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Green sea turtle returned

SEE PAGE 5



Tough homecoming for Bucs

SEE PAGE 8

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SAN DIEGO COMMUNITY NEWSPAPER GROUP

PBMS students design King Kong ride for Halloween

Inspired by a family tradition, Kai and Katherine Eichhorn, 13-year-old twins at Pacific Beach Middle School, have been holding haunted houses for the past five years for their peers in the community. Each year, they've developed a creative theme and storyline, and they have hosted more than 120 people through their haunted trails.

Last year's trail through their backyard included a spooky cemetery, a clown house, dead doll lane, zombie land, spider alley, and dragonville. At that event, they raised funds to benefit the Associated Student Body (ASB) organization at their middle school.

This year, they've really stepped it up a notch. For the past year, Kai has been working closely with Michael Cabrera, chief engineer at Valtech Engineering, to design and build a custom motion-simulator ride. Every aspect has been custom-built: from developing the code and engineering designs, constructing models and control boxes, to manual construction of the ride, and building a 12-foot projection screen, along with timed and coded special effects such as air, strobe lights, fog, water, and scent. Imagine, a full-blown simulation ride at Universal Studios or Disneyland – in a Pacific Beach garage.

In anticipation of the costs associated with this project, Kai and Katherine held a fundraising dinner in the spring. They developed a website for their project (experienceking-kong.godaddysites.com), which included ticketing through TicketSpice to attend the fundraising dinner. After the dinner, they pitched a presentation to around 60 guests in a "Shark Tank" manner, demonstrated the model of the simulator ride, and explained their vision for their twin brand called The Eichhorn Experience. The initial launch of the Eichhorn Experience will be called "Experience King Kong."

Though Kai has spent hundreds of hours with Cabrera developing the motion-simulator ride, his twin sister Katherine has

See RIDE, Page 6



Sisters Elizabeth Spitsbergen, Ali Spitsbergen, Jolene Berres, and Christine Jones Berres came together to run and encourage one another during the XTERRA Wetsuits Mission Bay Triathlon on Oct. 9.

PHOTO BY JOSHUA SPITSBERGEN

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Halloween happenings in La Jolla and Pacific Beach

By DAVE SCHWAB

Halloween and Día de Los Muertos bring out all manner of events for residents and merchants in La Jolla and Pacific Beach, who this year are going all out with parties, decorations, costume contests, and trick-or-treating for kids of all ages.

In fact, this year's Halloween, celebrated the weekend before the Monday holiday as well as that day, is not restricted to humans alone. There are animal costume contests planned in both beach communities.

AMERICAN HORROR STORY

Mavericks Beach Club at 860 Garnet Ave. held a doggy costume contest on Oct. 26. The Pawlooven party featured doggie toys and treats for all the pups that stopped by as well as a "Mutt Menu," which featured pet-pleasing tasty bites like grilled chicken breast with white rice.

The club will also kick-off the Halloween with a Horror Story: Halloween Party on Saturday, Oct. 29, from 10 a.m.-2 a.m. Mavericks will be celebrating with a twist on the hit show "American Horror Story," where each bar is themed like a different season of the show. From the Asylum to Freak Show, be prepared for DJs and scary drink specials, along with contortionists, acrobats, scary acts, and plenty of more entertainment from 8-11 p.m.

CREEPY CANDY CRAWL

Formerly Pillage the Village, the Halloween-themed trick-or-treat event in downtown La Jolla is now known as the Creepy Candy Crawl. Enjoy an afternoon of treats



A group of trick-or-treaters in La Jolla during the previous Pillage the Village event.

COURTESY PHOTO

on the streets of La Jolla Village on Monday, Oct. 31 from 3-6 p.m. at participating businesses. Bring your trick or treaters to La Jolla Village for free Halloween fun. A candy bag for trick or treating can be obtained at REBA at 908 Kline St. Look for colored balloons to find participating merchants. No registration is required. For more information, visit lajollabythesea.com.

PB PUB CRAWL

Not to be outdone, Pacific Beach is holding a Halloween Bar Crawls from Friday, Oct. 28 through Monday, Oct. 31. Get those costumes ready for the crawls, which start at 6 p.m. each night. Participating bars include Pacific

Beach Alehouse, 710 Beach Club, Cabo Cantina, PB Pub, San Diego Taproom and more. Tickets to this Halloween Pub Crawl start at \$15, and include entry to all participating bars and their drink specials.

LA JOLLA DOG-O-WEEN

The nonprofit La Jolla Loves Pets Foundation is teaming with Decker's Dog and Cat to bring a Halloween dog costume contest to the Jewel on Saturday, Oct. 29 from 10 a.m.-noon at La Jolla Rec Center, 615 Prospect St. The event is to include a silent auction and vendor booths featuring both pet and other local family oriented products. It will be held out on the rec center lawn and 150 to 200

guests are expected. Ticket costs range from \$10 for individuals to \$30 for families. Tickets can be purchased at the door or at lajollalovespets.org.

"It is a fundraiser, and all the fees from this ticketed event go to four different pet charities, including the San Diego County Animal Shelter," said pets foundation spokesperson Olga Wharton Newman. "We will have a dog costume contest, a dog parade and kissing booth, even a pet and human psychic, Mina Galvin from Dogs Dream Rescue, who will be giving free readings."

Wharton Newman said there will be a blessing of the dogs at the opening of ceremonies. "Then we'll have pupuccinos provided by Decker's, along with an artist painting dogs," she said adding that there will be a dog agility performance, plus arts and crafts including the painting of water bowls and doggie bandanas. "We'll also have dog hats and dog jewelry for sale," she added. The event will include 10 local vendors selling pet- and family-oriented products.

HALLOWEEN ORIGINS

Halloween or Hallowe'en is celebrated in many countries on Oct. 31, the eve of the Western Christian feast of All Hallows' Day. It begins the time in the liturgical year dedicated to remembering the dead, including saints and martyrs. One theory holds that many Halloween traditions were influenced by Celtic harvest festivals, particularly the Gaelic festival Samhain, which is believed to have pagan roots.

It was not until after mass Irish and Scottish immigration in the 19th century that

Halloween became a major holiday in America. Most American Halloween traditions were inherited from the Irish and Scots. In Cajun areas, a nocturnal mass is said in cemeteries on Halloween night. Blessed candles are placed on graves, and families sometimes spend the entire night at gravesides. Halloween celebration was gradually assimilated into mainstream society and celebrated, coast to coast, by people of all social, racial, and religious backgrounds by the early 20th century. Halloween traditions spread to many other countries, including mainland Europe, by the late 20th and 21st centuries.

DÍA DE LOS MUERTOS

The roots of the Día de Los Muertos celebrated in contemporary Mexico and among those of Mexican heritage in the United States and internationally, go back some 3,000 years, to the rituals honoring the dead in pre-Columbian Mesoamerica. The Aztecs and others living in what is now central Mexico held a cyclical view of the universe and saw death as an integral, ever-present part of life.

Upon dying, a person was believed to travel to Chicunamictlán, the Land of the Dead. Only after getting through nine challenging levels, a journey of several years, could the person's soul finally reach Mictlán, the final resting place. In rituals honoring the dead, traditionally held in August, family members provided food, water, and tools to aid the deceased in this difficult journey. This inspired the contemporary Día de Los Muertos in which people leave food or other offerings on their loved ones' graves, or set them out on altars called ofrendas in their homes.

SeaWorld scares with Howl-O-Scream; and Spooktacular for families

SeaWorld San Diego is increasing the howls, screams, and shrieks with the return of Howl-O-Scream, the park's separately ticketed nighttime Halloween event for mature audiences. San Diego's largest Halloween nighttime event is back on select nights through Oct. 31 and is shaping up to be even more terrifying than its inaugural year.

Howl-O-Scream will feature all new scare zones and horror-filled haunted houses to add to the returning and re-imagined favorites from last year, plus a new dark and heart-pounding entertaining live performance show, and a variety of paranormally food and drink options.

More Haunted Houses: There's no turning back as guests brave dark passageways and round dimly lit corners, hoping they can avoid what's lurking in the rooms, hallways, and paths ahead. The legends are true, the fear is real, and the only way out is to embrace the fear is to walk through all five haunted houses. Trembling through the original, yet re-imagined houses

from the inaugural year of fear, fans will quickly have a flashback of the nightmares caused from Nightmare Experiment and the medical experiments gone wrong, the sound of slicing from Simon the Butch and his crew at Simon's Slaughterhouse, and the slew of spirits and mortals at Death Water Bayou. The second year of the event adds two new haunted houses to the list for thrill seekers to choose from and hints at hiding from outsiders from beyond and coming face-to-face with freakish and creepy fools.

New Scare Zones: With six scare zones throughout the park there is even less room to hide. Immersive terror is at every turn and guests should stay alert and be prepared for anything with the uncertainty of what's waiting up ahead or creeping up behind. Walking through the pathways are creepy dolls at the Deadly Toys zone, undead evils at the Graveyard zone, a deadly legend at La Llorona zone and lastly sinister monsters that lurk in the forest at The Hauntings zone. The scares are heightened this year with two new scare zones that are predicted to be

soul-wrenching and full of freakish laughs that will inflict more terror upon this year's guests.

New Frightful Show and Entertainment: Before the scares begin, a sinister Scare-emony will kick-off the event every evening with music and immersive introductions of the foul creatures that call Howl-O-Scream home. Even amid so much mayhem, the night is just beginning. New to the event this year, guests will be mesmerized by a thrilling and high-energy live show. Between the shills and chills, attendees can also find DJs and party zones that are perfect for a dance break between frights.

Thrilling Coasters in the Dark: After nightfall, every moment of fun comes with a splash of fear and darkness. Thrill seekers can take the ultimate dive and ride Emperor, the newest coaster and California's fastest, longest, and floorless dive coaster, at night for the extreme experience. Guests up to the challenge are invited to ride other thrill coasters during the witching-hours and brave Electric Eel, and Journey to Atlantis.



The Grim Reaper wanders through SeaWorld San Diego during Howl-O-Scream.

PHOTO BY THOMAS MELVILLE



One of the Deadly Toys in the Scare Zone at SeaWorld San Diego during Howl-O-Scream.

PHOTO BY THOMAS MELVILLE

For a more light-hearted Halloween experience fit for the entire family, SeaWorld's Spooktacular is back for daytime fun on Saturdays and Sundays through Oct. 31. Candy, costumes and spooky fun will fill the days with daylight trick-or-treating for kids of all ages around the park, hay maze fun, dressing up in costumes and joining in the fun at Spooktacular Costume Party plus much more. Spooktacular is included

with regular park admission.

Fans of fear can sign-up at howloscream.com/CA to receive dark details on new houses, and experiences at Howl-O-Scream. For more information on Spooktacular and regular SeaWorld park hours, visit SeaWorldSanDiego.com. Howl-O-Scream is intended for a mature audience. Howl-O-Scream 2022 is a separately ticketed night event. No costumes are allowed.

PB Counts shows increase in people walking in Pacific Beach

By DAVE SCHWAB

In what has become an annual tradition, beautifulPB has released the results of its 2022 PB Counts, which indicates people in the beach community are increasingly walking more, while electric scooter use is declining.

In 2015, beautifulPB started PB Counts, an annual neighborhood traffic count focused on non-motorized vehicles, which is conducted by volunteers and community members in the western central area of Pacific Beach. It is the only community-led traffic count conducted regularly in San Diego County, and one of the few that consistently tracks all modes of transportation.

“We weren’t able to count as many locations as we have in the past, but we did manage to capture data on the five key locations that we’ve counted every year since 2015, which gives us a sense of travel trends over time,” said Katie Matchett, beautifulPB president. “You can see that things have remained fairly consistent over the years.”

Matchett noted there was one trend in non-motorized vehicular use that stood out this year.

“Use of e-scooters seems to be going down from its peak in 2019,” she said adding, “You will see from the chart in the report that PB continues to be a community where people get around in many



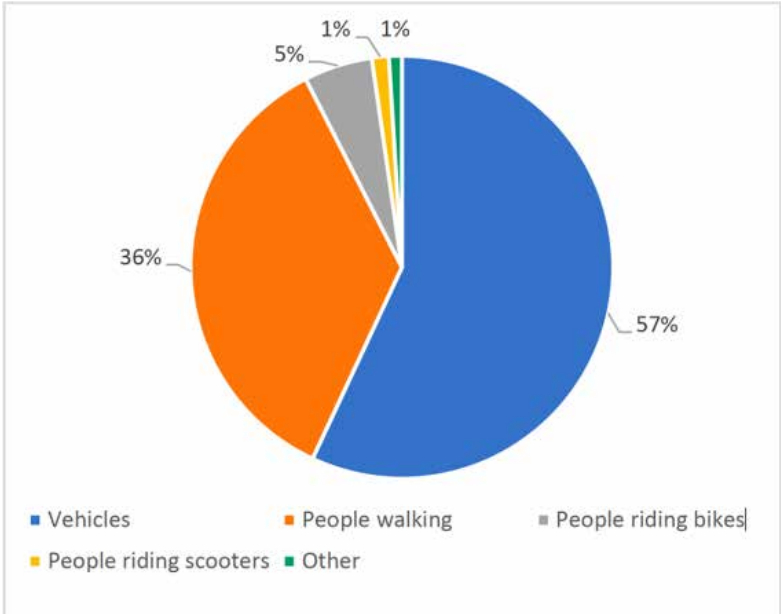
different ways. In particular, over one-third of our traffic is people walking.”

As in past years, results from PB Counts have shown that, while driving makes up the majority of travel in Pacific Beach, non-motorized transportation (walking, biking, e-scooters, skateboards, and similar modes) is significant in the community.

Over one-third of the travel on the blocks counted in 2022 included people walking. Biking is also popular, particularly on streets with lower vehicle traffic like Law or Diamond streets.

Overall, travel trends have remained fairly consistent over the years, with driving around 55-60% of traffic, walking about 35%, and the remainder made up by other travel modes.

The introduction of e-scooters in 2018 may have led to a small decrease in walking and biking, but did not make a significant impact on overall traffic patterns. Since



2020 changes in e-scooter availability and regulation have led to a decrease in their use, and in the latest count, e-scooters made up only 1% of traffic.

Matchett said beautifulPB has remained busy continuing to work in 2022 on a number of community-improvement projects.

“We’re hoping to expand (wild-life) art done on trash cans to incorporate more portions of the community, including a large-scale mural with the theme of connecting our community with some of our habitats and environmental resources that we have in PB, especially the marshes and some of the species that live there,” she said. “That is really in the early

planning stages.”

Matchett said beautifulPB is also partnering with the San Diego County Bicycle Coalition to put together a budget for travel infrastructure improvements needed for future funding consideration by the City.

BeautifulPB is a public nonprofit charity formed by a group of PB residents, businesses, and property owners who are collaborating with the local community to create a sustainably beautiful Pacific Beach.

The group is working to implement a number of community projects and programs bringing the community closer to realizing a Pacific Beach EcoDistrict.

PB COUNTS

PB Counts was conducted this year on Saturday, Aug. 20 from 3-5 p.m. on Diamond and Law streets and between Emerald and Felspar streets and Reed Avenue along PB Pathways, as well as along sections of Garnet Avenue and Hornblend Street. PB Pathways is a network of safe neighborhood routes encouraging people to walk, bike, scooter, or skate to their destinations paired with traffic-calming measures and other features to improve safety. For more information, visit beautifulpb.com.

In February 2016, bike lanes and street repaving came to Cass Street in North PB. Eventually, bike lanes will extend south on Cass Street to Reed Avenue. Improvements will continue as funding becomes available and staging with other road work allows.

The Pacific Beach EcoDistrict aims to increase equity, resilience, and climate protection for the PB region by bolstering economic vitality, accessible neighborhood housing, and low-carbon mobility. Since its founding in 2013, the EcoDistrict Model has demonstrated that neighborhoods are the ideal scale to innovate equitable, sustainable development in cities. Today, a diverse cross-sector coalition of PB volunteers and funders are united in addressing high business failure rates, increasing income inequality, unusually-long trip distances, and unsafe and illegal bike commuting.



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Belmont Village La Jolla will be enhanced through an ongoing partnership with UCSD to develop activities that foster resilience and well-being in older adults. Belmont Village has served San Diego seniors for 20 years at its Sabre Springs and Cardiff by the Sea communities, offering independent living, assisted living and award-winning memory care. To learn more, call 858-358-7129 or visit belmontvillage.com/lajolla.

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BEST OF LA JOLLA

2020 LA JOLLA READERS POLL

Endangered green sea turtle from Mission Beach returned to ocean

Spotting and stranded on the sand in Mission Beach on Labor Day 2021, extremely lethargic and could barely hold her own head up, an endangered green sea turtle was rescued by the SeaWorld San Diego Rescue Team.

More than a year later, Lefty was returned to the ocean on Tuesday, Oct. 11, south of the Coronado Islands where she will hopefully swim toward warmer water where she will thrive the most.

Upon arrival at the SeaWorld San Diego Rescue Center and Hospital last year, staff performed radiographs that showed that the turtle appeared to be impacted, the veterinarian team performed surgery and removed a large amount of red algae from her GI tract. Nicknamed Lefty as she was missing a portion of her left rear flipper when she was rescued – with no evidence to have had any impact on her ability to survive in the wild – was under critical care watch with team members and vets watching her 24/7 for a few weeks.

Once stabilized and no longer needing round-the-clock care she had a CT scan where it was thought that she may have a foreign object in her digestive tract. She was brought into surgery a second time and the team was unable to find a foreign object but

removed more red algae. Post-surgery she was prescribed ampicillin and sulbactam IM and then switched to oral meds once she was consistently eating.

In addition to surgeries, her rehabilitation involved starting in a shallow pool with various water levels as she grew stronger and started to eat squid and romaine lettuce on her own.

Her health over the past year was up and down, the veterinarian and rescue teams noticed a few months into her rehab that she was not moving her right flipper when swimming on her own even though radiographs did not show any signs of injury. Observations had shown that she moves her right flipper less than her left flipper but because she still had relatively normal movements, it did not appear that she was in any pain and she could swim at her leisure.

In July, her care team noticed that she wasn't eating her lettuce or squid and she was brought back into the lab for radiographs where they saw a stricture in her small intestine along with an accumulation of matter in her intestine. She had a second CT scan where they also noted that she had osteomyelitis developing in her right shoulder. She was prescribed ampicillin and sulbactam and metronidazole but their use was discontinued once she was eating



On Oct. 11, Brandi Ferrer and Dominique DeFeo prepare to return Lefty, an endangered green sea turtle rescued in 2021 from Mission Beach, to the ocean south of the Coronado Islands. PHOTO COURTESY OF SEAWORLD

and appeared to be processing her food.

In recent months, she was showing health and behaviors that the veterinarian and rescue teams felt indicated that she was ready to be returned to the ocean.

Lefty's rehabilitation time was longer than most sea turtles due to her changing health conditions observed, plus the need to

wait for weather warm enough for her to acclimate upon return to her ocean home and be comfortable for her second chance at life. During her exit exam, she was measured, x-rayed, and administered a PIT tag on her right flipper.

SeaWorld's legacy of animal rescue spans more than 50 years, with more than 40,000 rescues companywide, SeaWorld San

Diego continues the company's commitment to rescuing and caring for marine animals. Its teams are on call 24/7/365, partnering with multiple government agencies to rescue and help animals in need of care. If a person sees marine mammals, sea turtles, and sea and shore birds in distress, contact the SeaWorld San Diego Rescue Team at 800-541-SEAL.

Senior Living

La Jolla Senior Care Homes

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

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

homes are expertly staffed to help with all of their daily living needs.

Don't just take our word for it - here is what some of our residents' families had to say about our care!

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

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

Senior Helpers

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

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New owners of Mission Surf living their dream

By DAVE SCHWAB

The most recent owners of Mission Surf in Pacific Beach are continuing the long and proud tradition of their building, which was the site of the first surf shop in the beach community dating back to 1968.

Benny and Amy Rodriguez now own the iconic surf shop at 4320 Mission Blvd., which they co-own and operate together, just like the store's immediate past owners Ron and Melody Friedman.

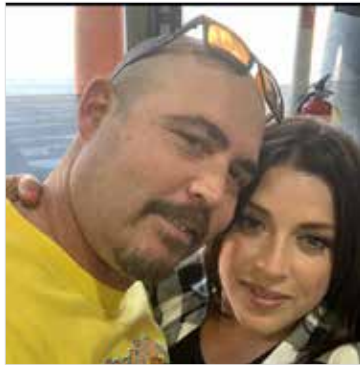
Benny cut his teeth in the surf industry working for 18 years previously at La Jolla Surf Systems. That was where Benny and Amy

met 16 years ago when she walked in to purchase some surf gear with a friend.

The couple had always dreamed of owning a surf shop together. And on their 10-year wedding anniversary, they decided to purchase the store to finally pursue their dream.

Amy had previously worked in a retail environment in an Escondido mall department store for 15 years.

"It's so cool to see my husband live out his dream of owning his own business and operating a surf shop, which is his passion," said Amy noting Benny's mom lived in PB and attended Mission Bay High School. "Joanne would be



Benny and Amy Rodriguez.

so proud of Benny finally pursuing his dream," said Amy, pointing out his mom grew up renting beach gear from the same location Benny now owns.

"It is fun to be around people who have a passion for surfing and listening to stories of the customers who share the history of Pacific Beach," said Amy. "Customers love to drop in and pick up surf wax and check the Surf Report on our website at MissionSurf.com."

Mission Surf carries all the favorite surf brands: Billabong, Bublelum, Salty Crew, Mission Surf's private label, Ray-Ban's, Oakley, Spy, Reef Rainbow, and Sun Bum. The surf shop also offers a great selection of rental surfboards from beginners to advanced, as well as SUPs, skimboards, skateboards, and O'Neill wetsuits.



Mission Surf was the site of the first surf shop in the beach community dating back to 1968. COURTESY PHOTO

MISSION SURF

Where: 4320 Mission Blvd.
Contact: missionsurf.com.

Amy said what is really cool about Mission Surf is that there are two vacation rental apartments above the surf shop that are available for rent all year long. "What is 'really' cool about this location in the heart of Pacific Beach is that it is located next to all the cool local spots that everyone loves to hang out at," noted Amy. "It is fun to hear the crowd roar when you know the games are on, and people are rooting for their favorite hometown teams."

Amy's father was in law enforcement for 40 years and was honored

on the Padres field 10 years ago for law enforcement night. In honor of her late father, Amy said they put some Padres gear in their store, as Phil was a big Padres fan.

Amy added business "responded significantly this summer, which is encouraging." She added, "We had a ton of customers in the area and lots of tourists too. It was so special meeting all the cool guests that travel from all over. We really enjoyed meeting all the people, especially from Ireland. They would greet us with the famous quote, 'Top of the Morning.'"

Mission Surf loves meeting all the locals and their pets. If you are in the area, drop in and say "hi" to Amy and Benny.



From Left to Right: From Pacific Beach Elementary School; Paulina Segovia Candia, Teacher Vicki Alba, Marcelo Aguilar-Rivera Student Amanda Aguilar Segovia, From Crown Point Junior Music Academy; Amber Lebron, Student Kindall Lebron, Anthony Lebron and Kiwanis President Tony Barona

Kiwanis Students of the Month

Pacific Beach Kiwanis honors Students who are chosen by their teachers for their leadership skills and roll models for others to follow.

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RIDE »

CONT. FROM PG. 1

been an intricate part of the design team, bringing together the special elements that will wow guests from the moment they enter. Ticketing for this invite-only free event is through their website and TicketSpice.

After guests check in with an Eichhorn Experience volunteer staff member, they will walk a haunted path down to the queue line. Here, they will be entertained by a video projection describing the guest's mission on the ride. Next, they will be queued to enter the ride-briefing area, with an informational video regarding safety instructions, rules, and regulations.

From there, up to three guests at a time will venture into the ride area. They'll be fastened in securely and will be surrounded by a floor-to-ceiling 120-degree curved projection screen. They'll move through a thrilling ride, full of surprises at the edge of their seat, with special effects along the way. This Eichhorn Experience production, envisioned and created by 13-year-old twins, will hopefully provide a jaw-dropping experience.

Experience King Kong launched on Tuesday, Oct. 25, and will run for five nights. During this time, the twins will be asking for donations from the riders, of which 100% of the proceeds and donations will benefit the Make-A-Wish Foundation.

This organization is near and



Kai Eichhorn and engineer Michael Cabrera take a break from building the ride. COURTESY PHOTO

dear to their hearts. Born three months prematurely, Kai and Katherine feel quite lucky to have avoided their own long-term critical illness due to their micro-preemie start in life. Grateful for their health, their mission someday is to bring their creativity to others in need.

A future vision includes bringing mobile-ride experiences directly to the homes of critically

ill children who perhaps are too sick to travel to their wish destination such as Universal Studios or Disneyland. This project will also serve as part of their eighth-grade community service project at Pacific Beach Middle School. The Eichhorn Experience fundraising page is at buymeacoffee.com/EichExperience. All donations to this link will benefit future Eichhorn Experiences.

Brownie troop helping make Pacific Beach a better place

By DAVE SCHWAB

A Brownie Girl Scout troop in Pacific Beach is finding that the organization brings young women from different backgrounds together giving them direction and purpose through community-service projects. Those projects have included volunteering at Feeding San Diego, making a sign for the Pacific Beach Elementary School garden, and beach cleanups.

"I have eight girls, all third graders, from local schools including PBES, St. Paul's, and Toler elementary," said Fadra Whyte McPhee, Brownie troop leader. "We found it has been a great way to get the girls in our neighborhood to get to know each other better. This is our second year of being a troop."

Whyte McPhee said her troop meets monthly and that her girls are taught valuable lessons about important things, like appreciation for the natural environment.

"We've done beach cleanups, and our girls have been learning about the environment, and how important it is to take care of it," she said.

A couple of girls said they really appreciate what they've learned from their troop.

PBES third-grader Gwen Weber, age 9, said: "I like being a Girl Scout because we get to do fun stuff like the beach cleanup we just did. It was great to help our environment



Genevieve Kay, Corina McPhee, Annie Stephens, Addison Haggard, Kaya Forero, Aria Estrada, Gwen Weber, Emily Folkman, and Anna McPhee at a recent beach cleanup. COURTESY PHOTO

and to make a better place for the animals in the ocean. I also like to spend time with my friends and help others."

"I like being a Girl Scout because I like being with my friends, meeting new friends, and helping people," said Corina McPhee. "Also, because we get to do fun activities like Annie's Caynon, Camp Winacka, and beach cleanups."

The Pacific Beach community has reacted positively to the troop's efforts, noted Whyte McPhee. "I posted on Facebook that we didn't have grabbers to pick up trash," she said. "And we had three families come forward and let us borrow their grabbers, which allowed

us to pick up trash at Law Street."

The Brownie troop leader said they try to do service-oriented activities every two to three months on weekends. One recent activity involved a trip by the troop to Julian, where Whyte McPhee noted, "The girls were able to do archery, swimming, and fishing."

She added their troop also is planning for an overnight campout in Balboa Park where there is a Girl Scout camp. "Mostly, I just really enjoy being able to see the families and their moms come together for these events," said Whyte McPhee of the experience adding, "It also gets the kids outside what they normally do in their

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daily activities."

Pointing out they are "the only Brownie troop in PB" right now, Whyte McPhee noted that, in part, is because "starting your own troop is a lot of work in the beginning. But you can make it as easy – or hard – as you want. The Girl Scouts let you dictate how your troop will run. So there is a lot of flexibility. And the girls work really hard to give back to their community. It is really exciting to be able to share what they have been doing."

PB CHALK ART

Pacific Beach Town Council announced that it is currently in the midst of its PB Chalk Art Contest. The current theme is "PB in the Wild." All you have to do is create chalk art based on the theme, take a photo, and share it on social media tagging PB Town Council. If you do not have social media, have no fear. You can also email the general email for your submission. Submit your artwork to receive collectible PB Town Council swag. Visit pbtowncouncil.org for more information.

PB HOLIDAY PARADE

The anticipated Pacific Beach Holiday Parade Registration is now open. The parade is scheduled for Saturday, Dec. 10 at noon. Click the link below to complete the form. You can make an online payment on the website or make check out to: Discover Pacific Beach, 1503 Garnet Ave. This year's theme is "Disco Holiday." For questions, email vanessa@pacificbeach.org.


ZOMBIE THRILLER DANCE

A Zombie "Thriller" Dance will take place at Pacific Beach Library plaza, 4275 Cass St., on Saturday, Oct. 29, at 5 p.m. For more information, visit thrillersd.com.

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FDIC 

Mission Bay girls volleyball advances to CIF quarterfinals

By HECTOR TRUJILLO

The Mission Bay girls volleyball team advanced to the CIF quarterfinals after its first-round straight-sets victory over West Hills in front of the home crowd on Tuesday night. The first set was the most competitive of the three with Mission Bay coming out on top 25-21 with the next two sets ending with the same 25-20 scoreline.

"The entire team worked together on offense and defense, and was energized by a great home crowd in the Mission Bay gym," said head coach Barbara Birnbaum.

The Bucs had 46 team digs, led by junior Justyne Higman with 13, and junior Marissa Toliver with 10. The offense was led and distributed by two setters: senior Simone Hekier and junior Ayla McCay, with 10 and 11 assists, respectively. The team's offense was spread out among many hitters throughout the season, but on Tuesday was led by senior middle blocker Abbie Crosbie with eight kills, followed by Annika Wester with five, and Marissa Toliver with



The Mission Bay girls volleyball team (front row, from left) Rosemary Nunez, Lauren Upton, Casey McGee, Justyne Higman, Marissa Toliver, Simone Hekier; (back row, from left) Keira Hoech, Lole Ulutu, Greta Mezzetti, Annika Wester, Ayla McCay, Abbie Crosbie, Maya Toliver, Marina Gray, Abey Holmer, and coach Barb Birnbaum. PHOTO BY STEVE SIDELL

four. The team also served 12 aces, led by Higman and Toliver, with four aces each.

"The team's offense was spread out among many hitters throughout the season," Birnbaum added.

The last time the two sides met was during regular season play

on Sept. 17 with Mission Bay coming out with a win. The Bucs also finished the regular season as tri-champions in City League play after tying for first place alongside Clairemont, and Canyon Hills High School.

Mission Bay will face off against



Mission Bay's Casey McGee with a dig against West Hills on Tuesday evening. PHOTO BY STEVE SIDELL

Foothills Christian on Friday, Oct. 28 for the CIF Division III quarterfinals and will look to avenge the 3-1 loss suffered to the team from El Cajon back on Sept. 12. The Bucs finished the regular season with a 21-14 record (6-2 in league). Foothills Christian finished 21-5 while being crowned champion of its league with an 11-1 record.

Mission Bay started off the season with back-to-back wins before suffering its first loss to Ramona on Sept. 19. Mission Bay's longest winning streak spanned seven games starting on Sept. 24 against High Tech through its victory over Morse on Oct. 6.

Bucs look to bounce back Friday after tough homecoming loss

By HECTOR TRUJILLO

After a dramatic overtime victory over Canyon Hills, Mission Bay suffered its worst loss of the season at the hands of Point Loma, 53-14, on Friday, Oct. 21.

The game was a tale of two halves with both teams exchanging scores in the first and second quarters as the Bucs went into halftime down 21-14. The second half was a different story as the visitors' outscored Mission Bay 32-0, which included a 26-point outburst in the third quarter to put the game away.

"I feel like we came out pretty hot and we executed what we wanted to in the begging but we just kind of ran out of gas as the game went along," said Mission Bay quarterback Ethan Silber. "We started to go down with injuries as the game went along. It was guys filling in slots that they're not used to."

Silber finished 18 of 31 for 238 yards and two touchdowns along with 40 yards rushing. As for his receivers, Jonah

Preist finished with three receptions for 43 yards and a touchdown, David Maier had two receptions for 30 yards and a touchdown, Jack Ryan had four receptions for 66 yards, Gavin Marzion had one reception for 34 yards, and Patrick Leahy pitched in with two receptions for 18 yards.

So far this season Silber has thrown for 1,908 yards with 25 passing touchdowns along with 348 rushing yards.

The Bucs will try to bounce back this Friday, Oct. 28, and improve to 7-3 when they take on Morse High School in the regular season finale at home. Morse comes in with a 5-4 record but has lost back-to-back games after starting the season winning four of its first five matches.

"They got a lot of good athletes," Silber added. "I expect them to try and throw the ball on us and try to play a lot of man coverage. We're just going to do what we do, we're probably going to add a couple of more plays in throughout the week that Morse hasn't seen yet and just looking for other guys to step up."



Mission Bay quarterback Ethan Silber attempts a pass during the game against Point Loma. PHOTO BY STEVE SIDELL



Lauren Upton and Jonah Priest were crowned Mission Bay High's homecoming queen and king. PHOTO BY STEVE SIDELL



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We also offer a live streamed, online church service at 9am via our website or YouTube channel. For more information about our church services, to get involved in a Life Group, to sign up for our weekly emails or to connect with our staff, please visit our website, www.pacificlifechurch.org or our social media pages.



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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00037725 -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): ASHLEY MARIE FREZ filed a petition with this court for a decree changing names as follows: Present name: a ASHLEY MARIE FREZ to Proposed name: ASHLEY MARIE FREZ -CLARK 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: 11/07/2022 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 22 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: October 7, 14, 21 & 28 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00037731 -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): LETICIA MARIE CLARK filed a petition with this court for a decree changing names as follows: Present name: a LETICIA MARIE CLARK to Proposed name: LETICIA MARIE LIMAS-CLARK 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: 11/07/2022 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 22 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: October 7, 14, 21 & 28 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00038544 -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): MINA GAYED/MARINA GAYED on behalf of a minor child filed a petition with this court for a decree changing names as follows: Present name: a EVAN MINA KARAM GUEID to Proposed name: EVAN GAYED 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: 11/14/2022 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 22 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: October 7, 14, 21 & 28 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. 2022-9021491 Fictitious Business Name(s) a. SINGING HILLS DENTISTRY 2 a. 1919 GRAND AVE, SUITE 1-P, SAN DIEGO, CA 92109 Is registered by the following: a. JAMMA DENTAL, DDS, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. JAMMA DENTAL, DDS, INC(TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MIKE BANA , CEO .The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 27 ,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021830 Fictitious Business Name(s) a. FOUR STONE HARMONY a. 16390 VERDIAN CIR, SAN DIEGO, CA 92127 Is registered by the following: a. MELANIE WILLIAMS This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. MELANIE WILLIAMS 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: OCTOBER 3,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021859 Fictitious

Business Name(s) a. ARMOR CONSTRUCTORS a. 122 UNIT #695 15TH STREET, DEL MAR, CA 92014 is registered by the following: a. JOE AGUAYO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JOE AGUAYO 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: OCTOBER 3,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021914 Fictitious Business Name(s) a. J. D. REMODELING a. 3845 ARMSTRONG ST, SAN DIEGO, CA 92111 Is registered by the following: a. CHRISTINE M. CORBETT This business is conducted by: AN INDIVIDUAL The first day of business was: 10-04-2022 Registrant Name: a. JAVIER PABLO DEMORA 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: OCTOBER 3,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021871 Fictitious Business Name(s) a. CMC NEWS DELIVERY a. 2920 BRIARWOOD ROAD #K7, , CA 91902 Is registered by the following: a. CHRISTINE M. CORBETT This business is conducted by: AN INDIVIDUAL The first day of business was: 08/15/22 Registrant Name: a. CHRISTINE M. CORBETT 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: OCTOBER 3,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021328 Fictitious Business Name(s) a. GEMSTONE PROPERTY MANAGEMENT, INC a. 4876 SANTA MONICA AVENUE, SAN DIEGO, CA 92107 Is registered by the following: a. GEMSTONE PROPERTY MANAGEMENT, INC This business is conducted by: a. A CORPORATION The first day of business was: JANUARY 1, 2020 Registrant Name: a. GEMSTONE PROPERTY MANAGEMENT, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor JOSEPH BUNTON, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 26 ,2022. ISSUE DATES: October 7, 14, 21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021250 Fictitious Business Name(s) a. AUTO GENIE a. 415 LAUREL ST #331, 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: SEPTEMBER 23 ,2022. ISSUE DATES: October 14, 21, 28 & November 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022759 Fictitious Business Name(s) a. LOS CUERNOS BIRRIA a. 163 MACE ST, CHULA VISTA, CA 91911 Is registered by the following: a. JANI PARRA This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JANI PARRA 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: OCTOBER 13 ,2022. ISSUE DATES: October 21, 28, November 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022672 Fictitious Business Name(s) a. CHOICE TO SERVICES a. 6923 BETTHYHILL DR, SAN DIEGO, CA 92117-4236 Is registered by the following: a. WENDI RAQUEL SORIA MOLINA This business is conducted by: AN INDIVIDUAL The first day of business was: 10/04/2022 Registrant Name: a. WENDI RAQUEL SORIA MOLINA 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: OCTOBER 12 ,2022. ISSUE DATES: October 21, 28, November 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9021544 Fictitious Business Name(s) a. QUALITY INTERIORS & PATIO FURNITURE REPAIR b.QUALITY INTERIORS c. QUALITY INTERIORS & PATIO FURNITURE REPAIR, INC d. QUALITY UPHOLSTERY e. QUALITY DRAPES f. QUALITY UPHOLSTERY & DRAPES g. QUALITY UPHOLSTERY & DRAPERIES h. QUALITY PATIO FURNITURE REPAIR a. 1181 W. MORENA BLVD, SAN DIEGO, CA 92110 Is registered by the following: a. QUALITY INTERIORS PATIO FURNITURE REPAIR, INC This business is conducted by: A CORPORATION The first day of business was: 09/02/1983 Registrant Name: a. QUALITY INTERIORS PATIO FURNITURE REPAIR, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor SHELLEY JONES, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 28 ,2022. ISSUE DATES: October 21, 28, November 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022883 Fictitious Business Name(s) a. URBAN PROBATE GROUP b. URBAN REALTY GROUP c. URBAN FIDUCIARY GROUP a. 3850 XENOPHON ST, SAN DIEGO, CA 92107 Is registered by the following: a. ALVES INVESTMENTS This business is conducted by: A CORPORATION The first day of business was: 10/05/2017Registrant Name: a. ALVES INVESTMENTS TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MICHAEL ALVES, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 14 ,2022. ISSUE DATES: October 21, 28, November 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022538 Fictitious Business Name(s) a. BAY a. 3866 INGRAHAM ST, SAN DIEGO, CA 92109 Is registered by the following: a. MF PANDA VENTURE (CA) LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/03/2022 Registrant Name: a. MF PANDA VENTURE (CA) LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DEONDRA CEPHUS, ASSISTANT SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 11 ,2022. ISSUE DATES: October 28, November 4 & 11 & 18

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022539 Fictitious Business Name(s) a. THE HILLS AT FASHION VALLEY a. 2055 WESTINGHOUSE ST, SAN DIEGO, CA 92111 Is registered by the following: a. MF PANDA VENTURE (CA) LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/03/2022 Registrant Name: a. MF PANDA VENTURE (CA) LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DEONDRA CEPHUS, ASSISTANT SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 11 ,2022. ISSUE DATES: October 28, November 4 & 11 & 18

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022540 Fictitious Business Name(s) a. MAR AT MESA a. 3502 ANGELUCCI ST, SAN DIEGO, CA 92111 Is registered by the following: a. MF PANDA VENTURE (CA) LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/03/2022 Registrant Name: a. MF PANDA VENTURE (CA) LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DEONDRA CEPHUS, ASSISTANT SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 11 ,2022. ISSUE DATES: October 28, November 4 & 11 & 18

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022541 Fictitious Business Name(s) a. MAR AT SEASIDE a. 2401 SEASIDE ST, SAN DIEGO, CA 92107 Is registered by the following: a. MF PANDA VENTURE (CA) LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/03/2022 Registrant Name: a. MF PANDA VENTURE (CA) LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DEONDRA CEPHUS, ASSISTANT SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 11 ,2022. ISSUE DATES: October 28, November 4 & 11 & 18

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9022542 Fictitious Business Name(s) a. PALMS a. 3235 ARMSTRONG ST, SAN DIEGO, CA 92111 Is registered by the following: a. MF PANDA VENTURE (CA) LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/04/2022 Registrant Name: a. MF PANDA VENTURE (CA) LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DEONDRA CEPHUS, ASSISTANT SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: OCTOBER 11 ,2022. ISSUE DATES: October 28, November 4 & 11 & 18

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9023138 Fictitious Business Name(s) a. CAFFEINATED COFFEE & COCKTAIL CONSULTING a. 3589 PROMONTORY ST, SAN DIEGO, CA 92109 Is registered by the following: a. JIM LEE This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JIM LEE TITLE of Of-

Family fitness – Sisters unite to power through Mission Bay Triathlon

By HECTOR TRUJILLO

One of the most heartwarming stories from the recent XTERRA Wetsuits Mission Bay Triathlon, held on Sunday, Oct. 9, was that of family members Elizabeth Spitsbergen, Ali Spitsbergen, Jolene Berres, and Christine Jones Berres who all took part in the event.

"I'm an only girl with three brothers," said Ali. "Never had sisters. Now I have amazing sisters-in-law on each side and I asked each one to do this with me two weeks before the triathlon."

The 42-year-old mother of four and nurse almost didn't finish the event after her hamstring seized up and she started feeling fatigued. Then she heard Christine's voice from behind telling her that they were pacing one of the male competitors and ended up finishing

together.

"My sister-in-law Elizabeth is a film director and producer and I married her older brother Joshua, my sister-in-law Christine married my older brother Craig and is a doctor of audiology, my sister-in-law Jolene married my other older brother John Paul, and is a school nurse at Horizon Prep in Ranch Santa Fe," Ali said.

Three of them are local to San Diego, except for Christine who flew in from Chicago and has raced in several triathlons since last year. Ali took part in one 16 years ago when she moved to San Diego from Chicago and this was the first one for both Elizabeth and Jolene.

"I became interested in triathlon last summer when I did my first multisport endurance race," said Christine. "I have always been a runner and was looking for more variety, new challenges,

and sustainable forms of fitness. I started asking around early this summer to find a couple of friends to train and do a triathlon with."

Elizabeth went to Tri Club San Diego to learn some of the rules and how to manage transitioning from one discipline to the other on race day. She started doing two workouts a day and sunrise ocean swims.

"The crunch to prepare was insane, but I enjoyed every minute," she said. "I bought an entry-level bike and had a friend teach me how to do a flying dismount and how to run with the bike. Everything was new and exhilarating."

All four of them plan to take part in more events like these in the near future and recommend everyone, regardless of experience level, take part in a triathlon at least once.



From left are Elizabeth Spitsbergen, Ali Spitsbergen, Jolene Berres, and Christine Jones Berres.
PHOTO BY JOSHUA SPITSBERGEN



Lt. Cmdr. Laurel Gill, a native of La Jolla, hits a drive.
COURTESY PHOTO

La Jolla native wins Navy golf championship

By ALVIN PLEXICO

Lt. Cmdr. Laurel Gill, a native of La Jolla, won the Navy golf championship recently and earned third place in the Armed Forces tournament.

"The first tournament takes the best golfers in the Navy to compete for a spot on the Navy Team," said Gill. "The top three women and

top six men compete at the Armed Forces Championship against the other services. I won the Navy championship and came in third at the Armed Forces Championship."

Gill currently serves as the officer in charge of the Naval Meteorology and Oceanography Reserve Detachment in Jacksonville, Fla.

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"Naval Oceanography operates simultaneously at the strategic, operational and tactical levels of warfare in every theater around the globe," said Rear Adm. Ron Piret, commanding officer, Naval Meteorology and Oceanography Command. "We pride ourselves in our ability to characterize the battle space and then predict changes in the environment over time."

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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.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-03023259 Fictitious Business Name(s) a. EMPULSE a. 4769 1/70
ORCHARD AVE, SAN DIEGO CA 92107 Is registered by the following:
a. EMPULSE LLC This business is conducted by: A LIMITED
LIABILITY COMPANY The first day of business was: 04/17/17
Registrant Name: a. EMPULSE LLC TITLE of Officer, if Limited
Liability Company/Corporation Title of Signor EMILY KARNER, CEO
The statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: OCTOBER 20, 2022. ISSUED
DATES: October 28, November 4 & 11 & 18

Members from Class of 1969 return to Pacific Beach Middle

By DAVE SCHWAB

By all accounts, the Class of 1969's recent alumni stroll down memory lane at Pacific Beach Middle School was a truly unforgettable experience.

Five alumni and four spouses returned to PBMS 53 years after their commencement, for an intimate reunion and private tour of the school's revamped campus.

The alumni, some of whom returned to San Diego from as far away as Coeur d'Alene, Idaho, were in town for their 50th high school reunion at Mission Bay High School. They connected with PBMS International Baccalaureate coordinator Ashley Hensen to arrange their school visit.

The last time alumnus Mark Taylor and his classmates set foot on the school's grounds was 1969 and things were different then. The school was previously known as Pacific Beach Junior High, and it taught students in grades seven through nine. Today's PBMS teaches grades six through eight.

Also, female students were not allowed to wear pants then. Girls whose dresses were more than two inches above their knees faced the grim choice of immediate dismissal for the day – or suffering the humiliation of ripping out their hemlines.

Girls in the class of 1969 chose to fight for the right to wear pants and won, which was a telling precursor to the school's IB projects, that now keep its students at the forefront of community action.

Taylor and his former classmates were also stunned by the physical changes they saw on the campus, which has grown and modernized significantly in the past 50 years.

Here are a few of the reactions from the Class of '69:

"It was wonderful to see what they have done with the school and how they have kept a public school relevant," said Babette Davis. "My children went to an International Baccalaureate program, so it was very relevant to me to see how they have now progressed to elementary up through middle school. The reunion was a wonderful event. When you think back over 50 years, to come together as a group and work together towards an accomplishment, i.e the reunion, it's pretty amazing."



June Taylor, Babette Davis, Mark Taylor, Janet Jewsbury, Tim Valdisera, Jim Bennett, and Mary Ellen Davis returned to Pacific Beach Middle School for a reunion and private tour. COURTESY PHOTO

Added Davis: "We had 10 outstanding people who showed up for over 10 months to make this event happen. A phenomenal banker took care of the money for a few of us who were coordinators and basically served any role needed. We had an individual who took care of all the name tags and other items needed for the event whatever they were."

"Lastly, we had a person who does events in his private life and took care of the DJ and all things music and photos. Our combined efforts resulted in probably one of the best reunions I'm sure that ever was. The venue looked wonderful, even using shower curtains to create art for the walls. Sometimes it just takes one step to join and then make something wonderful happen."

"Visiting PBMS after not having set foot on campus since 1969 was a pleasant surprise," said Jim Bennett, now a Realtor in La Jolla.

"I've driven by the school a thousand times in the last 50 years and the outside looks pretty much the same. What amazed me was the level of modernization inside. The abundance of technology and the general design of the campus, classrooms, and common areas showed me that this was nothing like the junior high school I graduated from."

Added Bennett: "We had the chance to interact with both teachers and students during our tour. The thing that stood out to me the most was the high level of enthusiasm and positive atmosphere that was generated by both students and teachers. We felt very welcomed by all. The reunion itself was fantastic. It was very well planned and executed by a first-class group. Seeing some close high school friends who I had lost touch with over the decades was priceless."

"After researching the class of 1972 MBHS classmates and where they currently live, over half of the class of 1969 live all over the United States," said Mark Taylor, now living in Idaho. "I was very impressed that the students answered my questions about George Washington and Abraham Lincoln correctly, while I have asked those same questions to other classes in different states and my questions were answered wrong."

Added Taylor: "Our class of 1969 did not have the same technology they have today, but we had favorite teachers: Mrs. Gentry, Mr. Buh, Mr. Dale, Mr. Chacon, Miss Martinson, and friendships that have lasted to today. The school has grown so much from our day. Enjoy and embrace your good fortune and maybe 50 years from your graduating class, you will return to experience the wonderful tour and feeling we all shared."

PBMS offers tours to prospective families on the first Wednesday of every month. For information on Pacific Beach Middle School and its tours, or to find out about the District's School Choice program, visit sandiegounified.org/schools/pacific-beach-middle.

Meet CPJMA Principal Sakeenah Smith

The Merriam-Webster Dictionary defines the word capacity as "a space to hold something, the ability to hold, receive, and absorb." Capacity has its origin in an Indo-European root

"kap-" meaning "to grasp." Capacity is one of Crown Point Junior Music Academy Principal Sakeenah Smith's favorite words.

"Building capacity" was the theme of Smith's conversation about her school, CPJMA. She knows the more capacity you build in students the more students can absorb and in turn develop even more capacity. Smith became principal at Crown Point in August 2021. "I am now starting my second year at Crown Point and loving it," she said.

Smith's undergraduate degree is from Grand Canyon University in Arizona. Her first master's degree is from Northern Arizona University. In addition, she earned a second master's from Arizona State University.

Before landing in San Diego, Smith was a successful teacher and administrator in Arizona. In 2011, Smith was one of eight recipients of the Rodel Teaching Award for the State of Arizona. The Rodel is an annual

award presented to outstanding teachers. The achievement of their class-room students, their use of effective classroom practices, and their potential to be mentors for future teachers are the attributes of Rodel recipients.

"I felt honored to be awarded the Rodel," Smith said. "But the best part of the award was being able to work with college students enrolled in teacher education programs. I was honored to be assigned student teachers. To mentor and guide them early in their career. I was able to build their capacity as future educators. That is the real honor of the Rodel."

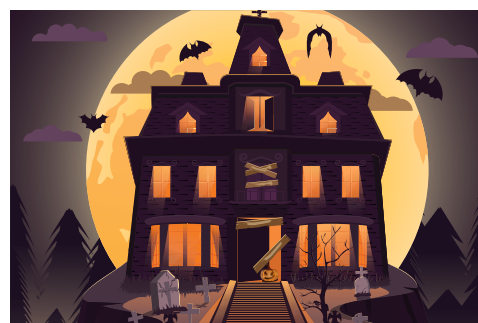
When asked what stands out about her move from Arizona? "Two things," she said. "First, the interview process. I had to successfully pass four interviews before I was assigned to Crown Point. Second, the size of the school. Coming from a school of 1,100 students to Crown Point was an adjustment. Current enrollment at Crown Point is just under 300. Here I am much closer to each and every student and I have the opportunity to be so much more for our kids."

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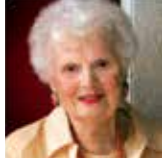
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My Halloween birthday – various traditions in different countries



Doing it Better

By Natasha Josefowitz, Ph.D.

I was born on the saddest day of the year in Paris, France – the Day of the Dead! Catholics in France wore black on Oct. 31 and went to cemeteries to honor the dead. There were no parties and everyone looked glum. When I was 13, I came to America as a refugee, having gotten out just in time with the last ship out of Genoa, Italy, to land on Ellis Island. It was Oct. 19, 1939. Ten days later, in New York City, Halloween was celebrated by children in costumes, ringing doorbells, saying the magic words, “trick or treat” as they held out their bags for candy. It was a miracle; I was now born on the most fun day of the year!

Eighty-three years after my family’s arrival to the U.S., I will be 96 on Halloween, living in a retirement community in La Jolla. My

grandchildren and great-grandchildren all go trick-or-treating on my birthday. On Halloween, at my retirement community, White Sands La Jolla, the staff competes for best costume with the residents serving as judges. It is a far cry from the sad early years of my birthday.

Halloween has Pagan roots. It was influenced by the Celtic Harvest Festival, especially the Gaelic Festival of Samhain, which may have been Christianized as All Hollow’s Day, together with its eve by the early church. It is also believed that it may have begun as a Christian holiday Vigil of All Hollows Day.

It was celebrated in Ireland and Scotland for centuries. Irish and Scottish migrants brought many Halloween customs to North America in the 19th century. Then, with American influence, Halloween spread to other countries by the late 20th and early 21st centuries.

In America, Halloween activities include trick-or-treating, attending

Halloween costume parties, carving pumpkins into jack-o’-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, and watching horror or Halloween-themed films.

For Christian religious observers, All Hallows’ Eve (also known as All Saints Day) includes attending church services and lighting candles on the graves of the dead, and remains popular; although it is a secular celebration for others. Some Christians historically abstained from meat on All Hallows’ Eve, a tradition reflected in the eating of certain vegetarian foods on this vigil day, including apples and potato pancakes.

Mexican people have yet a different tradition on Oct. 31, Nov. 1 and 2. They celebrate the Day of the Dead (Día de Los Muertos). It has a less solemn tone and is portrayed as a holiday of joyful celebration, rather than mourning. The multi-day holiday involves family and friends gathering to pay respects and remember friends and family

members who have died. These celebrations can take a humorous tone, as celebrants remember funny events and anecdotes about the departed. Traditions connected with the holiday include building home altars (called ofrendas) with the departed’s favorite foods and beverages and visiting graves with these items as gifts for the deceased. It is also common to give gifts to friends on this occasion, such as candied sugar skulls, and traditional pan de Muerto (sweet bread) with family and friends, and to write lighthearted and often irreverent verses in the form of mock epitaphs dedicated to living friends and acquaintances, a literary form known as Calaveras literarias.

If you happen to be in downtown San Diego on Oct. 31, you will see masked revelers wearing costumes of skeletons and ghosts, happily walking around eating and drinking amid food stands and shops selling souvenirs. So, depending on where I am on my birthday this year, the celebrations will be very different, whether in Ireland,

Mexico, France, or America.

When we were living in a house in La Jolla, children would come to our door with containers for candy. The tradition is that if we don’t have any to give, they will do some prank to your property. On one of my birthdays, we were invited to a Halloween party; we left our home in the dark and departed. When we returned, our trees were festooned with toilet paper. It took us a while to get it all cleaned up. Thereafter, we made it a point to stay home and safeguard our yard.

I will be celebrating my 96th Halloween/birthday. Yes, the broom still fits. I am a certified witch! On this Oct. 31, may your treats be many and your tricks be few. Wishing you, all my readers, a fun Halloween!

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.

PowerFuel Damas celebrates three years of impact and growth in San Diego



PowerFuel Damas co-CEOs Danielle Vantini and Mayra Brito.

COURTESY PHOTO

The women-led and internationally recognized social enterprise, PowerFuel Damas, celebrated its third-year anniversary in San Diego on Tuesday, Oct. 18 at the restaurant Coco Maya. Co-founders Danielle Vantini and Mayra Brito – based in Pacific Beach – celebrated PowerFuel Damas and three years of economic growth, social impact, humanitarian initiatives, and expanding their international community of members from 26 countries.

A diverse crowd of entrepreneurs, community leaders, and professionals attended the celebration, which featured speakers, a music performance, local vendors, and a unique partnership to raise funds for the anti-human trafficking local nonprofit, Girls Rising Above Child Exploitation (G.R.A.C.E.).

“To have watched our company’s global growth over this three-year journey and witness the massive success we’ve achieved fuels our hearts,” said Vantini. “I’m proud to say it’s a result of extreme resilience, work ethic, mental fortitude, and continuous hard work. Our passion for PowerFuel

Damas leads the way to create infinite opportunities for business and social impact globally.”

“My heart is filled with gratitude for having impacted so many lives in the past three years with PowerFuel Damas, and this is just the beginning. Nothing can stop a woman that is ready to take over the world and bring other women with her,” said Brito. “Having the community’s support has been essential, and we are excited to release our global academy soon, teaching more damas how to take back their power and live the abundant life they deserve.”

In the last three years, and despite a global pandemic, the co-founders have successfully established their international business, which now has teams in Brazil, United States, and Costa Rica. Since its inception in 2019, PowerFuel Damas has grown a network of over 1,600 people through a unique and innovative business model of two divisions: a global marketing agency and an international community to empower women.

Some of their leading accomplishments include:

- Winning first place in the “2021 Global Amazon Alexa Skills Challenge” for the creation of an application prototype to help

rescue women from domestic violence.

- Establishing and securing multi-lingual marketing services for clients and content production in English, Spanish and Portuguese.

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Don't get Spooked this Halloween!

Contact Trevor if you're ready to learn some **Seller "Tricks"** or view some **Buyer "Treats."**









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FOR SALE

1926 REED AVE
2 BD | 2 BA | 1,122 SQ. FT.

Coastal Spanish is the name of the game for this quaint townhouse located 4 blocks from the bay. Enjoy light and airy indoor/outdoor living with the open-concept great room that features 9-foot coved ceilings, a spacious dining area, an updated kitchen, a cozy fireplace in the living room and a sizable patio with room for a barbecue, plants and a seating area. The kitchen boasts brand new stainless steel appliances, white shaker cabinets mixed with open shelving, quartz counters and gorgeous modern Spanish backsplash tiles. Custom-sized engineered wood flooring contrasts beautifully with the Spanish-themed tile you'll see in almost every room, providing muted pops of color throughout the home. Nine foot ceilings in both bedrooms, oversized closets, brand new windows and sliders, in-unit laundry and 2 parking spaces round out this stylish townhouse.

FOR SALE

1996 DIAMOND ST UNIT 2
2 BD | 2.5 BA | 1,101 SQ. FT.

This centrally-located townhome is walking distance to so much that PB has to offer, like Kate Sessions Park, Vons, Coffee Shops, Gyms, restaurants and more. The downstairs living area is spacious and open with a beautiful kitchen that features granite countertops, stainless steel appliances, a wine fridge and updated cabinets. Both upstairs bedrooms feature ensuites and vaulted ceilings, and the downstairs half bath is convenient for those times you are hosting friends and family. Never worry about searching for street parking after a long day of work; pull right into your two car garage with direct access inside your home, a hot commodity here at the beach. There is ample storage with floor to ceiling kitchen cabinets/ pantry, a large garage and double closets in the primary suite. Enjoy a cup of coffee on your primary bedroom's balcony in the gorgeous San Diego mornings or finish off your day with a beverage on the living room balcony as you feel the cool breeze. All of this and more for a phenomenal price!



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FUN FACT:

Trick-or-treating has existed since medieval times.



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