple aquatic plant
 - 17. Tough skin of fruit
 - 18. Finnish lake
 - 19. Composition
 - 20. Very willing
 - 22. One and only
 - 23. Cluster cups
 - 24. Famed Hollywood director
 - 27. Score perfectly
30. Important lawyers

31. Undivided

32. Part of the foot

35. Spun by spiders

37. Married woman

38. Reagan's Secretary of State

39. Instruments

40. The A-Team drove one

41. Short-tailed marten

42. Oil organization

43. Predecessor to the EU

44. "Hotel California" rockers

45. Color at the end of the spectrum

46. Actress Ryan

47. Digital audiotape
48. Expression of creative skill

49. Scientific instrument

52. Dog ___: marked for later

55. Israeli city ___ Aviv

56. Fencing sword

60. Turkish title

61. Wise individuals

63. Cold wind

64. Popular type of shoe

65. The territory occupied by a nation

66. Tattle

67. Chop up

68. Actress Zellweger

69. Romanian city
- CLUES DOWN**
- 1. Female of a horse
 - 2. Bowfin
 - 3. Chinese dynasty
 - 4. Small venomous snake
 - 5. Global news agency
 - 6. Common fractions
 - 7. American state
 - 8. Tired
 - 9. Boxing's GOAT
 - 10. Made less severe
 - 11. Group of countries in alliance
 - 12. God of fire (Hindu)
 - 13. Northeast Indian ethnic group
 - 21. Anchor ropes
- 23. They ___
 - 25. Apprehend
 - 26. Autonomic nervous system
 - 27. A theatrical performer
 - 28. 2-door car
 - 29. Partner to flowered
 - 32. Pair of small hand drums
 - 33. Former Houston footballer
 - 34. Discharge
 - 36. Former women's branch of military
 - 37. Partner to cheese
 - 38. Witch
 - 40. Live in a dull way
 - 41. Satisfies
 - 43. Snakelike fish
- 44. Consume
 - 46. Type of student
 - 47. Erase
 - 49. Instruct
 - 50. Girl's given name
 - 51. Spiritual leader of a Jewish congregation
 - 52. Every one of two or more things
 - 53. Indian city
 - 54. Greek letters
 - 57. Weapon
 - 58. Geological times
 - 59. Cycle in physics
 - 61. Soviet Socialist Republic
 - 62. Witness

I	S	V	I		E	N	E	H		H	S	V	H	
B	V	T	B		E	L	V	L	S		C	O	V	C
V	H	O	B		S	E	G	V	S		V	H	G	V
H	E	B	V	S		T	E	L		D	E	R	V	E
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L	H	V		L	V	O		G	E	M		D	E	R
S	E	T	G	V	E		C	E		C	E	P	O	
E	L	V	S		S	N	V	L	S		V	B	U	L
G	I	B	H	S		S	N	W		B	E	M	B	O
E	O	L		E	N	O		S	V	D		E	C	V
				D	V	M	O	H	N	O	H			
V	I	C	E	V		E	H	L		H	E	G	V	E
G	N	O	S		I	B	V	N	I		D	N	I	R
V	D	T	V		L	V	D	E	P		D	I	W	V
N	V	B	E		V	C	I	L	U		V	M	V	M

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



LIVE FROM SAN DIEGO – Music performances on the coast this week

By BART MENDOZA

SPOTLIGHT

There are plenty of bands in San Diego with well-known folks in them, but when it comes to star power, nobody comes close to The Shenanigans (above). Performing at Humphrey's Backstage Live on Aug. 14, this is a fun nine-piece group that specializes in rock and roll, R&B, and other barroom dance floor fillers, from Elvis to The Beatles. But what really sets The Shenanigans apart is its roster, featuring a who's who of local players, including a bonafide music legend, drummer Jack Pinney (Iron Butterfly, Glory, The Jacks), guitarist/singer and radio icon, DJ Jim McInnes, worldwide powerpop favorite, rhythm guitarist Mark DeCerbo (Four Eyes) and session veteran, saxophonist Chris Klich. You'll want to bring along your dancing shoes for this one. And maybe your autograph book.

The Shenanigans: Sunday, Aug. 14 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 8:30 p.m. \$5. humphreysbackstage-live.com.

RECOMMENDED

Long-running dance band favorites, The Heroes, perform at Scripps Park on Aug. 7. The closing show of the Concerts by the Sea summer series, The Heroes are the perfect group for a Sunday afternoon in the park, with a set list that spans decades. The seven-piece combo includes everything from big band swing tunes to modern funk hits, the common denominator being that they're all crowd pleasers, such as "What A Wonderful World" and "Happy." Dancing and singing along is

encouraged at what is sure to be a fun send-off to the 2022 series.

The Heroes: Sunday, Aug. 7 at Scripps Park, 1100 Coast Blvd. 3:30 p.m. Free. kiwanisclublajolla.org.

When it comes to songwriters of the last 100 years, few have stood the test of time like Smokey Robinson. Performing at Humphrey's Concerts by the Bay on Aug. 11, the Motown legend has been releasing music since 1958, in the process giving the world such oft-covered classics as "You've Really Got A Hold On Me," "Tracks of My Tears" and "Cruisin'." Still going strong at 82, Robinson puts on a wonderful, hit-filled show, full of songs that remain relevant more than six decades after they first hit the airwaves.

Smokey Robinson: Thursday, Aug. 11 at Humphrey's Concerts by the Bay, 2241 Shelter Island Drive. 8 p.m. \$149. humphreys-backstagelive.com.

A capella group, The Harvard Din & Tonics stop in at the Athenaeum on Aug. 12. The dapper combo, which performs in white tie and tails, was founded in 1979, quickly becoming Harvard University's signature jazz a cappella group. The Dins largely perform jazz standards of the 1920s through the 1940s, with forays into other genres such as rock 'n' roll, disco, and folk. It's an entertaining mix of tunes that might include evergreens such as George Shearing's "Lullaby of Birdland" or more current fare such as A-ha's "Take On Me." With impressive vocal arrangements and a sense of humor evident throughout, The Dins will appeal to both jazz

listeners as well as adventurous pop listeners.

The Harvard Din & Tonics: Friday, Aug. 12 at the Athenaeum Music & Arts Library, 1008 Wall St. \$25. 7:30 p.m. ljathenaeum.org.

You'll want to get to Beaumont's early on Aug. 13 to catch a set from the Moonage Daydreamers. The venue's intimate setting is a great place to see a live band, with good food, and a nice dance floor. On the 13th, anyone looking for a change-up from the deluge of classic rock tribute bands will find the Moonage Daydreamers set list a breath of fresh air. Songs range from Roxy Music, the Talking Heads, and Elvis Costello to David Bowie and The Pretenders, with plenty of deep cuts among the gems they perform.

The Moonage Daydreamers: Saturday, Aug. 13 at Beaumont's, 5662 La Jolla Blvd. \$10. 9 p.m. beaumontseatory.com.

Jazz fans won't want to miss The Lori Bell (flute) / Mikan Zlatkovich (piano) Quartet, featuring Antar Martin (bass) and Duncan Moore (drums), performing at Dizzy's on Aug. 13. "We're playing music by Freddie Hubbard, Herbie Hancock, Benny Golson, Cedar Walton and more," Bell noted. Upcoming projects for Bell include a recording of Joe Henderson tunes set for next year, but in the meantime, this performance of jazz classics, setting Bell's melodic flute against the rhythms and counter melodies of Zlatkovich's piano, will make a great soundtrack to another fun night out at Dizzy's.

The Lori Bell / Mikan Zlatkovich Quartet: Saturday, Aug. 13 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$20. dizzysjazz.com.

PB CONCERTS ON THE GREEN

The first of a series of four Concerts on the Green at Kate Sessions Park held July 24 with a new format, was successful. The updated contemporary musical series at the park on Soledad Road had its stage placed down the hill, rather than on top, to take full

advantage of acoustics from the natural amphtheater. "People loved the new format," said Marcella Bothwell, president of Pacific Beach Town Council, which hosts the annual summer event. "We had kids rolling down the hill."

Bothwell estimated there were about 1,500 guests who turned

out to hear yacht rock by the band Captain J and the Jive Crew. The last two events in the concert series will be The Mighty Untouchables (feverish dance band) on Aug. 7, and SM Familia (reggae and hot Latin) on Aug. 14. Music starts at 4 p.m. and is over by 6:30 p.m. There is also an Uber drop-off area for guests.



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4767 Ocean Blvd #410

Wake up to spectacular panoramic views of the ocean and coastline from this rarely available condo at Capri by the Sea. This 4th floor unit gives you the ability to watch all the fun on the beach and surfers in the ocean or simply look at only the water. It features two Juliet-style balconies off the living room and main bedroom where you can view incredible sunsets every night and fall asleep to the sounds of waves crashing. The complex boasts a pool, spa, security, and rooftop with BBQ area and 360-degree views. This is the only oceanfront condo complex in North PB right along the boardwalk around the corner from shops, restaurants, bars, and entertainment. The home would be ideal for a vacation rental, 2nd home, or a combination. **\$1,800,000**



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Built in 2017, this highly sought-after Pacific Beach townhome embodies an elevated coastal lifestyle. Tastefully designed with top-notch finishes throughout, this residence offers 3-bedrooms and 3 full baths with over 1,600 sqft of living space. With an emphasis on privacy, this property features a bedroom and bathroom on each level, leading to the top floor primary suite equipped with a walk-in closet, large modern bathroom and a spacious walk-out patio featuring an additional storage room or potential office space. Bonus highlights include owned solar panels, central A/C and forced heating, gas cooking, tankless water heater, a cozy living room fireplace and 1 car garage with interior access + 2 off street parking spaces. **Priced at 1,299,000**



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1926 Reed Ave

2 BD | 2 BA | 1,122 SQ. FT.

This two bedroom condo in the Crown Point area has a very spacious, open floor plan, tall ceilings, large bedrooms and so much potential. It features in-unit laundry, two parking spaces off of the alley and is situated in a small four unit complex.

We represented the buyer on this one, SOLD for \$99K below the list price!



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One block to Crystal Pier & the Ocean



FOR SALE - 888 Felspar St.
3 BR. 2.5 BA 1,482 esf.
Offered at \$1,750,000

Built in 2005, this tri-level PB townhome features an ideal 3 bed, 2.5 bath floor plan w/ multiple outdoor spaces and an attached, side-by-side XL 3.5 car garage. Enjoy indoor/outdoor living w/ an open kitchen, dining, & living area leading to a very spacious wrap-around patio. Second floor consists of 2 bedrooms, a full bathroom, laundry room, & hallway storage. Top floor master bedroom retreat features a south-facing wraparound deck w/ OCEAN & BAY VIEWS, walk-in closet, fireplc, & ensuite bath w/ jetted spa tub. Tasteful upgrades throughout. Great turn-key property to use as primary residence, second home at the beach, OR rent out!



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Learning how to trust your gut and heed your intuition



Doing it Better

By Natasha Josefowitz, Ph.D.

Have you ever felt something to be either right or wrong in the pit of your stomach, but meanwhile your head kept repeating, “No, I can’t trust it. I can’t act on it; I need more information?” Most of us have experienced this at one time or another. Somehow we respond to a new situation with some knowledge that comes out of nowhere. What we are talking about here is intuition: the difference between knowledge and knowing.

Knowledge concerns facts. It is painstakingly learned through listening, reading, studying. Ideally, knowledge is public and accessible. Intuition, on the other hand, is an exquisite sensitivity to picking up

patterns and minimal cues, storing them for future use, and then acting on those observations.

We women may have good guts, but we are not necessarily gutsy. We know, but do not act on our knowing because the knowing comes from intuition and we have been taught that decisions should be based only on knowledge, on fact, on logic, and rationality. What we “know,” what we feel in our gut, is valuable data that can be trusted and used as valid and legitimate information. By identifying the components of our intuitive skills, we can sharpen them so that we can better use them consciously.

The three components of intuition are scanning, storing, and selecting.

SCANNING

We women are always scanning our environment. Studies have shown that across cultures and classes women see details and discern small changes better and quicker than men. When we enter an

unknown place or unfamiliar territory, our antennas help us size up the situation and quickly determine the suitable course of action. There is a good reason for our antennas. Women are often treated as “one rung down” on the power scale, and as such, our survival depends on knowing the needs, expectations, strengths, and vulnerabilities of the people who often have more power and who can influence our fate. The needs of the more powerful do not usually require them to understand the less powerful.

We all are familiar with the poor lines of communication that frequently exist between the people at higher levels and their employees. The people on top do not bother much to know what is going on at lower levels, but the people toward the bottom are always talking about the people on top, gathering information, anticipating their needs. Survival is then based on being able to become master observers. A good observer sees things others don’t, pays attention, and notices patterns where others only see unrelated events.

STORING

Many of us have experienced surprise when we recall something from a long ago past. We overheard a conversation, read an article somewhere, or saw a report, none of which was important at the time, yet we stored these items. I frequently act on the principle of “you never know” or “just in case” and try to remember bits and pieces of information that may seem irrelevant to any current concerns or activities. Then one day, there it is... at my fingertips, just when I need it.

SELECTING

Seeing the connections, noticing the patterns, making analogies, and being able to act based on this data constitutes the process of selecting. The selecting process includes picking out the appropriate responses based on the information we have stored. Still, one of the hardest tasks is to make a decision in the face of incomplete information. There is seldom, if ever, “enough” information to make a foolproof decision.

There is an unwillingness in American business to acknowledge intuition. It may protect management from fads to some extent because the demand is for experiments before making an economic or emotional commitment, but in a rapidly changing world of technological leaps, numbers do not always provide answers because certain things cannot be predicted and measured in advance.

In order to comply with the demands of business, women need to change their language — instead of saying “This just feels right to me,” to explain a business decisions — substitute “My hypothesis is...” or “Based on my experience, my prediction is...” or “All the evidence seems to indicate that...” However, with the rapid changes in technology, reason and logic don’t always seem to be able to keep up with the constant fluctuations of new information. Living in our rapidly evolving world, we are beginning to see that good managers will follow their noses — their gut reactions, their instincts, their intuition, and consider these as data ready to apply.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022. Natasha Josefowitz. All rights reserved.

SAMMY HAGAR IN MISSION BEACH

Rock & Roll Hall of Famer Sammy Hagar will celebrate National Rum Day with deals, parties and a beach cleanup throughout San Diego with his new Sammy’s Beach Bar Cocktail Co.’s sparkling rum cocktails. On Aug. 18, Hagar will present Surfrider Foundation with a donation and host a happy hour at the Beach House at Belmont Park in Mission Beach from 3:30-5 p.m. Hagar will unveil a sand sculpture by renowned sand sculpture artist Greg LeBon, and Beach House will offer discounts on Beach Bar Cocktail cans, plus complimentary merchandise and giveaways. Hagar will also host a Padres pre-game party in Gaslamp Quarter at Tin Roof from 5-6 p.m. the same day.

Sammy’s Beach Bar Cocktail Co. will hold a beach cleanup from 9 a.m.-noon at Crystal Pier with Surfrider Foundation on Saturday, Aug. 27, followed by an after-party at The Local from 2-5 p.m. Sammy’s Beach Bar Cocktail Co. is kicking off a donation drive for Surfrider now and will match the first \$2,500 in donations that are made.

PB KIWANIS FUNDRAISER

Join the Pacific Beach Kiwanis Club for its Mid-Summer Wine Tasting Fundraiser Saturday, Aug. 13 from 4-7 p.m. at Broken Yolk Restaurant, 1851 Garnet. Ave. There will be a silent auction and appetizers served. PB Kiwanis was founded in 1946 and its mission is to serve the youth of Pacific Beach, support many community activities and organizations and donate funds and volunteer time to various other programs including Meals on Wheels, Rady’s Children’s Hospital and the San Diego Food Bank. Admission is \$30 and participants must be age 21 or older to enter. For tickets and information, call Jim Moore at 858-692-0403.

PB SURF MURAL

The Pacific Beach Town Council Board will vote on Aug. 3 on whether to approve the deed of donation and maintenance agreement for a public art project. The project is mosaic surfboards forming flower petals, months in the making, which is to adorn the 65-year-old Pacific Beach Rec Center at 1405 Diamond St., said PB business owner Brian Curry, who has been spearheading the project. Known as the Pacific Beach Community Surf Garden, the project took several weeks to do with volunteer workshops at the rec center and the aid of some 150 volunteers donating their time.

There are five tax-deductible sponsorship levels for surf tiles to pay for the project, estimated initially to cost about \$50,000. Tile cost ranges from \$50 to \$5,000. The more someone donates — the bigger the personal tile they will be entitled to. Donations can be made at pbtowncouncil.org.

LA JOLLA ART ASSOCIATION

The next La Jolla Art Association art demonstration featuring oil painting/still lifes will be held Thursday, Aug. 25 from 4-6 p.m. Artist Sherry Roper will be demonstrating how to paint a still life in oil using the indirect method of painting, which involves painting a monochromatic underpainting first, followed by layers of color on top of the dry underpainting. The event is free but registration is required at ljcommunitycenter.org/art-receptions/. LJAA demonstrations are held every fourth Thursday of the month.

FRIENDS OF ROSE CREEK

Karin Zirk, executive director for the Friends of Rose Creek, is going abroad for a year to study. This leaves the Native Plant Garden in Pacific Beach without a coordinator, no site captain for I Love A Clean San Diego’s Coastal Cleanup Day on Sept. 17, or for the Creek to Bay Cleanup in April 2023.

They also need someone to take photos of Rose Creek and post them on Instagram. This can be done on your own schedule and you can do it a few times a month. Photos of birds, water, sunsets, plants, bugs, reptiles, are all needed.

The Friends of Rose Creek are funding two spots for individuals who want to attend the Environmental Leadership Summit on Sept. 17 and represent Rose Creek. This is an opportunity to connect with environmental movers and shakers, learn about California’s 30 by 30 project and what it means for San Diego, and connect with other community group leaders. Those interested in getting involved should contact me@karinzirk.com.

LJ ARTIST TALK

On Saturday, Aug. 13 there will be an artist talk moderated by Jacqueline Marino from 5-6 p.m., followed by a reception from 6-8 p.m., at Quint Gallery, 7655 Girard Ave. in La Jolla. Quint Gallery is presenting a group exhibition of new artworks by Adam Belt, Christopher Puzio, and Chris Thorson.

READ MORE ONLINE AT sdnews.com

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La Jolla International Fashion Film Festival returns for 13th year



Fashion Files

Diana Cavagnaro

The La Jolla International Fashion Film Festival returned on July 29-30 to The Lot La Jolla on Fay Avenue. This was the 13th year for this two-day event. It began with an opening night reception and art installations. Fred Sweet, the founder of this sold-out event, was there to greet the crowd. They even had live streaming on seven different platforms.

Everyone arriving walked the Red Carpet that was lined with paparazzi shooting photos of all the filmmakers and award presenters. Seating this year was held in an outdoor setting with a new Jumbo Screen where the International Fashion Film

awards and presentations were given.

This year, Manuel Albarran was awarded Best Costume Design for “Two or The Weight of Oneself,” and the unique metal work by DShock for this film won Best Jewelry. LJFFF veteran art director and makeup artist Einat Dan was awarded Best Makeup on two films – “Metamorphosis,” and “Royal Touch.” Alessio Benneti from the “Royal Touch” received an award for Best Accessories.

This year, LJFFF was honored to have supermodel Pat Cleveland attend the event for the premiere of “The Girl from 7th Avenue.” This film was an illustrated story of her modeling career. The film, created by Antonio Contreras, was named Best Documentary and Best Animation.

Roxana Chapela was awarded Best Message for “Upcyclers.” They believe that a sustainable circular economy is a solution.



Mistress of ceremonies Tabitha Lipkin (wearing a dress by designer Courtney Creative).



Steeven Kodjia of French Deal won Best Cast Ensemble for 'The Power is Yours.'



Antonio Contreras, Fred Sweet (LJFFF founder), Pat Cleveland, and Gehno Aviance of Best Documentary and Best Animation winner 'The Girl from 7th Avenue.'

Director Ryan Renshaw arrived from Australia with his film “Sapient,” which was awarded Best Visual Effects. Hector Torres and Hanikay Topete were awarded Best Art Direction for “Surrender.”

Marco Celotti was awarded Best Supporting Role Fashion Brand for “Spazio Pritelli X Nike Airmax.” Duane March was awarded Best Narration for the “Key to Heaven.” House of Aama won Best Fashion for “Salt Water,” and Mariel Gomsrud won Best Creative Concept for “La Petite Mort,” which brings an Ecossexual Movement to the forefront to combat climate change.

Alex Gluch, Conrad Gluch, and Haley Naunton won Best Music for “The Open.” Martin Perry Lutz and Daniel Dacian were awarded Best Cinematography for “Visitor.” Nayara Nunez was awarded Best Fashion Dance for “Wildside.” Yangguang and Zhao Ziyi Gao won Best Sound Design for “Unyielding Sound.”

Steeven Kodjia of French Deal earned Best Cast Ensemble for “The Power is Yours.” Mike Feenix won Best Editing for this film which demonstrates the commitment to freedom for the black community in the USA.

The big win of the evening went to “Time Eternal” taking home four of the International Fashion Film Awards. Benedict Samuel for Best Set Design, Berite Labelle for Best Actress, Daniel M. Lir and Bayou Bennet for Best Director, and Zef Cota, Berite Labelle, Daniel M. Lir, and Bayou Bennet for the Best Picture. The message of the film is that there are unlimited possibilities for everyone. For more information, visit ljfff.com.

UPCOMING EVENTS

Saturday, Aug. 13 – St. Madeleine Sophie presents the 44th Haute With Heart Fashion Show called Diamonds are Girl's Best Friends at the Hilton San Diego Bayfront. Visit Hautewithheart.org.

Sunday, Aug. 28 – The Salah M. Hassanein Memorial “Day at the Races” to benefit Children's



Manuel Albarran and Raquel Pintado, who won Best Costume and Best Jewelry for 'Two or the Weight of Oneself.'

Lifeline International. The honorary chair is Zandra Rhodes. For tickets: <https://bit.ly/3OPSV1w>.

Sunday, Aug. 21 – Bridal Bazaar with fashion shows presented by Gretchen Productions at the San Diego Convention Center. Two shows to be presented during the day. For more info, 760-334-5500.

April 8-Oct. 2 – “Fold, Twist, Tie” – This is a Paper Bag Hat exhibit by moses at the Mingei International Museum in Balboa Park. Open 10 a.m.-5 p.m. on Saturdays-Wednesdays and 10 a.m.-8 p.m. on Thursdays-Fridays.

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



Roxana Chapela and Andrea Diaz won Best Message for 'Upcyclers.'



Cast from 'Surrender,' which won Best Art Direction.