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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, SEPTEMBER 16, 2022

sdnews.com



The Social Diary: Marilyn Monroe vibe at MCASD gala

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**City moving forward** with beach fire restrictions

SEE PAGE 2



**Native American designers** highlighted at fashion show

SEE **PAGE 16** 



Participants in La Jolla Cove Swim head out into the Pacific Ocean under the watchful eyes of a sea lion about 8:45 a.m. on Sunday, Sept 11. The event, which operates under The Kiwanis Club of La Jolla, included 1- and 3-mile swims in age groups from 18 to 80. All proceeds will benefit the Prevent Drowning Foundation of San Diego, providing swim lessons for underserved youth in the community, and La Jolla's Concerts by the Sea, a series of outdoor concerts to be held in Ellen Browning Scripps Park above La Jolla Cove in summer 2023. To learn more, visit thelajollacoveswim.org.

# La Jolla wayfinding signage for utility boxes denied by SDG&E

By DAVE SCHWAB

joint effort by Enhance La Jolla and La Jolla Village Merchants Association to beautify and transform utility boxes in the community converting them into wayfinding signage has hit a snag: SDG&E says the method proposed for "wrapping" the boxes is unacceptable.

The collaboration between Enhance La Jolla, La Jolla's maintenance assessment district, and its business improvement district, La Jolla Village Merchants Association, seeks to cover the surface of utility boxes in the Village with artistic vinyl wraps to provide directional, wayfinding signage in the public

"LJVMA applied for a grant for wayfinding in La Jolla and received \$20,000 for the project from the County of San Diego," said Ed Witt, Enhance La Jolla chair. "Enhance La Jolla was working on covering utility boxes with scenes of La Jolla. Enhance La Jolla has no funds for their project at this time but would be looking for funding."

Added Witt: "LJVMA heard of our project and asked if we'd work with them so they could use the monies to cover certain boxes in the Village with wayfinding information. We agreed to work with them. Currently, SDGE has a policy against the use of wraps on their boxes due to wraps being done incorrectly and not properly maintained or taken off when a failure occurs.

See SIGNAGE, Page 9

#### Professional grooming I Boutique Style Shop







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# City moving forward with more restrictions for beach fires

By DAVE SCHWAB

ommunity planners support a proposal to ban wood bonfires on City beaches (including Pacific Beach, Mission Beach, La Jolla, and Ocean Beach) outside designated fire rings, but beach-access advocates insist the measure is yet another attempt by local government to restrict public freedoms.

"We are trying for an Oct. 10 docket date," said Victoria Joes, chief of staff for District 1 Councilmember Joe LaCava representing La Jolla.

LaCava chairs the City Council Environment Committee, which in May unanimously endorsed his proposed amendments clarifying beach fire regulations.

LaCava's proposal confining beach fires to City-provided fire rings and portable propane-fueled devices is meant to resolve conflicting language, improve public safety, and provide clarity for beachgoers and public safety officials alike.

"I support safe, legal beach fires," said LaCava. "These amendments are essential in keeping our public beaches safe while preserving the public's access to the unique experience of beach fires."

La Jolla community planners said their City advisory groups have vetted LaCava's proposal and the general consensus is that fire-ring restrictions are necessary.

"We at La Jolla Parks & Beaches discussed this issue about a year ago, and narrowly voted against having bonfires outside of City rings. And we supported LaCava, too," said LJP&B chair Bob Evans. "Just about everyone one of us in the community has had great experiences over the decades on the beaches, and all of us talked strongly about banning versus not banning. But now with so many more people (both locals and tourists) visiting our beaches, it's gotten way out of control."

Added Evans: "The police aren't able to effectively patrol and enforce, especially in the smaller pocket-type beaches along the La Jolla shoreline. There are so many people overcrowding on weekends, loud music and parties, leaving trash, commercialism, and events, and unsafe fire remains. Thus, unless the City can properly enforce and manage reasonable regulations on the beaches, we had to majority vote against bonfires outside of rings."

Not everyone, however, favors the new proposed beach-fire regulations.

"The fun police are after your freedom to use and enjoy your public beaches," La Jolla beach-access advocate Ken Hunrichs said. "Not satisfied with extreme restrictions on beach access and fireworks displays,



The proposal would confine beach fires to City-provided fire rings and portable propane-fueled devices.

PHOTO BY DON BALCH

Councilmember LaCava is proposing banning wood fires in privately owned fire bowls on City beaches.

"The proposal would prohibit

the use of your own fire bowl to have a natural wood fire. Their idea of a beach fire would force you to use only a propane fire in your device," Hunrichs said. "That would be like lighting all the burners on your kitchen stove and sitting around it. Not a good experience."

Longtime La Jollan Melinda Merryweather concurred with Hunrich's view.

"They don't want you to have wood or charcoal anywhere on the beach," she said. "They just want you to have propane. I want my grandchildren and great-grandchildren to have beach fires and the smell of hot dogs and marshmallows. They tried this (new fire regulations) in Newport Beach. There was so much anger about it they brought the fire pits back."

Dorie DeFranco, vice president of Barber Tract Neighborhood Association, said her group supports the proposed beach fire ordinance changes. "They clarify the current municipal code, which was confusing to everyone and not enforceable," she said. "This is a great start to reduce burns and air pollution for everyone. With enforcement, it will reduce the number of illegal fires."

DeFranco noted there are numerous health and safety issues caused by beach fires, noting many illegal fires are built directly on the sand, leaving charcoal ash debris and burnt logs from fires. "The City bans smoking on the beach, but a typical beach fire produces thousands of times more toxic smoke than second-hand smoke from cigarettes," she said.

Scripps researcher Meinrat O.

## PROPOSED BEACH-FIRE AMENDMENTS INCLUDE:

- Clarifying permissible fire devices:
   "City-provided fire rings" and
   "portable propane-fueled devices;"
   Removing the specification that
   beach fires are only allowed where a
- "City-provided fire ring" exists;

  Replacing "City-provided fire container(s)" with "City-provided fire
- Replacing "Public Beach" with "Beach Area;"
- Defining "propane-fueled device."

#### WHERE AMENDMENTS WOULD APPLY

ring(s);"

Only to "beach areas," which are defined as any beach or land and the waters abutting or adjacent thereto under the jurisdiction of the City's Park and Recreation Department, and do not apply to public parks.

## WHERE BEACH FIRES ARE PROHIBITED:

Open beach fires outside containers are prohibited at all San Diego beaches. Fires are not allowed between midnight and 5 a.m. The burning of rubbish is prohibited. Presently, only wood, charcoal, or paper products may be used as fuel. Fuel for the fire may not exceed a height of more than 12 inches above the upper edge of the fire container. The fire must be extinguished before leaving the beach. Coals must be removed or deposited in hot coal containers.

"Andi" Andreae, a member of the La Jolla Shores Association, detailed the dangers of beach fires. "The fires release toxic smoke that endangers the health of both beach users and residents in the adiacent communities," he said. "Every year, there are a number of hospitalizations resulting from people, especially children, stepping on glowing embers buried in the sand. And finally, the fires act as focal points for a variety of illegal activities, such as underage drinking, drug use, and violent behavior."

Andreae noted the proposed modification of the existing ordinance would be a significant step to clarifying what's legal and what's not. "If enforced, it would eliminate the risk of burns from buried embers," he said. "It would reduce the overall number of fires, reducing the impact of smoke air pollution. All the while, it would still allow people to enjoy a picnic around a fire on the beach, either using the city-provided fire rings or their propane-fueled fire pits. I've seen several of them on the beach and asked people how they liked them. Everybody I asked told me they love them. Lots of fun without the mess."

Janie Emerson, president of LJSA, concurred with Andreae's perspective.

"I grew up with beach fires," she said. "I also grew up smoking. When we learned smoking caused cancer, I stopped. This is a similar moment. These beach fires are damaging to us and our environment. So, time to change the type of fires at the beach to keep all healthy and safe."

#### FREE COMMUNITY HEALTH EVENT

# AWARE for All | San Diego

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LA JOLLA UTC Regents: Completely upgraded unit with lovely finishes, just 5 minute's walk to UCSD. With two primary suites - ideal for shared living!

Agents: Kim Caniglia & Lenna Doyle | 2 BD | 2 BA | 1,102 SF | \$975,000

# Senior Living

#### Couples Thrive at Belmont Village La Jolla



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

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

Too often couples who have spent 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.

## Make the Right Choice Senior Living



Brooks (UCSD Graduate) and Todd be joining the Right Choice Senior Brooks (Air Force Veteran, US Air Living network of Assisted Living Force Academy Graduate) wanted Care Home Communities. to develop better Assisted Living at fair & competitive rates. Right like setting, Reasonable Visitation & Choice Senior Living has Residential Outings, Accommodations & Care Homes located in highly desir- Experienced Team since 2008 For able neighborhoods close to UCSD, photos, video tours please visit. La Jolla, Pacific Beach, Clairemont https://silverlighthomesllc.com/ (Mount Street Area), La Mesa, Del Choice Today.

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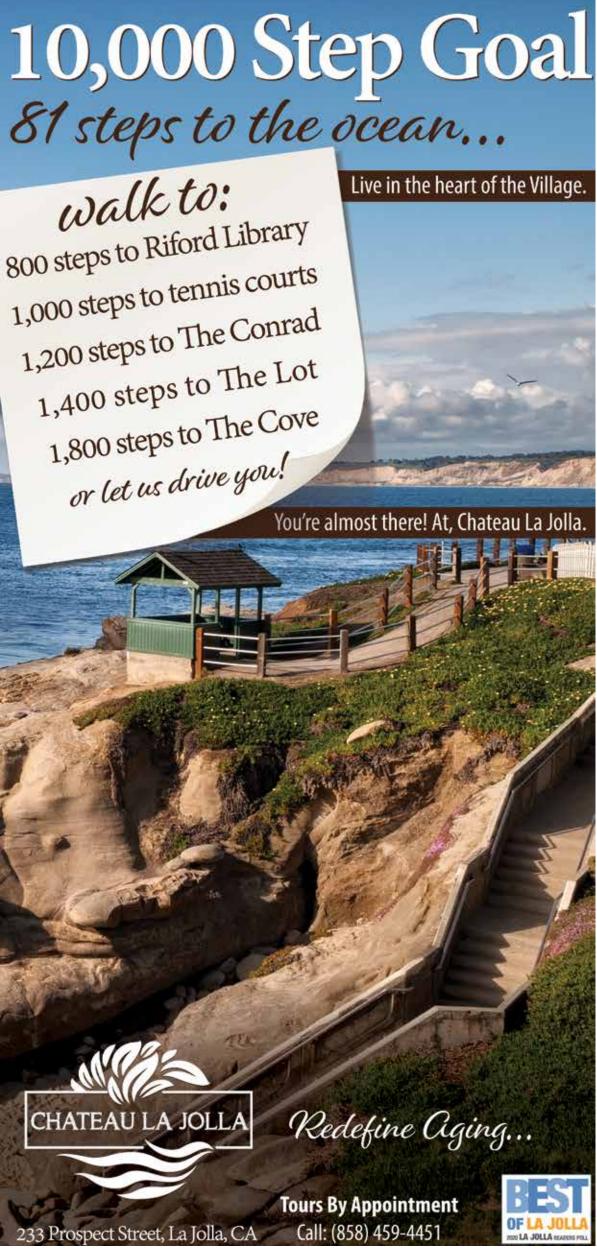
## Chateau La Jolla is the ideal place to retire

Dreaming of retiring to an idyllic place? That's the ultimate prize! It can be yours after a great deal of work and soul-searching. Prioritize your needs and wants, research prospective places and spend time in them. Until you're there, it can be very difficult to know for sure. It's best to find communities that offer complimentary overnight stays, like Chateau La Jolla.

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

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.





# UC San Diego: transitioning to renewable energy is key to decarbonization

By DAVE SCHWAB

C San Diego researchers have determined America is falling behind in its credibility in joining international efforts to combat climate change, while the university itself is moving forward with its Deep Decarbonization Initiative.

UC San Diego School of Global Policy and Strategy has found American credibility on climate change is lagging behind other global regions, particularly Europe. That conclusion came from a study titled "Determining the credibility of commitments in international climate policy," which was published recently in Nature Climate Change. It was the first study to provide scientific evidence assessing how effective governments will be at implementing their commitments that were made under the landmark 2015 Paris Agreement. In that agreement, countries pledged to reduce CO2 emissions, which cause climate change.

"Our scientific paper uses new methods to ask experts on climate policies all around the world to evaluate the pledges made by different countries under the 2015 Paris Climate Accords," said the study's lead author, David Victor, professor of industrial innovation at UC San Diego's School of Global Policy and Strategy, and

**EMERGENCE** DIFFUSION RECONFIGURATION Coordinated Coordinated development and policies to expand incentives - to ensure testing of new change throughout the deployment - to increase economies whole sector of scale and accelerate learning performance Time or cumulative production

co-director of the university's Deep Decarbonization Initiative.

Noting the climate credibility study took place during the Trump administration, Victor said the results showed that "fragmentation in the American political system makes it hard for us to be credible like we used to be when we make promises to other countries."

Noting Trump withdrew the United States from the Paris Climate Accords, Victor pointed out some states, like California, picked up the slack.

"After Trump's decision, a lot of the states doubled down on their own climate initiatives," said

Victor adding America, under the Paris Accords, "promised to cut our emissions by 2030 to levels below what they were in 2005. And the reality is, there was no way we could do that."

Nonetheless, Victor concluded results of UC San Diego's climate study indicate the framework of the Paris Agreement is working pretty well. "It is getting countries to make ambitious pledges," he said. "Last year, nearly all countries updated those pledges and made them even more ambitious. What's needed next is better systems for checking to see whether countries are actually delivering what they promise."

Addressing opponents of global decarbonization, who argue that it isn't viable, or is too expensive, Victor said estimates show decarbonization is both doable and affordable.

"The goal is not to try and eliminate carbon emissions over the next 20 years – that would be real-

ly expensive," Victor said adding, "We believe the cost of a smart, long-term climate-control strategy is 2% of gross domestic product. That is much less than the cost of the physical impact of climate change."

GDP is the total monetary or market value of all the finished goods and services produced within a country's borders in a specific time period. As a broad measure of overall domestic production, it functions as a comprehensive scorecard of a given country's economic health.

UC San Diego has a Deep Decarbonization Initiative in place. The mission of that initiative is to help understand and guide the global economy as it moves toward net-zero carbon emissions.

The university acknowledges that getting to zero emissions won't happen just by telling people what is feasible. But rather, concludes that policies must be designed and analyzed with an eve to how the promise of new ideas can be implemented in the reality of actual governments and economies.

Victor, who is co-author of a new book titled "Fixing The Climate: Strategies for an Uncertain World," said UC San Diego's Deep Decarbonization Initiative is a "research study on the technologies you need to transition to renewable energy." One concrete example, he noted, is the gradual changeover from gas-powered to hybrid- and electric-powered vehicles.

Victor said decarbonizing and converting to renewable energy won't be a quick - or easy - transition. But he concluded it is one that can be done.

"There are two key messages," said Victor. "One is that we need government and business to both focus on this transition, as there is very little we can do about it as individuals. The other is that we've actually been making progress on promoting sustainable energy use through providing incentives."

# Senior Living



#### La Jolla Senior Care Homes

We are excited to share information about our three residential care homes located atop of Mt Soledad in La Jolla: La Jolla Casa Pacifica: #374604422 La Jolla Casa Fiesta: #374604425 La Jolla Vista: #374604421

Offering memory care and assisted living, our mission at La Jolla Senior Care Homes is to serve seniors in a manner that preserves their dignity and promotes their independence, while enhancing their quality of life. We take pride in providing care services tailored to each resident's needs and desired lifestyle. Residents and families can rest easy knowing that all of our

homes are expertly staffed to help with all of their daily living needs. to say about our care!

Don't just take our word for it - here is what some of our residents' families had

"My mother received excellent care from the owners and staff at La Jolla Vista. The facility is homey with a spectacular view from the yard and great room. I highly recommend it." -Brad. J.

"Thank you for your condolences Jennifer. I wanted to tell you that I'm very grateful to you and Gus and especially the staff at Casa Fiesta for everything they've done for my mother over the past four years. I can't say enough good things about Tiffany, Winnie, Winnie, Mila, Nestor and Anne. They always treated my mother with respect. Placing my mother at Casa Fiesta was the best decision I could have made." -Rob K.

#### 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.



# Group wants speed limit reduced on La Jolla Blvd. between PB and Bird Rock



Keep right signs near the intersection of Mission Boulevard, La Jolla Boulevard, and Loring Street in North PB. COURTESY PHOTO

#### By DAVE SCHWAB

Bird Rock resident has launched a petition drive to reduce the speed limit on a reportedly dangerous stretch of La Jolla Boulevard.

"The speed limit on La Jolla Boulevard between Pacific Beach and Bird Rock is too high at 35 mph," states a petition at Change. org, initiated by a neighborhood group named Respect Bird Rock.

"This includes the well-trafficked but dangerous crossing at the world-famous Tourmaline Surf Park destination."

The online petition notes that 35 mph is a higher speed than all the other commercial/residential streets that connect with La Jolla Boulevard. "So drivers are encouraged to dangerously speed up," states the petition, which calls for reducing the speed limit

adding, "This stretch of La Jolla Boulevard between Loring Street and Colima Street is entirely residential, with only one commercial business that actually has an entrance on Turquoise Street."

The online petition notes that "lower speed limits save lives and prevent injuries." The petition also points out that speed limits on similar thoroughfares in the area are all below 35 mph.

Speed limits are 30 mph on Mission Boulevard, 25 mph on Turquoise Street, 20 and 25 mph, respectively, on Loring Street; and the speed limit at the La Jolla Boulevard/Colima Street roundabout is only 15 mph, with no transition from 35 mph.

Harry Bubbins, spokesperson for Respect Bird Rock, said starting an effort to lower the speed limit on the boulevard was virtually a no-brainer.

"Anyone who lives here or passes through to shop or goes to the beaches knows how dangerous this stretch of La Jolla Boulevard can be," said Bubbins. "The speed limit incongruously increases from every other road. Whether walking, biking, on a scooter or driving – the speed limit is too high."

Bubbins argues that the first thing drivers (whether heading north or south) see on this harrowing stretch is the 35 mph speed limit sign which he claims, "encourages them to drive faster than they were. Drivers speed through the turns and often do not see pedestrians or drift into the bike lane. For long stretches, there are no stop signs or traffic lights or speed bumps."

Cars backing out of angled parking, where you expect slower speed limits, cannot see any cars going even faster than 35 mph to make-or blow throughthe one traffic light at Sea Ridge, said Bubbins. He pointed out, "Families with strollers and carts and seniors have to scramble across the street to make sure they are not plowed down."

Bird Rock's concern about speed on La Jolla Boulevard is reflected in the fact that "our online petition has garnered the target of 100 supporters in a short time showing how this issue resonates with San Diegans," said Bubbins. He added: "Our goal is to have a safer La Jolla Boulevard. That starts with lowering the speed limit, which the City has the power to do."

Bubbins said a recent presentation by Respect Bird Rock to the Bird Rock Community Council was favorably received.

Other La Jolla community advisory groups have also expressed interest in listening to arguments for lowering the speed limit on La Jolla Boulevard.

"The La Jolla Community Planning Association has an ad hoc Visioning Committee that is preparing a community-wide Streetscape Enhancement Plan," said the advisory group's chair, Diane Kane. "The LJCPA invites Mr. Bubbins to work with the Visioning Committee and Traffic & Transportation Committee to identify appropriate

traffic-calming measures on La Jolla Boulevard as part of a coordinated plan that effectively lowers speeds. Posted lower speeds without traffic calming and/or enforcement is known to have limited success."

Brian Earley, chair of the La Jolla Traffic and Transportation Board, said he is in the process of working with City traffic engineering on "the best possible options for that section of La Jolla Boulevard as it approaches the traffic circles in Bird Rock."

Earley said Bubbins has been invited to discuss his effort to lower the speed limit and his petition at the 4 p.m. Sept. 21 meeting of the La Jolla Traffic and Transportation Board, which will be at La Jolla Rec Center, 615 Prospect St. "Our goal in doing so would be to initiate a conversation about traffic-calming measures for that portion of La Jolla Boulevard as well as the community-wide Streetscape Enhancement Plan," said Earley.

Earley added he has also made a detailed request to City traffic engineers Gary Pence and Thomas Landry about these speed-lowering efforts, and also about AB43, state legislation approved last year, which he noted "can reduce speed limits in 5 mph increments without using the traditional averaging method of driver's speed. I have also invited traffic engineering to speak to this and how it can be implemented in various locations through La Jolla."

# Wheeler Hasburgh, 'chido' surfer: Competes in WSL while taking high school classes

By ED PIPER

heeler Hasburgh, a 16-yearold with surfer good looks he is, by now, a veteran surfer—has "caught air" on waves at Windansea, and performed to raise money for the fall Luaus and Legends cancer research event through UC San Diego by Scripps Pier.

But his palette is much bigger than La Jolla Shores or other local waves. Hasburgh, accompanied by his mother Cheri, is traveling the world, pursuing his dream, World Surfing League (WSL) contests from El Salvador to Nags Head, N.C., and beyond — all the while garnering high school credits via distance learning as he progresses toward graduation.

Wheeler tells a hilarious story of taking a class test, all the while huddled in a beach bathroom at a WSL qualifier in La Libertad, El Salvador, as 12 other entrants roamed just outside the door. "I had to show them (test administrators) that I was on my own, doing my own work," shares the junior, who plans to enroll locally in person at San Dieguito Academy in Encinitas later this fall following

a hiatus with mom in their favorite surfing and living location, Sayulita, Nayarit, on the border with Jalisco in Mexico. He'll spend six weeks there before heading up to the States.

One imagines the student wielding his device screen to-and-fro to convince distance officials his exam results are valid.

Another favored location is Barra de la Cruz in Oaxaca. The younger Hasburgh, who shows considerable skill on his board in zig-zagging up and down a wave on an extended ride in a video he shares across the aisle, says he competes in the "Open" division of pro contests, including against fellow surfers who are much older. Some events are staged merely to give participants an opportunity to gain more points, while other major events are sanctioned by the WSL as official competitions. It's heady stuff for a teen halfway through high school.

Hasburgh aced his AP Spanish course, having lived and interacted with folks in Sayulita. He has also taken AP psychology via distance in preparation for SDA's block academic schedule.



Wheeler Hasburgh is a 16-year-old pro surfer who travels the world competing in surf events. PHOTO BY ED PIPER

His personal email address includes the term "chidas," slang for "cool," as in "olas chidas," cool or good waves. An acquaintance uses the term "suave," which Hasburgh waves off as passe, slang used by an older generation.

The travelers were intercepted on the way to a competition in Virginia Beach, Va., followed by another in Nags Head, N.C. "There are good waves in Nags Head," asserts Cheri. Who would have thought?



# Councilmember Padilla honors UC San Diego Health nurses who saved his life

n Tuesday, Aug. 30, Councilmember Steve Padilla honored and celebrated the Thornton 2 East Progressive Care Unit (PCU) nursing team at Jacob's Medical Center at UC San Diego Health in La Jolla for receiving the DAISY Award For Extraordinary Nurses.

In March of 2020, Padilla was the Thornton 2 East nursing team's first COVID-19 patient and the first elected official in California to test positive for the virus. The nurses of 2 East PCU took care of Padilla from the point he was admitted to the hospital to the days after he returned from the Intensive Care Unit (ICU) after 11 days on a ventilator; he was not expected to survive.

"Words cannot possibly express the level of gratitude I feel for this team of nurses that literally saved my life," said Padilla. "These nurses not only risked their lives to care for me and so many others throughout this pandemic, they also gave me the comfort and strength I needed to beat COVID after 11 days on a ventilator. Being able to see these heroic nurses again and celebrate this award with them in person means so much to me, and I'm thrilled that they're getting the recognition they deserve."

At the ceremony, the nurses shared their vivid memories of the early days of the pandemic and how much they appreciated seeing



Councilmember Steve Padilla hugs nurse Ayishah Palafox during the DAISY Award ceremony.

their first COVID patient back on his feet and healthy again.

Padilla reflected on the compassion and professionalism that the 2 East nurses displayed while caring for him during the most uncertain and scary time of not only his own life, but theirs as well. He was incredibly grateful for the opportunity to thank and congratulate the nurses and physicians who saved his life over two years ago.

"Our 2 East PCU is an incredibly close-knit team that cares deeply about our patients, their families, and for each other," said Ashley Kauth, RN, BSN, CCRN at UC San Diego Health, who took care of Padilla during his hospital stay. "It is a rare opportunity to be able to celebrate our patients like Mr. Padilla and his recovery. We were overjoyed to see him doing so well. It was a moment I don't think any of us will forget, and one that was healing for everybody involved.

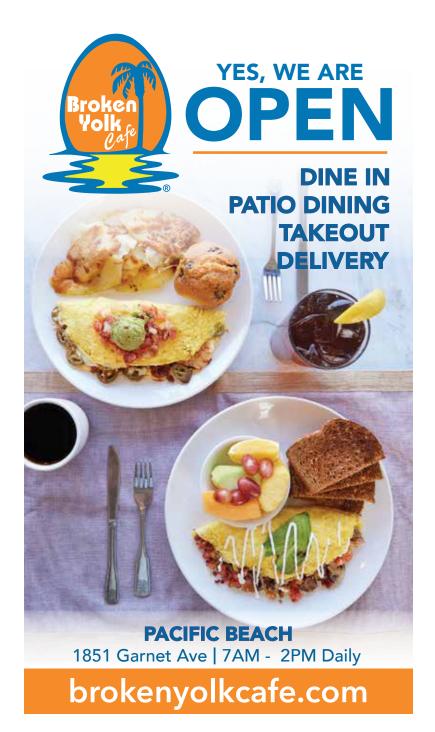
"Being the COVID frontline team has been challenging on the entire 2 East team, so having a moment of recognition for all the hard work we have put in meant a lot to us. It was also a powerful reminder of the massive impact our care has on the lives of our patients. This is why we do what we do. I'm grateful to Mr. Padilla for allowing us the opportunity to have this moment of closure and clarity."

The DAISY (Diseases Attacking the Immune SYstem) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The nonprofit DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

#### **UCP'S ANNUAL LUNCHEON RETURNS ON SEPT. 24**

For the past 38 years, the City of San Diego firefighters have donated thousands of dollars and volunteer hours to United Cerebral Palsy of San Diego. The firefighters have served as the major sponsor and underwriter of the annual Fire Fighters and Friends Celebrity Waiters Event for UCP and this year's event will take place on Friday, Sept. 24 at the Coronado Island Marriott Resort and Spa – Bayside at 11:30 a.m. – no-host with lunch being served at noon with live and silent auction during the event. Tickets start at \$80 per person and reservations can be made by calling the UCP office at 858-571-5365 (ex: 112) or at ucpsd.org.





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FDIC PULL HOUSING



# La Jolla Realtor: It's a seller's market, but deals are out there

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tiffany@tiffanytorgan.com,
858-504-8433, 858-459-5478.

By DAVE SCHWAB

a Jolla Realtor Tiffany Torgan has always believed the internet to be a powerful tool in selling property. She believed in it long before it was a trend. And still does.

A La Jolla resident and broker/owner/Realtor of Prestige Properties, Torgan relocated from her hometown of Dallas to San Diego in 1999, bringing her internet-based business along with her. She promptly began selling homes all over San Diego County.

During her 30-year career, she has closed deals on more than 1,200 homes and has worked closely with hundreds of families, diligently assisting them with every last detail of their transactions.

Torgan said COVID with its distancing restrictions forced a sea change in the way mainstream real estate was being transacted. "People started using online more, even before COVID," she said adding, "Right now, people are just trying to catch their breath because everything has gone so fast like interest rates rising."

The San Diego real estate market is stuck in stasis, said Torgan. "We still don't have a ton of inventory," she noted, pointing out there are a lot of possible home sellers out there, but with higher interest rates now she said, "They are not as inclined to buy another house for a much higher interest rate unless they really need to move."

Torgan said interest rates going up to counteract inflation is "what has caused it (real estate) to slow down. Now people are just kind of wary. They don't seem to be in a hurry to buy. They need a place to live."

Nonetheless, Torgan added, "Things (properties) are still moving if the price is right."

Torgan has significantly raised her professional profile by appearing as San Diego's real estate expert on HGTV. She has also been featured and interviewed on local market conditions on several local news channels such as KUSI Channel 9, KGTV Channel 10, and KFMB Channel 8.

Asked about keys to real estate success in rapidly changing times like these, Torgan replied, "You have to be able to adjust with the market. I'm trying to tell people now to 'price it right.' I've seen people who bought something two years ago for \$600,000 getting over \$800,000 for it. And they think it should be more. I'm having to educate them that, 'No, this is not a normal return. This doesn't normally happen."

It's still unquestionably a seller's market today. "Prices now are still 14% higher than they were last year at this time," Torgan said. "I'm trying to explain to my sellers, that you're still getting a great return, more than it was last year."

Torgan explained that interest rates "have much more to do with your monthly payments than the price of the house. That is what is going to dictate what your payments are. With prices going up as they have, people are not going to be able to qualify for as much house."

Noting she has "never been old school and always ahead of the curve," Torgan added that increased internet use over the past couple of years has largely been COVID-driven. "I've been using the internet since 1997," she said adding people online now "basically see the house sight unseen, without my physically having to walk them through tours. It was enough for them to feel comfortable buying properties without seeing them. And there is also Matterport, a 3-D virtual walking tour that I've used. Ever since COVID, I've seen much more need and use for that tool. That is also very helpful, and useful, for outof-town buyers."

Torgan was the business owner of Harcourts Prestige Properties of La Jolla and also specializes in relocation and luxury sales. She is recognized as an industry leader and has recently gone independent again, and is now focusing on full-time residential real estate sales.

Above all, don't fear technology, counseled Torgan. "You need to be constantly keeping up with technology, and not be afraid of it," she said. "That is something I have been doing for a long time."

For more information, visit tiffanytorganandco.com/.



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#### **LJCF NONPROFIT STATUS**

La Jolla Community Foundation has received an independent 501(c)(3) nonprofit status from the Internal Revenue Service. Established in 2008, the LICF operated as an affiliate of the San Diego Foundation. The independent entity status will allow the foundation to be more responsive to the needs of La Jolla. The mission of LJCF is to support the development, launch and completion of improvement projects and services that enhance the environmental, cultural, and commercial community of La Jolla.

Through the support of donors, the LJCF completed several successful initiatives in La Jolla. Most notably, the LJCF led and underwrote the formation of the maintenance assessment district in the Village, and launched and developed the Murals of La Jolla, now a project of the Athenaeum. LJCF's current project, the Village Streetscape Plan, is a collaborative rehabilitation project designed to improve the pedestrian experience in the Village. Phase one will bring corner parks,



#### **BRIEFS** »

CONT. FROM PG. 8

upgraded landscaping with tree canopies and enhanced lighting to Girard Avenue. The LJCF raises funds through membership and donations. To learn more or get involved, reach out to executive director Lidia Rossner at 858-257-7100 or lidiarossner@lajollacommunityfoundation.org.

#### **LJ GALLERY EXHIBITION**

R.B. Stevenson Gallery at 7661 Girard Ave., Suite 101, announced the opening of "Near and Far" exhibition, featuring recent paintings by Arizona artists Mieko Hara and David Ivan Clark. This is the second exhibition for Hara and the first exhibition for Clark at the gallery. The two-person show opens with a reception for the artists Saturday, Sept. 17 from 5-8 p.m. and will remain on view through Oct. 12. The gallery will be open at 1 p.m. for early

viewino

Hara's unique painting style has its roots in her early work as a freelance illustrator in Japan and a long-time fascination with the art of the West particularly Surrealism. Clark's paintings hover in the space between romantic landscape and weathered industrial artifact. They dwell in limbo, each marking the spot where nostalgia collides with fact, where celebration and elegy converge.

## LJCC DISTINGUISHED SPEAKERS

The La Jolla Community Center will launch its virtual Distinguished Speaker Series in September, with speakers presenting on such topics as: prevention of chronic illness; precision medicine solutions to target cancer; an update on the state of the pandemic; and a presentation by District 1 Councilmember Joe LaCava. The presentations are free and open to the public and held once a month.

The series will kick off on Tuesday, Sept. 20 with a presentation by Dr. Abisola Olulade, a family practice physician from Sharp Rees-Steely Medical Group, who will discuss prevention of chronic diseases and vital health screenings.

On Tuesday, Sept. 27, Dr. Robert Schooley, UCSD Distinguished Professor of Medicine in the Division of Infectious Diseases, will speak on the current state of the pandemic, what we have learned, and what will be required for effective responses to future infections.

LaCava will speak on Thursday, Oct. 20 to discuss many La Jolla issues, including short-term rental ordinance implementation; gaining passage of the City's Vending and Spaces as Places ordinances; and resurfacing of La Jolla Parkway, Via Capri, and Neptune Place.

On Nov. 13, Julia Civardi, CEO of SOTERIA Precision Medicine Foundation, will discuss fighting cancer with precision medicine, examining such issues as identifying the best clinical specialists, molecular testing, and personalized treatment options available on a case-by-case basis. For more information, or to register for the Distinguished Speaker Series, visit ljcommunitycenter.org or call 858-459-0831.

#### **JAZZ @ ATHENAEUM**

Jazz returns to the Athenaeum for its annual series of fall concerts, this time relocated from Scripps Research to the Joan & Irwin Jacobs Music Room at 1008 Wall St. Known as Jazz at Scripps Research, due to construction, the concerts will be held at the Athenaeum library until later 2023. Thursday, Sept. 29; 7:30 p.m. – Willie Jones III Quintet, Wednesday, Oct. 12, 7:30 p.m. – The Bad Plus, Wednesday, Oct. 26, 7:30 p.m. – Miguel Zenón Quartet. Visit ljathenaeum.org/ jazz for more information.

## NEWEST WELLNESS EXPERIENCE

Organizers behind San Diegobased event company Pineapple Live, announced their newest wellness event, NOVO DIA, an immersive wellness, art, and food experience in the reclaimed Museum of Contemporary Art in La Jolla on Saturday, Oct. 1. From 9 a.m. to 2 p.m., wellness enthusiasts from all over the county will gather at one of La Jolla's most iconic event spaces. Attendees interested can expect a full day spiritual journey including yoga classes of all levels, sound bath, breathwork, guided meditations, reiki, workshops and more from San Diego's favorite studios and spas and wellknown instructors. Nourishing revitalizing organic juices and a mocktail bar carefully crafted by the museum's exclusive vendor will be available all day. Registration for classes and workshops will be available three weeks prior to the event.

#### SIGNAGE »

CONT. FROM PG. 1

We're working with SDGE to resolve this."

A request for proposals for the work to design and wrap these utility boxes has been released by LJVMA and is available at lajollabythesea.com.

However, SDG&E, which is responsible for the utility

boxes and their upkeep, initially balked after learning of the RFP and its conditions.

"It is certainly an innovative approach to functional beautification," said Morgan Justice Black, SDG&E community relations manager. "Unfortunately, when reading your RFP, we noticed a large inconsistency that may impact your ability to move forward as planned. SDG&E standards do not allow

our utility boxes (also known as padmounts or padmounted transformers) to be wrapped. When the wraps were used in the past, they trapped moisture and led to the boxes corroding. So, now we only allow painting."

Added Justice Black: "We would be happy to work with you to bring your vision to life using our approved painting procedures. You may also want

to approach the other utilities (AT&T, Cox, Spectrum) as they may have different requirements for their boxes."

Jodi Rudick, LJVMA executive director, was perplexed by SDG&E's reaction to the proposed vinyl wrapping of utility boxes.

"We have been working with a very reputable firm that wrapped boxes all over the Gaslamp," said Rudick. "There are SDGE boxes that are wrapped all over the County. Perhaps boxes corroded because they were not properly prepped. Our community is extremely excited and interested in doing something positive with the utility boxes. We have secured funding to enhance some of the boxes, but the design needs to include wayfinding or maps, as the County gave us a grant for this purpose."





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#### San Diego Spirits Festival September 24th & 25th

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00033630-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. ALL INTERESTED PERSONS: 1. Petitioner (name): JEE HYUN LIM filed a petition with this court for a decree changing names as follows: Present name: a JEE HYUN LIM to Proposed name: DINA JEEHYUN LIM 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: 10/10/2022 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 AUGUST 22 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUGUST 26 SEPTEMBER 2,9 & 16 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188537 Fictitious Business Name(s) a.ENJOY BUILD Located at: 10457 ROSELLE ST, STE E, SAN DIEGO, CA 92121 Is registered by the following: a.FORT MANAGEMENT GROUP This business is conducted by: A CORPORATION The first day of business was: 07/18/2017 Registrant Name: a. FORT MANAGE-MENT GROUP TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. SERGE IANGIR, CEO The statement was filed with Ernest J Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 17 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188560 Fictitious Business Name(s) a. ZOOM ROOM KEARNY MESA Located at: 7475 CLAIREMONT MESA BLVD, SAN DIEGO, CA 92111 Is registered by the following: a.KELFEL, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.KELEEL, INC. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor, ISAAC FELDMAN, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 17 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90187601 Fictitious Business Name(s) a. FLASHPACKER, CO Located at: 2108 NST, STE N SACRAMENTO, CA 95816 Is registered by the following: a.YEAH TOAST1 LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a, YEAH TOAST1, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MARTHA WILLIS, MEMBER The statement was filed with Ernest J. Dronenburg, Jr Recorder/County Clerk of San Diego County on: AUGUST 04 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017888 Fictitious Business Name(s) a. ANTHEM REV Located at: 1531 LORING ST, SAN DI-EGO, CA 92109 Is registered by the following: a.ANTHEM REAL ESTATE VENTURES, INC This business is conducted by: A CORPORATION The first day of business was: 7/31/2017 Registrant Name: a.ANTHEM REAL ESTATE VENTURES, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MATTHEW PHILBIN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 09 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188724 Fictitious Business Name(s) a. SELFXPLANETARY RECORDS Located at: 2991 COWLEY WAY UNIT 70, SAN DIEGO, CA 92117 Is registered by the follow ing: a.SELFXPLANETARY RECORDS, LLC This business is conducted by: A LIMITED LABILITY COMPANY The first day of business was: N/A Registrant Name: a.SELFXPLANETARY RECORDS, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. ROBERT FISCHER, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 18, 2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018903 Fictitious Business Name(s) a. MYSTIC LUXURY LIMO, LLC Located at: 4528 DAWES STREET, SAN DIEGO, CA 92109 Is registered by the following: a. MYS-TIC LUXURY LIMO, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 08/09/2022 Registrant Name: COMPANY a. MYSTIC LUXURY LIMO, LLC TITLE of Officer, if Limited Liability Company/ Corporation Title of Signor. AMESHIA DUNHAM, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 22 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019341 Fictitious Business Name(s) a. WATER PRESSURE SD Located at: 80 EAST L ST, CHULA VISTA, CA 91911 Is registered by the following: a. CESAR NIELSON MARTI-NEZ This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. CESAR NIELSON MARTINEZ 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 29 ,2022. ISSUE DATES: ,SEPTEMBER 2, 9, 16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018525 Fictitious Business Name(s) a. J WALES ROOFING SOLUTIONS Located at: 9920 PACIFIC HEIGHTS BLVD SUITE 150, SAN DIEGO, CA 92121 Is registered by the following: SOLUTIONS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was:07/01/2022 Registrant Name: a. J WALES HOME SOLUTIONS, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .JO-SFY PARKS. CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 16 ,2022. ISSUE DATES: ,SEPTEMBER 2, 9, 16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019305 Fictitious Business Name(s) a. PROFIT MONKEY Located at: 4850 PACIFIC HWW, STE 10, SAN DIEGO, CA 92110 Is registered by the following: a. RICO SQUAD, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was:1/1/2020 Registrant Name: a. RICO SQUAD, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .AL-BERTO MESTRE, MANAGING MEMBER The statement was filed with Ern J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 26 ,2022. ISSUE DATES: ,SEPTEMBER 2, 9, 16 & 23

usiness Name(s) a.CALI-BREAKFAST Located at: 702 ASH ST #E, SAN DI-EGO, CA 92110. Is registered by the following: a, BIANCO INVESTMENT, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was:4/8/2022 Registrant Name: a. BIANCO INVESTMENT, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor, MAR-CO PROVINO, MANAGING MEMBER The statement was filed with Ernest J Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 25 ,2022. ISSUE DATES: ,SEPTEMBER 2, 9, 16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019180 Fictitious

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018453 Fictitious Business Name(s) a.LAKESHORE LEARNING STORE Located at: 702 CENTER DRIVE SAN MARCOS CA 92069. Is registered by the following: a LAKE-SHORE LEARNING MATERIALS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 08/03/2007 Registrant

Name: a, LAKESHORE LEARNING MATERIALS, LLC TITLE of Officer, i Limited Liability Company/Corporation Title of Signor .DANIEL KLINK, CFO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 16 ,2022. ISSUE DATES: 2, 9, 16 & 23

SUMMONS CASE # 37-2021000046774-CL-BC-CTL NOTICE TO DE-FENDANT : KEVIN LAFRANCE AND CHRISTOPHER LAFRANCE YOU ARE BEING SUED BY PLAINTIFF: ALI SHOJANIA, D.D.S.,INC 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 lo-cate 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, , 330 W BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Michael P Richter SBN: 54408, 438 Camino Del Rio South, Suite 219, San Diego, CA 92108 (619) 543-1744 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 11/04/2021 Clerk, by , E. Enge Deputy Clerk (ISSUE DATES:) SEPTEMBER 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019407 Fictitious Business Name(s) a.LA BURRE Located at: 816 FLORENCE STREET, IMPERI-AL BEACH, CA 91932 Is registered by the following: a. SANAS GROUP, LLC
This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. SANAS GROUP, LLC of Officer, if Limited Liability Company/Corporation Title of Signor .ISMAEL TORRES MACIAS, CEO. The statement was filed with Ernest J. Dronenburg. Jr. Recorder/County Clerk of San Diego County on: AUGUST 29 ,2022. ISSUE DATES: ,SEPTEMBER 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018950 Fictitious Business Name(s) a.AUTO GENIE Located at: 2445 BRANDT ST #412, SAN DIEGO, CA 92101 Is registered by the following: a AUTO GENIE, LLC This business is conducted by: A LIMITED LIABILITY COMPANY

The first day of business was: N/A Registrant Name: a.AUTO GENIE , LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .ALEX MONTES, PRESIDENT. The statement was filed with Ernest J. Dronenburg. Jr. Recorder/County Clerk of San Diego County on: AUGUST 23 ,2022. ISSUE DATES SEPTEMBER 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019639 Fictitious Business Name(s) a.S&K ENTERPRISES Located at: 8300 STATION VILLAGE #1, SAN DIEGO, CA 92108 Is registered by the following: a. KAMIKA KELLY b. NARCIPPA S. TEAGUE This business is conducted by: A GENERAL PART NERSHIP The first day of business was: 08/01/2022 Registrant Name: a. KAMIKA KELLY b. NARCIPPA S. TEAGUE 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 31 ,2022. ISSUE DATES: ,SEPTEMBER 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019681 Fictitious Business Name(s) a.KBADY PHOTOGRAPHY Located at: 3139 SWEETWA-TER SPRING BLVD, APT 151, SPRING VALLEY, CA 91978 Is registered by the following: a. KYLIE BADY This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2022 Registrant Name: a. KYLIE BADY TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 1 ,2022. ISSUE DATES: "SEPTEMBER

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00027908 -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): SAMUEL VICTOR PEREZ filed a petition with this court for a decree changing names as follows: Present name: a SAMUEL VICTOR PEREZ to Proposed name: SAMSON VICTOR PEREZ court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 10/18/2022 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: AUGUST 31 2022. JUDGE OF THE SUPERIOR COURT CHRISTOPHER S MORRIS ISSUE DATES: SEPTEMBER 16, 23, 30 & OCTOBER 7 ATTACH-MENT 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 writter 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 OR IFCTION 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019340 Fictitious Business Name(s) a.RAY OF BEAUTY WAXING | Located at: 7185 NAVA-JO RD, SUITE K, SAN DIEGO, CA 92119 Is registered by the following: a. MARISA LIEU This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2022 Registrant Name: a. MARISA LIEU TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . ment was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 29 ,2022. ISSUE DATES: SEPTEMBER 16,23,30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019856 Fictitious Business Name(s) a.HILL POINT PROPERTIES Located at: 4049 YALE AVE, LA MESA, CA 91941 Is registered by the following: a. ASHTON MARIE GENZMAN b. SAMUEL RICARDO ALVAREZ This business is conducted by A GENERAL PARTNERSHIP The first day of business was: N/A Registrant Name: a. ASHTON MARIE GENZMAN b. SAMUEL RICARDO ALVAREZ TI-TLE of Officer, if Limited Liability Company/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 6, 2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9020036 Fictitious Business Name(s) a. ALL-N-ONE TALENT AGENCY a. 1388 LONG VIEW DRIVE, CHULA VISTA, CA 91915 Is registered by the following: a. LORI ELISE

See **LEGALS**, Page 12

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## PACIFIC BEACHFEST SET FOR OCT. 1

Discover PB's annual Pacific Beachfest will return this year on Saturday, Oct. 1 from 11 a.m. to 7 p.m. Applications are now available through the business improvement district for participating artists, crafters, food vendors, and those wishing to participate in the fish taco competition. Last year, due to COVID and its distancing requirements, the event was scaled back to only a 5K run and beach volleyball tournament.

Kick off Pacific Beachfest with the inaugural Pacific Beach Half Marathon at 6:30 a.m., and the 10th annual Pacific Beach 5K at 10 a.m. The free festival offers three stages of live music, Big Josh Beer Garden, volleyball tournament, shape up social on the sand, a kids action alley, and the Best of the Beach Fish Taco Contest (11 a.m.-2 p.m.) held along the boardwalk from Felspar to Thomas streets. This year marks the 24th anniversary of Beachfest, which draws more than 50,000 visitors annually. For more information, visit pacificbeachfest.org.

#### **ENHANCE LA JOLLA**

The scope of work on refreshing and replacing the hanging flower baskets and hardware along Girard Avenue has grown. Brackets and hardware arrived last month and flowers are on order. The salvageable red and pink geraniums will remain. They will soon be accompanied by orange parrot beak flowers, blue superbells, and

whirlwind blue fan flowers. The goal is to have combinations of blue/pink and blue/orange in each flower basket.

On Sept. 9, following a brief period of rain and wind, several eucalyptus tree branches in the 7400 block of Girard Avenue fell onto the sidewalk and street. Thankfully, there was no harm to any person or property. Within the span of a few hours, an emergency landscaping crew employed by LJ MAD was dispatched to the area. They subsequently responded to this hazard with the chainsaws and other equipment needed to effectively break down this hazard and haul it away. The forward-looking objective now is preventative landscaping maintenance ahead

of the fall and winter storm season. Mitigating dead and declining palm fronds is of special focus.

LJ MAD is working closely with the City to best determine daily refuse pick-up times. The Village is the very first stop for the City Environmental Services Department on a long route that ends in San Ysidro each day. With the increased traffic to the district, it has become imperative to synch-up schedules with the city and the LJ MAD's janitorial vendor, so that trash collection is being effectively timed and always maintained.

#### **PB PAESAN**

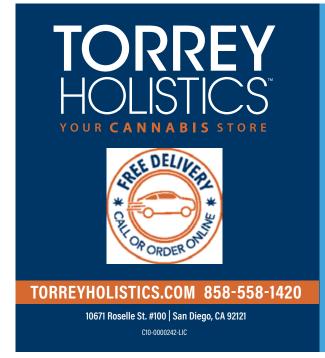
Pacific Beach Town Council will present the 42nd annual Police and Emergency Services Appreciation Night (PAESAN) on Wednesday, Sept. 28 from 4-6:30 p.m. at North Crown Point Shores Rotary Club Pavilion, 3700 Corona Oriente Road, just off Crown Point Drive at Moorland Drive. The event honors the police, firefighters, lifeguards and park rangers for the services they provide to the PB community.

This is PBTC's way of saying "Thanks for a job well done." This year, PBTC will honor and fulfill the wish list of Station 21 firefighters. Cost is \$5 each for adults in advance, \$10 at the door (children under 12 Free). Purchase at pbtowncouncil.org or 858-483-6666 for will call. Sustaining sponsors include Evans Hotels, Ocean Park Inn, Crystal Pier Hotel & Cottages,

SeaWorld, Pacific Beach Woman's Club, American Legion Auxiliary 552, Mission Beach Women's Club, OMBAC, and Discover PB.

#### **BINGO PARTY FUNDRAISER**

A bingo party fundraiser will be held Saturday, Sept. 17 from 2-5 p.m. at VFW Post 5985, 853 Turquoise St. Cost is \$20 per person to play five games; \$2 per extra game sheet. There will also be opportunity drawings, prizes and yummy snacks. Proceeds will be used for the 2022 holiday party (dinner and gifts), held for junior-enlisted active-duty military families who are vetted by STEP. Questions, call Nancy at 818-648-1203 or nancylperson@gmail.com.



THURSDAY PEGALET MONDAY

Buy any 2 WYLD gummies, get 1 for 1¢

\$12 EIGHTHS | \$4 PRE-ROLLS

TORREY HERB CO. three 1g jars for \$30 - Mix & Match

Buy 2 WUNDER GODSPEAK singles, get 1 for 1¢

Buy a CBX 8th, get a .75 pre-roll for 1¢

While supplies last. Cannot be combined with other offers. Some exclusions may apply.

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"The three menaces to any chimney,

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fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

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#### **SUDOKU PUZZLE**

9 3 6 9 2 9 8 5 9 6 8 8

# **CROSSWORD PUZZLE** 38 48

#### **CLUES ACROSS**

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

- 1. Autonomic nervous system
- 4. Kids love it in summe
- 8. Dashes 10. Polynesian sarong
- 11. Chapter of the Koran
- 12. Evildoer
- 16 Early Christianity French historian 35, Bluish greens 17. Kids' term for bugs
- 15. A way of binding
- 21. Work unit
- 23. A number or amount not specified duction
- 24. Military official (abbr.)
- 26. Type of gibbon
- 27. Norma Jean's stage name

19. People who are not Jewisl

15. Pigeon sound

17. Vital part

- 18. Beloved family holiday activity
- 37. Having the shape of a cube
- 38. They star at weddings
- 39. Indian god associated with repro
- 40. Ocean sunfishes
- 41. Slowly leak through
- 42 Plant part
- 43. Midway between south and south-
- 36. Argued publicly

#### CLUES DOWN

- 1. Accumulate on the surface of
- 2. Not a good feeling 3. Got smaller
- 4. Helped a golfer get around
- 5. Military forces
- 6. Partner to ways 7. Low, one-horse sleigh
- 9. Japanese seaport
- 10. Inclined to favor 12. Avid reader
- 14. Lead singer of Heart
- 23. Pokes holes in the ground 24. Beverage receptacle
  - 25. Stone used to surface roads 26. French-Belgian river

  - 27. Type of phone
  - 28. Long-lasting light bulb
  - 29. Type of medication (abbr.) 30. German city
- 31. Animal disease
- 32. They're in martinis 33. Get away from
- 34. Dormouse
- 36. Database management system

#### 7 6 9 3 8 6 6 9 $\forall$ 7 3 G 6 9 9 Z Þ 9 6 8 7 6 9 ε 8 Þ 7 6



**LEGALS** » CONT. FROM PG. 10

HOWARD This business is conducted by: AN INDIVIDUAL. The first day of business was: N/A Registrant Name: a. LORI ELISE HOWARD TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Re corder/County Clerk of San Diego County on: SEPTEMBER 7,2022 ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9020195 Fictitious Business Name(s) a.BEACHLUX Located at: 4278 AMPUDIA ST, SAN DIEGO, CA 92103 Is registered by the following: a. TOMAS KATYSOVAS b.EMELIA KATYSOVAS This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: N/A Registrant Name: a. TOMAS KATYSOVAS b.EMELIA KATYSOVAS TITLE of Officer, if Limited Liability Compa ny/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Becorder/County Clerk of San Diego County on SEPTEMBER 9 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

**LIVE FROM SAN DIEGO - Music** 

By BART MENDOZA

It's a testament to the diversity

of San Diego's music communi-

ty that one of the hottest bands

going at the moment isn't rock,

hip-hop, or country. It's a world

music group, Hawaiian-themed

combo, Slack Key Ohana (above).

Performing Saturday, Sept. 24

at The Pacific Islander Festival

(PIFA) taking place at Ski Beach,

Slack Key Ohana's authentic

sounds and show, complete with

hula dancers, have made them

festival favorites and drawn new

fans of all stripes. Their current

self-titled album debuted at No.

2 on the iTunes World Music

Charts and won "Best World

Music Album" at the 2022 San

Diego Music Awards, mixing

vintage covers with like-mind-

ed originals. It all adds up to the

perfect soundtrack to a day of

warm breezes, food, and fun on

Slack Key Ohana: Saturday, Sept.

When it comes to Americana,

country and blues guitar, few

are in the same league as Dave

Gleason. Performing on Sept.

16 at Beaumont's, Gleason is an

incendiary lead guitarist, his

seemingly effortless lead work as

impressive as his deep dive song

selections, which might include

anything from Merle Haggard to

Chuck Berry depending on the

occasion. Gleason has recently

been gigging with James Intveld's

24 at The Pacific Islander Festival

(PIFA), Ski Beach – Mission Bay.

the waters of Mission Bay.

1:15 p.m. Free.

**RECOMMENDED** 

**SPOTLIGHT** 

performances on the coast this week

group, however, it's when he fronts

his own groups that he can stretch

out his amazing fretwork and his

playing really takes flight. If you

enjoy bar room blues, you'll enjoy

every second of Gleason's set at this

Blues Band: Friday, Sept. 16 at

Beaumont's, 5662 La Jolla Blvd. 9

Live dance music comes to La

Jolla on Sept. 18 with an appear-

ance from Full Strength at The

Lot. This is a band whose whole

existence revolves around getting

their audiences on the dance floor

and they excel at this with a terrif-

ic mix of funk, R&B, hip-hop, and

soul that spotlights everything

from KC and the Sunshine Band to

Grand Master Flash and Beyonce.

Full Strength features both male

and female lead singers as well as

a horn section, doing a great job of

replicating classic tunes and keep-

Full Strength: Sunday, Sept. 18

Rock fans will want to head to

Hennessey's on Sept. 24 for an ap-

pearance from Coachella-based

group The Gand Band. The quar-

tet specializes in the sounds of the

1960s, playing the hits of Motown,

Memphis, Liverpool, and even

Chicago blues. Making the night

a must for fans of the latter, The

Gand Band will have two special

guests, Harmonica John, and

acclaimed blues singer Michele

Lundeen, who will both sit in on

the night, sure to add some spice

to what already promises to be a

The Gand Band: Saturday, Sept.

fun evening of classic tunes.

at The Lot, 7611 Fay Ave. 6 p.m. No

ing the energy level high.

cover.

Dave Gleason Stand Back

intimate nightspot.

p.m. \$10.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019456 Fictitious Business Name(s) a. SOLWAY CHURCH a. 4747 SOLEDAD MOUNTAIN RD, SAN DIEGO, CA 92109 Is registered by the following: a. FIRST BAPTIST CHURCH OF PACIFIC BEACH This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. FIRST BAPTIST CHURCH OF PACIFIC BEACH TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . RICHARD OLDHAM, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorde Clerk of San Diego County on: AUGUST 30 ,2022. ISSUE DATES: SEPTEMBER 16.23.30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9020127 Fictitious Business Name(s) a. NAILS BY KATELYN a. 1578 GARNET AVE, SAN DIEGO, CA 92109 Is registered by the following: a. SUONG KIM VUONG This business is conducted by: AN INDIVIDUAL The first day of business was: 05/22/2005 Registrant Name: a. SUONG KIM VUONG TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 08 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

Herschel Ave. 9 p.m. No cover.

24 at Hennessey's Tavern, 7811

Concert-goers heading to Pechanga Arena on Sept. 21 for a show from Michael Buble, may want to get there early to catch a set from acoustic guitarist, Mark Langford. Langford has been an integral part of San Diego's music scene for decades, performing with such area favorites as Bible Black. Here he will be performing "unplugged," playing Spanish-style guitar instrumentals and displaying techniques that will impress even diehard musicians. It's a nice bonus for anyone attending the concert, the perfect opening for Buble's main stage activities.

Mark Langford: Wednesday, Sept. 21 at Pechanga Arena's Artois Lounge, 3500 Sports Arena Blvd. 6:30 p.m. \$65-\$149.50.

The Monday lunchtime concert series at the Athenaeum Music & Arts Library continues on Sept. 26 with a duo performance from pianist Alison Luedecke and cellist Margaret Tait. Both are virtuoso players, well respected within the classical music community, having performed with the San Francisco Symphony and The Aurora String Quartet (Tait) as well as The San Diego Symphony and Mainly Mozart programs (Luedecke). The one-hour performance will include works from Dvo□ák, Beethoven, and Haydn, a treat for classical aficionados, and a great way for anyone who hasn't already to check out one of the finest listening rooms in San Diego.

Alison Luedecke and Margaret Tait: Monday, Sept. 26 at the Athenaeum Music & Arts Library, 1008 Wall St., Noon. Free.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022 9020480 Fictitious Business Name(s) a. HALLOWS DESIGN CO. a. 295 CHESTNUT AVENUE #36, CARLSBAD, CA 92008 Is registered by the following: a. HANNAH FRANCINE KOHL This business is conducted by: AN INDIVIDUAL The first day of business was N/A Registrant Name: a. HANNAH FRANCINE KOHL TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 13 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9020506 Fictitious Business Name(s) a. SEA MAC CONSTRUCTION AND ENGINEERING a. 2211 PACIFIC BEACH DRIVE, SAN DIEGO, CA 92109 Is registered by the following: a. CHAD MI-CHAEL JOSEPH .McGRANAHAN This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a, CHAD MICHAEL JOSEPH , McGRANAHAN, TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 13, 2022. ISSUE DATES: SEP-TEMBER 16,23,30 & OCTOBER 7



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# Mission Bay to visit Montgomery on Friday, Future Bucs Night upcoming

By HECTOR TRUJILLO

ission Bay High School will be holding its Future Bucs Night on Friday, Sept. 23 with the aim of providing tips and resources to help middle school students throughout the county become successful students as potential incoming Buccaneers.

"It's something we do for the local middle school kids to get them excited about going to Mission Bay High School," said football head coach Greg Tate.

Among the highlights of the event will be the school's music program and audition material to apply for advanced ensembles including the Mambo Orchestra, Symphony Orchestra, Jazz Choir, and Preservationists.

As for the Bucs, the team is off to a solid 4-0 start this season, which is even better than 2021 when they were 3-1 over the first four games. Mission Bay beat Sweetwater 34-14 on the road last week thanks to 330 passing yards and

50 rushing yards along with going 6-for-10 on third down conversions. The Bucs scored the first touchdown and never looked back as they dominated the Red Devils on both sides of the field.

"I feel that our team came out and executed our game plan," Tate added. "Sweetwater was a physical team and definitely made us work for the win. I will say that I'd like to see better execution from our second team guys."

Up next for Mission Bay is a trip south to face the Montgomery Aztecs on Friday, Sept. 16 with a chance to start the season 5-0 for the first time since the 2015 season when the team finished 10-3. "We'll look to have a great game to build the excitement within the community," said Tate.

The last time these two teams met, the Bucs came out with an impressive 34-14 home victory thanks largely to 117 rushing yards and the defense forcing two turnovers. The Aztecs are coming in on a threegame winning streak after losing their season opener against Coronado High.



Mission Bay QB Ethan Silber runs against Mar Vista, which the Bucs beat 52-6.

PHOTO BY STEVE SIDELL

#### **SUPER GIRL SURF PRO THIS WEEKEND**

The World Surf League (WSL) QS3000 Nissan Super Girl Surf Pro powered by Celsius will celebrate its 16th year at the Oceanside Pier in Oceanside Sept. 16-18. The nationally televised event is the largest female surf contest in the world, with more than 90 of the world's top pros scheduled to compete. Admission is free. For more information, visit supergirlsurfpro.com

Some of the biggest names in women's surfing are expected to attend, including surfing icon Bethany Hamilton and former Super Girl champions Carissa Moore,

Caroline Marks, Lakey Peterson, Tatiana Weston-Webb, Coco Ho, Sage Erickson, Courtney Conlogue, Caitlin Simmers (Oceanside), Alyssa Spencer (Carlsbad), and Samantha Sibley (San Clemente).

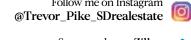
As an exciting addition to the surf lineup, the event will also feature an elite-level women's longboarding competition with 48 of the top female pros and up-and-coming stars. World champions Honolua Blomfield, Summer Romero, Soleil Errico, and Jen Smith will headline the field alongside 2021 Super Girl Longboarding Champion, Kirra Seale.







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# Are you experiencing burnout: At work? Home? Is it self-imposed?



Doing it **Better** 

By Natasha Josefowitz, Ph.D.

ou wake up exhausted after a good night's sleep. You take no pleasure in your activities. You have difficulty concentrating, tasks take longer than usual, and at times you find yourself irritable for no obvious reason. Maybe you feel "keyed up" all the time, or as if your energy goes through ups and downs. You keep misplacing things, forgetting appointments, and not remembering what others have just said. This is the third time you've had to re-read this paragraph.

Is it COVID fog? Maybe. Are you just getting older? Perhaps. Nevertheless, it's also quite likely that you are suffering from a common affliction: Burnout.

There are three types of burnout: at work, at home, and what you impose on yourself by never finding satisfaction with what you have achieved and who you are. At work, a good example is the inevitable burnout felt by doctors and nurses when there are surges of COVID-19 in hospitals, with not enough beds available for patients and too few personnel. The entire country is currently dealing with teacher burnout; many are leaving their jobs in droves.

Burnout can affect anyone providing service that cannot be done realistically within the expected timeframe or to the desired quality. So doors get closed, events get canceled, and the public receives poor service or no service at all. This is the reality we are all struggling with today.

At its worst, burnout can feel inescapable. However, there are methods and techniques that can help push through those feelings and regain your energy and spirit.

At work, are the deadlines self-imposed or do others expect too much? Can the workload be reduced? Can resources be added? Is the stress time-bound? Will it be reduced in the foreseeable future? Or will it go on relentlessly with no relief in sight? Is there someone you can talk to to help reassess your priorities? Can anything be delegated, postponed, or even dropped from your tasks? Burnout wreaks havoc on our health if continued for too long unabated.

Burnout can be from working longer hours, dealing with staff shortages, or being overextended at home. Single parents often suffer from burnout — too many responsibilities with little to no support. People who work from home can feel burnout with children at home, a new baby, a demanding job, or running a household. The major culprit is the expectation that not only can you do it all, but that you can do it all well. Ask yourself the following questions: What can I do more of? What can I do less of? What can I start? What can I drop?

What is the cure? I'm not going to advise you to go to the Caribbean for two weeks and lay in the sun (although that would help temporarily) because when you return, if the situation has not changed, then burnout will eventually recur.

You need to problem-solve and ask others to help you think through whether unrealistic expectations, either yours or others', are causing the burnout. If you have burnout in your own home, where can you get help? Are there other parents as exhausted as you are with whom you can take turns with childcare?

A potential remedy, both at home and at work, is to stop and stretch, drink a cup of tea, sit still for five or ten minutes with your eyes closed, and breathe deeply. Exercise can help, but is difficult to do when you're exhausted just trying to stay upright and

A third type of burnout is one that affects far too many people: striving for more - more success, more money, more prestige, more power, and more influence. There is a very short pause of satisfaction in the successful achievement of any endeavor. Soon the striving resumes... enough is never enough. Our acquisitive instincts for more don't find a permanent resting place. There is no respite from chronic dissatisfaction. This type of burnout keeps us in a permanent state of anxiety as we are always scanning our environment, searching for ways to get ahead. American culture emphasizes doing rather than being. We should care more about who we are rather than what we do. Ultimately real contentment can only be achieved when we are satisfied even with our smallest accomplishments as well as ourselves.

Burning the candle at both ends results in burnout. We have to learn to burn our candle one end at a time, thus making the flame last longer.

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

# **Kick-off to 100 Wave Challenge at Bird's Surf Shed**

By HECTOR TRUJILLO

ore than 150 people - including surfing legend and best-selling author Shaun Tomson – gathered at Bird's Surf Shed on Morena Boulevard to celebrate the official kick-off to the 13th annual 100 Wave Challenge on Sept. 13.

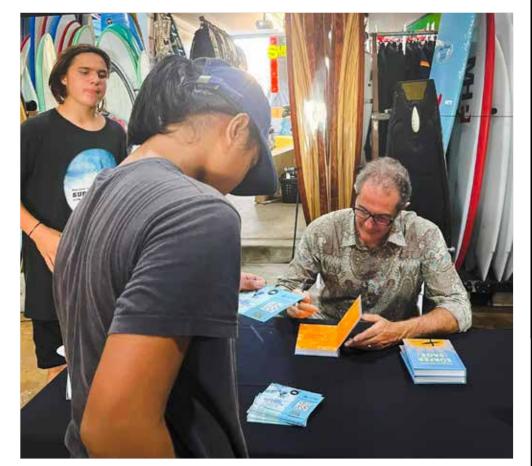
The objective of this signature surf-athon is to catch 100 waves in one day for the benefit of the Boys to Men Mentoring Network in what is the largest annual fundraising event for the network. The current two-month wave window has a set goal of raising \$500,000 to benefit the boys in the network with the 100 Wave Challenge using a peer-to-peer fundraising model similar to the Susan G Komen Foundation. Between Sept. 17 and Nov. 20, hundreds of surfers will hit the water at various locations in order to reach their objective.

"As surfers register, they build a landing page and create a link," said event organizer Joe Sigurdson. "They take that link and email it to family, friends, and co-workers announcing they're doing this for a wonderful cause."

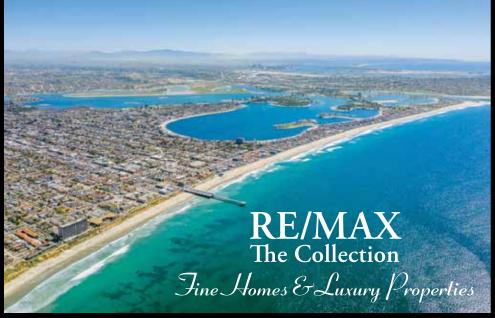
At the event on Tuesday, the 1977 world surfing champion and author Tomson discussed and signed copies of his new book, "The Surfer and The Sage," to provide a source of inspiration for those attending along with getting a chance to speak one-on-one with veterans 100 Wave Challenge. The book, which was co-authored with acclaimed poet and philosopher Noah benShe, provides a valuable code that Tomson developed with the goal of empowerment.

"It was a code I developed about 20 years ago to empower these young people who were coming down to the beach and were facing environmental problems," said Tomson. "Basic lessons that surfing had taught me about life and now I get hundreds of thousands of people around the world to write their own."

Attendees were also treated to a Baja-style taco dinner, live music, and a raffle of surfthemed prizes that included an inspiring video presentation as surfers learned the finer points of team building while registering for this year's challenge.



Surfing legend and best-selling author Shaun Tomson signs his book 'The Surfer and The Sage' for a fan PHOTO BY CORKY SIGURDSON during the 100 Wave Challenge at Bird's Surf Shed.



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# Sycuan's inaugural fashion show highlights Native American designers



By DIANA CAVAGNARO

ycuan Casino and Resort held its first fashion show at the Retreat Pool & Cabanas. The resort presented seasoned and upcoming designers from all over North America. The goal was to give a platform to Native Americans to showcase their creativity with an emphasis on jewelry, beadwork, and clothing design.

The event began with the Emcee, Ruben Littlehead, welcoming the crowd. Stan Rodriguez gave the opening prayer and was followed by the Bird Singers. Next, Littlehead introduced a dance troupe named the Indigenous Enterprise. This exuberant dance group was dressed in colorful regalia. They have performed at the Sydney Opera House, the Met Gala,



Lincoln Center, and now Sycuan Casino and Resort. They dazzled the crowd with their traditional dance number.

The fashion show began with Benjamin Leedom showing off his 3 Feathers Star Quilts. He is a member of the Northern Cheyenne tribe and believes that star quilts represent the sky. Next, the beautiful designs from Aresta Tsosie-Paddock from the Navajo Nation came down the runway. Following this, Terence Brown showed off his collection from Trap Native featuring his streetwear brand.

Disa Tootoosis from the Cree nation in Saskatchewan presented designs combining traditional and modern. Josh Muse, who is the current vice chairman of the Tribal Council, presented his men's suits from J&D Custom clothier. The models came down



the runway showing off the flawless fit of these tailored suits that were made with the finest fabrics.

Mother and daughter team Cheyleen Julian and Rosine Tree rocked the runway with vibrant ribbon skirts and Native American beading. Ashley Garcia from the Oglala Lakota Nation in Rockyford, S.D., showed native contemporary designs on the catwalk.

Closing the show was the artist Designs by Della. She is a member of the Apsaalooke (Crow) Tribe of Montana. Della Bighair-Stump also combines traditional and modern work to create her wearable fashions. Each one is one of a kind. She takes photos of her beadwork and has it printed on fabric and then creates bathing suits, dresses, and pants for the runway with this special fabric.

During the evening, DJ Danny



ALL PHOTOS BY DIANA CAVAGNARO

kept the audience entertained with his upbeat tunes.

Closing remarks were by Angelica Labrake, program director. She thanked everyone for coming out and all those who helped put this inaugural show together. Labrake invited everyone to join her in the Wachena Room to view or purchase everything from the show. This was an excellent opportunity for the audience to come backstage and meet the designers and see the designs up close.

#### **UPCOMING EVENTS**

Saturday, Sept. 24 – "3rd San Diego Design Week" by Mingei International Museum. International Fashion Show: Diversity Through Design by International Rescue Committee Small Business Development Center at 11:30 a.m. features

work from designers from immigrants and refugees. For the entire list of events from Sept. 21 to Sept 25, contact Gladys Hernandez at 619-732-0789 x452.

Saturday, Oct. 8 – FWSD22 Runway Shows at the Andaz from 6-10 p.m. will feature a 10-piece collection from designers followed by a trunk show on Day 2 on the rooftop. For tickets: fashionweeksd.com.

Saturday, Oct. 22 – Kenneth Barlis presents a 10th-anniversary event at the Port Pavillion on Broadway Pier beginning at 4 p.m. For tickets, visit kenneth-barlisofficial.com.

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.

MCASD David C. Copley director and CEO Kathryn Kanjo and Gail Knox.

MCASD patrons Joan and Irwin Jacobs with Margo Schwab.

# The Social Diary - Marilyn Monroe pop vibe at MCASD gala!

By MARGO SCHWAB

rom the MCASD website: "MCASD seeks to harness the potency of contemporary art to inspire expansive thinking and an inclusive world." And they've done just that! The energy of inspiring art was on full display at the MCASD gala in La Jolla. The stellar party encompassed viewing of artist Alexis Smith's work, in particular her magnificent piece "Men Seldom

Make Passes at Girls Who Wear Glasses." Ironically, the art portrays Marilyn Monroe with glass-

Among the mix were fabulous co-chairs Dagmar Smek and Marcos Ramirez Erre, artsy necklace standouts Karen Fox and Monica Avakian, dress and gown standouts, Dagmar Smek, Heather Clemente, Nancy Browar, and Gail Knox, and for the gentlemen art photographer Roy Porello accented with

Gianni Versace tie. Roy is that Roy who just got inducted into the San Diego Surfing Hall of Fame for his Richard Avedon level work.

More fun standouts there were Alex Yanez in Louis Vuitton checkered blazer, Eloisa Haudenschild, Iris and Matthew Strauss, and the 'super Q' couple, Irwin and Joan Jacobs of Qualcomm founding and philanthropy. Don't miss the exhibit... 'Til next time!



MCASD board president Steve Strauss and his equally prima facie wow wife Lise Wilson.



MCASD 'it girl' Nancy Browar.

ALL PHOTOS BY MARGO SCHWAB



Cristian and Heather Clemente with co-chair Dagmar Smek.



Pretty and petite Karen Fox.