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FRIDAY, SEPTEMBER 30, 2022

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LA JOLLA ART & WINE FESTIVAL RETURNS



Local artist Sarah John shows off her paintings in her booth at a past La Jolla Art & Wine Festival.

COURTESY PHOTO

International wines, award-winning brews, and 160 juried artists

The free La Jolla Art & Wine Festival returns to for its 14th year from 10 a.m.-6 p.m. on Saturday and Sunday, Oct. 8-9. With coastline views, La Jolla is the setting for this weekend of creative celebration. Visitors can expect prestigious art, regional and international wines, craft beer and spirits, a high-end silent auction, an all-star music line-up, roving entertainment, a gourmet food court, over 15 pet rescue stations, as well as interactive, family-friendly fun.

The La Jolla Art & Wine Festival features more than 160 hand-selected juried artists from across the United States and Mexico. Artists from all backgrounds will display exquisite creations in a variety of mediums

including painting, sculpture, jewelry design, fine glass, ceramics, woodwork, mixed media, and photography.

Festival visitors age 21 and up can sample wines from Valle De Guadalupe, California, Italy, and France, and taste a wide variety of internationally renowned brews and spirits by several San Diego craft breweries and distilleries in the Wine and Beer Garden in the center of the festival, which boasts over 13,000 square feet with ample seating, shade, and room to dance.

This year's Wine and Beer Garden is a ticketed event and runs from noon-6 p.m. with last pour at 5:30 p.m. The lineup in the Wine and Beer Garden will feature a diverse range of live acts

including jazz, reggae, folk, blues, and rock 'n' roll.

On Saturday, Oct. 8, attendees can listen to Joseph Luna, Jason Mann, The Smokin' Boles Blues Band, Ginger Roots, and The Naked I. Sunday's line-up boasts local musicians Jorge Camberos Duo, Blazing Jane Band, Whiskey & Burlap, Finnegan Blue, and fan favorite Full Strength.

For attendees who want to show off their creative talents, a free, unique, community art project led by Autumn Love will take place for artists of all ages and skill levels. Autumn's artistic mission is to heal the world through the power and energy of love.

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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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RAFFLES

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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Modern take on Jewish delicatessen opens in La Jolla

By DAVE SCHWAB

Gold Finch is a deli with a difference in La Jolla.

A modern delicatessen rooted in Jewish immigrant culture, Gold Finch opened recently for breakfast and lunch, alongside an afternoon nosh menu, on weekdays at 3040 Science Park Road.

"It is our modern take on the Jewish delicatessen located in the heart of a region where world-class academic institutions and life science firms have clustered and space is hard to come by," said entrepreneur Tracy Borkum of her latest business venture. "It is a major opportunity for our Urban Kitchen Group to continue the momentum we've created as a hospitality group."

The new quick-service delicatessen and full-service restaurant honors Borkum's Jewish heritage by recontextualizing staples of Ashkenazi and Sephardic-style cooking. Her deli menu includes family recipes passed down from her mother, aunt, and grandmother.

Employing the same degree of rigor and slow food ethos associated with other UKG brands, Gold Finch's culinary team is led by chef partner Tim Kolanko and chefs Jeff Armstrong, Frankie Becerra, and Adrian Mendoza.

Gold Finch is the hospitality anchor of Muse at Torrey Pines, a LEED and WELL certified Class



The deli has an extensive menu – a combination of Ashkenazi, Sephardic, and other European-Jewish styles. PHOTO BY KIMBERLY MOTOS

A, 186,000-square-foot life science campus, which was recently redeveloped by The RMR Group. The eatery's 1,400 square-foot interior and exterior space was designed by restaurateur-designer Borkum.

A deeply personal endeavor for Borkum, Gold Finch draws on her childhood memories of growing up in London's Jewish epicenters, Golders Green and Finchley neighborhoods, for which the restaurant was named.

Gold Finch's deli counter sells an assortment of cured meats, smoked fish, house-made pastries, sides, and more. Diners may look forward to the rollout of a leisurely weekend brunch later this year, as well as specialty

offerings during holidays such as Rosh Hashanah, Yom Kippur, Hanukkah, and Passover.

In addition to a selection of wine and beer, the beverage program will spotlight partners including Dark Horse coffee and Paru tea, while offering classic house-made favorites such as chocolate phosphate and egg creams.

Of Gold Finch's menu, Kolanko noted: "We have a lot of the staples – corned beef and pastrami. Alongside those, we have knishes and latkes. We do that in an interesting, non-traditional way, offering giant latkes the size of a plate, on which we arrange roasted, sauteed vegetables. It's a modern interpretation of deli food."

"It is quite an extensive menu," concurred Borkum. "It is a combination of Ashkenazi, Sephardic, and other European-Jewish styles. We have some vegan dishes as well as a lot of gluten-free food for the very dietary-focused. We will do catering for family-size events once our new restaurant is up and running. And we will include special catering for Jewish holidays."

The birth of the Jewish deli in America occurred in the late 1800s in New York City after waves of German immigrants settled predominantly on the Lower East Side. Many delis were opened by the second generation of immigrant families, while the first generation opened up more traditional delicacy shops or took to other industries to make a living.

The deli possibly began as

GOLD FINCH DELI

Where: 3040 Science Park Road
Contact: goldfinchdeli.com, 858-866-9965, Instagram @Gold.Finch.Deli. Gold Finch offers full-service catering and delivery.

an offshoot of Jewish-German gourmet food stores, which were sometimes called Delikatessens. The first delis that were reminiscent of what we know today drew from the culinary traditions of non-Jewish Germans, who were already serving items like cold cuts, sausages, pickled herring, and dill pickles. Yiddish-speaking Eastern European immigrants pulled from some of these dishes while adding some of their own, including pastrami, a dish native to Romania.

Gold Finch is currently open Monday through Friday, 8 a.m. to 4 p.m., for all-day breakfast and lunch.



Tracy Borkum

PHOTO BY UKG

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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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Rosamaria Acuña

Rosamaria Acuña is a bilingual real estate professional, entrepreneur, and humanitarian deeply committed to her community and a range of causes and nonprofits. As an advocate for homeownership, she has built a successful business by always placing her clients' needs first. Rosamaria has a special focus on guiding clients to invest in both their homes and therefore their future.

With over 30 years of experience representing buyers and sellers, Rosamaria knows the San Diego real estate market exceptionally well. Rosamaria specializes in residential real estate for a wide ranging clientele from first-time home buyers to the luxury market. She has established a stellar reputation. Her dedicated work ethic, with her outstanding marketing skills, and network of professional alliances has consistently placed her in the top tier among all real estate professionals working today. Together with Berkshire Hathaway and her team, Rosamaria is dedicated to offering her clients superior personalized service, and providing the latest innovations in marketing and technology to facilitate every transaction.

“The most rewarding part of being a Realtor is helping people create security, along with the home of their dreams.” “It's an honor to be trusted by so many. Giving back is my way of expressing gratitude to the community I live in and care so deeply about,”

Contact Rosamaria today for a complimentary consultation or to receive up to the minute details about the real estate market. She is happy to address all inquiries so don't hesitate to call her today at 619-890-2828.

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Gentry Custom Architectural Ironworks and Furniture

If your taste runs toward European-style or wrought-iron furniture and décor for your home or garden, then Gentry Custom Furniture in La Jolla is your place.

“Here we do custom ironworks in furniture and outdoor pieces like wall art, doors, gates and railings,” said Darya Soylu who, along with husband Azmi runs Gentry Custom Furniture, in existence since 1999 and now located at 7470 Girard Ave.

The Gentry collection offers items for outdoor dining, benches, oversized chairs, wall and window plantings, plant stands, hanging planters, coffee tables, patio accents and arbors and gazebos.

The company's website at gentrycustomfurniture.com notes Gentry's award-winning furniture line “finds its inspiration in the baroque periods of ornamental ironwork that decorate many of the great mansions and chateaus of Western Europe.”

Gentry Custom Furniture was created and begun by the internationally renowned artist/designer Azmi Soylu. It started as a hobby before transforming into a full-blown business. It now encompasses thousands of different pieces and styles including furniture, decorative accessories and artistically-rendered utility items both beautiful and pragmatic. The Gentry collection gracefully combines metal with various imported woods and other materials, such as natural stone and glass, to create furniture that is both contemporary and timeless.

Darya said the choice for where else they wanted to go when they decided to move from Atlanta was easy. “La Jolla was our number one spot,” she said adding they moved there in April 2021 to Girard Avenue.

“Our prices are quite affordable,” she said pointing out the cost of items produced depends on “how much work is put into it” and whether it's a “simple design or an artistic piece. We try to find a style of wrought iron that brightens the house, or restores the home's historic design.” Fulfilling the expectations of customers is their top priority.

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Plus, when you ship with Pak Mail, you can compare their negotiated rates from their preferred network of carriers (DHL, FedEx, UPS, USPS, and more) and numerous delivery options to provide you with a reliable and efficient delivery method.

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You'll find it all in The Living Room!

The Living Room has truly lived up to its name in La Jolla. The café has drawn young and old alike to sip tea, coffee and deluxe smoothies in a homey ambience furnished with antique, ornate couches and wooden tables. Patrons find the communal atmosphere inspiring and relaxing; you'll find groups of friends smoking the hookah on the upstairs patio and others poring over books in the back.

You must try out the quiche lorraine, spinach & cheese stuffed croissant or a super healthy acai bowl with fresh fruits for breakfast. The sandwiches, wraps, paninis, soups and amazing salads for lunch. And for dinner we highly recommend the turkey lasagna, buffalo chicken or humus & veggie wrap. You will be impressed by a visit to our wine cellar while you are dining with us, featuring an excellent selection with great prices.

Top off your meal with one of the many scrumptious desserts. Enjoy the views from the second floor ocean view room. **Check out our Banquet Room - the perfect venue for any event or party.** The Living Room is open for Drive-In, Patio Dining and Pickup. Delivery available by your favorite delivery service.

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La Jolla Mailbox Rentals

For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood.

Anita acquired the business February 1987. Anita accredits her success to her ability to interact well with her customers.

Anita says “I have personal interests in all the people; I take the time to service people individually. My customers know that they can send anything anywhere around the world and it will arrive safe and sound.

La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at their convenient location, you receive not only a private mailing address, access to delivery of large packages and 24-hour access to your mailbox, but also peace of mind.

In addition to mailboxes they also offer complete postal services, copies, scanning, and shredding.

La Jolla Mailbox Rentals also offers DHL, UPS, and Fed Ex services. They truly are your one stop postal shop.

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Cafe Milano-a taste of Northern Italy

Owner/chef Pasquale Cianni brought northern Italian cuisine to La Jolla 20 years ago and has been successfully pleasing both local residents and out-of-towners — even out-of-the-country guests — with his home-made pappardelle pasta, veal ossobuco, lobster ravioli, chicken marsala, veal scaloppini and many other authentic Italian dishes. This is just a small sampling of their extensive menu. The kitchen at Café Milano uses only fresh, local and seasonal ingredients in its dishes and has a large range of Italian and Californian wines to choose from. The bread and balsamic dipping sauce is so good you need to be sure to save room for the delicious entrees to come. And to finish

off your dining experience, the tiramisu is simply scrumptious - one of a large variety of dessert selections. Add to this service that is fast, friendly, and attentive and it's no wonder they are a consistent award winner for Best Italian Restaurant. Café Milano is an exciting and incredible experience for the whole family at affordable prices. Open Tues. - Sun. 2- 9pm. Closed Mondays.

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The Social Diary – P2K to the ‘max’ & Jonathan Colby’s inspired purpose



P2K CEO Tonya Torosian with sponsors Kevin and Reagan Prior.



Rancho and Coast Magazine's Bob Stefanko with his niece Mia Stefanko Parks.



TV personality Taylor Baldwin.



Generous host, donor, and co-chair Joan Waitt with co-chair Deborah Marengo, not pictured are co-chairs Stephanie Brown and Merrilee Neal.



Hailey Waitt, Joan Waitt, Emma Waitt, and Max Waitt.

ALL PHOTOS BY MARGO SCHWAB

By MARGO SCHWAB

The Promises 2 Kids (P2K) gala had “max” written all over it, starting with host Joan Waitt wearing a breathtaking Brandon Maxwell ensemble. Her son, Max Waitt, was there with sibling Hailey Waitt underwriting the popular martini pours. By the by they are just coming off a fabulous

write up in Forbes for their Orli La Jolla boutique/homestay hotel.

The evening continued with max fun as the musical group Berlin performed after an exquisite Pamplemousse Grille dinner. Big funds raised go to help foster kids with guidance and tools to succeed. Meanwhile, local “retired” Judge Jonathan Colby was selected to serve and

preside with Judge Hanzman for the victims' families of the Florida Surfside Champlain Towers collapse. The more than \$1 billion settlement will go to 98 victims' families. In Colby's spare time in La Jolla, he and his therapy dog Grace spread kindness with hospital visits, continuing a tradition he started with his former beloved dog Bailey... ‘Til next time!

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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. KAMIKA 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. KAMIKA KELLY b. NARCIPPA S. TEAGUE TITLE of Officer, if Limited Liability Company/Corporation Title of Signor . The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 31 ,2022. ISSUE DATES: ,SEPTEMBER 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019681 Fictitious Business Name(s) a.KBADY PHOTOGRAPHY Located at: 3139 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9019340 Fictitious Business Name(s) a.RAY OF BEAUTY WAXING Located at: 7185 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.EME-LIA 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 patent, 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

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|---|--|---|---|---|---|---|---|---|
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| 7 | | | | | | | 2 | 8 |
| 5 | | | 9 | 1 | | 3 | | |
| 2 | | | | | 5 | 8 | | 7 |
| | | 7 | | | | | | |
| 4 | | 1 | | 8 | | | | 9 |
| | | | 7 | 4 | | | 8 | |
| | | | | | | 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 |
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| 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 MRIs
 - 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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SUMMONS CASE # 37-2022-00017648-CU-OR-NC NOTICE TO DEFENDANT : GREGORY GARRABRANTS, an individual; OLIN M. LEWIN, as Trustee of the Rambling Meadow Lane Trust dated February 7, 2018, and any amendments thereto; AXOS BANK, a Federally Chartered Savings Bank; NATIONAL TITLE INSURANCE OF NEW YORK, INC., Trustee of the Deed of Trust recorded on May 21, 2020; SAN DIEGO GAS & ELECTRIC, a California public utility company; SANTA FE IRRIGATION DISTRICT; RANCHO SANTA FE ASSOCIATION; NORTHWOOD INVESTORS, LLC, a Nevada Limited Liability Company; VIVIANNE B. MCWILLIAM, TRUSTEE OF THE VICAR REVOCABLE TRUST DATED JANUARY 22, 2015, AS AMENDED OCTOBER 25, 2018; ALL PERSONS UNKNOWN CLAIMING ANY LEGAL OR EQUITABLE RIGHT, TITLE, ESTATE, LIEN OR INTEREST IN THE FIRST AMENDED COMPLAINT ADVERSE TO THE PLAINTIFFS' TITLE TO THE REAL PROPERTY COMMONLY KNOWN AS 16356 RAMBLA DE LAS FLORES, RANCHO SANTA FE, CALIFORNIA 92067, OR ANY CLOUD ON THE PLAINTIFFS' TITLE THERETO; and DOES 1 through 10, inclusive YOU ARE BEING SUED BY PLAINTIFF: ALLAN J.CAMAISA,an individual; ALLAN J.CAMAISA,as Trustee of theAllanJ. Camaisa Trust datedMay 18, 1994; and MEGAN CAMAISA, an individual, NOTICE! You have been Sued. The court may decide against you without your being heard unless you respond with in 30 days. Read the information below.You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral

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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 3-2 record after a 49-46 win over to face University City, which has a 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."

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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How attuned are you to the three components of spirituality?



Doing it Better

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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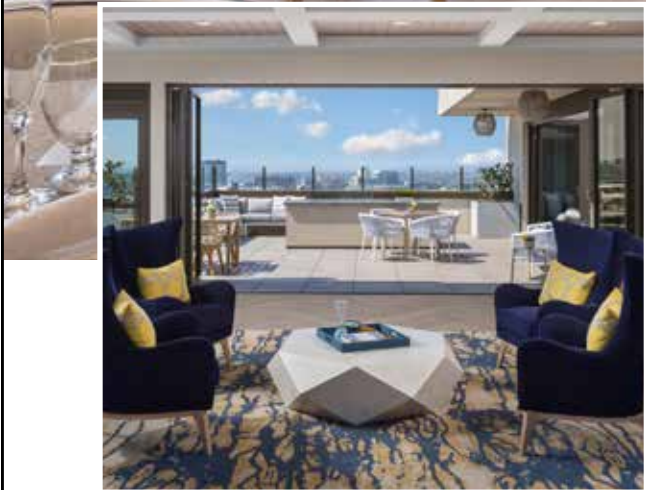


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For nearly 20 years, Belmont Village has set a high standard for senior living and care in San Diego. Developed in partnership with global leader in residential living, Greystar, our newest community in La Jolla features our renowned, first-rate clinical care and exceptional hospitality with captivating coastal views. Through our pioneering university collaborations, including our ongoing partnership with UCSD to promote resilience and wellbeing, residents of our La Jolla community experience innovative, award-winning programming designed to keep seniors thriving. Better yet, our buildings are fully licensed so that residents don't have to move when care needs change, and couples with differing needs can continue to stay together.



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To RSVP, call 858-359-7129