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THIS WEEK



Ten's Across the Board fashion and dance

SEE PAGE 16



Ricochet the surf dog catches waves in La Jolla

SEE PAGE 6



The Social Diary Shelter to Soldier

SEE PAGE 16

SCRIPPSHENGE SUNSET

On Monday, Aug. 8, the sun aligned perfectly between the pilings of Scripps Pier for a sunset that local photographers have dubbed 'Scrippshenge.' It's an ode to Stonehenge, the ancient monument in England where twice a year, the sun aligns perfectly through the huge stones. San Diego has its own version, which occurs annually for one day in May and another in August.

PHOTO BY ERIK JEPSEN/UC SAN DIEGO



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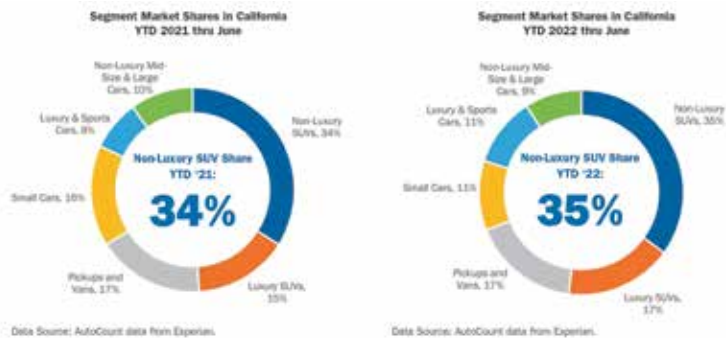
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Switching to electric vehicles will help San Diego's CAP goals



By DAVE SCHWAB

San Diego is leading the charge in the transition to electric vehicles, which is critically important to help the City achieve greenhouse-gas emission reductions in its recently updated Climate Action Plan. The goal of the CAP is to achieve 100% renewable energy by 2030 and net zero emissions by 2035.

Renewable energy means getting all energy from renewable resources – sunlight, wind, water, tides, waves, and geothermal heat. Net zero emissions entail bringing global greenhouse gas emissions into balance with emissions reductions. Carbon dioxide emissions are still generated, but an equal amount of carbon dioxide is removed from the atmosphere, resulting in a zero increase.

There are many fears – and hurdles – to be overcome in transitioning away from vehicles powered by fossil fuels to greener, cleaner electric vehicles.

Is it cost-effective? Is the technology advanced enough yet for it to be broadly applied? Does the infrastructure exist to support such a wholesale conversion?

These questions need to all be answered before the public will be convinced that switching from polluting internal-combustion engines to battery-operated

vehicles is not only doable but practical.

Electric vehicles right now check all the boxes in answering all of those questions affirmatively, said Ellen Kennedy, emission vehicles program manager for the City's Sustainability and Mobility Department, and Heather Werner, deputy director of the City's Sustainability and Mobility Department.

"You can depend on electric vehicles and the network (infrastructure) is there already with EV chargers placed around travel corridors and places like shopping centers, libraries, and recreation centers," said Kennedy, who drives a 2022 Kia EV-6. "You can also use Google Maps to query where electric vehicle charging stations are."

"As EV charging continues to expand, their placement around travel corridors actually is an economic driver for those areas," noted Werner.

But there are simpler recharging methods, noted Kennedy. "Honestly, the easiest way to charge is at your home," she said, pointing out that's a clear advantage in that "most people don't have gas pumps at their house. You can also plug your car in while you work or sleep, or just walk away from it while you engage in other life activities."

Kennedy said electric vehicles



Fleet vehicles plugged in at one of the City's solar-powered EV charging stations.

COURTESY PHOTO

charge about five miles an hour, about 40 miles overnight. "Most people don't travel more than 40 miles," she pointed out, adding electric vehicle charging on level 1, which uses a normal 120-volt outlet, will charge at roughly 5 miles per hour. Level 2 charging, which uses a 240-volt outlet, can yield approximately 18-30 miles per hour.

Electric vehicles, depending on their battery size, can go travel farther than you think on a full charge, noted Werner. "Their maximum range is between 250 and 300 miles," she said pointing out batteries, like gas tanks, "only hold so much." She put that in perspective stating, "That's a trip from San Diego to Los Angeles in both directions."

"I have made it from Phoenix to San Diego stopping one time to charge," said Kennedy.

Regarding the cost of electric charging versus buying gas, Kennedy said there is savings there too. "It tends to be much less expensive, by at least half," she said. She added the price of electricity depends on the rate being charged by the utility supplying

that electricity, not unlike gas stations charging different prices in different areas.

Werner talked about one of the goals in the City's newly updated CAP. "By 2035, we want to see 25% of all light-duty vehicle miles traveled in the City to be on electric power. That's the target," she said. "We also want 50% of all trips in the City to be not in a car, but by some other form of travel, whether it be walking, mass transit, etc."

Added Werner, "People getting out of their cars will not only improve traffic but make for more walkable neighborhoods and an overall improvement in quality of life."

Comparing prices between electric versus internal combustion vehicles,

Kennedy noted current data suggests the average new car today costs about \$40,000. "For electric vehicles, the cost is higher, simply because most electric vehicles are made to be luxury models," she said. "So it's not comparing apples with apples. There are about a dozen EV models whose manufacturers suggested retail price falls just above, or under, \$40,000."



Ellen Kennedy, City of San Diego zero-emission vehicles program manager for the Sustainability and Mobility Department, is seen here with her 2022 Kia EV-6.

COURTESY PHOTO

ELECTRIC VEHICLES

EV – electric vehicle: Uses one or more electric motors for propulsion. It can be powered by a collector system, with electricity from extravehicular sources, or powered autonomously by a battery.

BEV – battery electric vehicle: Is a car that runs only on electricity. You don't need to fill it up with gas, get the oil changed, or do other engine maintenance, and you can charge the battery from a standard home power outlet.

HEV – hybrid electric vehicle: This is a type of hybrid vehicle that combines a conventional internal combustion engine system with an electric propulsion system. The presence of the electric powertrain is intended to achieve either better fuel economy than a conventional vehicle or better performance.

PHEV – plug-in hybrid electric vehicle: Also called "plug-ins," have both an electric motor and an engine that runs on gas. You can charge it with electricity, fill it with gas, or both. Vehicle cost comparison and electricity pricing calculator: driveclean.ca.gov/tools-and-calculators.

There are also financial incentives being offered to encourage people to make the switch from internal combustion to electric vehicles.

"There are a number of federal and state incentives to help lower the price tags of many electric vehicles on the market, like after-the-fact tax rebates," said Kennedy. "Consumers can choose to apply that at the time they purchase their car. That can really help with getting more people to purchase more cars if they don't have to wait for a rebate come tax time."

Rebates are changing per the recently passed inflation reduction act. Consumers should be able to apply the rebate at the time of purchase of electric vehicles starting in 2024.

In addition to not requiring fuel, electric cars also avoid oil changes, are generally easier on the brakes, and have fewer moving parts to break. But there are other advantages too to owning them.

"Electrical vehicles have incredible technology and they are fun to drive and they are great in terms of emission reductions," pointed out Kennedy. "They are less expensive to fuel and manage. So there are some real positives to making the transition."

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

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

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Also, proximity matters. Find a walkable community close to everything you need and want to enjoy. A walk through the Village of La Jolla will take you past several restaurants, shops and walking trails. Almost anything you can think of, even medical facilities, are near Chateau. To take advantage of what we offer, call (858) 459-4451 to book an overnight stay and community tour.



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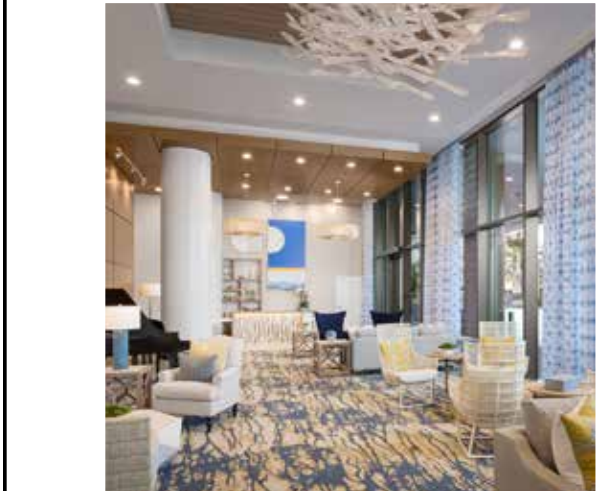
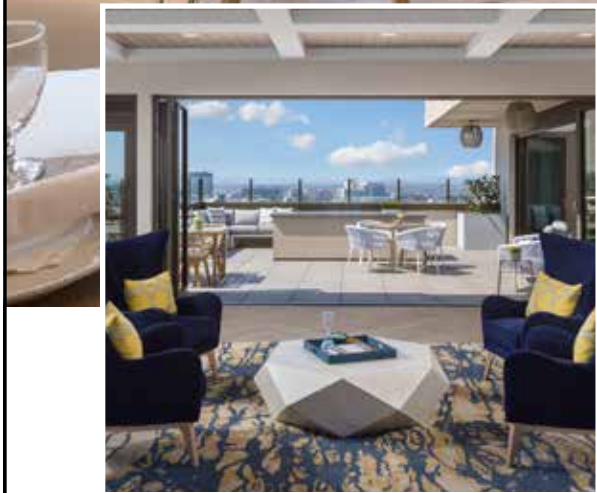
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Ricochet the surf dog catches last waves in La Jolla with Army veteran

DUO HELPS RAISE FUNDS FOR THE GUARDIAN PROJECT

By HECTOR TRUJILLO

In what may be her final time catching waves, Ricochet the surf dog enjoyed the beautiful surf at La Jolla Shores on Saturday, Aug. 13 alongside Army veteran and purple heart recipient Jose Martinez, who lost both his legs and one arm after stepping on a land mine in 2012 while serving in Afghanistan.

The golden retriever, who has spent years assisting special needs children and wounded veterans get out in the surf as therapy, will be hanging up her board after suffering some recent health challenges.

"I was pretty much told that I would be in a wheelchair for the rest of my life," said Martinez.

"For me to be able to help out the dog that helped me kick-start my surfing career and my surfing life, it's just as if I'm filling her cup up as she filled mine up."

Ricochet, who recently had a fast-growing tissue sarcoma, a type of cancer that can appear anywhere in the body, also suffers from arthritis in her spine. She was born on Jan. 25, 2008, taking part in her first assisted surf in August of 2009 as she counterbalanced the surfboard of 14-year-old quadriplegic Patrick Ivison.

Ricochet was only 15 months old when she started her competitive dog surfing career at the Purina Incredible Dog Challenge Surf Dog competition, where she won third place going on to win additional Purina Surf Dog contests as well as contests held by the Helen Woodward Animal



Ricochet the surf dog catches waves at La Jolla Shores with Army veteran Jose Martinez. COURTESY PHOTO

Center's Surf Dog Surf-a-thon, Loews Coronado Bay Resort Surf Dog Contests (now known as Unleashed By Petco's Surf Dog Contests), and Surf City Surf contests.

Ricochet has also been involved in dog-human communication research with Dr. Brian Hare at the Duke University Canine Cognition Center. In May 2015, she appeared in Nat Geo Wild's

"Is Your Dog A Genius" hosted by Hare where he explained canine cognition and how Ricochet uses empathy (the ability to understand and share the feelings of others) while identifying, responding, and communicating with veterans who have PTSD, and was featured on ABC for her ability to take commands from a synthesized voice on an iPad from children with autism.

Martinez and Ricochet's goal on Saturday was to raise awareness and funds for The Guardian Project, which is an initiative of the White Heart Foundation, a nonprofit organization that assists veterans, in order to provide 10 veterans a free remote outdoor excursion with the goal of improving mental and physical well-being.

"It was her way of saying goodbye to the ocean in a sense," Martinez added.

Windansea Surf Club trying to restart ocean advocacy youth program

By DAVE SCHWAB

Continuing a long tradition, Windansea Surf Club in La Jolla is looking to reactivate a youth program that previously has conducted significant ocean studies, like mapping the underwater topography of Windansea using kayaks with sonar.

WSC's Ocean Advocacy and

Youth Leadership program was founded by Jim Neri in 2014. With the help of the Windansea Surf Club membership committee, they recruited the first five-year class that participated in the inaugural science program.

"Even from the beginning, there was a certain emphasis on community service," said Steven Jenner, a longtime WSC

club member and mentor with its youth program. "There was a strategy, early on, to try and improve the public image of the sport of surfing, because there was a lot of stereotyping of surfers."

Of the inspiration behind the development of the club's youth leadership program, Jenner said, "We had a club member in the 1960s who was an ocean scientist

and a marine biologist at Scripps who was doing a Ph.D. when he was named president of our surf club."

From there grew the notion that the surf club could expand its horizons beyond the sport by engaging in science projects that were ocean-related.

Maddy Perreault was one of the first young people involved

in the club's leadership program. She said she benefited from it immensely.

"With mentorship from Steve Jenner and the Windansea Surf Club, I was fortunate to have an opportunity to engage in citizen science from a young age," said Perreault.

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Senior Helpers

Senior Helpers of San Diego County is the premier provider of in-home senior care. We offer a tailored, comprehensive suite of home care programs services ranging from companion care for seniors who need daily assistance to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases. Our primary goal is to help provide a high quality of life for our clients and their families by delivering customized, dependable and affordable care. We fully understand that our seniors deserve to have a chance to age in place with dignity and compassion. Knowing your loved one is happy, safe and cared for is your priority... and ours too. Senior Helpers San Diego County provides the peace of mind you need when making the decision to honor your family member's wish to remain in their home.

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LJ MAD PROGRESS

The replacement brackets and hardware for the hanging flower baskets located in a portion of the La Jolla maintenance assessment district have arrived from the manufacturer and will be installed in the next few weeks. This project will be labor intensive, removing existing antiquated hardware and monitoring the condition of the current geranium plants living in these hanging baskets before properly rehanging these flower baskets with the new hardware.

An effort to beautify utility boxes located within the district by covering the surface of these boxes with artistic vinyl wraps continues to progress. Enhance La Jolla

is also partnering with the La Jolla Village Merchants Association to expend up to \$20,000 of grant monies from the County to provide directional, wayfinding signage in the public right of way. This neighborhood enhancement will augment a sense of community in guiding locals and tourists alike to popular attractions, as well as improving the appearance of the many dozens of large utility boxes.

A committee comprised of three Enhance La Jolla directors has solicited and vetted cost estimates from several artists for the project and will work with the LJVMA to reach a final decision on the firm who will design and apply the vinyl wraps to these utility

boxes. If you see an issue needing attention within the district, contact Enhance La Jolla at 858-444-5892 or email manager@enhancelajolla.org.

PB COUNTS

Every year in August, beautifulPB conducts the only volunteer-led traffic count in San Diego. The count this year will be Saturday, Aug. 20 from 2:30-5 p.m. Volunteers being sought will meet at the corner of Cass and Felspar streets. No experience or equipment required. BeautifulPB will provide everything you need. Students who need volunteer hours are welcome to participate, but will be asked to come with an adult or partner. The community

traffic count provides important data to help advocate for the positive changes on local streets, but your help is needed. RSVP to info@beautifulpb.com for more details.

SCS FUNDRAISER

Party with a purpose. Maverick's Beach Club in Pacific Beach is hosting a fundraiser to support Shoreline Community Services featuring a community carnival with festive food and drinks, a live band, strolling entertainers, carnival games, a raffle and a silent auction on Wednesday, Aug. 24 from 5-8 p.m. at 860 Garnet Ave. It is an age 21 and over event. Tickets are on sale for \$25 and can be purchased at

shorelinecs.org. Come together with your community to support the work that SCS does to help our unhoused neighbors on their journey off the streets.

LONGBOARD COMPETITION

The SDLA South Mission Beach Longboard Surf Competition will be held Friday, Aug. 19 at 700 N. Jetty Road from 5-8 p.m. Heat times: 5 p.m. - Ankle biters, 11 and under-served, 5:20 p.m. - Mega Gloms, 12-17 years, 5:45 p.m. - Un-sponsored, 18-35 years, 6:20 p.m. - Cbuck Commemorative Wahine Heat, 6:50 p.m. - Still Got It, 36 years and up. Entry fee is \$20 SDLA, \$30 non SDLA. Shirt, food and raffle tickets are included in the entry price.



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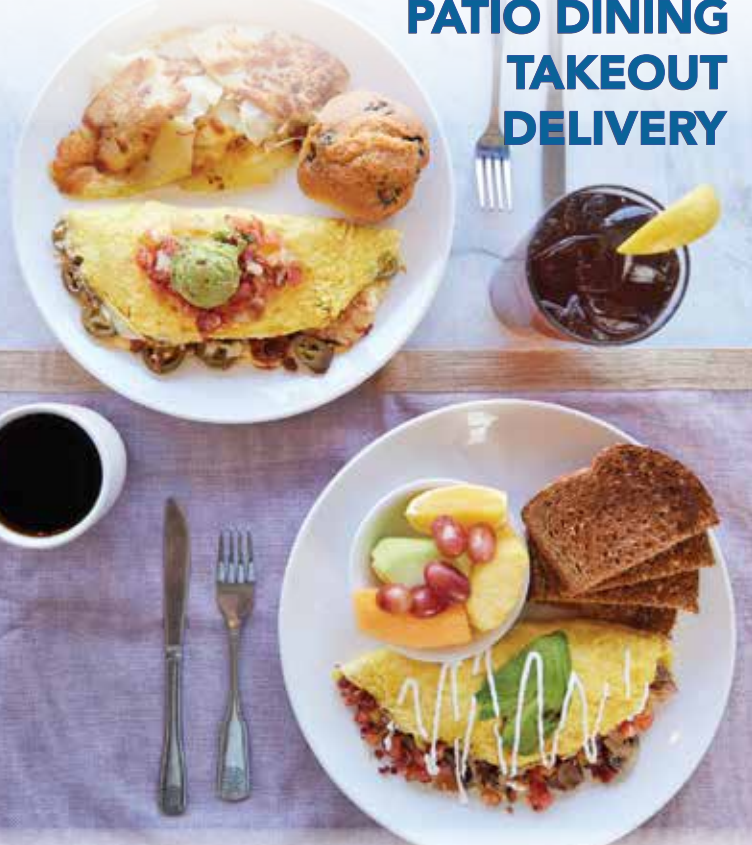
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LJHS football: Roach always pulls surprises out of the bag

By ED PIPER

In his five years at the helm of the La Jolla High football program, head coach Tyler Roach has always come up with ways to build and improve the Vikings' football team.

Inheriting a team that underwent turmoil in 2015 after a player suffered a concussion, the coach resigned, and his successor only stayed one year, Roach, an all-league two-way middle linebacker/center in his prep days at neighboring University City High, instilled a will to win and placed a premium on top athletes who had to play both offense and defense throughout games, as he did.

He began to build a talented coaching staff where specialists handled defense, linemen, quarterbacks, and so forth.

Roach had a major voice in the direction of the Vikings' offense. In an earlier stint as the team's offensive coordinator, his tutee, quarterback Collin Rugg, set a CIF record with 46 passing touchdowns. As the offensive coordinator for La Jolla Country Day in his time away before returning, Roach coached QB Braxton Burmeister in a record-setting season.

As head coach, with his upgraded staff, he led La Jolla to



Viking quarterback Jackson Diehl looks to pass in the first half of scrimmage vs. University City on Aug. 12 as a Centurion defender gives chase.

PHOTO BY ED PIPER

its first Division III Southern California title in 2019 with talented quarterback Jackson Stratton, including the Vikings' first CIF San Diego Section championship since 1993.

During the COVID nightmare of 2020 and 2021, the Viking coach rode the highs and lows of Division I commit Stratton, who was injured last year with a fractured scapula in his right (throwing) shoulder. The Vikings went 5-4 in non-league contests, but 0-4 in the tough Western League.

READ MORE ONLINE AT sdnews.com

Earthquake survivor's fantasy comes true, plays second base at Petco Park

By HECTOR TRUJILLO

I had a chance to catch up with La Jolla resident Mark Schindler who was a survivor of the 2015 Nepal earthquake, which took almost 9,000 lives and injured another 22,000 causing property damage of more than \$10 billion.

The tragic event that took place on April 25 of that year has not been forgotten by Schindler, who has a Ph.D. in clinical psychology and still has nightmares about what happened, but it has not let it define his life as he recently had the opportunity to play the infield at Petco Park on Sunday, July 31.

"I heard through the Padres season ticket holder website that the Padres would be offering a three-day Fantasy Baseball Camp," he said. "Former Padres players and coaches would work with us for three days at USD; working on our hitting and fielding skills. And after playing three games at USD, we would play an actual game at Petco Park after the real Padres game, so I couldn't turn it down."

Trujillo: How did this camp start out for you and why second base?

Schindler: Well, it was so cool. I went out and bought baseball pants. When we met at the Western



La Jolla resident Mark Schindler with former Padres pitcher Andy Ashby.

COURTESY PHOTO

Metal Building for dinner and drinks on Thursday night, we were all given Padres home and away jerseys with our names and numbers on them. I was No. 5, which was my hero, Brooks Robinson's number. We got to meet Padre legends like Mark Lorretta, Randy Jones, and Andy Ashby.

The next day, we met at USD, suited up, and took batting practice. I hadn't done that in 30 years. We fielded some grounders and some fly balls, and then we played the first of our four games. They asked me what position I played. My favorite position was in the stands, so I figured that I'd

take first base where I could hide out and not embarrass myself. Well, first base ain't that easy, so the next game I tried right field, figuring, whoever hits out to right? But I was wrong again. I ended up at second base.

Trujillo: What was your experience like?

Schindler: Well, I got to tell you, I was terrified when I first stepped out on the field. I didn't know what I was thinking by signing up for this thing. But these guys on my team, Luis, Steven, Chavo, and Andy Ashby's brother from Kansas City, were great. The highlight for me was in the fourth game, the one at Petco Park. The lights were on. I had some friends in the stands who were rooting me on. I got the feel of the field. And every time I came up to bat, I could see myself on the Jumbotron as the announcer called out: "And now batting No. 5, Mark Schindler."

We had lost the first three games. We were playing our last game and in the last inning of our Petco Park game. There were men on first and third with two outs. The coach, Andy Ashby, calls me over and whispers, "Mark, I want you to bunt this one down first base line, and bring our boy (on third) home."

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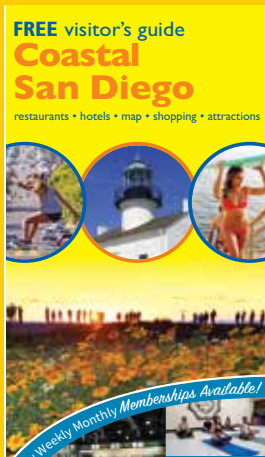
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00029103-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 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: JULY 29 , AUG 5 , 12 & 19 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. 2022-9016104 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 he 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 DEFLON HENDERSON c. JAMES JEFFREY DEFLON d. JOANN DEFLON This business is conducted by: GENERAL PARTNERSHIP The first day of business was: 6/16/1995 Registrant Name: a. STEPHEN KERN HENDERSON b. ANITA DEFLON HENDERSON c. JAMES JEFFREY DEFLON d. JOANN DEFLON 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: 09/07/2022 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. ISHL, 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. 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. 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. 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00023530-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): LAETITIA GENIEVIE JAUFFRET-OPILKA filed a petition with this court for a decree changing names as follows: Present name: a. LAETITIA GENIEVIE JAUFFRET-OPILKA to Proposed name: ELLE JAUFFRET court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 10/03/2022 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: 6/17/2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUGUST 12 , 19 , 26 & SEPTEMBER 2 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.

SUMMONS CASE # 37-2022-00012488-CU-OR-CTL NOTICE TO DEFENDANT : ANA SANTILLIAN, an individual, FELIPE SANTILLIAN, an individual; and DOES 1 through 99, inclusive YOU ARE BEING SUED BY PLAINTIFF: FABIO OLIVARES, an individual NOTICE! You have been Sued. The court may decide against you without your being heard unless you respond with in 30 days. Read the information below. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CENTRAL, 330 W BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Daniel R. Forde, Esq, 3033 Fifth Ave., Ste 400, San Diego, CA 92103 (619) 546-7680 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 04/05/2022 Clerk, by, R. Chanez Deputy (ISSUE DATES): AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017561 Fictitious Business Name(s) a. ARTISTTECH Located at: 7660 FAY AVE, SUITE # 195, LA JOLLA, CA 92038 Is registered by the following: a. JEFFERY RANDOLPH SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 04/04/2022 Registrant Name: a. JEFFERY RANDOLPH SMITH 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: AUGUST 3 , 2022. ISSUE DATES: AUGUST 12 , 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017731 Fictitious Business Name(s) a. SWIVEL Located at: 5275 SOLEDAD RANCHO COURT, SAN DIEGO, CA 92109 is registered by the following: a

JUDY JOL This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JUDY JO 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: AUGUST 5 , 2022. ISSUE DATES: AUGUST 12 , 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017787 Fictitious Business Name(s) a. POINT LOMA CARE SERVICES b. POINT LOMA HEALTH SERVICES Located at: 1373 EBERS STREET, SAN DIEGO, CA 92107 is registered by the following: a. BRITTANY WAINO This business is conducted by: AN INDIVIDUAL The first day of business was: 04/04/2022 Registrant Name: a. BRITTANY WAINO 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: AUGUST 5 , 2022. ISSUE DATES: AUGUST 12 , 19, 26 & SEPTEMBER 2

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2022-9017815 Fictitious Business Name to be Abandoned: CITRINE . Located at: 3017 CANON ST, SAN DIEGO, CA 92106 . The Fictitious Business name referred to above was filed in San Diego County on: 03/06/2019 and assigned File No. 2019-9005818. Fictitious Business name is being abandoned by: CITRINE SPA AND YOGA ARTS, INC., 3017 CANON ST, SAN DIEGO, CA 92106 This business is conducted by: A CORPORATION I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section

San Diego Canoe Kayak Team does well at national competition

By HECTOR TRUJILLO

The San Diego Canoe Kayak Team, which trains in Mission Bay out of the Youth Aquatic Center on Fiesta Island, had an outstanding performance during the 2022 Canoe and Kayak National Sprint event at Harsha Lake in East Fork State Park of Bethel, Ohio in August with 22 athletes competing alongside coaches Doug Ellery and Sandrine Hammel during the four-day event.

"Kids were nervous but the older athletes gave words of wisdom and helped settle their nerves," said Ellery.

The competition featured a nine-lane buoyed course covering various events including the 200, 500, and 1000-meter, 3K, and 5K distances in single, double, and four-person boats with hundreds of athletes from a variety of clubs across the United States competing.

"The days go by fast with all of the races coming quick," he added. "Bantam boys and juvenile boys had to do heats, semifinals, finals, which makes the day longer and harder on the athletes, but that's why we train hard." Ellery has been head coach since February 2020.

The team also had to deal with a weather delay on the third day of competition due to lightning, but they finished fourth overall in the standings with 18 members

winning multiple medals. Among the standout performers was 16-year-old University City High School junior Lia Sowers. She qualified to go to the Olympic Hopes Regatta in Bratislava, Slovakia in September, which will be her first international competition.

"I have been fencing and sprint kayaking competitively for two years," said Sowers. "I really enjoy paddling at the club with my friends, specifically my team partner, Jade Yoon."

Sowers competed in ACA Sprint National Championships in Oklahoma last year and, despite not earning a medal in the

finals, she had the chance to meet Olympic gold medalist Nevin Harrison, and began to work and train a lot harder ever since.

"This year I won six bronze medals and made it to every final," Sowers added. "I am super excited to go to Slovakia and meet other paddlers from around the world. It will truly be a life-changing trip and I am so thankful for everyone who has helped me, my parents, brother, coaches, teammates, friends, and all the families from San Diego Canoe Kayak Team who gave me a reason to persevere. My dream is to compete in the Olympics representing Team USA."



University City High School junior Lia Sowers competes at the 2022 Canoe and Kayak National Sprint event.
PHOTO BY DALE EDWARDS

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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.

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

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. Influential Swedish, Belgian clan
 - 6. Swiss river
 - 9. Nocturnal S. American rodent
 - 13. Like coagulated milk
 - 14. Lima is its capital
 - 15. Lying down
 - 16. Jai __, sport
 - 17. Egyptian statesman
 - 18. Napoleon Dynamite's uncle
 - 19. Renovated
 - 21. Chadic language
 - 22. 18-year period
 - 23. Beverage container
24. Natural logarithm

25. The "mecca" of basketball

28. A way to darken

29. Mackerels

31. Actor Pitt

33. Places to buy seafood

36. True firs

38. Neither

39. Fencing sword

41. Italian pastas

44. Island nation close to the U.S.

45. Begets

46. Resembles a pouch

48. __ student, learns healing
49. Sodium

51. Indicates position

52. The world has one

54. Partner to pains

56. Photographer

60. Chew the fat

61. Culture of the British Iron Age

62. Weaverbird

63. Advice or counsel

64. Asian nation

65. Brought on board

66. German river

67. Airborne (abbr.)

68. Leaf-footed bug genus

- CLUES DOWN**

 - 1. 1. Mark left behind
 - 2. Cry weakly
 - 3. Ancient region in modern Syria
 - 4. Farewell
 - 5. Blue grass state
 - 6. Genus of mosquitoes
 - 7. S. Israeli city
 - 8. You can get stuck in one
 - 9. One who mistrusts others unjustifiably
 - 10. First month of ancient Hebrew calendar
 - 11. Tigers legend Fielder
 - 12. Make more attractive
14. Horses

17. Slight projection in typefaces

20. Male parent

21. Jack and Jill are two

23. After B

25. Licensed for Wall Street

26. Missile with about 600-mile range

27. Goddesses

29. A father's male love

30. Oily secretion

32. One-tenth of a meter

34. A father's male child

35. One point east of southeast

37. Silk garments

40. Cool!
42. The color of anger

43. Trade profession

47. It can get you around

49. Mother-of-pearl

50. Hurt

52. Legendary slugger Hank

53. Polio vaccine developer

55. Incline from vertical

56. Sea creature

57. Actress Kate

58. Affirmative votes

59. Nothing

61. Pie __ mode

65. Expresses surprise

V	S	V	N	V		N	B	V		H	E	O	E
O	E	H	I	H		S	O	V	T		E	O	E
V	A	V	B		S	V	H	V		L	V	H	O
N	V	W	V	H	E	W	V	O		S	E	H	O
		S	V	T	L	V		O	I	W		V	N
O	E	W		O	V	S		S	E	H	I	S	
V	B	O			S	I	N	O	H	V	O	V	W
H	E	B	V	S		H	O	N		S	E	I	B
	S	E	I	H	E	H	S	I	J		O	V	H
		S	O	H	E	O		W	I	O		G	S
N	T		N	V	O		S	O	H	V	S		
H	I	B	V			O	E	T		O	W	E	H
O	O	I	H		L	V	O	V	S		I	V	T
O	E	B	V		H	V	S		A	O	H	N	O
V	O	V			H	V	V		K	V	V		S

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

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

By BART MENDOZA

SPOTLIGHT

When it comes to themed events, it's hard to beat Lost '80s Live, taking place on Aug. 27 at Humphrey's Concerts by the Bay. Ten hitmakers from the early 1980s will be on hand, featuring a fun mix of new wave, ska, and dance-pop. Highlights will include Los Angeles-based ska group, The Untouchables (above), still fronted by Jerry Miller, who are sure to perform their classic, "Free Yourself," and Liverpool synthpop combo, A Flock of Seagulls, best known for their song, "I Ran." The bill also includes Wang Chung, The English Beat, Missing Persons, Stacey Q, Musical Youth, Naked Eyes, Animotion, and Kon Kan. With so many artists involved, short, hit-filled sets will be the order of the day, but any fan of the era's music will enjoy this veritable live jukebox.

Lost '80s Live: Saturday, Aug. 27 at Humphrey's Concerts by the Bay, 2241 Shelter Island Drive. 6 p.m. \$110. humphreysconcerts.com.

RECOMMENDED

Lauren Leigh seems to be everywhere these days. Appearing with her band the Low Keys at Humphrey's Backstage Live on Aug. 22 and Aug. 23, her soulful vocals have put her in the international spotlight. You can find her around town singing with the likes of Pink Froyd and Yachtley Crew amongst others, while most recently she was part of the acclaimed album, "The 50th Anniversary Tribute To Paul & Linda McCartney's Ram," sharing vocals with Eric Dover (Jellyfish) on a version of "Oh Woman Oh Why." For these shows, Leigh will mix original music with choice covers, for a set that will be danceable and well worth hearing.

Lauren Leigh & the Low Keys:



Monday and Tuesday, Aug. 22 and Aug. 23, at Humphrey's Backstage Live, 2241 Shelter Island Drive. 8:30 p.m. \$5. humphreysbackstage-live.com.

Platinum-selling rockers, The Killers, stop in at Pechanga Arena on Aug. 24. Touring in advance of a new album, the band's latest single "Boy" is likely to be in the night's set, but expect the biggest crowd sing-a-long to be for vintage earworm hits such as "Mr. Brightside" and "Smile Like You Mean It." Making this show a must for modern rock fans, opening the concert will be iconic former Smiths guitarist, Johnny Marr, hot on the heels of his new album release, "Fever Dreams Pts. 1-4." Smiths fans will be happy to know Marr includes several of their best-known songs in his set, including, "There Is A Light That Never Goes Out."

The Killers: Wednesday, Aug. 24 at Pechanga Arena 3500 Sports Arena Blvd. 8:30 p.m. \$21.25 and up. pechangaarenasd.com.

Many activities sidelined by the pandemic over the last few years are finally getting the chance to take place. Such is the case with San Diego-based garage indie rockers, Wavves, who after a two-year delay of their original plans, will be honoring the now 12th anniversary of their 2010 album, "King of the Beach," with a tour that hits SOMA on Aug. 26. They'll play more recent songs as well, such as their latest single, "Through Hell," but whatever the set list, the combination of a delayed road trip, album spotlight and hometown crowd will make this tour stop

feel extra celebratory from start to finish.

Wavves: Friday, Aug. 26 at Soma, 3350 Sports Arena Blvd. 8 p.m. \$25.50 and up. www.soma-sandiego.com.

On Aug. 26 jazz guitarist Peter Sprague and his Ensemble will perform an evening of songwriting legend Carol King's music at Dizzy's. Sprague has once again put together a terrific all-star lineup, featuring Pamela Pendrell (vocals), Beth Ross Buckley (flute and alto flute), Tripp Sprague (flute and saxophone), Mackenzie Leighton (bass), Danny Green (piano), and Duncan Moore (drums). Both King's own hits, as well as tunes she penned for others, will be included, with Sprague's arrangements breathing new life into such well-known tunes as "I Feel the Earth Move" and "Will You Still Love Me Tomorrow."

The Peter Sprague Ensemble jazz-ify Carole King: Friday, Aug. 26 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$25. dizzysjazz.com.

Jazz fans will want to head to the La Jolla Community Center on Aug. 26 for the latest edition of the Fourth Friday Jazz Series. This month the featured performer will be acclaimed saxophonist Christopher Hollyday, joined by pianist Melonie Grinnell and acclaimed bassist Rob Thorsen. Hollyday has performed with the likes of Maynard Ferguson and The Brad Steinwehe Jazz Orchestra, but here the spotlight will be firmly on his own music, as heard on his latest album, "Dialogue." Hollyday's lyrical playing has made him a session favorite for nearly 40 years, if you haven't had the opportunity to take in a show, this intimate gig is a great way to check out what the buzz is all about.

Christopher Hollyday: Friday, Aug. 26 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. All ages. \$30. ljcommunitycenter.org.

LEGALS»

CONT. FROM PG. 10

17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.) Registrant name: CITRINE SPA AND YOGA ARTS, INC. Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: AUGUST 8, 2022 . ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017816 Fictitious Business Name(s) a. CITRINE SPA Located at: 3017 CANON ST, SAN DIEGO, CA 92106 Is registered by the following: a.MAY ALNAKLAWI This business is conducted by: AN INDIVIDUAL The first day of business was: 08/08/2022 Registrant Name: a.MAY ALNAKLAWI 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: AUGUST 8 ,2022. ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

SUMMONS (Civil Harassment Restraining Order) CASE # 37-2022-00025116CU-HR-CTL (1) Person Asking for Protection: Robert Lewis McGrew (2) Notice to Vincent Kenneth McGrew The Person in (1) is asking for a Civil Harassment Restraining Order against you. You have a court date: 9/27/22 @ 9:00am in Department 61 The name and address of the court is: Superior Court Of California, County Of San Diego, Civil Division, Hall Of Justice, 330 W Broadway, San Diego, CA 92101 What if I don't go to my court date? If you do not go to your court date, the judge can grant a restraining order that limits your contact with the person in (1). Having a restraining order against you may impact your life in other ways, including preventing you from having guns and ammunition. If you do not go to your court date, the judge could grant everything that the person (1) asked the judge to order. How do I find out what the person in (1) is asking for? To find out what the person in (1) is asking the judge to order, go to the courthouse listed at the top of the page. 1. Ask the court clerk to let you see your case file. You will need to give the court clerk your case number, which is listed above and on page 1. The request for restraining order will be on form CH-

100, Request for Civil Harassment Restraining Order. Where can I get help? Free legal information is available at your local court's self-help center. Go to www.courts.ca.gov/selfhelp to find your local center. Do I need a lawyer? You are not required to have a lawyer, but you may want legal advice before your court hearing. For help finding a lawyer, you can visit www.lawhelpca.org. Date Filed 8-12-22 Superior Court Of California, County Of San Diego, Civil Division, Hall Of Justice, 330 W Broadway, San Diego, CA 92101 (ISSUE DATES: August 19, 26, September 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016437 Fictitious Business Name(s) a. MAZUR TECHNOLOGIES Located at: 4930 BRIGHTON AVE, SAN DIEGO, CA 92107 Is registered by the following: a.PAUL CURTIS MAZUR This business is conducted by: AN INDIVIDUAL The first day of business was: 07/16/2022 Registrant Name: a.PAUL CURTIS MAZUR 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: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017980 Fictitious Business Name(s) a. NAGI VANG BARBER SHOP Located at: 9225 MIRA MESA BLVD #214, SAN DIEGO, CA 92126 Is registered by the following: a.SUPA CHILLIN, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.SUPA CHILLIN, INC 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: AUGUST 10 ,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018384 Fictitious Business Name(s) a. SEAWEEED DELIVERY b. SEAWEEED Located at: 1416A GARNET AVE, SAN DIEGO, CA 92109 Is registered by the following: a.PAUL CLOTAR This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2022 Registrant Name: a.PAUL CLOTAR 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: AUGUST 16 ,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018395 Fictitious Business Name(s) a. BLUE SKIES ACADEMICS Located at: 5064 MT. HAY DR., SAN DIEGO, CA 92117 Is registered by the

following: a.CAROLINE ROSE HURD This business is conducted by: AN INDIVIDUAL The first day of business was: 08/16/2022 Registrant Name: a.CAROLINE ROSE HURD 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: AUGUST 16,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90187411 Fictitious Business Name(s) a. DARK GRAVITY STUDIOS b. WEST COAST EYEWEAR Located at: 12748 MENGIBAR AVE, SAN DIEGO, CA 92129 Is registered by the following: a.THE CANTRELL COMPANY, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/01/2022 Registrant Name: a.THE CANTRELL COMPANY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. BRIAN CANTRELL, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 02 ,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188507 Fictitious Business Name(s) a.YAKYUDORI b. YAKITORI YAKYUDORI Located at: 4898 CONVOY ST #101, SAN DIEGO, CA 92111 Is registered by the following: a. USA YAKYUDORI , INC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 08/16/2022 Registrant Name: a. USA YAKYUDORI, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MASASHI NABETA, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 02 ,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018508 Fictitious Business Name(s) a. YAKITORI HINO b. HINO Located at: 7420 CLAIREMONT MESA BLVD #104, SAN DIEGO, CA 92111 Is registered by the following: a. USA YAKYUDORI , INC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 08/16/2022 Registrant Name: a. USA YAKYUDORI, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MASASHI NABETA, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 16 ,2022. ISSUE DATES: AUGUST 19, 26 ,SEPTEMBER 2 & 9

SUCCESSFUL SUMMERFEST

The company, which owns and operates The Conrad Prebys Performing Arts Center in La Jolla and is currently in the middle of its annual SummerFest chamber music festival, on Aug. 8 earned \$70,377 in ticket revenue — the most in one day since moving into its new home in 2018. For comparison, the second highest sales day, Sept. 9, 2021, generated \$47,082.90 from the sale of tickets.

As one of Southern California's leading presenters of premier performing

arts, La Jolla Music Society, a nonprofit, contributes to San Diego's cultural vitality year-round through a rich variety of presentations, including classical, jazz, global roots, contemporary music, and dance, at its state-of-the-art venue, The Conrad. In addition to robust educational programs and community outreach, La Jolla Music Society produces SummerFest, a four-week music festival featuring over 80 world-class artists and ensembles performing eclectic concerts and programs.

For Rent in La Jolla

Lovely, 3 bed/3bath, furnished home in Mt La Jolla, located equally close to the freeways, Pacific Beach and La Jolla Village. Amenities include pools, tennis courts and gym area. Pets ok! Lovely upstairs deck allows for views of the city and bay and the downstairs patio is sizeable with a private feel for enjoying morning coffee. 6 month minimum lease. \$5900/month



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PLEASE CONTACT

Lenna Doyle - Billionaires Row
BRE#01732169
Cell: 858-449-6560

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2021

How to cope with the arrival of today's Four Horsemen of the Apocalypse



Doing it Better

By Natasha Josefowitz, Ph.D.

special byline By Natasha Josefowitz

The Four Horsemen of the Apocalypse have arrived! Yes, here in San Diego and throughout the world. The four calamities are famine, pestilence, war, and death. With the increasing drought in many regions across the African continent, crops are failing, contributing to widespread famine. There is also famine in Afghanistan and in many other countries. Although we are not facing famine in the United States, many people in this country face food insecurity, struggling with malnutrition, or uncertainty about where they will find their next meal. Likewise, we have pestilence in the form of COVID-19 with all of its variants infecting

our planet's inhabitants. We have war in Ukraine and death from all of the above.

The four horsemen have found residence in our world and they are tarrying. In trying to deal with their presence, we are experiencing increased anxiety, stress, and depression. In other words, our world is currently a mess, and so are we. We are experiencing stress induced by constant bad news.

How do we cope? We are in denial. We have developed COVID fatigue. In spite of the possible threat of infection, we are not wearing masks. We attend events, dine at crowded restaurants, and pack ourselves into other venues.

Nor are we handling today's climate change. We are not reducing our use of fossil fuels in a timely manner, denying again its certain catastrophic future. We have predictable water shortages, yet we are still watering our golf courses and not planting drought-resistant plants in our gardens. Inflation is making a large portion of the population unable to provide food for

their families or buy gas for necessary travel.

As a result, we are stressed. I am stressed. To avoid anxiety and depression, I only read the headlines in the newspapers, bypassing the stories. What helps are known health-related behaviors such as exercise, eating right, getting enough sleep, and especially spending time with friends. The latter may be the most important factor in dealing with stress.

Dr. Saul Levine, Professor Emeritus in Psychiatry, University of California, San Diego, writes: "Being part of a group gives you a feeling of belonging, that you are not alone... We, humans, are a social species with our need for affiliation programmed in our genes. While some individuals prefer being or living alone, the vast majority of humans need connection with others. Intimate connection with family and friends is one of the most important contributors to health, longevity, and happiness. By belonging, we experience inner peace and fulfillment with

improved emotional and physical health. When we can share our joys and sadness with those close to us, we fulfill our deep need to be cared for and care for others. These events provide substance and meaning to our lives."

A 93-year-old woman recently emailed me asking "Is this all there is?" This is a different kind of stress — being at loose ends with nowhere to go, nothing to do, no one to see. No one is waiting for us; no one cares. No one knows we exist. As we reach the age where we are no longer working or taking care of family, we have arrived at the ultimate freedom to reinvent ourselves into a person we may have wanted to be or perhaps into an entire new embodiment. This can take several different routes. One strategy is promoting one's growth and development, like singing in a choir, learning bridge, starting a walking group, or book club, taking classes on Zoom (whether Tai Chi or art history), or becoming adept at new technologies.

The other route is to become

engaged in promoting the welfare of others, whether in our own community or globally. Is your interest in literacy, homelessness, or climate change? Something may be grabbing your attention. Finding a group of like-minded people where we feel we belong, a group of people with shared interests, who are involved in something you feel is worthwhile, is essential. Studies have shown that the act of helping someone is not only good for the person receiving help, it is equally important for our own well-being and even longevity.

We are tribal. We need to be part of something. Loneliness is one of the scourges of our century. Find others who are also seekers. Every one of us is needed by someone somewhere. We need to show up, be responsible, and meet our and others' expectations.

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.

FAA applies new SAN departure path to reduce plane noise

By DAVE SCHWAB

The Federal Aviation Administration has implemented a new San Diego International Airport (SAN) departure procedure intended to lessen noise impacts to areas in the flight path, by having planes fly further out over the ocean before turning back south of Point Loma.

The new ZZ0003 departure procedure was implemented by the FAA based on a recommendation made first by the Airport Noise Advisory Committee (ANAC) subcommittee. Formed in 1981, ANAC is composed of up to 18 voting members drawn from various organizations, residential areas, and professional associations. It provides a forum for collaborative discussion of aircraft noise issues and related matters.

"The FAA has implemented a new ZZ0003 departure procedure that was vetted in the Flight Procedure Study, accepted by ANAC, and submitted to the FAA in 2019," said Sjohnna Knack, program manager, airport noise mitigation at San Diego County Regional Airport Authority. "The fact that airplanes are flying further out into the ocean before they turn is a win for all people living near the flight paths west of the airport. It's a great example of just one of the many tangible items ANAC has been able to accomplish. We are still analyzing the data, and will have some pre- and post-ZZ0003 noise monitoring data to share at the September ANAC meeting."

For several years, there has been a growing perception by some coastal residents from

Point Loma to La Jolla that they were hearing more noise from commercial airplanes. Some long-term residents also insisted they were hearing loud airplane noises in areas where they never heard them before.

That claim was disputed by the FAA, which countered that most of the noise complaints in airport flight path areas were attributable to low-flying general aviation aircraft largely from Montgomery-Gibbs Executive Airport in Kearny Mesa, and from helicopters.

Fred Kosmo, Jr., chair of Peninsula Community Planning Board and an ANAC board member, said the new departure procedure "affects planes taking off and turning south." He said it is a major step forward.

"We have had a long-term problem with planes turning south cutting the corner and coming back over Point Loma," Kosmo said. "The new procedure has the planes go one mile further out before turning south. This departure plan is designed to keep the planes out over the ocean and turning east below Point Loma. This is an important victory for the Point Loma community. It will decrease both noise and pollution over Point Loma."

Pointing out the new ZZ0003 Departure Procedure is the culmination of a long-term effort "to get this flight path change," Kosmo added, "It could have never happened without a lot of hard work by local volunteers, but especially Casey Schnoor. Over the last five years, ANAC, and especially the ANAC subcommittee led by people like Casey, have worked on ideas like this to reduce airport noise and pollution. Eventually, the full

ANAC board voted to approve the ANAC subcommittee recommendations."

Subsequently, Kosmo said ANAC has been working with SAN and the FAA to try and get the subcommittee's recommendations

implemented. "Sometimes persistence pays off," he concluded. "After three years of follow-up, the FAA finally approved the new ZZ0003 departure route, and it was officially implemented on July 14."

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LONG COVID STUDY

Researchers at University of California San Diego School of Medicine and Rady Children's Hospital-San Diego have joined a nationwide study to better understand the long-term impact of COVID-19 on patients in the United States across all demographic groups. The \$1.15 billion, four-year study, sponsored by the National Institutes of Health (NIH), is called the Recover Initiative. The purpose is to better

understand "post-acute sequelae of the SARS-CoV-2" infections or PASC, more commonly known as long-COVID." Long-COVID refers to symptoms that persist for weeks or months after acute COVID-19 infection. Symptoms include pain, headaches, fatigue, "brain fog," shortness of breath, anxiety, depression, fever, chronic cough, and sleep problems.

READ MORE ONLINE AT sdnews.com

The Social Diary – Shelter to Soldier saving two at a time

By MARGO SCHWAB

“The power of dogs,” Shelter to Soldier president Graham Bloem aptly told Shelter to Soldier gala guests at the resplendent Inn at Rancho Santa Fe. Shelter dogs are extensively trained and perfectly paired with returning military individuals, heroes in my book, who are struggling with PTSD and more. A complete synergistic win as both progress on to a healthy new and very deserved life.

Highlights included meeting military and their incredible service dogs, and applauding civilian supportive hero Mia S. Park who had this insight: “I say it year after year, but it's impossible to learn about the life-saving work of Shelter to Soldier and not get involved. Founded by residents Graham and Kyrie Bloem, the nonprofit is truly saving lives, two at a time, with each veteran and service dog pairing. It's an honor to play a small

role in shining the light on the vital work that they do, and I was so incredibly moved to receive a ‘Hero Award’ alongside my dear friend Willie Redfearn, who accepted the honor on behalf of his father, the late Steve Redfearn.”

Stellar community support also came in strong from Petco LOVE, the David C. Copley Foundation, Tea3 Foundation, Cox, and Subaru. Every day on average, 20 U.S. veterans commit suicide, and 1,800 dogs are euthanized nationwide. Please consider supporting this tremendous cause... ‘Til next time!



Dustin and Leilani Potash with their very well-trained pups Nigel and Kylo – thank you for your service.



STS Co-founders Graham and Kyrie Bloem with Barley.

ALL PHOTOS BY MARGO SCHWAB



Marine Adam Cunningham with his wife Annelise and service dog Bash.



The stellar raffle/ opportunity ticket sellers Sophia Lucia and Ethan Bloem.



Trio of fun, Michelle Braganza, Kristy 'B.' and Laura McNeil.

Fashion and dance shows merge together at Ten's Across the Board



Fashion Files

Diana Cavagnaro

Ten's Across the Board was a fashion show presented on Aug. 5 at the San Diego Dance headquarters. Fashion and dance were fused together to create this upbeat event. The sold-out crowd was first greeted by the producer Kiara Jones. The evening continued with host Myla Marino who welcomed everyone and got the festivities rolling.

The dancers were from Dreamland. The first dance routine was choreographed by Jones and the other dances were choreographed by Era James. Models came down the runway moving to tunes spun by DJ De'Andrew.

Playgrownd was the first designer to show their collection. One of the standouts in this group was jeans with zippers from the hem to the knee or further revealing contrasting fabric underneath. They also incorporated hand painting on their clothes. Many of the garments were covered with star clusters so each person wearing them can be the natural-born star they were meant to be. Everything is made in the USA.

The next group was a swimwear collection of Shadi by Shadi Karbasi. They were similar to a bikini only with straps that wrapped around the midriff. One suit was leopard with matching arm gloves and even had matching shoes. Another was snakeskin with matching arm gloves. The va-va-voom models received a huge response from the crowd. During intermission, the group Solaris Band entertained the audience with a fusion of rock/jazz music.

After the intermission Unshook took the catwalk showing off their Inferno Collection for fall/winter 2022. They are an independent fashion house creating elevated streetwear by owner and designer Nathan Ball. One of the standouts was the Wavelength Embroidered Denim pants. This pair of pants had multi-color



Swimwear by Shadi by Shadi Karbasi.



Kiara Jones with model in Mul-tie Skirt.

ALL PHOTOS BY DIANA CAVAGNARO

stitching throughout the entire piece. They also had a button-down shirt and a trenchcoat that were asymmetrical for an added flair.

Last on the catwalk were the designs of Kiara Jones named She He And They. The clothes are unisex and gender neutral. All of the garments were made from recycled materials such as blankets, curtains, jeans, furniture fabrics, and vintage fabric collected from donations. The final model showed off a “Mul-tie Skirt” made with recycled ties. The event was a huge success and the feedback from the audience was all Ten's Across the Board for the designers.

UPCOMING EVENTS

Saturday, Aug. 13 – St Madeleine Sophie's presents the 44th Haute With Heart Fashion Show called Diamonds are a Girl's Best Friends at the



Zippered Pants by Playgrownd.

Hilton San Diego Bayfront. Visit Hautewithheart.org.

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

Sunday, Aug. 28 – The Salah M. Hassanein Memorial “Day at the Races” to benefit Children's Lifeline International. The honorary chair is Zandra Rhodes. For tickets, <https://bit.ly/3OPSV1w>.

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



Matching Leopard bathing suit and arm gloves.