



# CANNABIS 21+

Powered By **SDRC**  
SAN DIEGO RECREATIONAL CANNABIS

C10-0000323-LIC & C10-0000634-LIC




Shop Online  
DISCOUNTS NOT STACKABLE

LA JOLLA

# VILLAGE NEWS

LA JOLLA'S LOCALLY OWNED INDEPENDENT VOICE SERVING UNIVERSITY CITY AND **LA JOLLA TODAY** & EVERYDAY



**ERLING ROHDE**  
PLUMBING COMPANY

SINCE 1910

La Jolla and San Diego's  
**oldest** plumbing company.  
La Jolla's **locally owned and**  
**operated** Plumber.

Thank you for 112  
years of friendship

5771 La Jolla Blvd. #5  
858-454-4258 • [erlingrohdeplumbing.com](http://erlingrohdeplumbing.com)

**READER'S CHOICE AWARDS**  
RETAIL/SERVICES  
**2021**  
BEST PLUMBER  
13 years in a row!

858.270.3103 | [LAJOLLAVILLAGENEWS.COM](http://LAJOLLAVILLAGENEWS.COM)

SAN DIEGO COMMUNITY NEWSPAPER GROUP

**FRIDAY, NOVEMBER 11, 2022**

**sdnews.com**

## THIS WEEK



**The Social Diary:  
haute with Doatnuts!**

SEE PAGE 8



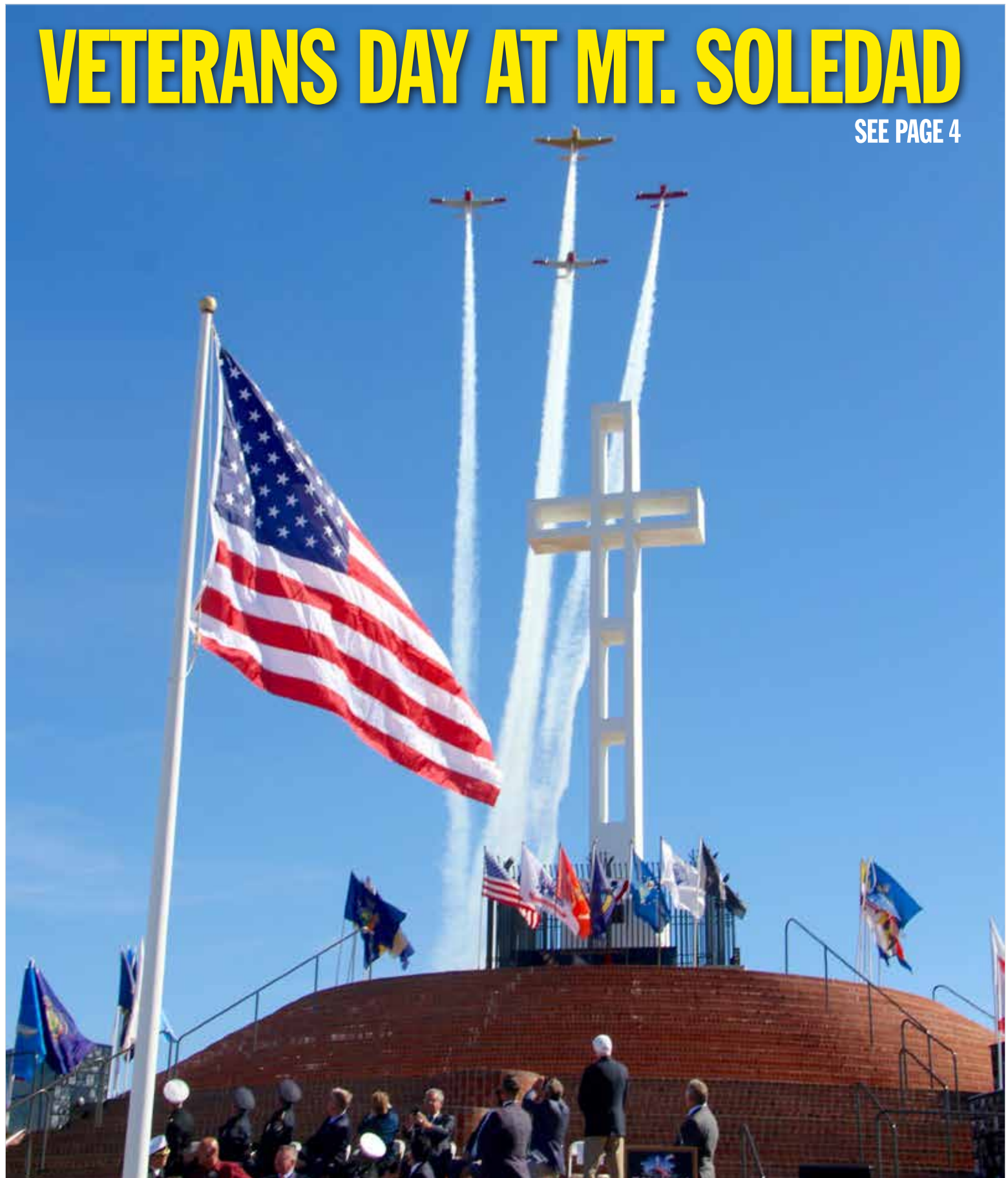
**City Ballet of San Diego  
marks 30th Anniversary**

SEE PAGE 12



**Susan G. Komen 3-Day  
walk begins on Nov. 18**

SEE PAGE 7



# VETERANS DAY AT MT. SOLEDAD

SEE PAGE 4

Retired military planes perform a flyover at Mt. Soledad Veterans Memorial during the Veterans Day ceremony held on Saturday, Nov. 5. The Navajo Code Talkers and their families were the shining stars of the ceremony and were honored with a plaque that will be installed at the memorial.

PHOTO BY DON BALCH



**NOAH'S NATURAL  
PET MARKET**  
EST. 2001

**A LOCAL INDEPENDENT PET STORE**

- HEALTHY FOOD, TREATS, & CHEWS
- MONTHLY SALES & LOYALTY PROGRAM
- TOYS, COLLARS, & LEASHES

[NOAHSNATURALPETMARKET.COM](http://NOAHSNATURALPETMARKET.COM)

10% OFF YOUR FIRST  
PURCHASE IF YOU  
MENTION THIS AD!

**4431 CASS ST. SAN  
DIEGO, CA 92109**

858.270.8161



# Task force: People entering homelessness faster than people exit

By WILL SCADDEN

As homelessness rates rise in San Diego County, local authorities are working to prevent homelessness, after data revealed that people are becoming homeless faster than services get unsheltered people housed. Both the San Diego County Board of Supervisors and the San Diego Regional Task Force on Homelessness (RTFH) recently introduced new programs to help better understand, recognize, and prevent homelessness.

On Tuesday, Oct. 25, the County Board of Supervisors passed a new policy proposed by Chair Nathan Fletcher Nathan Fletcher that will incorporate the use of predictive analytics to find people at-risk of homelessness, as well as 'a new app-based tool' the County is now using to help connect unsheltered people to services.

"Developing this tool will keep people from becoming homeless. We will continue to tackle the crisis that exists on our streets, but we must invest in preventative actions like this one that stops people from becoming unhoused. This new technology will do it," Fletcher said in a statement after the passage of the policy.

To enable County staff to assess if a person is at risk of becoming homeless and provide support to keep them housed, a thorough integrated data system will be



A father and daughter enter their new housing unit in the Saint Teresa of Calcutta Villa. COURTESY PHOTO

established employing several data points, both internal and external.

In order to conduct personal outreach to people, the policy also calls for the establishment of a Homelessness Prevention Unit inside the Office of Homelessness Solutions.

Meanwhile, county staff have just started using an app connecting unsheltered people to services. Fletcher said, "[The app] will mobilize about 60 non-traditional outreach workers like librarians and park rangers who come in contact with unsheltered people to better collect their information and direct them to services."

Ahead of the Board of Supervisors meeting, the Regional Task Force on Homelessness

(RTFH) announced it will start issuing a new monthly report that details how many people enter and depart homelessness each month across San Diego County, in an attempt to better understand gaps in services.

According to RTFH in the past year, for every 10 formerly homeless people connected to permanent housing, 13 people entered homelessness for the first time.

The RTFH, founded nearly 40 years ago, provides the county with essential data and insights on the issue of homelessness, informing policymakers and providing possible causes, solutions, and strategies. RTFH conducts the annual point-in-time count of homeless people in the region,

which found no less than 8,427 individuals experiencing homelessness across San Diego County in 2022, a 10% increase from 2020. The monthly reports will add timely context and updates to the annual data.

"RTFH felt it was vital for everyone to better understand that homelessness in San Diego is not a static problem but a constant churn," RTFH CEO Tamera Kohler said. "While homelessness ends every day for some people, we're seeing too many people become homeless, overwhelming an already taxed system."

With assistance from homeless service providers from all throughout the region, the data team at RTFH created this unique monthly data report and will update the statistics on its homepage at least once a month. The first batch of data was already published, and is divided into the previous 12 months.

In two of the last 12 months, according to the newly released data, our region saw more San Diegans exiting the system than becoming homeless. The other 10 months saw more people become homeless than exit the system.

Elected officials welcomed the new monthly report, acknowledging that it will draw a clearer picture for decision-makers and the community as they work toward finding permanent solutions for the most vulnerable San Diegans.

"The monthly report is a useful tool to measure progress in getting people off the streets and into housing," Fletcher said. "While I am encouraged that so many people are going through regional programs to be housed; we still have too many people on the streets. We are committed to continuing our work with RTFH, service providers, and the 18 incorporated cities to do everything we can to slow the rate of homelessness in our communities."

The RTFH, service providers, and government entities are working together trying to solve San Diego's homeless problem, using different tactics and strategies to prevent and understand the issue.

To learn more about the RTFH and the homeless population in San Diego County, refer to [rtfhsd.org](http://rtfhsd.org). To learn more about the San Diego County Board of Supervisors new policy, visit [sandiegocounty.gov](http://sandiegocounty.gov).

## City Council declares housing as a human right

By WILL SCADDEN

The City Council unanimously passed a resolution declaring housing a human right on Monday, Oct. 31. The resolution will serve as a guiding principle for the City as it considers policies that address the root cause of homelessness.

"The Council declares its support for the right to housing as a fundamental human right and reaffirms its commitment to providing more housing and services geared toward putting a roof over the head of every San Diegan," the resolution reads.

California is suffering through a housing affordability crisis. Apartment rental listing site Dwellsy ([dwellsy.com](http://dwellsy.com)), found asking rents in September in San Diego were up 9% compared to September 2021. This spike comes after average rent prices increased 46% from 2012 to 2019. These increases have resulted in a 15% rise statewide in the number of unsheltered individuals from 2020, according to CalMatters.

The Council resolution included plans to add housing for those who have not had historical access to adequate housing, as well as incentivizing affordable housing developments in high-opportunity neighborhoods.

Many San Diegans are in support of the passed legislation, including Father Joe's CEO and president, Deacon Jim Vargas.

"We know that access to

housing is a key part of preventing and ending homelessness," Vargas said. "We support the San Diego City Council's planned resolution to declare housing a human right, and we also want to see the City pair this declaration with a commitment of the funds necessary to ensure housing is accessible by all San Diegans."

"With housing being one of the most fundamental social determinants of health, creating policies that will increase access to affordable housing will help ensure the well-being of our neighbors and our communities," he added.

"The Council intends for the City to support housing as a human right by implementing policies that address the root causes of homelessness, that keep people housed through affordable, accessible, and habitable homes, and that provide pathways to housing for people experiencing homelessness," the resolution reads.

After the resolution passed unanimously, the Council requested the City Attorney's Office to review and consider the declaration. The Council's resolution comes shortly after the County passed new policies to address homelessness in the wake of data from the Regional Task Force on Homelessness revealing people were entering homelessness for the first time faster than people were being placed in permanent housing.

## 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.

### Lyndsay Campbell: Mission Bay High School

This month I'm featuring a person that many of you with kids in PB will know. Lyndsay is the Head Water Polo coach for both the boys' and girls' teams as well as the assistant coach for boys' and girls' swim at Mission Bay. She is also the IB science teacher.

Lyndsay grew up in Turlock, CA to parents that were teachers amongst a family of "tractor drivers." She grew up in the outdoors of the Central Valley, as well as played water polo and swam. She continued her polo career at UC Davis, a D1 school where she competed against some of the nation's top women players, some of which went on to become Olympians. Her career there was capped off with her being the captain her senior year. Her childhood love of the outdoors continued into her adult life, and she majored in WFCB with an emphasis in Fisheries. Out of college she worked for Fish and Game and worked on the Bay Delta Study centered around the impacts to the various fisheries of the Delta that extends from the San Francisco Bay up toward Stockton and the Sacramento area. As much as she loved that position, she wanted to move down to San Diego where her brother was living, so she moved to San Diego and got a job working as an instructor for Sea Camp, a marine science camp for kids and teens. For three years she was the head instructor, and at the urging of her peers who encouraged her to pursue teaching, she went back to school and attended USD for grad school to pursue teaching. While at USD she worked at the Children's School in La Jolla. During this time she would swim at the Clairemont Rec pool and, by chance, met a retired lifeguard named John Knight who was the water polo and swim coach at Mission Bay. Randomly John knew Lyndsay's brother from lifeguarding, and he urged her to help coach at Mission Bay. She started off coaching the girls' polo team while still in grad school, and once she finished, was offered a part-time position as a teacher at Mission Bay for the 2017/18 school year. Before she even started, they offered her a full-time position as a Bio teacher, and she also started coaching the boys' polo team, as well as the swim team. After years as a successful and respected coach, John decided he wanted to step back from being the head coach, and Lyndsay stepped into the head coaching position and never looked back.



After her first year as a teacher at Mission Bay, she was tapped to help write and implement the bio curriculum for San Diego Unified, and she continues to help move forward the program throughout the district and pilot programs that she wrote are actively being tested today within the district. Her "love of all things aquatic" has its stamp in the program, as San Diego has a Marine Bio emphasis that is not seen much elsewhere throughout the country.

During our conversation, Lyndsay said something that I found very interesting that I'd never heard before. She said that "teaching makes you a better coach." By this she feels that being a great teacher requires you to learn how to get kids to learn effectively, not just talking at them and regurgitating facts and figures. That can be applied to coaching kids to be better players, have a better understanding and appreciation of the game and just better, well-rounded humans. She's learned to teach her students and players in a way that they can actually learn and can thrive. Moving forward Lyndsay wants to continue to progress education and promote and instill more hands-on methods to teach students both in and out of the classroom. As a coach, she wants to be a mentor to her players just like her college coach was a mentor to her and share her love of the game with them.

She's had great success building off of the cornerstones that Coach Knight laid, and together they have built a top notch water polo program at Mission Bay. But... even though they've been to CIF most years with her as coach, they still haven't won CIF, and that's a goal of hers she really really wants to attain.

A little over a year ago she married her husband Dallas, a Pt Loma native (we won't hold that against him for being from a rival school) who grew up in a tuna fishing family. He works in the ICU and is finishing up school to be a Nurse Practitioner. When not coaching multiple sports, teaching, grading school work, writing curriculum and a lot of other behind the scenes things for the district (I'm already tired just typing all the things she does), she and Dallas log a lot of water time free diving, surfing and living an outdoor lifestyle. If you haven't had the pleasure of meeting Lyndsay and/or your child hasn't had her as a coach or teacher, you're missing out. She's a great person with a quick smile, a gift for building confidence within her players, a heart of gold and an amazing mentor to her players and students.



billionaires row

858.456.3282

info@BillionairesRowLaJolla.com



LA JOLLA Lower Hermosa: 100 feet of Beach Front. Majestically set above sand at water's edge framing blue waters. Agent: Natalie McGhie | 5 BD | 6 BA | 5,534 SF | \$22,000,000



LA JOLLA Lower Hermosa: A Contemporary Estate. New Construction on Camino De La Costa, La Jolla's street of dreams. Agent: Natalie McGhie Hm: 4,457 sqft | Lot: 8,724 SF | Roof Deck: 2,677 SF | \$14,995,000



LA JOLLA Country Club: Landmark Henry Hester estate home with dual primary suites and guest quarters, infinity pool and panoramic ocean views. 4 BD + Casita | 5.5 BA | 7,459 SF | \$4,639,000



MUIRLANDS: Poised on SW facing corner at a double-ended cul-de-sac offering up panoramic ocean views & big backyard play space. 5 BD | 3.5 BA | 3,590 Sq.Ft. | \$3,698,000



LA JOLLA Bird Rock. Just steps to beach from beautifully appointed corner unit in Seahaus development with large loggia for entertaining. 2 BD | 2 BA | 1,769 SF | \$1,398,000 - \$1,498,000



LA JOLLA Windansea: Idyllic, charming beach cottage with new kitchen, set on a large flat lot with room to grow in Windansea! Agent: Kim Caniglia | 3 BD | 2 BA | 1,298 SF | \$2,595,000



# Veterans Day ceremony at Mt. Soledad honors Navajo Code Talkers

By DAVE SCHWAB

The Navajo Code Talkers were the shining stars of Mount Soledad Memorial Association's Veterans Day ceremony held on Saturday, Nov. 5 in a live in-person and virtual tribute ceremony.

"For the folks who are joining us online, if you could ever get out here in person and walk the walls, it is truly a wonderful experience

that could be life-changing," said Mark Bailey, master of ceremonies. "Bring the kids. Bring the next generation. Let them experience it."

Bailey noted that, during World War II, "a warrior class, the Navajo nation, stood up to defend their country, coming up with a top-secret system of communication that was used in every major battle in the Pacific. They came to be known as the Navajo Code Talkers. We're very fortunate – honored – to have



Corporal Manny, the English bulldog official mascot of the MCRD, was named after Johnny R. Manuelito, one of the 'original 29' Navajo Code Talkers who trained at the MCRD in 1942. PHOTO BY DON BALCH

## Make the Right Choice Senior Living

Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) had the desire to develop Assisted Living Care Homes and Services for seniors that are a cut above the rest at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area) medical facilities and the beach. Come see us today before making your final choice. Make the Right Choice Today. We are excited to announce that Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities. Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Homelike setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/> For more info call (619) 246-2003 or go to the [www.rightchoicenorliving.org](http://www.rightchoicenorliving.org). NOW HIRING CAREGIVERS! CALL NOW!

• Assisted Living Care Home Communities  
• No more than 6 residents per community  
• Highly motivated and experienced staff  
• Short Term Respite Stays are ok  
Veteran Owned & Operated  
**619-246-2003**

**RIGHT CHOICE**  
SENIOR LIVING  
Full Service Assisted Living  
Rates Starting at \$165 a day.  
We are saving families thousands per month  
Grand Opening New La Mesa Care Home  
[www.rightchoicenorliving.org](http://www.rightchoicenorliving.org)

## The Hemlock Society of San Diego presents Caregiving For Dementia



The Hemlock Society of San Diego invites you to a free presentation on coping with dementia. Guest speakers will discuss care for caregiver, dementia directives and when to prepare them, and options for a hastened death, followed by a Q&A.

**Sunday, November 20 1:30 to 3:00 pm PST**

In person at Vision, a Center for Spiritual Living

4780 Mission Gorge Pl. Ste H

On Zoom: register at our website:

[hemlocksocietysandiego.org](http://hemlocksocietysandiego.org)



Family members of Navajo Code Talkers and Phil Kendrick (center) with the unveiled plaque honoring the Navajo Code Talkers that will be placed at Mt. Soledad. PHOTO BY DON BALCH

many of their family members with us here today."

Phil Kendro, president/CEO of the Mount Soledad Memorial Association, paid homage to veterans and to the code talkers alike. "This beacon of freedom you're looking at surrounding us here is the result of the sacrifices made by the men and women who wore the cloth of our nation," he said. "Those who answer the call, know they put themselves in harm's way, and many of them sacrificed their lives so others around the world might live in peace and freedom."

Continued Kendro: "Their unwavering patriotism is an example for each of us to emulate. We're (also) grateful to those family members who kept the home front strong and resilient, as many of us waged battles across the globe. We also remember those who are no longer with us, who paid the ultimate sacrifice, who are all forever remembered here on the walls behind us."

Of the Navajo Code Talkers, Kendro commented: "They were the original Americans, who fought for their nation at a time when they were still not considered citizens of the United States, nor even allowed the freedom to vote. However, due to their strong work, persistence, and dedicated war ethos during World War II, those stories would not be forgotten."

Kendro added that the original 29 Navajo Code Talkers went through Marine Corps Recruit Depot, and after initial training, were placed at Camp Elliott in San Diego 80 years ago. That, he noted, "was where they were sent to develop the code that would become the unbreakable code, and a key to winning the battles in the Pacific and ending WWII."

Regan Hawthorne, CEO of the Navajo Code Talkers Museum and the son of a code talker, introduced himself initially speaking in his lyrical Native American tongue. He began by pointing out that "every veteran has a story. And as I walked about this magnificent

monument, I noticed 6,000-plus stories that define who we are as Americans."

Hawthorne said between 400 and 430 Navajo teenagers enlisted in the USMC "at a time when America was in dire need of secure communications. These men thoroughly embodied what was taught in the traditional (Navajo) upbringing when mothers and fathers would instruct their boys, and they would give them this advice: 'It's up to you if you want to succeed.' I doubt if those teenagers knew that, literally, freedom was up to them."

Added Hawthorne: "The arduous task of creating a military code out of a language that was considered to be sacred, and knew nothing of warfare equipment and materials, was a challenge. But the 29 men that were sequestered took their hard language and morphed it into the single, indigenous language ever codified by the military. At its apex, the Navajo language code, literally, sank the rising sun."

Grateful to be a direct descendant of a talker who used that code in the defense of liberty and freedom, Hawthorne concluded, "I'm thankful, today, to be an American."

No Mt. Soledad Veterans Day observance would be complete without a military flyover. And on this day, there were two military plane flyovers of the memorial mountain-top with its towering cross.

## HISTORY OF MT. SOLEDAD VETERANS MEMORIAL

At the height of WWII, Mt. Soledad was used as an observation point and radio transmission tower to monitor the real threat of Japanese sea forces. Easter Services were broadcast to troops from Mt. Soledad connecting those serving at home and abroad with home.

Three crosses have been built on the site of Mt. Soledad. The first was a simple redwood structure erected in 1913, which was later torn down by vandals. A second cross was built in 1923 from stucco over

## NAVAJO CODE TALKERS

Code talkers were people employed by the military during wartime to use a little-known language as a means of secret communication. The term is now usually associated with United States service members who used their knowledge of Native American languages as a basis to transmit coded messages.

During World War II, there were approximately 400 to 500 Native Americans in the U.S. Marine Corps whose primary job was to transmit secret tactical messages. Code talkers transmitted messages over military telephone or radio communications nets using formally or informally developed codes built upon their native languages. The code talkers improved the speed of encryption and decryption of communications in front-line operations.

There were two code types used during World War II. Type one codes were formally developed based on the languages of the Comanche, Hopi, Meskawaki, and Navajo peoples. They used words from their languages for each letter of the English alphabet. Messages could be encoded and decoded by using a simple substitution cipher where the ciphertext was the native language word.

Type two code was informal and directly translated from English into the native language. If there was no word in the native language to describe a military word, code talkers used descriptive words. For example, the Navajo did not have a word for submarine, so they translated it as "iron fish," or, referring to a reconnaissance helicopter, they referred to it as a "hummingbird."

a wood frame. It stood for 29 years and was used as a gathering place for Easter Sunday until 1952 when it was destroyed in a windstorm.

In 1954, the third cross, which still stands today, was installed as a centerpiece of the memorial. It was erected as a lasting monument for service members who sacrificed their lives during World War I, World War II, and the Korean War.

The Mount Soledad Memorial Association created and signed its articles of incorporation as









# Maine Lobster From Dock to Door

Shipping Nationwide



## Award-Winning Gift Ideas

Order Online:  
[www.hancockgourmetlobster.com](http://www.hancockgourmetlobster.com)

Use Code: SHELLOSD15 for 15% off.  
Offer ends 1/31/23



### YOUTH BASEBALL PLAYERS DONATE TO MIRACLE LEAGUE OF SAN DIEGO

Players on the Pirates 11U travel baseball team held a 'slugathon' recently and decided to donate half of the money they raised through sponsorships to Miracle League of San Diego. They presented the \$1,650 check to Miracle League of San Diego at San Dieguito County Park on Saturday. Holding up the donation check are Hayden Fuller, Noah Fisher (back), Phoenix Barroga, Austin Danzo (back), Brady Rey, and Cisco McLaughlin. Dan Engel, co-founder, treasurer, Miracle League of San Diego, is on the right. Players on the team are from La Jolla, Bird Rock, Pacific Beach, and Point Loma. 'Saturday was a wonderful experience and I'd like to add how proud we are at the Miracle League of San Diego that youth have decided at a young age to give back to the community,' said Engel. 'What a wonderful bunch of young men.'

COURTESY PHOTO

## Torreys run in a pack for personal goals

By ED PIPER

**E**than Yuan, a 10th-grader at La Jolla Country Day, improved his cross country time over 3.11 miles by one minute and 30 seconds this fall from his best showing as a freshman last year. "My dad participated in cross country when he was a student, and he is very proud of how well I'm doing," said the likable 5 feet 11 inches tall, 140-pound runner. "But I'm not doing that well in English class."

Seemingly built for long distances, Yuan says when he first started running, he could run "less than a mile. Now I can run five miles," and it's no problem. How does he feel about making strides in his running? "I feel proud about myself, that I will run even faster next year."

"When you run, you feel that sense of accomplishment," confides the high school sophomore. "You would get motivated in other areas" as a result.

But English/language arts is a special challenge. Born in China, Yuan was first exposed to English in the first grade. He moved with his family here in the fourth grade. He entered Country Day as a sixth-grader.

"In class, we do a lot of analysis and think deeply. We answer questions the teacher asks us, like what is the tone of the writing? What was the author aiming for?" These questions can't always be answered well simply with more effort. Yuan gets



Coach Scott Sanders gives his LJCDs cross country runners instructions during a workout on Nov. 2, at the school campus. PHOTO BY ED PIPER

frustrated with literary elements and concepts.

One major step: He says he doesn't translate everything into Mandarin. "We're talking (right now) in English," he said. "I'm thinking in English. When someone talks to me in Mandarin, it's just Mandarin (I'm thinking)."

So he has made leaps and bounds (to use a pun) in his language facility, to parallel his progress on the cross country course. On this Wednesday in coach Scott Sanders' program, Yuan and about 20 other Torrey runners ran from campus the mile and a half to the UC San Diego Par Course among eucalyptus trees to support the JV team in a meet, then run back to campus for some team-building.

Team members were chuckling and calling out encouragement as

each of the three teams ran a relay: doing a somersault, dancing the "Griddy," and then doing push-ups. That led right to teammate Laila Mirkazemi's comment: "Cross country is individualistic, but you have a community supporting each other." A first-year harrier who came over as a hurdler from the Torrey track team and also a volleyball player, Mirkazemi is a junior who is part of Sanders' rebuild of the girls program that got knocked out during the two COVID years. "With boys, it didn't affect" the team, said the coach.

He also introduced three freshman runners: Ryan Salami, the number-two (of six) on varsity, and Aaron Guss, who has run either third or fourth. Lukas Chu is an alternate who finished 13th in JV at Mt. SAC Oct. 21-22.



# National Charity League looking to expand in PB and La Jolla

**By DAVE SCHWAB**

**B**ased in La Jolla-Pacific Beach, the Seaside Chapter of National Charity League, Inc., which fosters mother-daughter relationships through community service, is looking to expand via membership opportunities.

The nonprofit chapter, open to those who reside in or attend school in central San Diego and surrounding areas, is now accepting applications for mothers and daughters entering grades 7-10.

"It is a national and multi-generational charity organization with local branches," said Rachel McFarlin, Seaside Chapter spokesperson on the group's communications team. "We want mother-daughter teams to serve in the community. That's our main emphasis. Collectively, the National Charity League has donated three million hours to more than 6,000 charities in the United States."

A short list of the philanthropies the Seaside Chapter's members support includes ALS Association, Birch Aquarium, Challenged Athletes Foundation, I Love a Clean San Diego, Kitchens for Good, La Jolla Kiwanis, Lawrence Family JCC, Miracle Babies, Traveling Stories, the USO, just to



Noel Owens, Skye Owens, Carley Van Skike, McKayla Matkov, Suzy Van Skike, and Cathy Matkov volunteered at Wild Willow Farm. COURTESY PHOTO

name a few.

National Charity League Seaside Chapter president Jean Kim talked about the charitable group and its mission in San Diego. "I love the fact that National Charity League Seaside empowers girls to develop growth in the three pillars of philanthropy, leadership, and culture, but also in areas like connections, purpose, and passions," Kim said.

"Our emphasis this year is on the 'TikToker' experience – providing

more practical, worthwhile opportunities that align with their interests and future career paths, both internally and with partner philanthropies. In the end, we want them to be active stakeholders of National Charity League Seaside, where they know their feedback and participation directly impact the evolution of the chapter, whether it's event programming, the philanthropies we volunteer with, or ways to promote the chapter as a whole," Kim said.

McFarlin said the Seaside Chapter is all about "empowering young women to succeed. We want well-rounded contributors to society. This organization trains young women to participate in their community, and in philanthropy. We also do fun activities that are based on culture and art. It is about a chance for mothers and daughters to bond, as well as to teach girls how to run an organization."

McFarlin noted National Charity League, as an organization, offers young girls a template to emulate and follow involving "a structure that mirrors adults," i.e. an organization with leaders, a president, a vice president, a secretary, etc. She said women in National Charity League all take turns fulfilling different roles.

"We try to keep it fun," she pointed out. "The main purpose is to teach young girls to give back in the community, and to give them an awareness that there are bigger things outside of their school world."

National Charity League chapters are all dues-paying and operate on a sliding financial scale. The group is open to all qualifying girls, their moms, and female mentors. Though the Seaside Chapter is based along the central coast including the Peninsula, it also

### GET INVOLVED

National Charity League Seaside Chapter informational meetings are being held on Sunday, Nov. 20, and Dec. 4 at 4 p.m. in La Jolla. These meetings are recommended but not required. For more details, email [seasidenc1@gmail.com](mailto:seasidenc1@gmail.com) or visit [nationalcharityleague.org/chapter/seaside](http://nationalcharityleague.org/chapter/seaside).

has members from as far away as Poway and Scripps Ranch.

McFarlin added Seaside presently has about 250 members county-wide. She noted the group also participates with other nonprofits, like the La Jolla Kiwanis Club. Seaside Chapter girls have participated in the pancake breakfast Kiwanis sponsors annually to give back to the coastal community.

"We really look for ways to drive teams of mothers and daughters into these organizations to help fill their needs," McFarlin said, adding participating girls get exposed to lots of new influences and activities.

"Our girls have seen a Broadway theater show, taken a dance class, even taken self-defense, pottery-making, and sushi-cooking classes together," she said. "We like to integrate them into things involving culture and art."

# Susan G. Komen 3-Day participants to walk through San Diego

**By DAVE SCHWAB**

**S**an Diegans along the coast are gearing up for the Susan G. Komen 3-Day walk to put an end to cancer, which is being held this year from Nov. 18-20.

The 3-Day is a 60-mile journey that begins at Del Mar Fairgrounds on Friday, Nov. 18, and ends Sunday, Nov. 20 at Waterfront Park. During their march, walkers wend their way through the streets of La Jolla and Pacific and Ocean beaches, as well as through Mission Hills and Hillcrest. There are cheering stations along the route encouraging participants on their journey.

The Susan G. Komen San Diego 3-Day started in 2003 and

is the longest-running event in the 3-Day series, in which participants walk 20 miles each day. They are required to raise a minimum of \$2,300 for Susan G. Komen. Since its conception, the event has raised \$135 million.

"The majority of 3-Day participants are co-survivors – which means they haven't had breast cancer themselves but have stood by and supported someone who has been affected," said Jim Hillmann from San Jose, who has made San Diego one of the seven national regional walks he's done every year for over a decade. "I'm here because my mom passed away from breast cancer in 2004."

Hillmann said the Komen walk is transformative. "You come out



here as a first-time walker, and it doesn't take long before you realize, 'I'm part of a bigger community, a community that is here to support each other,'" he said. "By the time you're done with three days and 60 miles, you've made connections, and now you start feeling the power of that community — and the synergy that comes from that."

Each year, the Komen Race for the Cure, 5k, and the 3-Day, raises significant funds and awareness for breast cancer, celebrating breast cancer survivorship and honoring those who have lost their battle with the disease. With pledges from these events and donations throughout the year, strides are being made to continue the quest for a breast-cancer cure.

Each year, 75 percent of Komen's proceeds are awarded through a grant process to local organizations. Each grantee conducts a program that offers breast cancer education, screening, or treatment to residents in the San Diego area. The remaining 25 percent is directed to Susan G. Komen for the Cure National Grant Program to fund research on a national and international level.

Since the San Diego Affiliate's inception in 1995, nearly \$9 million has been given to local organizations that provide breast cancer education, screening, diagnostics, treatment, and patient support for the uninsured or underinsured in San Diego County.

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)

**Now accepting applications for the '22-'23 School Year!**

**For your child, are you seeking?**

- 1.) Small class sizes
- 2.) Academics that are accelerated, challenging and developmentally appropriate
- 3.) Enrichment through art, music, drama, library, technology, P.E. and foreign language
- 4.) A character education curriculum
- 5.) A School with 90+ years of longevity and proven experience

**Admissions Inquiries? Call 619-223-3663**

**Infants-8<sup>th</sup> Grade**

with campuses in Point Loma, Mission Valley & La Mesa

[www.warren-walker.com/admissions](http://www.warren-walker.com/admissions)

**We are more than a School!**

## THANKSGIVING DINING ON MISSION BAY

Champagne Brunch | Prix Fixe Dinner

Reservations (858) 539-8635

Located at the Catamaran Resort Hotel and Spa



# La Jolla's Little Hotel by the Sea: small in size big in history

By JILL ALEXANDER

**B**uilt in 1925, The Little Hotel by the Sea may be small in stature compared to others in La Jolla, but it's mighty in its history.

Located at the corner of Jenner Street and South Coast Boulevard it is owned and operated by the same people who own The Grande Colonial La Jolla. In 2007, the new owners completed a major renovation of the Little Hotel by the Sea as well as the Garden Terraces, another property, which the owners also acquired.

Over the years The Little Hotel has been called "La Posada, and "the Heidi House" as well as the Garden Terrace Apartment Hotel.

The eight-suite Little Hotel by the Sea and the 10-suite Garden Terraces buildings were built as hotels originally and served as residential apartment complexes for decades.

Under the guidance of the San Diego Historical Society, the venues were restored and recognized for their historical value in La Jolla and designated as historic sites in 1984 and 1990.

## BEFORE ITS TIME

One of The Little Hotel's main features is still its original elevator built in 1929 by Baker and Sons. The four-passenger, solid-mahogany elevator housed in a steel tower is still operational. According to the hotel's history, soon after it was



added, The Little Hotel by the Sea became recognized as the "Smallest Hotel in the World with an Elevator."

When the Little Hotel by the Sea became a part of The Grande Colonial La Jolla portfolio, the elevator was completely restored. Also, during the restoration in 2007, the original Spanish-style architecture including a clay tile roof, and the stucco exterior was revamped. Additionally, its old windows were replaced within the original framework, and its wood balconies were also replaced with iron to match the originals.

## BACK IN THE DAY

The Little Hotel by the Sea was the dream of Otto and Charlotte Hellwig, a couple from Belgium. They moved to La Jolla in 1913 with the prospect of opening a café and an inn.

They did just that by opening

the venue with seven rooms for rent and a "Little Cafe." However, by 1927 they sold the business to Agnus Hurley and returned to Belgium.

Hurley in turn hired La Jolla architect Thomas Shepard to re-design the building in 1928. He revamped it with a Mediterranean theme and restyled the interior as apartments and hotel rooms with a roof terrace on its top floor.

By 1940, the ownership passed on to Helena Chase Johnson, a writer, and publisher of children's books, who changed the name to La Posada and did another modernization.

Then when the Garden Terrace Apartment Hotel opened, as it was called in 1926, it was owned by Nellie C. Acker, who served as hostess, and provided "that spirit of hospitality to be found only where the service has a personal touch."

The apartments were



advertised as "modern, quiet, and exclusive" under the "alluring smile of an unchanging sun."

## TODAY'S GUESTS

Today, the buildings are considered to be "the last of the area's original small inns and have been designated La Jolla historic sites," according to its history.

Their preservation as 18 new extended-stay, residential-style accommodations under The Grande Colonial La Jolla name preserved the neighborhood's character while providing more guests the chance to stay in traditional beach suites that are "a home-away-from-home with full kitchens and fireplaces," according to its background.

Now the Little Hotel by the Sea is used for single visits, weddings, and business meetings, among other events.

"Sometimes, we will have a

group that buys out that whole building [The Little Hotel] and bring in a small business group that can have their meetings there, or wedding parties that purchase the whole building. Some use it for leisure purposes, and want more privacy than The Grande," said Kim Avent, the general manager of The Grande Colonial La Jolla.

The rooms at the Little Hotel by the Sea also have a sitting area, and many have a window that faces the ocean and the Children's Pool, she said.

"They were studio apartments and were gutted back to the studs when they were renovated in 2007," Avent added. "The elevator is nice and has a drop gate similar to those older styles you see in New York.

"It has three levels ... the second floor has guest rooms, and the third is a loft with a rooftop deck area and overall, it's very quaint."

# The Social Diary – Diamonds, pearls, and girls at John Matty's, Halloween on Girard, haute with Doatnuts!



Artist Faye Tassviri, Swiss Maggie Bobileff, Denise Hug of Mille Fleurs Restaurant, and John Matty of exquisite John Matty Co. custom jewelry – John Matty Co.



Ariana Blakely and Juliet Nolan – John Matty Co.



Marion Machado, John Matty, Christine Mabee, Alissa Corace and Varanya Tam Vadakan – John Matty Co.

PHOTOS BY MARGO SCHWAB

By MARGO SCHWAB

**W**hen custom jeweler John Matty hosts an open house it's beyond over-the-top! From champagne and caviar, to delicious bites by Dolce, and D clarity diamonds 10 carats and up! A fun who's who came including twin Chris Mabee and Madeleine Pickens of Del Mar Country

Club, Michelle Weinger just back from quite the Euro trip with family including famous diet queen mom Jenny Craig, and Stanford smart Maree Chung. It was a 'D' delightful day!

On the fun candy front, Halloween was celebrated big as cascades of kids and adults stopped in on Girard businesses decorated with bats,

brooms, and costumed employees who handed out handfuls from cauldrons of candy. And yes that was fashion icon and designer Pam Marks sighted!

The Town Gossip: Congratulations to local Sylvester Homes for their \$24 million plus sale north in Crystal Cove. Brava to Tricia Riha for tirelessly working on restoring Avenida de la

Playa to direct, equitable, public access to the coast. And yes, my surfing husband Scott Johnston and others including lifeguards have seen a few baby great whites cruising Scripps. And because of Carrie Anderson-Buchmann's FB blurb, I now have a healthy and fun find, the Doatnut. Made with steel cut oats that 'doatnut' mess

with your glycemic index like rolled oats, no sugar, no fake sugar, just monkfruit. Sin never made me so slim. 90 calories fabulous! By the way, Carrie's husband Bob Buchmann is the director of music programming at Sirius XM, they meet everybody ... how cool is that! Check out Margo Schwab on Insta and FB for more event photos... Til next time!



**LJ MAD ANNIVERSARY**

The La Jolla maintenance assessment district marked three years in operation in October. With schedules established for janitorial, landscaping and pressure washing activities, attention has broadened to public-right-of-way improvements. A collaboration between Enhance La Jolla and the La Jolla Village Merchants Association will soon result in several San Diego Gas & Electric utility boxes featuring La Jolla-themed art and directional signage. Artists are now preparing mock-ups of artwork for these boxes, which involves hybrid designs of paint and decorative vinyl. SDG&E must inspect

each utility box before work can proceed. If you see an issue needing attention within the district, contact Enhance La Jolla at 858-444-5892 or [manager@enhance-lajolla.org](mailto:manager@enhance-lajolla.org).

**BEETHOVEN & SCHUBERT IN LJ**

La Jolla Woman's Club at 7791 Draper Ave. is hosting a concert titled "Beethoven & Schubert, Two Emissaries of Love" on Sunday, Nov. 13 at 4 p.m. An introduction will be given by musicologist Nuvi Mehta. The concert features three masterpieces for piano and strings by Beethoven & Schubert performed by a trio of virtuosos: Strauss SHI, violin; Juliette Herlin, cello; and

Francois Chouchan, piano. After the concert, there will be a Q&A between the musicians and audience, followed by a high tea buffet with champagne, catered by The French Gourmet. To buy tickets, visit [LeSalondeMusiques.com](http://LeSalondeMusiques.com) or call 310-498-0257.

**DODO BIRD DONUTS**

Dodo Bird Donuts has landed in Bird Rock, becoming a coffee-and-donut complement to Paradisaea at 5680 La Jolla Blvd. The all-day café opened this summer with daily hours running from 6 a.m. to 2 p.m. The menu includes a variety of baked goods, craft-roasted coffee, and other café delicacies.

**DISTINGUISHED PROFESSOR**

Charles F. "Chuck" Stevens, 88, distinguished professor emeritus in Salk's Molecular Neurobiology Laboratory, died peacefully on Oct. 21 at his home in San Diego.

"Chuck was a giant in modern neuroscience," said Salk president Rusty Gage. "He pioneered many techniques to study how messages are transmitted across synapses in the brain and how these signals help us learn and remember. He always brought unique perspectives to any problem and inspired us all to think more creatively. But what's more, he always had time to talk with his colleagues and trainees, many of whom went on to become

accomplished neuroscientists themselves. He will be missed."

Stevens joined Salk in 1990, after serving as a faculty member at the University of Washington School of Medicine and Yale School of Medicine. He was also a research scientist and advisory board member with the Kavli Institute for Brain and Mind at UC San Diego. He was responsible for confirming via modern experimentation long-held beliefs regarding the consistency of neuron density throughout the brain. He was also a leader in exploring and understanding the scalable architecture of the brain.

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)

# SHOP La Jolla

## THINK LOCAL. SHOP LOCAL. BUY LOCAL

**TWO 20-MINUTE WORKOUTS PER WEEK**



The **Exercise Coach**. BETTER RESULTS. LESS TIME. MORE MOTIVATION.

**GET 2 FREE SESSIONS CALL 619 713 9090**

7580 Fay Avenue, La Jolla, CA 92037 | [ExerciseCoach.com](http://ExerciseCoach.com)

**Raymundo's TAGO SHOP**

Thank you for voting us one of the Best Mexican restaurants in La Jolla!

**FREE** Bean and Cheese Burrito w/ purchase of any burrito expires 12/11/22

**(858) 352-6867**

7918 Ivanhoe Ave., La Jolla, CA 92037

**WANT TO GET AWAY?**  
Spend the Perfect Day in San Diego's Coastal Paradise with this Exclusive Parking Discount.

**\$4.95 ALL DAY PARKING IN LA JOLLA\***

PARK. SHOP. DINE. PLAY. STAY ALL DAY. LA JOLLA VILLAGE IS SAFELY OPEN FOR YOU.

\*This offer is good only at the ACE Parking Garage located at 875 Prospect (Entrance on Fay Avenue) using the ACE Parking App. Offer good through December 31, 2022. Space is Limited.

Reserve Your Spot Now at [www.tinyurl.com/parklajolla4](http://www.tinyurl.com/parklajolla4)

[WWW.LAJOLLABYTHESE.COM](http://WWW.LAJOLLABYTHESE.COM)

## VOTE FOR YOUR FAVORITE LA JOLLA RETAIL SHOPS & SERVICES



Submit a ballot for a chance to **Win Dinner for Two** (\$100 value) at one of the La Jolla's fine restaurants.

**ENTRY RULES:**

You choose your favorite! Tell us who the best of the best is and you'll be entered into our free drawing. Please complete at least 40% of the ballot

Vote online at: <https://forms.gle/t9MPRvneGrCx3R4FA>  
One ballot per person.

Ballots must be submitted online by **December 16, 2022**

**Vote online at [lajollavillagenews.com](http://lajollavillagenews.com)**



Don't Miss our

## LA JOLLA HOLIDAY GUIDE NOVEMBER 25TH AND DECEMBER 9TH

The November 25th edition will include Highlights for the La Jolla Christmas Parade on December 4th.

Holiday Events  
Holiday Specials and Sales  
Gift Ideas  
Christmas Greetings  
Holiday Dining

**20% OFF  
REGULAR  
RATES**

Call Mike Fahey or Paul Welsh to reserve your advertising space!

**(858) 337-8546** [mikefahey@sdnews.com](mailto:mikefahey@sdnews.com)

**(858) 926-9063** [paul@sdnews.com](mailto:paul@sdnews.com)







SCHOOL »  
CONT. FROM PG. 5

“We have second-generation kids here, children of people who went to school here,” she said. “It’s just a great community feeling here. Our families are very involved – and they really take pride in our school.”

SCHOOL

The congregation, now with more than 100 members, felt a strong need for a Christian education for their children. In September of 1947, a one-room school with a capacity for 30 students was built, and St. Paul’s Lutheran School was founded.

St. Paul’s School students have ever since been prepared for success as high school students and community leaders. Consistent through these years have been staff and teachers who are passionate about sharing their faith, and dedicated to partnering with families to provide an excellent Christian education.

Lutheran churches have established schools in the United States since 1640. Today, more than 2,300 early childhood centers and preschools are operated by congregations and Christian day schools within the Lutheran Church — Missouri Synod. More than 129,000 children, from infants/toddlers to 5 years of age, are involved in these programs.

Additionally, Lutheran congregations operate 945 elementary

schools which serve 107,000 students nationwide. The NAEP report, often called the “Nation’s Report Card,” ranked the Lutheran School system as the No. 1 school system in the country. St. Paul’s Lutheran School offers its private school services as part of the Lutheran education system.

CHURCH

In February of 1943, when World War II was being waged, a small group of eight dedicated and committed people were moved to constitute St. Paul’s Lutheran Church of Pacific Beach on Feb. 14, 1943. The Rev. A.J. Brommer, who had originally been called as a missionary for the area, was chosen to be the first pastor.

This new congregation quickly realized that its location, an empty store at 1570 Garnet Ave., would be inadequate for growth. The small group of members set out in search of a property in the hope of building a new church. Five lots, which are included in the present church and school campus, were purchased in 1943 for a total of \$1,180.

In 1944, St. Paul’s was accepted as a member of the Missouri Synod and the Southern California District. Plans were drawn up in mid-1944, and a loan of \$4,000 was secured. The building was constructed on the property at the corner of Felspar and Gresham streets in June 1945. The total cost of construction was \$6,000. A parsonage was added on the same site in September 1945.

Mission Bay moves on to second round of CIF playoffs this Friday

By HECTOR TRUJILLO

Mission Bay football won its first round CIF playoff game, 24-12, over Westview High on Friday, Nov. 4.

After taking a 10-6 lead into halftime, both defenses clamped down in the third quarter holding each offense scoreless, but the Bucs were able to pull away thanks to two touchdowns in the fourth quarter.

“It was a good win for us after a rough couple of weeks in league,” said Mission Bay head coach Greg Tate. “We established a physical run game, the wide receivers made plays when their numbers were called, and multiple guys stepped up at running back.”

Mission Bay finished the regular season with the No. 5 seed after its 6-4 record, while Westview entered as the No. 12 seed with a 1-9 record.

“The line really took over in the second half,” said Mission Bay quarterback Ethan Silber. “We only had two drives, but we just ran the ball all the way down the field both times and we were able to get them up top for touchdowns.”

Silber finished 8 for 15 with 170 passing yards and three touchdowns. The receiving core was led by Charlie Park with 67 yards on three receptions and two



Mission Bay junior David Maier carries the ball.  
PHOTO BY STEVE SIDELL

One of the key moments of the game came midway through the fourth quarter with Mission Bay clinging to a four-point lead. The Bucs faced a 4th-and-1 on their side of the 50-yard line and Tate decided to go for it with a quarterback sneak that Silber converted thanks to a great push from the offensive line.

The Bucs now move on to play at Montgomery High on Friday, Nov. 11 in a rematch of a regular season game on Sept. 16 that saw the Aztecs come out with a 9-6 victory in a battle of field goals.

“They’re a very physical team, they play great defense,” Tate added. “I told our guys a couple of weeks ago that if we wanted to make it to CIF we’re going to have to work for it, and this is going to be one of those lunch pail and hard hat type of games.”



Full Service Chimney Cleaning

**ONLY \$99** reg. \$189

*Includes full safety inspection*

**CALL TODAY:**

**619-593-4020**

**CHIMNEY SWEEPS, INC.**  
SERVING SAN DIEGO COUNTY  
FOR OVER 30 YEARS

RAIN, WIND, AND FIRE...  
“The three menaces to any chimney, fireplace, or stove.”

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego’s leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.





SUDOKU PUZZLE

Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

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

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9	10	
11				12						13	
14								15			16 17
	18							19			20
				21		22				23	
					24		25 26 27		28		
				29			30		31	32	
				33		34		35			
36 37 38				39			40		41		
42			43		44			45			
46							47		48		
49				50 51				52		53 54 55	
	56					57		58			59
				60			61				
					62					63	

- CLUES ACROSS**

  - 1. Greek mountain
  - 5. One dependent on something
  - 11. Gratitude
  - 14. Glazed ceramic ware
  - 15. Paddling
  - 18. Step
  - 19. More greasy
  - 21. Upper-class young woman
  - 23. Light beige
  - 24. Belief in a supreme being
  - 28. Indigenous people of Scandinavia
  - 29. A beloved princess
  - 30. Transfer property
  - 32. Field force unit
  - 33. Automated teller
  - 35. When you hope to get there
  - 36. Sino-Soviet block (abbr.)
  - 39. Politicians Fischer and Conroy are 2
  - 41. Blood type
  - 42. Stringed instrument
  - 44. Curses
  - 46. Barbary sheep
  - 47. Belonging to a thing
  - 49. Supporters
  - 52. Leaf-footed bug
  - 56. A shower of water
  - 58. Attribute to
  - 60. Intermittent
  - 62. Soda waters
  - 63. Scottish island
- CLUES DOWN**

  - 1. Klutz
  - 2. Relaxing places
  - 3. Expel saliva
  - 4. The extended location of something
  - 5. Certified
  - 6. Cease to exist
  - 7. Powerful legal pro
  - 8. The OJ trial judge
  - 9. Popular greeting
  - 10. "90210" actress Spelling
  - 12. \_\_\_ Blyton, children's author
  - 13. "This Is Us" star Fitch
  - 16. Battery cell with a nickel alode
  - 17. Full of bacteria
  - 20. Remains of an old building
  - 22. Exist
  - 25. It gets you into places
  - 26. Witness
  - 27. The spreading of a disease to another part of the body
  - 29. Father
  - 31. Touch gently
  - 34. Licensed for Wall Street
  - 36. Herring-like fish
  - 37. Lute used in N. Indian music
  - 38. Mirabel shouldn't talk about him
  - 40. Atomic #62
  - 43. Religious
  - 45. Silvery-white metal (abbr.)
  - 48. Influential civil rights organization
  - 50. Acknowledgment (abbr.)
  - 51. Turn away
  - 53. Kidney disease (abbr.)
  - 54. Smooth-feeling fabric
  - 55. Competently
  - 57. Sea eagle
  - 58. General's assistant (abbr.)
  - 59. It helps you see
  - 61. Emerging technology

A	K	S	S	O	I	N	O	L			
A	T	V	O	I	D	V	O	D	S		
E	B	I	H	O	S	V	E	H	O	N	O
V	S	V	N	V			S	R	O	N	O
			S	L	I			I	N	V	A
			S	N	W	V	D		d	R	V
		B	V	S	B	E	D		B	S	S
		V	L	E	M	J	V				
N	A	d									
I	W	V	S		M	S	I	D			
U	B	C	E				B	E	D		
R	E	I	T	I	O		H	I	V	L	S
G	N	I	V	O		E	O	N	E	I	V
N	O	I	L	V	I	O	E	H	d	F	

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

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

By BART MENDOZA

RECOMMENDED

After a seven-year hiatus, singer-songwriter/producer Sven-Erik Seaholm (right) is back with a new album, "Oxford, Comma." Appearing at Humphrey's Backstage Live on Nov. 16, Seaholm is a master of pop/rock songcraft with an arsenal of catchy tunes to his credit. He has also been involved in the production of many classic albums by artists ranging from Buddy Blue to Via Satellite, but it's with his own projects, where he has been known to throw in the sonic kitchen sink, that he truly shines. Making this bill a must for fans of San Diego's music scene, opening the show will be guitarist Joey Harris of The Beat Farmers and Calamity, featuring fiddle player Patric Petrie.

Sven-Erik Seaholm: Wednesday, Nov. 16 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$12. humphreysbackstage-live.com.

SPOTLIGHTS

Few bands in San Diego have achieved the legendary status of The Farmers, appearing at Tio Leo's on Nov. 15. One of the hardest

gigging bands in San Diego, it's a rare night when they're not on stage somewhere in the county. Led by guitarist Jerry Raney, the band performs a terrific mix of roadhouse rock 'n' roll, meant to keep dance floors filled and happy customers coming back. Whether they're playing top-notch originals such as "East County Woman," or covers such as sing-a-long favorite, "Gloria," a night with The Farmers is always a good time. Surf rockers The Tourmaliners open the night.

The Farmers: Tuesday, Nov. 15 at Tio Leo's, 6333 Mission Gorge Road. 7 p.m. \$15. tioleos.com.

It really is amazing, the caliber of musicians on our local club scene. Such is the case with North County-based keyboardist David Yuter, who stops in at the Waterbar on Nov. 17. A gifted player, Yuter is a first-call session musician, best known for his work with EDM group, Electric Dance Machine, and he also recently joined up with 1970s hitmakers, The Babys. For this gig, Yuter will perform a mix of standards and today's hits, for a set that will make an excellent soundtrack to a night out.

David Yuter: Thursday, Nov. 17 at Waterbar, 4325 Ocean Blvd., 7 p.m. No cover. waterbarsd.com.



Recasting modern-era hits into vintage-sounding tunes, Postmodern Jukebox comes to Humphrey's Concerts by the Bay on Nov. 17 with their Life In The Past Lane Tour. Even for casual radio listeners there likely won't be any unfamiliar tunes in the night's set, but these updated versions will still yield lots of surprises. Songs by Lady Gaga, Madonna, or Radiohead might be performed, complete with retro garb, as a 1940s big band number, a 1950s jazz lounge standard, or a 1960s girl group classic.

READ MORE ONLINE AT sdnews.com

City Ballet of San Diego marks 30th Anniversary Season

The critically acclaimed City Ballet of San Diego, based in Pacific Beach, under the direction of Steven and Elizabeth Wistrich, both former Boston Ballet and Stuttgart Ballet dancers, marks its 30th Anniversary Season with an expanded season. The company, known for its innovative programming of classical, contemporary, and story ballets, performs at a variety of theaters in the San Diego area this season.

"With increased audiences, City Ballet is offering more performances in both San Diego and North County while our beloved home theater, the historic Spreckels Theatre, undergoes renovations. Having been hailed as San Diego's best dance company, we are thrilled to take our productions to a broader audience," said Steven Wistrich.

In July, the company presented another On the Move production, but this time resident choreographer Geoffrey Gonzalez created all new choreography and reimaged ballet classics at the Torrey Pines Performing Arts Center. Even audience members not familiar with the iconic ballet classics enjoyed the program with its innovative and diverse sections that truly showcased the talents of the dance artists.

The fall program in November, titled From Balanchine to Martins, celebrates ballet masterworks from the 20th century by the father of American ballet, George Balanchine, and the famed New York City Ballet principal dancer, choreographer, and



artistic director Peter Martins. Performances will be presented at both the Balboa Theatre, downtown San Diego, and the California Center for the Arts in Escondido.

The program includes George Balanchine's Rubies, with its sexy energy and athleticism, and the San Diego premiere of his delightful Divertimento from Le Baiser de la Fee, one of his greatest and most unusual works. The challenging and exciting Ash by Peter Martins completes this ballet lovers' program.

In December, The Nutcracker, which received the Tommy Award for the "Best Nutcracker" in San Diego, is expanded to five performances this season. The beloved holiday classic will be performed at

the California Center for the Arts, Escondido accompanied by The City Ballet Orchestra with John Nettles conducting.

The Nutcracker is the classic Victorian-era story of the adventures of Clara, the Nutcracker Prince, Herr Drosselmeyer, and the Sugar Plum Fairy told through a magical theatrical experience to Pyotr Tchaikovsky's famous score. Young and old alike will be captivated by Elizabeth Wistrich's choreography, exquisite costumes, and grand sets. A heart-warming production for families to immerse themselves in the holiday spirit.

Next March, City Ballet pays tribute to its talented and versatile resident choreographers, Elizabeth Wistrich and Geoffrey Gonzalez, in a program fittingly titled, Inspiration in Motion, again redefining how ballet is performed. This production of favorites and new contemporary ballets is offered at both The Conrad in La Jolla and California Center for the Arts, Escondido. Elizabeth stages her popular Beyond the Circle and Straw Feet, while Geoff creates an all-new Battu, performed live by drummer-composer Adam Larocca.

Closing the season next May at the California Center for the Arts, Escondido is the full-length production of Romeo & Juliet by resident choreographer Elizabeth Wistrich – a lavish production based on William Shakespeare's play of the greatest love story of all time.

READ MORE ONLINE AT sdnews.com





DÍA DE LOS MUERTOS

Deborah Miller, front desk administrative assistant, and Nancy Walters, executive director at La Jolla Community Center (above), at the center’s Day of the Dead festive event on Wednesday, Nov. 2. Day of the Dead (Día De Los Muertos) is a joyful time that helps people remember the departed

and celebrate their memory. The event consisted of three major themes: remembrance, community and celebration. Day of the Dead is a holiday for celebrating death and life where mourning is exchanged for celebration. The evening at La Jolla Community Center included live mariachi music and traditional Mexican tacos for dinner.



**BIRD ROCK COTTAGE  
FOR SALE**

 769 Colima St.  
La Jolla, CA 92037



Located within walking distance to shopping, award-winning dining, Bird Rock Elementary and the ocean, this home is a rare opportunity to own in La Jolla. The quintessential single-level cottage has been tastefully cared for and is ready for you to move in.

SPECIAL FEATURES

- ✓ 3 Bedrooms
  - ✓ 2 Bathrooms
  - ✓ 1410 Sq. Ft.
  - ✓ Updated Baths
- ✓ Fireplace
  - ✓ Garage
  - ✓ Private Backyard
  - ✓ Rooftop Deck
- ✓ Back-to-Back Lot
  - ✓ Excellent Schools
  - ✓ Great Walkability
  - ✓ Well Maintained

**\$1,795,000**



scan for more info

**ROSA BUETTNER**  
858-945-7314  
DRE01089718  
rosa.buettner@compass.com





**3888 Riviera Dr #206**

Realize your dreams of living on the waters of Mission Bay with this rarely available 2 bed, 2 bath condo. Wide patio and living room views of the bay from a unique side-unit location on the second floor of Riviera Villas, giving you direct access to the sand and Mission Bay boardwalk. Featuring a remodeled kitchen, newer paint, open floor plan, and 2 side-by-side parking spots in the underground lot with large storage cabinets. Just minutes from the ocean, PB shops, restaurants, bars, and more! Great for primary, secondary, or investment home. Listed at **\$885,000**



**Marie Tolstad** DRE#: 00555757  
858.705.1444  
marie.tolstad@gmail.com



**Patrick Cohen** DRE#: 01936110  
818.634.3355  
PatrickSellsSD.com





**Happy Thanksgiving!**

Call Tim Tusa if you need a bigger house for next year's Thanksgiving dinner





**Tim Tusa**  
619-822-0093  
DRE#0137110

**LANDSCAPE SERVICES**

Lawn care | Irrigation checks & repairs | Yard clean-up & maintenance | Hedge Trimming | Planting | Pressure washing | Sod removal/replacement | Wood & fence |

Weekly or bi-weekly services offered

\*HANDYMAN SERVICES ALSO OFFERED\*

**CALL CODY WILLIS @ 858-585-0155 FOR A FREE QUOTE!**



**HANDYMAN  
ATTA BOY  
& LAWN**





TREVOR PIKE

*Thank You*  
**To All Our Veterans**



coastal HOMES



water front PROPERTIES



income beach UNITS



**TREVOR PIKE**  
Coastal Property Specialist  
**619.823.7503**  
Trevor.Pike@Compass.com  
DRE #01739847

Follow me on Instagram  
@Trevor\_Pike\_SDrealestate

See my sales on Zillow





IN ESCROW



**1754 Chico St 92109** Crown Point  
**3 Bed / 1 Bath / 900 SqFt.**

First time on the market! Highly sought after single family residence ideally located on a full size 6,900 sqft corner lot in Crown Point. Highlights include updated kitchen & bath with stainless appliances, beautiful original hardwood floors, dual pane windows throughout along with a detached two car garage. Situated blocks to the bay, less than a mile to the beach and short distance to shops, restaurants and schools. Phenomenal opportunity with endless possibilities. Move in ready, build up, expand out or build an ADU. One of the best desirable areas in Pacific Beach. Do not miss this unique opportunity awaiting its next transformation into an incredible beach house.

**Priced at 1,399,000**


**MARK JENKINS 858.212.7355**  
sellingdreamhomes@gmail.com DRE#01295923

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

**THE BLUMENFELD GROUP**



SOLD





**1627 Hornblend St 92109** Pacific Beach  
**3 Bed / 3 Bath / 1608 SqFt.**

Built in 2017, this highly sought-after Pacific Beach townhome embodies an elevated coastal lifestyle. Tastefully designed with top-notch finishes throughout, this residence offers 3-bedrooms and 3 full baths with over 1,600 sqft of living space. With an emphasis on privacy, this property features a bedroom and bathroom on each level, leading to the top floor primary suite equipped with a walk-in closet, large modern bathroom and a spacious walk-out patio featuring an additional storage room or potential office space. Bonus highlights include owned solar panels, central A/C and forced heating, gas cooking, tankless water heater, a cozy living room fireplace and 1 car garage with interior access + 2 off street parking spaces.

**MARK JENKINS 858.212.7355**  
sellingdreamhomes@gmail.com DRE#01295923

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

**THE BLUMENFELD GROUP**





**SCOTT BOOTH**  
— REAL ESTATE GROUP —

Scott Booth  
858.775.0280  
isellbeach.com  
scott@isellbeach.com  
DRE 01397371

**COMPASS**

**OPEN HOUSE SAT., NOV. 12<sup>TH</sup> 12 - 2PM**



**1996 Diamond St Unit 2 • 2 BD | 2.5 BA | 1,101 sq. ft.**  
This centrally-located townhome is walking distance to 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. Enjoy a 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. **All of this and more for \$999,000!**



**MARK JENKINS**  
**BEACH SPECIALIST**

*Here for all your  
Real Estate Needs*

**858.212.7355**  
sellingdreamhomes@gmail.com DRE#01295923

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties



Ask Me About  
Real Estate!

**John Shannon**  
Call (858) 225-8213  
www.SolaceRealty.com

Upsizing, Downsizing or Beachsizing? Call John!

DRE 01928641 NMLS 1996658



**“Find your place in the Sun!”**



**COLEMAN**  
**MOVING SYSTEMS INC.**

Office/Residential | Free Wardrobe Use | Piano Moving  
Last Minute Moves | Packing/Unpacking  
Discount Packing Materials | Moving all over CA, AZ, NV  
7 DAYS A WEEK | FREE ESTIMATES FAMILY OWNED SINCE 1979

**619.223.2255** STU AND MATT COLEMAN  
BBB MEMBER | INSURED LIC #CAL T-189466



*Direct Waterfront Duplex in Mission Beach*



**3363 Ocean Front Walk ,  
Duplex | Two 3BR/3BA units**

Direct waterfront duplex in the heart of Mission Beach featuring two 3-bedroom, 3-bathroom homes each with mesmerizing whitewater, coastline, and sunset views. Contemporary architecture and clean finishes define the property, and each home enjoys a dedicated 1-car garage, 1-car carport, and outdoor shower. Rental income for 2021 was \$303k!

**Offered at \$5,850,000**

TEAM  
**CAIRNCROSS**  
REALTORS®

*Local Listing Agents Since '65*



(858) 859-3370 • TeamCairncross.com

**BERKSHIRE HATHAWAY**  
HomeServices  
California Properties

DRE 00859218

**DEWHURST & ASSOCIATES<sup>SM</sup>**  
GENERAL CONTRACTOR • LIC. NO 381927  
EST. 1929



LA JOLLA - 7533 GIRARD AVE. - P.O. BOX 574 - LA JOLLA, CA 92037  
TEL (858) 456-5345 - FAX (858) 454-0180  
WEBSITE: HTTP://www.dewhurst.com





# Shooting from the hip: the necessity for a cortisone injection



## Doing it Better

By Natasha Josefowitz, Ph.D.

About 25 years ago, Dr. Cliff Colwell replaced my right hip. The operation was successful; it has never bothered me since. However, at the time of the procedure, he advised me that my left hip had osteoarthritis and would also need a replacement soon.

Twenty-five years later, I was standing in the sales office of White Sands, the retirement community where I live, with a

couple. The man looked vaguely familiar; he was also looking at me quizzically. I was introduced to Dr. Cliff Colwell and his wife, Carolyn. I exclaimed, "Oh my goodness, I am Natasha." He remembered me because he had written a forward to a column on my hip replacement called "Hip Hip Hooray."

We hugged. I told him that he had been wrong about my left hip, which had never bothered me. He admitted that he had been wrong a few times in his life. After that, Cliff, Carolyn, and I became good friends; we would share many meals together.

A few months ago, my left hip began to hurt. I called Cliff and said, "Congratulations. You are finally right. My left hip is hurting."

The problem is that I am 96 years old and a major operation at my age is risky due to the frailty of advancing years. As the weeks have gone by, my pain increased. I was now limping and using a cane. Cliff suggested a cortisone injection. I called Scripps Clinic. The first available appointment was two weeks away.

My pain was reaching level eight, even nine; it was becoming excruciating! I shared this with Cliff, who told me he would take care of it. Within minutes I received a phone call from a Scripps scheduler. I had an appointment scheduled for the next day at 7 a.m. My trusted limo service, A Best, would pick me up at 6:30 a.m. Kosta, the Greek owner, was there early. (I must admit — I was nervous.)

We arrived at the clinic. Kosta got a wheelchair and pushed me to the orthopedic department, where large gold letters displayed on the wall read "The Colwell Orthopedic Institute." No wonder I could get an appointment early!

I was wheeled to a cubicle to see Dr. Hai-Yan Li. Li is one of 20 PAs (physician's assistants) at the institute. Their staff also includes 20 orthopedic surgeons. After her examination, Li told me I had two choices: I could get a cortisone shot right now or wait until the next day, when she could inject under fluoroscopy, providing a 100 percent assurance of hitting the right spot. There was no such assurance if she gave me the shot now. I agreed to wait.

The next morning, again at 6:30 a.m. Kosta was there to take me back to the clinic. This time we went straight to the operating room, where three nurses helped me onto the examination table. My hip was uncovered right above the groin. An anesthetic

was injected. After a few mild pinpricks, I asked: "When are you giving me the shot?" "It's already been done," was the answer. I didn't feel anything.

Kosta was in the waiting room with a wheelchair ready to take me home. He wheeled me to my apartment. I call him my new caretaker. I was told to reduce my activities to 50 percent for the next few days. Now I have the excuse to stay in my recliner doing my favorite activities: reading and writing. I needed to monitor my pain level hourly on the first day, then daily for two weeks until my follow-up visit with Li.

Much to my relief, I felt almost no pain that night — maybe a level two or three at best. The next day the pain was minimal. At times when I walked, it did not hurt at all. I was in awe of modern medicine!

When I had my hip replaced 25 years ago, the operation took one and a half hours with general anesthesia followed by bed rest for several days. Today, it is an outpatient procedure that takes 45 minutes using a local spinal epidural, with a rate of infection at less than half a point, and pain relief in the high 90s percentile.

In 1985, Colwell was the principal investigator using stem cells injected into the hip with a local anesthetic. One of the ultimate goals was to replace worn cartilage with living tissues rather than metals and plastics. They are presently growing five different stem cell lines to first test success in animal models before applying this technology to humans. The future looks bright for hip replacements.

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.

# Cathy Ives honored for cleanup efforts in Mission Beach

By DAVE SCHWAB

One person's trash is another person's treasure. For Cathy Ives of Mission Beach, trash 'is' treasure.

Trash is an incredible bonanza if you just know what to do with it, claims Ives, who recently received a County proclamation from Third District Supervisor Terra Lawson-Remer for her renowned trash collecting and recycling daily along a short stretch of Mission Beach.

"When I started out doing all this collecting, it was more of a beach rescue operation," said Ives of her environmentalism. "It was more important for me to make sure everything (recovered) on the beach — shoes, towels, beach toys, reusable plastic bottles, etc. — was reused as much as possible, and didn't go into our landfills. That was very important to me."

Ives co-founded the nonprofit Don't Trash Mission Beach, along with fellow residents Tim and Tony San Felice, to bring awareness and education about the hazards of beach trash. The organization also fosters a sense of pride in the community and advocates for personal responsibility and education through beach cleanup events and art installations.

"We are so proud of Mission Beach local, Cathy Ives, for her never-ending commitment to cleaning our beaches on a daily basis and cleaning up the trash left behind by others," said Mission Beach Town Council in an Instagram post. "And now Cathy has been properly honored for her dedication to the best ideals of public service. On Nov. 2, Cathy was presented with a proclamation where it was declared that that day, forever, will be a day of recognition for Cathy Ives throughout San Diego."

Continued the MBTC post: "Cathy has been a Mission Beach resident for the past 35 years and has been diligently cleaning Mission Beach every single morning since 2010. Alongside her partners in the nonprofit, Don't Trash Mission Beach, Cathy runs a minimum of four beach cleanups each year with 80 to 140 volunteers participating at each one."

Referring to herself as an "eco-terrorist," Ives said she has always been an environmentalist and above all else, a recycler. She started out trash collecting after beginning to write an environmental blog in 2008. That, she acknowledged, is when she "really" started getting interested in litter, especially how it can be purposefully reused.

Ives' efforts have been a labor of love, not



## DON'T TRASH MISSION BEACH

Earth Day (April 22) is never ending for the Don't Trash Mission Beach volunteers, an organization co-created by Cathy Ives, who combs South Mission Beach on a daily basis to pick up trash left on the shoreline, sand, boardwalks, sidewalks, streets, and parks. The nonprofit group was also formed with the help of Mission Beach residents Tim and Tony San Felice.

The average daily amount of 500 pounds of trash picked up in just a small stretch of one beach is either discarded appropriately or recycled, upcycled, or cleaned and donated to charity. The sheer amount of recyclable, salvageable items rescued from the beach in South Mission Beach is appalling.

The estimated retail value of recovered beach items in 2020 alone exceeded \$40,000. That typically features wasted food, (illegal) glass bottles, leftover beer, wine, and liquor containers, beach toys, and personal items including shoes and towels. Ives said this daily "haul" brings to light our disposable society's mindset. For a complete look at the volume of items collected, visit [donttrashmissionbeach.com](http://donttrashmissionbeach.com).

Ives painstakingly logs every single item she collects. On her own, she picked up almost 120,000 pounds in 2020 comprised of food wrappers, bottle caps, bottles, glass, dog feces, balloons, wood, and charcoal from illegal fires. In addition to regular beach cleanups, Don't Trash Mission Beach promotes a Court Adoption Program where members of the community can sign up as stewards of their streets.

only toward other people but also toward the environment and the ocean. "To date, I have donated over (recovered) 6,000 textile-type items to the homeless," she said pointing out there are numerous reasons why it is wrong to continue to waste items that can be easily repurposed. "Beach trash kills animals," she said. "It also contributes to climate change. And it makes things look bad. Trash brings trash."

READ MORE ONLINE AT [sdnews.com](http://sdnews.com)

## 2 MORE SOLD

### Highest Prices in a Changing Market

**1323 Pacific Beach Dr F  
SAIL BAY**

**4863-65 Cass St  
NORTH PB**

## RECORD-BREAKING PRICE

**Cass & Law — Call for Info**

## 26 DAYS FROM LIST TO CLOSE

**Sail Bay — \$1,225,000**

**HELEN SPEAR**  
YOUR COASTAL SPECIALIST  
**619.813.8503**  
**PBListingSpecialist.com**

REALTOR, CA DRE #01244302

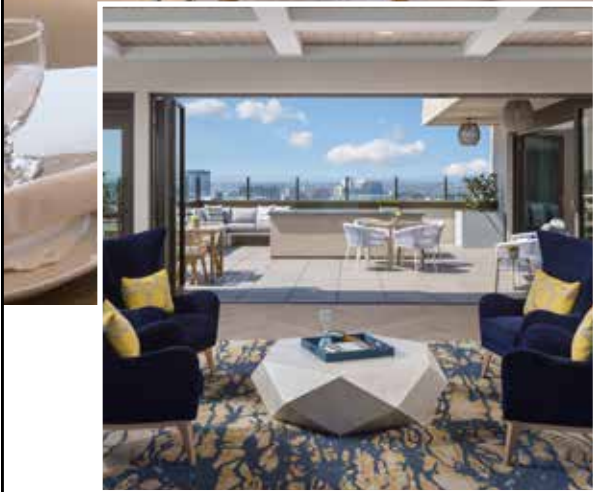
**RE/MAX COASTAL**

**HELEN SPEAR**





NOW OPEN | 3880 Nobel Drive



## DISTINCTIVE LIVING MEETS BEST-IN-CLASS CARE, WITH A VIEW

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.

Learn more at [BelmontVillage.com/LaJolla](https://BelmontVillage.com/LaJolla) or 858-358-7129



SCAN THE QR CODE  
TO LEARN MORE

BELMONT *Village*  
SENIOR LIVING  
LA JOLLA

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE