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DA dismisses murder charge against man in fatal PB shooting

By NEAL PUTNAM

A murder charge was dropped on Sept. 22 against a man involving the shooting death of his mother on Sept. 13 in Pacific Beach and he was released from jail.

Daniel Caldera, 27, appeared Thursday before a San Diego Superior Court judge in a brief hearing only to have the murder charge involving the death of his mother, Mary Garcia, 65, dismissed against him.

The dismissal was a motion by the District Attorney's office, but there was no specific explanation as to the reason.

"The case was dismissed this morning due to ongoing investigation," said Deputy District Attorney Paige Woodward in an email. "There is no future date at this time."

"Mr. Caldera was released from custody," said public affairs officer Tanya Sierra, from the District Attorney's office.

"The investigation is ongoing and we cannot give further comment at this time," said Sierra in an email.

A reporter checked with the jail at 4 p.m. Thursday and Caldera had already been released. It is possible the murder charge could be refiled against Caldera.

There was no motive given in the shooting by Woodward at the Sept. 15 arraignment and no details of the case were shared in court at that time.

Stephen Cline, an attorney who only appeared for Caldera at his arraignment, said "he has a psychiatric history" and told the judge Caldera was unable to receive psychiatric medications since his arrest. The judge said she would look into that.

Police responded to a call at 12:30 a.m. on Sept. 13 of an injured woman on the beach near 700 Reed Avenue. Officers found bystanders rendering aid. She had one gunshot wound to her upper body.

READ MORE ONLINE AT sdnews.com

Mission Bay High School cheerleader Addison Shapiro celebrates the Buccaneers beating Holtville to start the season 5-1. The team plays next at University City on Sept. 30.
PHOTO BY STEVE SIDELL

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City Council approves contract for new homeless outreach program

By DAVE SCHWAB

San Diego City Council spent hours on Sept. 19 hearing from national experts and the public on best practices in dealing with the homeless crisis, before voting for a new contract enabling outreach teams to help homeless struggling with mental illness out on the streets.

The testimony came during a special meeting held by the City Council on homelessness, a subject that Mayor Todd Gloria has declared his top priority.

Following extensive testimony, the City Council voted in favor of a nine-month contract agreement between the San Diego Housing Commission, and People Assisting the Homeless, to partner and operate the City's Multidisciplinary Outreach Program. That program, costing \$632,013 including \$7,263 for a one-time startup expense, will begin on Oct. 1.

The new homeless outreach program is to be operated by Projects for Assistance in Transition from Homelessness (PATH), which is expected to collaborate and subcontract with Father Joe's Villages to provide homeless healthcare.

The outreach program will utilize an integrated multidisciplinary team to include a nurse practitioner, four clinical outreach specialists, a medical



A homeless encampment just behind the Sports Arena in Midway District.

PHOTO BY DAVE SCHWAB

“

'Homelessness is a tragedy. It is a life-and-death issue for hundreds of thousands of people across the country.'

- Jeff Olivet, United States Interagency Council
on Homelessness

”

assistant/outreach worker, two peer support specialists, and a part-time substance abuse counselor.

PATH provides assistance to individuals who are homeless or at risk of homelessness and have serious mental illnesses. PATH funds are distributed to states/territories that, in turn, contract with local public or nonprofit

organizations to fund a variety of services to homeless individuals.

At the start of the City Council's special meeting on homelessness, Jeff Olivet with the United States Interagency Council on Homelessness, spoke about national homeless trends. He also offered some insights on potential solutions to the homeless crisis.

"If we look over the last 10 or 15

HOMELESSNESS PUBLIC HEALTH CRISIS

San Diego County supervisors this week voted unanimously to declare homelessness a public health crisis. The county chief administrative officer was directed to work with city governments and the Regional Task Force on resolving homeless issues.

years across the country, what we saw was a small but incremental decrease in homelessness from 2009 to 2016," said Olivet. "What we've seen since then is an incremental rise in those numbers."

Olivet attributed the cause of that previous dip in homelessness to "a very strong push on decreasing veterans' homelessness where we saw veterans' homelessness in the years from 2010 to 2016 slashed by about 50%."

Added Olivet: "As you can see though, we're seeing an uptick (in homelessness) since January 2020. On any given night we had about 580,000 of our brothers and sisters across the country experiencing homelessness. We know that, since 2020, some communities have seen increases in homelessness, while others have seen moderate decreases and have been able to reduce homelessness during the pandemic. But until we have housing supply and housing affordability issues figured out, emergency shelters need to be part of the solution."

"Homelessness is a tragedy," said Olivet. "It is a crisis. It is a life-and-death issue for hundreds of thousands of people across the country."

In terms of solutions to homelessness, Olivet said what has worked best around the nation is when people come together across the political spectrum, and cities and counties work together along with nonprofits, faith, and business communities, to jointly address homeless issues.

"We need to set a goal for what we're trying to do as a community, and get everyone behind that goal and rowing in the same direction," Olivet concluded. "When we don't have that, what we see is finger-pointing. When we do have that, what we see is a success."

According to the San Diego Regional Task Force on Homelessness, a one-day snapshot conducted this February of the minimum number of San Diegans living in emergency shelters, transitional housing, safe havens, on streets and along riverbeds, at least 8,427 people in San Diego County were found to be experiencing homelessness. That was a 10% increase since 2020.

There were bright spots in the point-in-time count, however, including a 30% decrease in San Diego's veteran homeless population, and a 7% decrease in the chronic homelessness population versus 2020.

SCOTT'S PB SPOTLIGHT

I often get met with surprise when people learn that I grew up here in PB since there aren't too many "locals" anymore. It got me thinking, there's a lot of interesting people and businesses in our community that people may not know about if they are new to the area. So, each month I will be spotlighting someone within our community that I think has an interesting story to share.

Oasis Architecture and Design: Mark Morris 1015 Turquoise St, San Diego, 92109 – 858-273-5632

This month, I sat down with one of my favorite PB business owners, Mark Morris of Oasis Architecture and Design. Mark was born in Mountain View, CA, where his dad was an engineer early on in Silicon Valley and where he helped design the chip that's in your ATM card and the Commodore 64, as well as other things. Mark moved to the DC area for junior high and high school and then went on to attend college in Tennessee. Growing up, Mark said he always liked how things worked and was always tinkering and building things. He also had a strong artistic side, which would come to be a valuable trait later on once he became an architect. At the urging of his step-dad, Mark blended his love of engineering and art and decided in his senior year of high school to pursue becoming an architect. After college and his architectural degree, Mark was one of very few people to pass all nine divisions for his architectural license in three days, and in 1999, he moved to San Diego.

Mark started off doing residential architecture for around six months and then switched over to commercial architecture, where he was part of the team that designed the Water Authority Building here in San Diego. After three years doing commercial design, Mark decided he preferred the interpersonal aspect of residential design, as well as the more diverse design attributes of residential design. So in 2003, along with his co-worker, Eric Buchanan, he started Oasis and has been in the same location on Turquoise ever since.

Mark, as well as the rest of the staff at Oasis, is very client-focused. They spend lots of time with their clients upfront to get to know them, how they live, what they want/need and what they like and don't like. Spending all of this time upfront can seem cumbersome, but the end result is almost always a client getting a design that is exactly what they are looking for. This process also helps with less change orders once construction begins and a finished product that comes out much more cohesive and aesthetically pleasing.



Mark told me that he believes, "understanding engineering gives you freedom with art." I found this statement fascinating and asked him to elaborate on it. His opinion is that if you understand how things work, how things need to be "put together," you are then free to design anything you want with no constraints since you have already figured out how it needs to "work." He also believes that "the best architecture comes out of recession." By this he means when things are slower, architects have more time to dream big and come up with amazing and beautiful designs, whereas when things are crazy, there isn't as much time to just imagine and create freely. This all jives with his love of being hands on with clients and is what he enjoys most about his job. Unlike his least favorite aspect of his profession...local government red tape. The comradery within the local architect community is something he highly admires and thinks is a very positive thing for the profession and the community.

Mark is a fantastic and funny guy and is no stranger to a long conversation (I never have less than a 20 minute one with him). He's the VP of Discover PB, and he has amazing stock market tips that 60% of the time, work every time. He's very community-centric and loves PB. I've personally had him design two houses for me, and he's designed a number of homes for friends and clients who have, of course, had nothing but glowing things to say about him, Eric and the rest of the Oasis staff.

If you know of someone you think has an interesting story, send me an email scott@isellbeach.com with their info and why you think they would be a good person/business to spotlight and will consider them for a monthly spotlight.

Board approves rental subsidy for older low-income San Diegans

By KATIE CADIAO

The County Board of Supervisors voted unanimously Tuesday, Sept. 27 to establish a rental subsidy pilot program for seniors who are at risk of becoming homeless.

The Pilot Shallow Rental Subsidy Program will provide a monthly rental subsidy of \$500, paid directly to the landlord of a low-income senior San Diegan. Each subsidy will be paid for up to 18 months.

To qualify, an applicant must be at least 55 years old and the head of household. The applicant's household income may not exceed 50% of the area median income, and the household must be severely rent-burdened, which is defined as paying more than 50% of household income towards housing.

During the pilot program, preference will be given to applicants 60 years or older whose income is at or below 30% of the area median income and to seniors who live in a Health Equity area of the county.

"Older adults on fixed, limited incomes are struggling with rising housing costs and have also become the fastest growing part of our homeless program," said Barbara Jiménez, the County

community operations officer who oversees the Department of Homeless Solutions and Equitable Communities. "This pilot program will help seniors make ends meet and remain in their homes."

The application window will open by the beginning of next year and rental subsidies will be paid to start in March of 2023. If the pilot program is successful, the County will pursue additional funding opportunities to support the sustainability and expansion of the program.

The County will use existing communications networks, social media, community partners, and promotoras to ensure all eligible households are aware of this pilot program.

Today's Board action supports the Framework for Our Future and Framework for Ending Homelessness. Approximately 220 households could be assisted through the pilot program.

SHIFTING DEMOGRAPHICS

The pilot program was approved on the same day the Board of Supervisors accepted an update on the Aging Roadmap, a comprehensive blueprint for older adult services in the region.

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Transportation Board hears case for lower speeds on La Jolla Boulevard

By DAVE SCHWAB

Bird Rock residents seeking to lower the 35 mph speed limit on La Jolla Boulevard between Pacific Beach and Bird Rock were warmly received when they made their case on Sept. 21 before the La Jolla Traffic and Transportation Board.

“Tell us about the need to reduce that speed and this petition you’ve got,” asked La Jolla Traffic and Transportation Board chair Brian Earley of Harry Bubbins, spokesperson for Respect Bird Rock, a local volunteer group that has launched an online petition drive to lower the speed limit on a dangerous section of La Jolla Boulevard.

Earley noted La Jolla Traffic and Transportation Board is a joint committee with La Jolla Community Planning Association, the community’s land-use advisory group to the City. La Jolla Traffic and Transportation Board considers all proposals affecting La Jolla streets and parking including curb-color changes, time limits, and valet permits, as well as considering traffic control and street closures for special events.

Responding to Earley, Bubbins replied: “Thirty-five (mph) is too fast. It comes from a mischaracterization of La Jolla Boulevard being a four-lane boulevard; it’s not really.”

Bubbins pointed out Turquoise and Loring streets feeding into La Jolla Boulevard are both 25 mph. “But for some reason, cars speed through La Jolla Boulevard near

“For some reason, cars speed through La Jolla Boulevard near Tourmaline Park...”
- Harry Bubbins, for Respect Bird Rock

Tourmaline Park, a world-class surf destination, which is 35 mph,” he said. “There are no stop signs or traffic lights, just these kinds of pedestrian lights where you click and hope for the best. It’s faster than any other road going into La Jolla Boulevard anywhere else.”

Added Bubbins: “The second issue is, [speed limits] are very inconsistent. From City data, there have actually been 250 collisions reported on La Jolla Boulevard, and there was a tragic death earlier this year. This is just what has been reported.”

Bubbins noted Respect Bird Rock has “a lot of supporters,” while adding that “over 100 people have signed our petition. We’re really grateful that you’re looking into this issue.”

Earley gave his own slideshow presentation showing the section of La Jolla Boulevard in question. It depicted the two-lane road coming out of Pacific Beach, wherein he noted, “You’ve got various speed limits coming out of Pacific Beach, then it transfers over to one lane and then, boom, 35 miles an hour.”

Earley suggested prior traffic studies have probably set this speed at 35 miles an hour because that was the average of the

85th percentile of people traveling. “That’s why the speeds down south in PB are 25 or 30,” he concluded. “Either way, I would agree that 35 (mph) is a little much. That seems a little dangerous. I think (at least) additional signage is needed with lots of people living in duplexes and apartments around here.”

Barbara Dunbar, a member of Bird Rock Community Council, pointed out that a 15 mph speed limit sign, which was located within this problematic stretch of La Jolla Boulevard, “was wiped out some time ago and has not been replaced and needs to be replaced. It indicates there is a roundabout coming up, and that the speed limit in the roundabout will be 15 mph.”

Bubbins said Respect Bird Rock was not advocating for uniformly reducing the speed limit on La Jolla Boulevard through Bird Rock down from 35 to 20 mph. “We don’t want to create discord,” he said. “We just want to say it needs to be lower.”

Bubbins has presented the case for lowering La Jolla Boulevard’s speed limit previously to Bird Rock Community Council, and also intends to present it soon to Pacific Beach Town Council.

SHORT-TERM RENTAL APPLICATIONS

Starting Monday, Oct. 3 at noon, hosts can apply for a short-term residential occupancy license to operate a dwelling unit in the City of San Diego for short-term rentals. The STRO license will be required starting on May 1, 2023. Before beginning the application process, hosts must possess an active Transient Occupancy Tax (TOT) certificate and ensure all Rental Unit Business Taxes are in active paid status. In addition, applicants are strongly encouraged to visit the City’s STRO webpage and complete the STRO Application checklist before Oct. 3. Details and a description of the four license types are available at sandiego.gov/stro.

“After leading this effort for the past two years, I look forward to the STRO license application process opening for all tiers on Oct. 3,” said District 2 City Councilmember Dr. Jennifer Campbell. “A host will be able to apply for one of the following four STRO license tiers: Part-Time, Home Sharing, Whole-Home and Mission Beach Whole Home. These new regulations will return more housing into the market and give neighborhoods more quality of life.”

HOMELESS SHELTER CAPACITY

Since Mayor Todd Gloria created the Homelessness Strategies and Solutions Department in the summer of 2021, the City of San Diego has expanded street outreach and increased shelter capacity by 28%, while simultaneously working to create more permanent housing options for San Diegans experiencing homelessness.

“Our Homelessness Strategies and Solutions Department is working every day, alongside county-wide agencies and partners, to build a more robust system that addresses homelessness in San Diego,” Gloria said. “What ends homelessness one person at a time is outreach, shelter and housing, and we have made significant strides in all of these areas over the past year and will continue to do much more in the years to come.”

COUNTY HOMELESS FUNDS

San Diego is one of the first three jurisdictions to receive a portion (\$4.3-million combined) of the \$10 million the County has made available to support cities as part of its stepped-up commitment to addressing homelessness. “We are proud to support Vista, Oceanside, and San Diego in their fight

against homelessness by awarding these grants,” said Supervisors’ Chair Nathan Fletcher. “Their proposals are the types of projects we wanted to support. Each offers shelter, a safe environment and access to services that will help people get back on their feet.” City of San Diego – awarded \$1,030,543 – Safe Parking Program – A 60-vehicle safe parking lot in the Rose Canyon area is scheduled to be open by March 2023. This site will have an onsite restroom, showers, laundry, food, access to support services and long-term housing options. The target populations for the site are families. The City is leveraging \$479,000 of its own funds to operate this site for two years.

HSWRI HIRE

Michael Rust, Ph.D., most recently science advisor to the Office of Aquaculture at the National Oceanic and Atmospheric Administration, and the Aquaculture Steering Group Chair at the International Council for the Exploration of the Seas, joined Hubbs-SeaWorld Research Institute as a senior research fellow on Aug. 1.

READ MORE ONLINE AT sdnews.com

ReWild Coalition encourages City Council to prioritize wetlands funding

By DAVE SCHWAB

The ReWild Coalition representing over 70 environmental and conservation groups rallied on Sept. 20 outside City Hall to request that the City Council earmark \$250,000 in next year's budget for ReWild Mission Bay wetlands restoration.

"After almost 30 years of inaction on the master plan, the City must show leadership, vision, and decisive action to restore the lungs of the bay, reconnecting us and protecting our communities from the climate crisis. It's time to ReWild Mission Bay," said Andrew Meyer, director of conservation at San Diego Audubon Society, at the wetlands rally.

"This investment in the restoration momentum that the project has built would bring the City a strong return from outside grants and opportunities. There are multiple state and federal agencies that want to fund coastal resilience, habitat restoration, improved access, and carbon sequestration – all benefits that come to San Diegans through the ReWild project."

"Wetlands sequester and store more carbon than terrestrial forests, but only 10% of California's historic wetlands remain," said Mary Liesegang of environmental nonprofit Wildcoast. "We must protect remaining wetlands



Naomi Webb, president of City College SACNAS, speaking at the rally in support of ReWild Mission Bay. PHOTO BY KARINA ORNELAS

and restore degraded wetlands so that they will continue to be carbon sinks for thousands of years to come."

"The expansive restoration of tidal wetlands has far-reaching benefits to the health of our communities," said Rachel Abbott from San Diego Pediatricians for Clean Air. "By expanding Mission Bay's wetlands, we will address climate change, improve air and water quality, and amplify our City's natural space to positively transform our community's health and wellness. With the approved Climate Action

Plan that calls for 700 acres of tidal wetlands in San Diego by 2035, this down payment could ensure we reach our legally binding climate goals."

Mission Bay is a microcosm of the worldwide battle being waged to save the remaining dwindling wetlands. That battle is being played out locally with ReWild Mission Bay, a project of San Diego Audubon and its partners to enhance and restore wetlands in Mission Bay's northeast corner.

ReWild Mission Bay's proposal is to enhance and restore more

than 150 acres of wetlands in the northeast corner of Mission Bay, including the enhancement of 40 acres of existing tidal wetland habitat. The project will also create approximately 100 acres of tidal marsh and mudflat habitat and 30 acres of transitional/upland habitat.

Mission Bay's wetlands supply habitat for hundreds of local wildlife species and protect San Diego from climate change impacts such as flooding while improving area water quality.

Over the last several decades, science has confirmed that wetlands are critical to maintaining a balanced, oxygenated, diverse set of habitats, while the public has come to appreciate the value of wetlands as an aesthetic choice and "green infrastructure" that provides clean water, improved habitat, and climate resiliency.

Following the wetlands rally, Meyer of San Diego Audubon pointed out that a draft budget memo including early funding requests will go out at the end of September for next year's City budget deliberations beginning in May.

"The ReWild Coalition is strongly encouraging the City to prioritize wetlands funding in next year's budget," said Meyer adding, "The City is moving in the right direction."

REWILD MISSION BAY

Is a project of San Diego Audubon and its ReWild Coalition partners to enhance and restore the natural wetlands in the northeast corner of Mission Bay for cleaner water, greater climate resiliency, carbon sequestration, and improved access to public space, including for Native Americans, along San Diego's shared bayfront.

Mission Bay is the largest man-made aquatic recreational area in the United States with:

- More than 15 million visitors enjoy Mission Bay every year;
- Mission Bay comprises 4,600 acres of water outlined by 27 miles of shoreline;
- At least 144 bird species and 56 plant species call Mission Bay home.

Wetlands is a catchall term for habitats that are at least periodically saturated with salt, fresh, or brackish water. In San Diego, this can include open water, bays, mud flats, eelgrass, salt marsh, transition/upland habitats, and rivers. Wetlands are a natural component of Southern California bays and waterways, but over time, almost all native wetlands have been lost to development.

The ReWild project would ultimately have to be approved by both the City Council and the California Coastal Commission.

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School officials open new building, athletic field at Pacific Beach Middle

By DAVE SCHWAB

San Diego Unified School District officials and Pacific Beach Middle School staff, students, and alumni recently marked a major milestone: the dedication of a new two-story building featuring collaborative workspaces and 26 classrooms with state-of-the-art technology and innovative furniture.

The occasion was celebrated with speeches, including one by Dr. Lamont A. Jackson, SDUSD superintendent. Remarks were accompanied by PBMS' band and a student zither player, Siyun Li. Musicians performed in a new courtyard with lunch tables and sun umbrellas dramatically updating outdoor gathering areas at the school's new facility at the corner of Ingraham and Diamond streets.

As part of the Whole Site Modernization project, the two-story classroom facility replaced two aging buildings and created a new and safer entrance to the school campus from Felspar Street. The project follows a subsequent "Synthetic Turf Athletic Field and Parking Lot" project that replaced a decomposed granite field with a synthetic turf athletic field and a new parking lot with a bike rack, pick-up, and drop-off area, light poles, landscaping, and ornamental permeable pavers. Secure perimeter fencing has also been installed around the campus.



San Diego Unified School District Superintendent Dr. Lamont A. Jackson spoke at the PBMS classroom dedication.
PHOTO BY DAVE SCHWAB

On Friday, Sept. 23, Pacific Beach Middle School leaders welcomed SDUSD officials and two generations of alumni to celebrate the recently completed modern classroom facility.

PBMS principal Kimberly Meng kicked off festivities by thanking those turning out for "this ribbon-cutting ceremony for this brand new amazing classroom and outdoor facility. It's hard to believe our school has been in the Pacific Beach community for 91 years. In that time, it's been a junior

high school, a middle school, and, since 2007, an International Baccalaureate world school."

Added Meng: "Our prestigious IB designation is the reason why we were able to immerse our students in Mandarin Chinese language classes, art, and design. And it's successful. In our 15 years as an IB school, we've won multiple awards. Schools like ours deserve facilities like the one that we have right here."

Meng pointed out that students and staff "will now have the

classrooms that will help them thrive and collaborate in new ways. It's night and day from our old facility."

"Your vision and your leadership helped develop this incredible space," said Jackson of PBMS principal Meng. "This is a beautiful building with modernized classrooms," he noted adding, "This is one of 10 IB schools in five clusters in the district. It is the vision of communities like Pacific Beach that give us guidance for the future of our schools."

Added Jackson: "Better understanding of one another's cultures leads to equity and inclusiveness, which are two of our biggest priorities at San Diego Unified. Through understanding and learning, we can build a better tomorrow."

"It's fascinating to see how PBMS has changed over the years," said Amy Griffiths, a 1986 alumni of PBMS. "My mom went here, I went here, and now my son goes here. We all have different experiences in different facilities over the years – it's really special."

"It's surreal to be here and see these projects all completed," said Dr. Mike McQuary, Board of Education trustee for San Diego Unified. "This is a testament to the many meetings Principal Meng and former principal Julie Martel and I had with the community. Our hard work has paid off. Pacific Beach Middle has been transformed."

PACIFIC BEACH MIDDLE SCHOOL

A community staple for 91 years and counting, Pacific Beach Middle opened its doors in 1931 as a junior high school in North Pacific Beach. It stayed at its Tourmaline Street location for 19 years before moving to its current Ingraham Street location in 1950. Pacific Beach Elementary School currently sits at the former junior high site. In 1984, Pacific Beach Junior High transitioned to Pacific Beach Middle School. In 2007, Pacific Beach Middle became an International Baccalaureate (IB) World School. With this prestigious designation, the campus offers Mandarin Chinese language classes and one-of-a-kind partnerships with the University of Zurich in Switzerland and the University of San Diego. Now 15 years into serving as an IB school, Pacific Beach Middle has won multiple awards, including three "IB Educator of the Year" awards for California, one "IB Student of the Year" award, and a "Spotlight School" title by the California IB Association. Through the IB program, PBMS students learn how to recognize their common humanity and shared guardianship of the planet to create a better and more peaceful world. In addition to its academically rigorous curriculum, Pacific Beach Middle offers students enrichment opportunities, including award-winning athletics, jazz, video production, choir, sportfishing, and a variety of other lunch and after-school activities.

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SCHOOL NEWS – New principal takes over at Barnard Mandarin Magnet Elementary School

(This profile is the first in a series that will highlight school principals in the Mission Bay Cluster.) Kinglsey Chao moved from New York to San Diego in August to become the principal of Barnard Mandarin Magnet Elementary School. Chao said he and his older brother are "first generation Chinese Americans." His mother is originally from Shanghai and his father is from Beijing, China.

Chao grew up and attended New York and Long Island public schools. He credits key teachers from his elementary, middle, and high school years for his interest and passion in music, the arts, and performance. "Through 15 years-plus of piano lessons, and countless visits to Broadway stages, music has shaped my perspective on life and fueled my creativity," he said.

Chao graduated with a bachelor of arts in music from Stony Brook University. "I always knew I wanted to become an educator and inspire students the way my teachers did in me," he said. After graduating from Hunter College on the Upper East Side of Manhattan with a master's of science in childhood education, he began his teaching career.

Fifth grade was his first teaching assignment at The Audubon



Kinglsey Chao

School in Washington Heights. As each year passed, he sharpened his skills as a teacher and stretched his perspective by taking on multiple roles within the school. These experiences, along with encouragement from colleagues lead Chao to return to Hunter College to pursue graduate course work and his administrative license.

Six years as an assistant principal provided Chao with multiple experiences as an instructional coach and supervising K-5 programs; including special education, the arts program, Dual Immersion programs as well as student council activities. "Just

like some of my favorite characters from literacy and the stage, I knew there was more out there," he said.

This summer he took a leap of faith, said goodbye to his family and friends on the East Coast, and accepted the principal position at Barnard Mandarin Magnet School.

Within his first few days as principal of Barnard Mandarin, he realized he had hit the jackpot. He was immersed in a school with an extremely supportive environment. "The culture of the school is filled with joy, life, and love," Chao said. "There is a strong sense of collaboration among all the stakeholders."

As Barnard Mandarin continues to grow, Chao's vision is to continue creating a safe and equitable learning community that allows all students to take academic risks and engages them in rigorous discussions and content area writing to foster and develop language and knowledge.

Fun facts about Chao: He has hiked parts of the Great Wall of China; his favorite book is "Wonder," by R.J. Palacio; he has seen the musical "Wicked" more than 15 times; his favorite quote is, "We keep moving forward, opening up new doors and doing new things... and curiosity keeps leading us down new paths." – Walt Disney.

Giving is part of this La Jolla family's faith — and lifestyle

In Judaism, there is a concept called “tikkun olam,” which is often translated as a call to “repair the world.” In general, it is the belief that we are all called to help relieve the suffering of people in need.

La Jolla residents Lisa and Ben Arnold, devoted supporters of Sharp HealthCare, have taken that message to heart, both in philosophy and in action.

“For us, tikkun olam is not only part of our faith, but also part of how we’re raising our children — to really be physically involved,” Lisa says. “For example, for our daughter Ava’s bat mitzvah project, we didn’t just serve lunch to homeless people, our whole family made all 250 lunches and served them.”

Lisa believes that we all have something to give, whether time, talent or treasure — or a combination of the three. And she says it’s vital each person brings what they can to the table to help others.

A LIFETIME OF GIVING

One of the ways Lisa and Ben, founder and CEO of Arnold Family Corp., a South Carolina-based development company, have given to their communities from South Carolina to San Diego is through their foundation, the Lisa and Ben Arnold Family Tzedakah Fund. Their donations provide support to charities, particularly those that enhance quality of life through health care and education.

After giving birth to their son, Aaron, now 16, Lisa and

Ben recognized the change they could bring about for their South Carolina community. Aaron was born eight weeks prematurely and spent four weeks in the hospital’s newborn intensive care unit (NICU). Lisa, however, was discharged from the hospital just two days after giving birth.

The arduous travel to and from the hospital to visit Aaron each day as well as the inability to stay with him throughout the day, due to the open-concept design of the NICU, was — along with their appreciation for their infant’s care — the catalyst for their involvement. The Arnolds didn’t just make a significant donation toward the redevelopment of the NICU, Lisa also joined the hospital board of directors and launched a women’s leadership board.

“I realized women make 90% of the health care decisions for their family,” Lisa says. “I could bring my friends and other local women in, have a doctor join us to talk about a health topic, eat lunch, socialize a little bit, learn something new and raise money.”

The Arnolds also issued a challenge gift to the local children’s hospital. They matched every donation made up to \$500,000 and the total campaign raised \$1.2 million.

A QUICK TRIP — THEN A MOVE

On a trip to the West Coast, Lisa decided to visit Bill Littlejohn, senior vice president and CEO of the Sharp HealthCare Foundation. She



For Lisa and Ben Arnold, giving to the community is not only part of their faith, but also how they’re raising their children, Aaron and Ava. Along with volunteering at Sharp, the family, shown here together at a birthday celebration, have made several gifts, including a \$1 million leadership gift to launch ENVISION. PHOTO BY ROBIN L. WOOD

had heard about his renowned reputation in health care philanthropy and asked him for a tour of Sharp Mary Birch Hospital for Women & Newborns. She was, she says, “in awe.”

“I was very impressed by everything happening at Sharp Mary Birch,” Lisa remembers. “And, lo and behold, two years later, I moved out to San Diego and picked up the phone to call Bill. I said, ‘Bill, it’s Lisa Arnold — I’d love to have lunch.’ And this is the story of how I became connected to Sharp.”

Soon after, Lisa’s experience on the board in South Carolina led her to become a member of the Sharp HealthCare Foundation Board. She currently serves as the board’s vice chair as well as chair of the board’s Stewardship Committee.

“When I became stewardship chair, I spent the next year touring

every Sharp hospital and going to every event there is for each of Sharp’s foundations,” Lisa says. “While Sharp HealthCare is big in terms of the sheer volume of patients we treat and the number of people Sharp employs, each Sharp hospital and entity has been able to maintain its own individual identity. But we are ‘One Sharp’ — truly a community partner in the health and well-being of all of San Diego and always striving to deliver The Sharp Experience.”

RECOGNIZING BLESSINGS

Along with her dedicated volunteerism, Lisa and Ben have made several generous gifts to Sharp, including \$250,000 for the Sharp Mary Birch Neonatal Research Institute and Nemeth NICU Follow-up Clinic. What’s more, the Arnolds have helped launch

ENVISION: The Campaign for Sharp HealthCare with a \$1 million leadership gift for the Sharp Prebys Innovation and Education Center (SPIEC).

ENVISION is a 10-year comprehensive campaign with a goal of raising \$250 million in support of Sharp’s \$2 billion investment in San Diego’s health care future. The campaign aims to provide clinical and technical innovation, enhance knowledge and learning, create an extraordinary patient experience, and deliver this world-class care to every community.

The SPIEC, set to open in spring 2023, will be a dedicated facility for simulation, demonstration and technology innovations that enhances outcomes for individual patients as well as improves caregiver skills. With 70,000 square feet of state-of-the-art spaces, the SPIEC will provide an auditorium and conference rooms for sharing advanced clinical procedures from infection prevention to lifesaving interventions.

“There’s a saying I often reflect on: ‘Stewardship is recognizing blessings and managing them well,’” Lisa says. “I think that applies to everything. How do we take care of each other as a community? Are we good stewards of everything that we are blessed with? It is about what we do, not just what we give.”

The Arnolds — Lisa, Ben, Ava and Aaron — are doing a lot. “This is how we fix the world,” Lisa says. “This is tikkun olam.”

Scripps Research awarded NIH BRAIN Initiative grant to map central nervous system

\$2.3 MILLION AWARD WILL SUPPORT DEVELOPMENT OF THE FIRST MOLECULAR TOOLKIT THAT UNCOVERS THE BRAIN’S ‘TRANSLATOME’

Across science and medicine, the brain remains one of the human body’s most mysterious and complex parts. Scripps Research associate professor Giordano Lippi, Ph.D., has been awarded a grant from the National Institutes of Health (NIH) Brain Research Through Advancing Innovative Neurotechnologies (BRAIN) Initiative to develop a new technology that reveals a major neural component and

enhances our understanding of human brain function.

The highly regarded grant will provide \$2.3 million in funding over one year, split evenly through a collaboration between Lippi’s lab and the Gene Yeo lab at UC San Diego. This funding will help advance a technology system that maps the brain’s “translatome” — the entire collection of mRNAs (the genetic material that carries protein-coding information) that

are highly translated into proteins (the effectors of all functions in the cell).

“So much of the human brain is still a puzzle to researchers today, and we need enhanced tools to better understand the molecular mechanisms underlying everything from cognition to behavior to disease,” says Lippi, who is an associate professor both in the Department of Neuroscience and Dorris Neuroscience Center,

as well as an adjunct professor in the Department of Neurosciences at UC San Diego. “I am honored to receive this grant and help answer some of neuroscience’s biggest questions alongside a team of leading RNA experts, computational biologists, and molecular neuroscientists.”

Lippi and Yeo’s technology toolkit is known as Ribo-STAMP (Surveying Targets by Antibody-free Mutation Profiling), which

measures — at the single-cell level — how frequently a ribosome (the protein synthesis machine) binds to mRNAs. This is an excellent proxy for protein translation, the final step of protein synthesis. Current related technologies like single-cell RNA sequencing rely on measuring only mRNA levels, which is a poor predictor of protein levels.

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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.

ZOMBIE WALK

Zombie Walk on Saturday, Oct. 1, 4-5:30 p.m. Meet at Trader Joe's, 1640 Garnet Ave., at 4 p.m. for photos. Zombie Walk begins at 4:25 p.m. down Garnet Avenue, starting at Ingraham Street, near the big sign

for Trader Joe's. At the end of Garnet, zombies do the "Thriller" dance at the Community Stage for Pacific Beachfest at 5:10 p.m. More information at <https://thrillersd.com>.

SUNSET ZOMBIE DANCE

On Friday, Oct. 21, 5:45-6:15 p.m. in front of 710 Beach Club, 710 Garnet Ave. Zombies will meet in front of Crystal Pier at 5:45 p.m. and dance at 6:05 p.m. The manager at 710 Beach Club will play the music and make an announcement to start the "Thriller" dance. More information at thrillersd.com.

PARENTS NIGHT OUT

Friends of Pacific Beach Elementary School are holding a

Parents Night Out at the VFW Post 5985 on Friday, Sept. 30 from 6-10 p.m. at 853 Turquoise St. Tickets are \$20 per person. Space is limited. Cash bar. Food included. All proceeds benefit FOPBE. Ticket sales begin Monday, Sept. 19 in front of the marquis on campus at 1234 Tourmaline St. This event is open to all PBE families and is adults only. Those with questions can call Kristen Everett at 619-972-9877.

HALLOWEEN CRUISE

For Halloween, guests can dress up in their favorite costumes and hop aboard the William D. Evans Halloween Cruise on Oct. 28, from 9 p.m.-midnight, departing

from the Bahia Resort pier. There will be two DJs, a lighted dance floor, liquid treats/drink specials, and a photobooth to capture the night's "spooktacular" memories. Partygoers must be 21 years or older and the cost is \$40 per person. For more information, visit discovermissionbay.org.

FRIENDS OF PB LIBRARY

The Friends of the Pacific Beach Library meets on the third Thursday of the month at 11:30 a.m. in the Library's Meeting Room/Gallery. Meetings are held every month except June, July, August, and December.

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READERS CHOICE AWARDS 2021

SeaWorld San Diego’s new coaster, Arctic Rescue, to open in 2023

SeaWorld San Diego announced that its new coaster, Arctic Rescue, will open in spring 2023. Joining other thrill rides at the theme park, Arctic Rescue will be the longest and fastest straddle coaster on the West Coast. This family-friendly multi-launch ride invites guests to hop on a snowmobile and launch at up to 40 mph on a chilly adventure as they race through the unpredictable arctic climate to help animals in danger.

The new coaster will feature a unique indoor launch station where passengers will start their journey inside of the “Wild Arctic” exhibit and launch outside straddling a unique snowmobile-style vehicle. Guests will race through the Arctic and experience three launches, each faster than the last, at 34, 38, and 40 miles per hour.

The straddle snowmobile-style seats allow for an immersive ride experience for each rider as they lean into banks and turns and glide up heights as tall as 30 feet along the 2,800 feet of track. Manufactured by Intamin Worldwide, each train will hold 16 riders in eight, two-person rows.

“We’re continuously looking for ways to add new experiences to the park for our guests and this new coaster is a great addition to our ride line-up and a perfect complement to the Wild Arctic exhibit,”



said Jim Lake, SeaWorld San Diego park president.

Unpredictable climate fluctuations and global warming is happening in the Arctic three times as fast as the rest of the planet. As a result, the Arctic sea ice that many animals rely on for survival is melting, threatening the survival of many species and forcing them to change the way they hunt, breed, and migrate. The ride is inspired by the heroic efforts of the SeaWorld Rescue Team and their dedication to rescuing animals in distress and in need of care.

Riders will race the unpredictable arctic climate to save these animals in danger. Arctic Rescue is incorporated in the Wild Arctic

exhibit, which is home to a ringed seal, walrus, and belugas, some of the species most impacted by Arctic sea loss. The new ride will bring awareness to the pressures the Arctic is facing and allow guests to visit, see and learn more about each animal whose species call the Arctic their home.

“The ride is also an educational opportunity for guests to learn more about climate change, how it impacts animals in the Arctic and what they can do to help the issue. I truly feel that seeing these animals up-close at SeaWorld allows guests to build a stronger connection and encouragement to take action to help protect them,” Lake said.

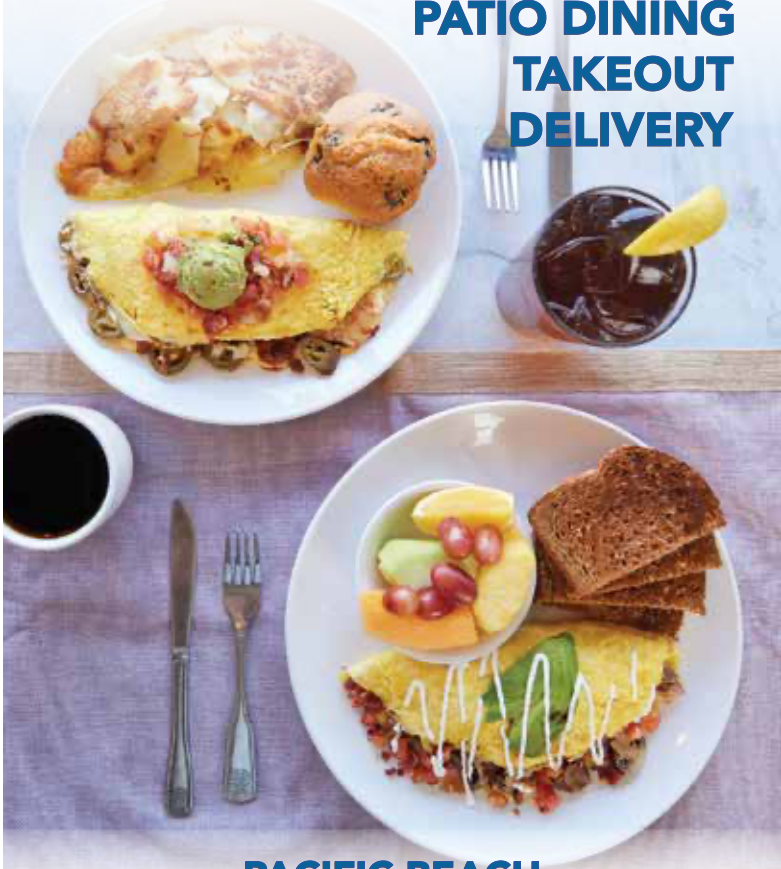
Arctic Rescue will be an addition to the park’s ever-growing ride portfolio, which includes Journey to Atlantis, Manta, Electric Eel, Tidal Twister, and Emperor, voted one of 2022’s top best new attractions in the country by USA Today 10Best Readers’ Choice poll. With its 48-inch height requirement, adventure seekers of all ages can ride Arctic Rescue.

All pass members will receive exclusive ride times to experience Arctic Rescue before the ride opens to all guests in 2023. For more information, park hours and to purchase tickets, visit SeaWorldSanDiego.com.



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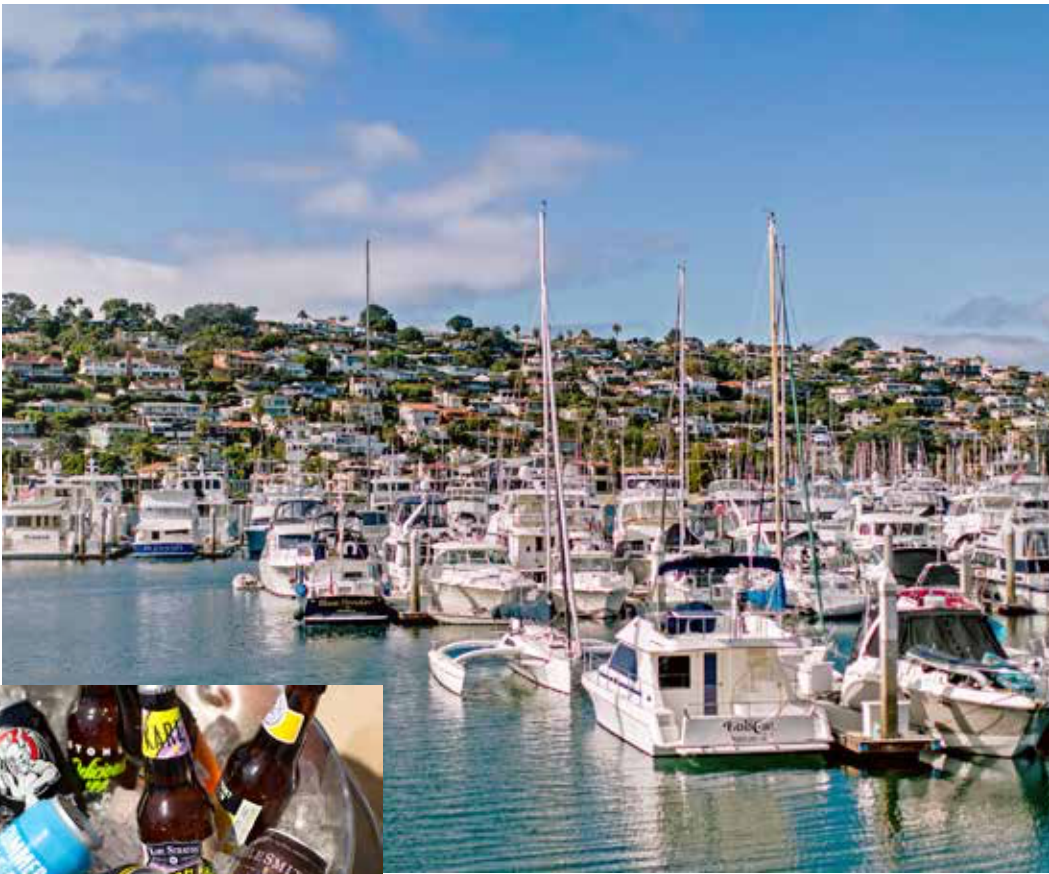
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7 SUMMONS CASE # 37-202100046774-CL-CB-CTL NOTICE TO DEFENDANT : KEVIN LAFRANCE AND CHRISTOPHER LAFRANCE YOU ARE BEING SUED BY PLAINTIFF: ALI SHOJANIA, D.D.S.,INC NOTICE! You have been Sued. The court may decide against you without your being heard 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 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, 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. Engel 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, IMPERIAL 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 TITLE 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. KAMIKKA KELLY b. NARCIPPA S. TEAGUE This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 08/01/2022 Registrant Name: a. KAMIKKA 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 SWEETWATER 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 9, 16, 23 & 30

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 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. 2022-9019340 Fictitious Business Name(s) a.RAY OF BEAUTY WAXING Located at: 7185 NAVAJO 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 . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 29 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019856 Fictitious Business Name(s) a.HILL POINT PROPERTIES Located at: 4049 VALE 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 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 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 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. Recorder/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.EME-LIA 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 Company/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 9 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

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. Recorder/County 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

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 MICHAEL 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: SEPTEMBER 16,23,30 & OCTOBER 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019042 Fictitious Business Name(s) a. ENCORE LIMOS LLC a. 1220 ROSECRANS ST, SUITE 193, SAN DIEGO, CA 92106 Is registered by the following: a. ENCORE LIMOS LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. ENCORE LIMOS LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor PETER CAPLANERIOS, CEO .The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 23 ,2022. ISSUE DATES: SEPTEMBER 16,23,30 & OCTOBER 7

SUMMONS (Family Law) CASE # 19FL001861C NOTICE TO RESPONDENT : ISAAC HIRSCH You are being sued. Read the information below and on the next page. Petitioner's Name is: ALICE DAL MORO You have 30 calendar days after this Summons and Petition are served on you to file a Response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call, or court appearance will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice, contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org), or by contacting your local county bar association. NOTICE-RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouses or domestic partners until the petition is dismissed, a judgment is entered, or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them. FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party. SUPERIOR COURT OF CALIFORNIA, CENTRAL DIVISION / CENTRAL COURTHOUSE, 1100 UNION STREET, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, are: IN PRO PER, ALICE DAL MORO, 4589 CAMPUS AVENUE, , SAN DIEGO, CA 92116 Date: 02/14/2019 Clerk, by , R. VALENTINO, Deputy ISSUE DATES: SEPTEMBER 23, 30, OCTOBER 7 & 14

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00037447 -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): PATRICIA ROBERTS filed a petition with this court for a decree changing names as follows: Present name: a. PATRICIA ROBERTS to Proposed name: ARACELI PENA court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 11/02/2022 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: SEPTEMBER 20 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: SEPTEMBER 23,30,OCTOBER 7 & 14 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. 2022-9019199 Fictitious Business Name(s) a. BITCHIN' WICKS b. AMIGOS JANITORIAL SERVICES a. 2611 CAMULOS ST #24 SAN DIEGO, CA 92107 Is registered by the following: a. EGPL LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 12/3/2021 Registrant Name: a. EGPL LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor .ALMA MC GEE, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 25 ,2022. ISSUE DATES: SEPTEMBER 23,30,OCTOBER 7 & 14

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9020689 Fictitious Business Name(s) a.PHIL'S BBQ a. 17051 W. BERNARDO DRIVE, SAN DIEGO, CA 92127 Is registered by the following: a.PHIL'S BBQ OF RANCHO BERNARDO, INC This business is conducted by: A CORPORATION The first day of business was: 05/31/2006 Registrant Name: a.PHIL'S BBQ OF RANCHO BERNARDO, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . CHARLES P. PACE, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 16 ,2022. ISSUE DATES: SEPTEMBER 23,30,OCTOBER 7 & 14

The Art of Fashion by The Country Friends and South Coast Plaza



Fashion Files
Diana Cavagnaro

The Country Friends presented the 67th Art of Fashion on Sept. 15 in partnership with South Coast Plaza. This event was held at The Inn at Rancho Santa Fe and began with a Champagne reception on The Inn's Lawn. President Suzanne Newman was there to greet the crowd. Sandra Maas was the emcee for the afternoon. She is an award-winning television personality and creator of "Trailblazing Women," a video series for the Women's Museum of California. This year, three remarkable women were co-chairs: Keilene Hayward, Sandy Nolan, and Melissa Wilkins.

The runway show began outside under a huge canopy. Max Mara is known for their Icon Teddy Bear Coat, the "It Coat." This year, they had an impressive array of accessories in the Teddy Fabric such as clutch bags, belt bags, and mittens.

Monique Lhuillier presented beautiful evening wear and bridal gowns. One was sequin embroidered and adorned with feather trim on the sleeves, a strapless teal ball gown with a ruffled tulle neckline, and finishing her

collection was an elegant off-the-shoulder wedding gown.

Isabel Marant presented an electric blue satin midi dress that was an eyecatcher. She also showed a denim jeans outfit that resembled a pair of tight-fitting cargo jeans.

A stand-out with Lafayette 148 New York was a Boheme lace V-neck camisole with a reversed shearling overcoat. Lafayette 148 New York also had a luxurious double weave wisteria blazer and pants with a cashmere long fringed scarf. Many of the designers showed wide-legged trousers, lace-up boots, and over-the-knee boots.

Bally presented "Irenne," which is a leather long boot with wood on the platform sole and a rubber toe cap. A crowd-pleaser was a yellow fringed dress by Saks Fifth Avenue. Oscar de la Renta showed his signature floral motif which made a botanically bold statement. He concluded with an off-the-shoulders ball gown.

The guests were seated on the lawn for a delicious luncheon. Anna Couvrette, one of the youngest auctioneers in the United States, began motivating the audience. They immediately started bidding on the live auction items including the Ultimate Antarctic Adventure from Scott Dunn Luxury Travel, which was valued at \$38,390. The event

continued with a "Sip, Shop, and Support." Guests finished the picture-perfect day with more boutique shopping at the participating vendors.

This is the 18th year that South Coast Plaza has partnered with The Country Friends. They are renowned as a leading destination for international shopping. The Country Friends is a nonprofit organization that has raised more than \$14 million for charities throughout San Diego County. They have been "Helping San Diegans, One Hand at a Time." For more information, visit <https://thecountryfriends.org/>.

UPCOMING EVENTS

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: <https://fashionweeksd.ticketsauce.com/e/fashion-week-san-diego-2022>.

Saturday, Oct. 22 – Kenneth Barlis presents the 10th-anniversary event at the Port Pavillion on Broadway Pier beginning at 4 p.m. For tickets, visit <https://kennethbarlisofficial.com/collections/tickets>.

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.



Moncler.



Saks Fifth Avenue.



'Irenne' boots by Bally.



Lafayette 148 New York – Wisteria suit with a fringed scarf.



Max Mara with Teddy Bear accessories and jacket.

ALL PHOTOS BY DIANA CAVAGNARO



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SUDOKU PUZZLE

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

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.

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- CLUES ACROSS**

 - 1. Bay Area humorist
 - 5. Hurt
 - 10. Icelandic poems
 - 14. A taro corm
 - 15. Metaphorical use of a word
 - 16. It fears the hammer
 - 17. Excessively quaint (British)
 - 18. Laid-back California county
 - 19. Cook in a microwave oven
 - 20. Not late
 - 22. Go from one place to another
 - 23. Peoples living in the Congo
 - 24. Popular pasta
 - 27. Available engine power (abbr.)
 - 30. Popular musician Charles
 - 31. Angry
 - 32. Spelling is one type
 - 35. One who makes a living
 - 37. Indicates location
 - 38. Imperial Chinese dynasty
 - 39. Small water buffaloes
 - 40. Hungarian city
 - 41. Fabric
 - 42. Ancient kingdom near Dead Sea
 - 43. Precursor to the EU
 - 44. Philly footballers
 - 45. Female sibling
 - 46. "When Harry Met Sally" actress
 - 47. Magnetic tape of high quality
 - 48. Insecticide
 - 49. Apparatus to record and transmit
 - 52. Some is considered "dog"
 - 55. Israeli city ___ Aviv
 - 56. Fencing sword
 - 60. Ottoman military title
 - 61. Wise people
 - 63. Cold wind
 - 64. Popular type of shoe
 - 65. Administrative district
 - 66. A way to reveal
 - 67. Cooked meat cut into small pieces
 - 68. Actress Zellweger
 - 69. Romanian city
- CLUES DOWN**

 - 1. Small town in Portugal
 - 2. Site of famed Ethiopian battle
 - 3. German river
 - 4. Christmas carols
 - 5. Cash machine
 - 6. Rough and uneven
 - 7. Rumanian round dance
 - 8. Widespread occurrence of disease
 - 9. A place to relax
 - 10. Feeling of listlessness
 - 11. Coat or smear a substance
 - 12. Wild mango
 - 13. Brews
 - 21. Belgian city
 - 23. Confined condition (abbr.)
 - 25. Swiss river
 - 26. Small amount
 - 27. Part of buildings
 - 28. Vietnamese capital
 - 29. Sailboats
 - 32. Shelter
 - 33. Terminated
 - 34. Discharge
 - 36. Snag
 - 37. Partner to cheese
 - 38. A container for coffee
 - 40. Spend time dully
 - 41. Satisfies
 - 43. Snakelike fish
 - 44. Consume
 - 46. Type of student
 - 47. Erase
 - 49. Instruct
 - 50. Girl's given name
 - 51. Jewish spiritual leader
 - 52. "To ___ his own"
 - 53. North-central Indian city
 - 54. Greek alphabet characters
 - 57. Weapon
 - 58. Amounts of time
 - 59. American Nobel physicist vital to MRI's
 - 61. Soviet Socialist Republic
 - 62. Witness

I	S	V	I		Э	Э	N	Э	H		H	S	V	H	
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LIVE FROM SAN DIEGO – Music performances on the coast this week

By BART MENDOZA

SPOTLIGHT

Blues guitarist Samantha Fish (right) stops in at Humphrey’s Concerts by the Bay on Sept. 29. Opening for Kenny Wayne Shepherd, Fish is currently touring behind her latest album, “Faster,” a wonderful showcase for her powerhouse guitar playing. A blues virtuoso, with terrific leads and slide work, her music is topped by a voice that’s equal parts emotion and grit. But where Fish really excels is in her song-writing. Songs such as hard-driving “So Called Lover” and especially garage rocker, “Better Be Lonely,” are true earworms, with hooks so strong you’ll be singing along by the second pass of the chorus.

Samantha Fish: Thursday, Sept. 29 at Humphrey’s Concerts by The Bay, 2241 Shelter Island Drive 7 p.m. \$58 humphreysconcerts.com.

RECOMMENDED

Revitalized alternative rockers, The Pixies, appear at Soma on Oct. 1. Touring in support of their album, “Doggerel,” released the day before, fans will find the new tunes to be worthy additions to the band's canon. The first single, “There’s A Moon On,” is about as radio-friendly as it gets, with the atmospheric vocal interplay between frontman Frank Black and bassist Paz Lenchantin in the chorus, adding to the hook. While the night's biggest cheers will be for classics such as “This Monkey’s Gone To Heaven” and “Gigantic,” the excellent new songs show the band to be in top form more than 30 years on from their Boston beginnings.

The Pixies: Saturday, Oct. 1 at Soma, 3350 Sports Arena Blvd. 8 p.m. \$45. somasandiego.com.

Legendary soul singer Jesse

Davis has led an amazing life in music, with a string of highly collectible recordings in a career now more than seven decades long. This year has brought long-deserved recognition to Davis and his accomplishments. Earlier this year he was presented with a Lifetime Achievement trophy by the San Diego Music Awards, meanwhile on Oct. 2, a new documentary, “Jesse Davis, My Life in Song,” will premiere with a special screening at Humphrey’s Backstage Live. For fans of soul, R&B, jazz, or San Diego’s music history, this event, with Davis in attendance, promises to be an unforgettable experience.

Jesse Davis Documentary: Sunday, Oct. 2 at Humphrey's Backstage Live, 2241 Shelter Island Drive. Noon. humphreysbackstagelive.com.

The Acoustic Evenings concert series returns to the Athenaeum on Oct. 7, with performances from Billy Galewood, Jamie Shadowlight, and Seawall Prophet. It's an impressive lineup. Galewood is a longtime scene favorite, with several Jason Mraz collaborations to his credit, while Shadowlight is a gifted violinist who has performed with the likes of jazz great Gilbert Castellanos. Closing out the trio is Seawall Prophet, a reggae/funk/rocker recently signed to Pacific Records. The Acoustic Evenings series is a great way to take in a lot of great talent in one go, with the Athenaeum itself one of the city's ideal listening rooms.

Acoustic Evenings: Friday, Oct. 7 at the Athenaeum Music and Arts Library, 1008 Wall St. 7:30 p.m. \$5 - \$20 ljathenaeum.org.

Polish chamber music group, Apollon Musagete Quartet, joined by pianist Garrick Ohlsson, perform at The Baker-Baum Concert Hall at The Conrad on Oct. 8. The night includes a prelude lecture by



Michael Gerdes, with the concert itself, set to include works by Bach, Schubert, and Shostakovich. The quartet has drawn notice since its debut in 2006, its dynamic performances and practically telepathic musical interplay winning them fans both in and out of classical circles.

Apollon Musagete Quartet and Garrick Ohlsson: Saturday, Oct. 8 at, 7600 Fay Ave. 6:30 p.m. \$31-\$75 theconrad.org.

Acclaimed acoustic guitarist Fred Benedetti presents his annual John Lennon birthday celebration on Oct. 8 at Dizzy’s. Joined by vocalists Regina Moomjean and Julia Picone, bassist Jeff Pekarek, and percussionist James Morton, Benedetti’s arrangements of classic songs such as “Come Together” and “Across The Universe,” will impress even jaded Beatles fans. Particularly good is the vocal interplay between Benedetti, Moomjean, and Picone, which allows them to include such rarely performed songs as “Because” in their sets, complete with multi-part harmonies.

Fred Benedetti, Saturday, Oct. 8 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$20. dizzysjazz.com.

SEPTEMBER 21 ,2022. ISSUE DATES: SEPTEMBER 23,30,OCTOBER 7 & 14

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Buccaneers bounce back with impressive win over Holtville

By HECTOR TRUJILLO

Mission Bay High School rebounded from its first loss of the season last week at the hands of Montgomery High School with a 48-30 home victory over Holtville on Sept. 23. After both teams went scoreless in the first quarter, the Bucs kicked it into gear outscoring the visitors 21-6 in the second quarter.

"I feel like our defense played great, I would like to see more physicality at the point of attack but they executed our game plan," said head coach Greg Tate. "Our offense looks to have gotten back on track after having an off week last week, we had guys like Ricky Esquer step up."

Esquer made his first start this season at running back filling in for HaTan Nguyen and finished

with 129 yards with two touchdowns. The team also got another impressive performance from quarterback Ethan Silber who finished with four passing touchdowns and one rushing along with going 16 for 24 for 184 yards with another 71 yards on the ground on eight carries.

"After last week's slow start and tough loss we wanted to start strong against Holtville," said Silber. "Their first drive used up the entire first quarter. Our first drive at the start of the second quarter stalled, so to settle down we focused on making the easy plays that gave us the momentum we needed to score on every drive after that."

Mission Bay finished the third quarter with a 34-14 lead, which allowed several backups to get valuable playing time and close

out the game. "Our running game really got going this week and we had a good balance between pass and run," Silber added.

Among other noteworthy positions was the receiving core of Jacob Sloan, David Maier, and Gavin Marzion who finished with eight receptions for 98 yards, four receptions for 44 yards plus a touchdown, and two receptions for 26 yards and a touchdown, respectively.

"Our offensive line stepped up big this week as well," Tate added. "Special teams was solid and we had some big returns. This week we have a big challenge with University City. It's the start of league play, they have a team full of athletes and we have our work cut out for us."

The Bucs now sit with a 5-1



Junior running back Ricky Esquer rushes against Holtville.

PHOTO BY STEVE SIDELL

record and will travel on Sept. 30 to face University City, which has a 3-2 record after a 49-46 win over Bishop's.

'It's like a second family' – Cents feel support as they attack opponents

By ED PIPER

Mia Stewart was contemplating her imminent future. "I'm currently undecided, but in college, I would like to pursue environmental studies," offered the 17-year-old senior, a captain on University City's field hockey squad. "Climate change, biodiversity..."

"I took AP Environmental Science last year as a junior. I also took a course over the summer on oceans: sustainability, over-fishing, and pollution."

Asked what someone who knew her four years ago would say about her growth as a person, Stewart responded, "(I've grown in) taking people's opinions into consideration and coming to a conclusion." Pretty thoughtful for a response during an unexpected interview on the upper hockey field

at UCHS on a Wednesday afternoon.

Stewart, M.J. Andres, Samantha Sobka, and the rest of eight-year (most of that as head) coach Amber Zimmermann's minions are thriving within the hothouse that is Centurion field hockey, and its sister program, Myto, a club team that she and her predecessor Krista Jackson, her "best friend" now coaching at La Jolla Country Day, run in the offseason.

"It's like a second family," says Andres, a senior forward. "You can take your problems to someone (on the team). We're very open. We're very encouraging (to one another)."

M.J. tells of a nerve-wracking tryout three years ago in front of Zimmermann that turned out well. "It's the first thing I tried out for where I had no prior experience. But Amber told me recently that back then she saw a lot of intensity, a lot of drive. She could

tell that from how I went for the ball and kept trying."

The Cents, at an early juncture, are 4-4-1 on the season, with Eastern League play yet ahead. UC has already recorded two overtime wins over Open Division or equivalent teams, Torrey Pines and San Marcos.

"Our coach likes to have us play good teams (in pre-league). That way we're killing it when league

starts," says Alli Podhorsky, a sophomore right defender.

Zimmermann says, regarding the stage of development of field hockey on the West Coast, that in the last six years they have begun to teach the girls a reverse hit. She had a player demonstrate it. The hitter, instead of swinging the stick out to her right, swings it to her left, lays it close to the ground, and whacks the ball with the back of the stick.

Luca Della Monache, the father of team member Flavia and an assistant coach who

played on the Italian national team, says field hockey is not played only by women in Europe. "But it's people like Amber who put in the time, not to get rich but because they love the sport, that keep so-called 'minor sports' like field hockey going."

Samantha Sobka, another captain, senior, and left defender, is interested in taking law. "I think social justice is important. I want to make the world a better place. Racial matters have been in the news a lot the last few years."



Mia Stewart (left), a University City inner midfielder, controls the ball against defender Michelle Baumgarten of Eastlake in a 1-1 tie on Sept. 22. PHOTO BY ED PIPER

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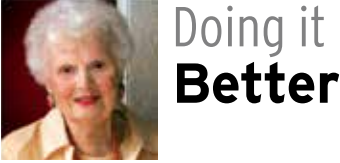


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How attuned are you to the three components of spirituality?



By Natasha Josefowitz, Ph.D.

How often have you heard people say that someone is spiritual? I always wonder what they mean exactly; when asked, no one has ever given me a satisfactory explanation. Current studies include a variety of definitions. There is still no widely agreed on definition of spirituality currently. The spiritual dimension is deeply subjective, without any authoritative definition.

In Dr. Dean H. Hamer's book, "The God Gene," he postulates about the origins of spirituality, writing that discoveries in neurobiology indicate we are genetically programmed to believe in something larger than ourselves. Throughout history humans have worshiped a variety of gods; in ancient Egypt it was the sun god Ra, ancestor worship is still prevalent around the world, primitive tribes have sacrificed animals and humans to appease their gods, made offerings of food to altars in order to gain a favor — be it a better crop, healing an injury, or doing a dance to a rain god to ease a drought.

In many ways, these traditions have not changed (and some endure unchanged). Whether we pray to Allah, Jehovah, Jesus, or the multitude of Hindu gods, we still invoke a higher power or powers who can hear us and act on our behalf. Some of us pray to a god to save an ill child, others for peace in the world or to win a sports competition. All believe that their particular god is on their side.

Not all modern notions of spirituality embrace transcendental ideas. Secular spirituality emphasizes humanistic ideas on moral character. There are aspects of life and human experience, which go beyond purely materialistic views of the world without necessarily accepting the belief of a supernatural reality or any divine being.

Neuroscientists have examined brain functioning during reported spiritual experiences finding that certain neurotransmitters and specific areas of the brain are involved. Moreover, experiments have successfully induced spiritual experiences in individuals by administering psychoactive agents known to elicit euphoria and perceptual distortions.

Hamer devised a self-transcendence scale, it measures the ability to see oneself as part of a large, connected universe. This scale is based on three components

of spirituality: self-forgetfulness, transpersonal identification, and mysticism. I extrapolated from it the following:

SELF-FORGETFULNESS

- Do you ever get so involved with a project that you forget where you are or what time it is? Dr. Mihaly Csikszentmihalyi referred to this as flow.
- Have you ever loved someone so deeply that you felt like there was no boundary between the two of you?

Spiritual people score high for self-forgetfulness, the first component of self-transcendence. Self-forgetful people often experience flashes of insight or understanding when they are in this frame of mind. Creativity is maximized; originality is fostered.

TRANSPERSONAL IDENTIFICATION

- Do you feel a sense of unity with all the things around you?

The hallmark of this trait is a feeling of connectedness to the universe and everything in it — animate and inanimate, human and nonhuman, anything and everything that can be sensed. People who score high for transpersonal identification can become deeply emotionally attached to other people, animals, trees, or mountains. They feel that everything is part of one living organism.

MYSTICISM

- Have you often found yourself moved by music or poetry?
- Do you sometimes feel a spiritual connection to other people that can't be explained in words?

Individuals who score high for mysticism are fascinated by things that can't be explained by science. They see a parking space that opens up just in the nick of time as evidence of a higher power. Often they feel they have a "sixth sense" or an extrasensory perception.

In taking this test, I scored high in all dimensions. When I write, I lose the sense of time. When my husband was alive, I often felt like we were one. There is a whole realm of energies surrounding us humans, without awareness on our part. I am drawn to some people without any explanation — an incomprehensible connection — maybe due to our brains emitting energies that bond with each other. We are all vibrating molecules, perhaps we feel connecting vibrations with others. I have lived most of my life from my rational left brain, but have recently become attuned and open to right brain experiences believing that everything — and anything is possible.

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.

LA JOLLA HIGH CELEBRATES ITS 100 YEAR ANNIVERSARY

La Jolla High School, the second-oldest high school in San Diego Unified School District, is celebrating 100 years of educating students from in and around the La Jolla community with a special homecoming football game at 7 p.m. on Sept. 30, centennial halftime parade, alumni events, and a proclamation from the City of San Diego. The school is recognized as a California Distinguished School, and as an Achievement via Individual Determination (AVID) School of Distinction. In addition, La Jolla High was the first public high school west of the Mississippi to earn a chapter in the Cum Laude Society.

Built in 1922, La Jolla High was originally situated on 5.6 acres of land with 11 students in its first graduating class in 1925. The campus now occupies 14.4 acres and serves more than 1,300 students. Over the years, the school has built numerous additions such as the Parker Auditorium, the Coggan Family Aquatic Complex, as well as the gym. Recently, La Jolla High completed its Whole Site Modernization project that includes a secure campus entryway featuring new gates and fencing that were designed to be both functional and decorative, new classroom science labs to enhance the school's science, technology, engineering, and math (STEM) learning, renovated walkways, and a remodeled school cafe.

SAN DIEGO HUMANE SOCIETY'S FUR BALL SET FOR SATURDAY

San Diego Humane Society's 36th annual Fur Ball will return on Oct. 1 from 6-11 p.m. at San Diego Humane Society, 5500 Gaines St. The fundraiser is a dog-friendly evening to celebrate the magic of changing animal lives — all to raise money for the vital services the nonprofit will provide to more than 40,000 animals this year. For more information, visit sdhumane.org/furball. There will be a cocktail reception attended by people and dogs dressed in their finest attire, a vegetarian meal, and wine selections prepared by chef Jeffrey

Strauss of Pamplemousse Grill.

"This year in particular, we have seen an incredible number of animals and people in need of our help, so we are looking forward to inviting our supporters and celebrating the impact they make in our community," said Dr. Gary Weitzman, president and CEO, San Diego Humane Society. "The Fur Ball is a unique evening where we get a chance to showcase our lifesaving work and share examples of the incredible difference our staff and volunteers make every single day."

FREE TACOS AT RUBIO'S FOR NATIONAL TACO DAY

Rubio's Coastal Grill is giving away free tacos for all, in celebration of National Taco Day. On Monday, Oct. 3, and Tuesday, Oct. 4, Rubio's is giving a free à la carte taco with any purchase. Choose from any taco on the menu. In addition, Rubio's fresh salsa bars are open again, and the Langostino Lobster dishes return later this month. Plus, Rubio's all-day Taco Tuesday specials now include chicken tacos for \$1.99 and steak tacos for \$2.29. Rubio's guests can earn free drinks, desserts, tacos and entrées by joining Rubio's Rewards. Members can sign up online or through the Rubio's App, place an order and start earning points toward free food.

SDIA IMPROVEMENT GRANT

The Federal Aviation Administration has provided San Diego County Regional Airport Authority with a Letter of Intent to award San Diego International Airport funding for airfield improvements as a part of the New T1 program. A total amount of \$110 million will be available to the Airport Authority through FAA grants over a 10-year period. SAN's New T1 project will replace the current Terminal 1 with a modern and efficient facility that will improve the airport experience and complete the transformation of San Diego's air transportation gateway. The first phase of the New T1 project is set to be completed in 2025 with the project's full completion anticipated in late 2028.

PUMPKIN PATCHES RETURN

Mr. Jack O' Lanterns Pumpkin Patch will open locations at 6710 La Jolla Blvd. and Belmont Park, 3146 Mission Blvd. on Oct. 1, offering online ordering, delivery and pick-up options, plus games and activities at

each patch for all ages. Mr. Jack O' Lanterns Pumpkin Patch also specializes in corporate events, private parties, professional carving and decorating services. Visit mrjackolanternspumpkins.com for more information.

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