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THIS WEEK

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Pamela Anderson's double?

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Celebrate the Craft at  
The Lodge at Torrey Pines

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FREE HUGS FOR VALENTINE'S DAY

See page 9

Vi at La Jolla Village residents Renee Barnow and Evie Spilka gave out free hugs and chocolate kisses on Valentine's Day. Hugs not only make you feel good, they are pretty important in bolstering people's immune systems as well.

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# More steps and moderate physical activity cuts dementia risk

By YADIRA GALINDA

Senior women were less likely to develop mild cognitive impairment or dementia if they did more daily walking and moderate-to-vigorous physical activity, according to a new study led by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego.

In the Jan. 25 online edition of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, the team reported that, among women aged 65 or older, each additional 31 minutes per day of moderate-to-vigorous physical activity was associated with a 21 percent lower risk of developing mild cognitive impairment or dementia. Risk was also 33 percent lower with each additional 1,865 daily steps.

"Given that the onset of dementia begins 20 years or more before symptoms show, the early intervention for delaying or preventing cognitive decline and dementia among older adults is essential," said senior author Andrea LaCroix, Ph.D., M.P.H., Distinguished Professor at the Herbert Wertheim



Andrea LaCroix, Ph.D., M.P.H., Distinguished Professor.

School of Public Health and Human Longevity Science at UC San Diego.

While there are several types, dementias are a debilitating neurological condition that can cause loss of memory, the ability to think, problem solve or reason. Mild cognitive impairment is an early stage of memory loss or thinking problems that is not as severe as dementias.

According to the United States Department of Health and Human Services, dementia affects more than 5 million people in this country. That number is expected to double by 2050.

More women live with and are at higher risk of developing dementia



Steve Nguyen, Ph.D., M.P.H., postdoctoral scholar.

than men.

"Physical activity has been identified as one of the three most promising ways to reduce risk of dementia and Alzheimer's disease. Prevention is important because once dementia is diagnosed, it is very difficult to slow or reverse. There is no cure," said LaCroix.

However, because few large studies have examined device measures of movement and sitting in relation to mild cognitive impairment and dementia, much of the published research on the associations of physical activity and sedentary behavior with cognitive decline and dementia is based on self-reported measures, said first author Steve Nguyen, Ph.D.,

M.P.H., postdoctoral scholar at the Herbert Wertheim School of Public Health.

For this study, the researchers sampled data from 1,277 women as part of two Women's Health Initiative (WHI) ancillary studies — the WHI Memory Study (WHIMS) and the Objective Physical Activity and Cardiovascular Health (OPACH) study. The women wore research-grade accelerometers and went about their daily activities for up to seven days to obtain accurate measures of physical activity and sitting.

The activity trackers showed the women averaged 3,216 steps, 276 minutes in light physical activities, 45.5 minutes of moderate-to-vigorous physical activity and 10.5 hours of sitting per day. Examples of light physical activity could include housework, gardening or walking. Moderate-to-vigorous physical activity could include brisk walking.

The study findings also showed that higher amounts of sitting and prolonged sitting were not associated with higher risk of mild cognitive impairment or dementia.

Together, this information has clinical and public health

importance as there is little published information on the amount and intensity of physical activity needed for a lower dementia risk, said Nguyen.

"Older adults can be encouraged to increase movement of at least moderate intensity and take more steps each day for a lower risk of mild cognitive impairment and dementia," said Nguyen.

"The findings for steps per day are particularly noteworthy because steps are recorded by a variety of wearable devices increasingly worn by individuals and could be readily adopted."

The authors said further research is needed among large diverse populations that include men.

Co-authors include: John Bellettiere, UC San Diego; Kathleen M. Hayden and Stephen R. Rapp, Wake Forest University School of Medicine; Chongzhi Di, Fred Hutchinson Cancer Center; Priya Palta, Columbia University Irving Medical Center; Marcia L. Stefanick, Stanford University School of Medicine; JoAnn E. Manson, Harvard Medical School; and Michael J. LaMonte, University at Buffalo — SUNY.

## UC San Diego training individuals to reduce health disparities in communities

Community health workers training program aims to increase access to health care services in underserved neighborhoods

By YADIRA GALINDA

Community health workers were trusted messengers, disseminating health information in underserved communities during the COVID-19 pandemic, and playing a vital role in reducing health disparities.

This form of outreach is the basis of a newly launched academic-community partnership, led by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego and is funded by a \$3-million Health Resources and Services Administration grant, that aims to train 200 individuals from refugee, immigrant, and Native American populations living in San Diego County to become community health workers on key health topics disproportionately affecting their communities.

"COVID-19 highlighted the need for individuals with culturally and linguistically competent skills to be engaged as community health workers within their own neighborhoods. At the urging of our community collaborators to design a certified training program, I felt responsibility to take that role and address health disparity that is negatively impacting these communities," said Wael Al-Delaimy, M.D., Ph.D., professor at the Herbert Wertheim School of Public Health and Human Longevity Science, who is bilingual and an immigrant from the Middle East.

Nationally, San Diego is the second largest hub for immigrants from the Middle East and Somalia,



**'We hope to train as many as 200 new community health workers over the next three years.'**

**- Laura B. Fandino, assistant dean of academic affairs, Division of Extended Studies**



two populations targeted by this program.

Al-Delaimy is the director of the newly funded initiative titled Community Health Workers for Advancing Public Health within Immigrant/Refugee and Native American Communities Program (CHWAP), which is a collaboration with the UC San Diego Division of Extended Studies, UC San Diego Altman Clinical and Translational Research Institute (ACTRI) Center for Community Health, Somali Family Service of San Diego, and more than 14 community organization partners.

The program will provide all-expenses paid training that will be held in combination of community settings, at the UC San Diego campus, and online.

Somali Family Service will recruit trainees from underserved communities and will provide additional services including transportation, childcare, mentorship and career services such as resume writing and cover letter development workshops. It will also assist participants to find living wage jobs.

"It is important for community members to access trusted messengers equipped with the capacity to

holistically relate and respond to their needs and concerns while providing valuable and impactful services and solutions," said Ahmed Sahid, president and CEO of Somali Family Service of San Diego.

"The Community Health Workers for Advancing Public Health within Immigrant/Refugee and Native American Communities Program significantly bolsters our community health workers' efforts by ensuring they receive the training, tools and support necessary to uplift underserved and vulnerable communities."

Community health workers are not medical or public health professionals. They are individuals who bridge culture, language and life experiences with public health, health care and the needs of the community in which they live.

The Herbert Wertheim School of Public Health competed and was selected to become part of a national network to develop capacity in training 13,000 community health workers through a \$225 million HRSA program under the directive of the White House.

UC San Diego Division of Extended Studies will oversee the

academic components of CHWAP, providing access to world-class training in health support, soft skills development, and leadership and self-care.

"We hope to train as many as 200 new community health workers over the next three years and are honored to work with the Herbert Wertheim School of Public Health and Human Longevity Science and our community partners to ensure a talented and diverse public health workforce and reduce healthcare disparities in our region," said Laura B. Fandino, J.D., Ph.D., assistant dean of academic affairs, Division of Extended Studies.

Among the community organizations helping to recruit community health workers is the San Diego Refugee Communities Coalition, a collective of ethnic-community based organizations in San Diego County with a history of serving thousands of underserved refugee families and residents. The ACTRI Center for Community Health Refugee Health Unit serves as the backbone organization for the coalition.

CHWAP will provide an opportunity for expanded workforce development within refugee and underserved communities to improve access to health resources in a way that was unavailable prior to the COVID-19 pandemic, said Blanca Meléndrez, executive director of the ACTRI Center for Community Health and co-director of CHWAP.

"Community health workers can provide culturally competent, locally relevant services

to individuals in their primary language which makes community members more comfortable and open to discussing sensitive topics," said Amina Sheik-Mohamed, M.P.H., ACTRI Center for Community Health Refugee Health Unit director.

Chag Lowry, who is of Yurok, Maidu, and Achumawi Native ancestry from California, will be coordinating the program's outreach and recruitment effort to Native Americans.

"Our Native American community suffered health inequity for decades and was hit hard by the COVID-19 pandemic. This is a welcome effort to build capacity in an effort to address the health equity gap," said Lowry, administrative director of the California American Indian Tobacco Initiative Evaluation based at the Herbert Wertheim School of Public Health.

CHWAP will coordinate job placements and development of an apprenticeship program with hospitals, clinics and regional partners including the San Diego Workforce Partnership, said Eric Hekler, Ph.D., CHWAP co-director and associate dean for community partnerships at the Herbert Wertheim School of Public Health.

In addition, CHWAP is collaborating with the California Consortium for Urban Indian Health, the County of San Diego, Health Center Partners of Southern California, the Hospital Association of "San Diego."

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# Conrad Prebys Foundation to focus on community-based partnerships

Foundation will grant \$100 million over the next two years for the arts, youth success, health care, and medical research

**C**onrad Prebys was committed to giving back to the community he called home for over half a century. The \$1 billion foundation he created ensures that this spirit of philanthropy will live on for many decades to come.

In 2022, the board of The Conrad Prebys Foundation hired its CEO Grant Oliphant, a philanthropy executive with almost three decades of senior experience in the field. Oliphant and a team of staff, board members, and consultants spent the past year meeting with hundreds of community members, nonprofit leaders, philanthropists, and government officials to learn how to best use the foundation's assets to serve the people of San Diego County.

Today, the Conrad Prebys Foundation released an initial strategy built on what they heard. Focused on creating an inclusive, equitable, and dynamic future for all San Diegans, the plan will guide the organization as it engages and partners with communities, nonprofits, businesses, and government over the next several years. The strategic plan builds on a core concept of community well-being and seeks to acknowledge that every San Diegan's sense of purpose, opportunity and belonging are respected and nurtured.

"In every conversation, we had across this county over the past



Conrad Prebys

year, we heard about the truly incredible assets that San Diego offers and the great hopes people have for this community," said Oliphant. "We also heard about how many people are left out and how the potential of San Diego could be so much greater if we could create more opportunities for everyone in this community to participate genuinely in its vitality and success. It became obvious early on that our plan would need to focus on using our work to contribute to building a San Diego for everyone."

The plan organizes the work into four programs driven by Prebys' instructions and giving during his lifetime: Visual and Performing Arts, Youth Success, Healthcare, and Medical Research. The foundation's work in these four areas will also acknowledge the importance of three issues critical to the

future of San Diego: Addressing Climate Change, Embracing Our Border and Indigenous Nations and Promoting Civic Dialogue. A summary of the plan can be found at [prebysfdn.org/grants](http://prebysfdn.org/grants).

## GRANTMAKING

Central to The Conrad Prebys Foundation's approach is a commitment to serve as a partner to the organizations and individuals who continue to work tirelessly to help the greater San Diego area meet the needs and potential of all its residents. With that in mind, the plan is framed as a living document or "learning plan," one that will continue to evolve as the foundation implements it this year and gathers feedback from its partners. Over the first two years of this new plan, the foundation expects to grant \$100 million to local community groups.

"This is an important step in growing the culture of collaborative philanthropy in San Diego that centers the experience and leadership of community members," said Megan Thomas, president and CEO, Catalyst of San Diego and Imperial Counties. "We have no shortage of needs in our region, but we also have the resources, energy, and creativity to tackle big challenges. With today's announcement, we have a very important new ally in this work."

The foundation will update the way it makes grants as well. While the foundation previously made grants in limited funding cycles through an application process, it

will expand the methods and the timing in which it makes grants to include open applications, requests for proposals, invitations, and community-led grantmaking. The foundation will provide more information about this process in the coming months.

## IMPACT INVESTING

After making several pilot investments in 2023, the foundation will invest an additional \$100 million over the next 10 years in ways that advance the wellbeing of San Diego. These mission-driven investments will represent a commitment to realizing social returns through the foundation's endowment and financial goals.

## HERE TO LEARN AND SERVE

The plan unveiled on Feb. 14 is designed to adapt based on lessons learned from its implementation. Kaberi Banerjee Murthy, a philanthropic leader with more than two decades of experience, who was recently hired as Prebys' first chief impact officer, sees this as a central principle of good philanthropy.

"In many ways, we are here to learn and to serve," she said. "We want to engage the entire community in solutions that will meet the moment."

"The foundation's priority for its first two years was to provide much-needed funding to organizations doing great work in San Diego during the pandemic. Building on that, as the foundation expands its staff and deepens its relationships in the community, we are moving into a way of operating that leans

heavily into partnerships and the wisdom and expertise that lives in the community."

## COMMUNITY MEETINGS

As part of that commitment, the foundation will launch a series of community meetings across the county to discuss the foundation's goals and approach, gather feedback, connect, and build relationships with community members, and provide more information about how nonprofit organizations can receive funding. Information regarding the upcoming community meetings is available at [prebysfdn.org](http://prebysfdn.org) and also listed here – Feb. 23, noon-2 p.m., MiraCosta College, Oceanside; Feb. 27, noon-2 p.m., Living Coast Discovery Center, Chula Vista; Feb. 28, noon-2 p.m., transcenDANCE Youth Arts Project, Lemon Grove; March 1, noon-2 p.m., central San Diego, location TBD.

"Our county is taking innovative steps and working collaboratively with the community and philanthropic partners to address some of the region's most pressing issues," said Nora Vargas, chairwoman, San Diego County Board of Supervisors. "Today's announcement provides an important commitment to making a real difference in people's lives, and it creates a unique opportunity for public-private partnerships to play a catalytic role in advancing transformative change in our communities. I look forward to partnering with the Conrad Prebys Foundation to help build a county that works for all."

# More than 1,600 volunteers participate in Point in Time Count of unsheltered

**M**ore than 1,600 volunteers across the county took part in this year's Point in Time Count, counting and interviewing unsheltered residents throughout the region from 4-8 a.m. on Jan. 26.

The annual Point in Time Count is led by the Regional Task Force on Homelessness (RTFH) as part of a federal funding mandate. It also helps RTFH learn more about the people experiencing homelessness while raising awareness about the crisis, what's working, and where opportunities exist. Last year's census found 4,106 were experiencing unsheltered homelessness in San Diego County.

"This count is a snapshot of what homelessness looks like in our region at a minimum," RTFH CEO Tamera Kohler said. "While the data it generates is important and valuable, it's the experience and the interactions that make this annual census so meaningful. Thank you to our volunteers for your efforts in taking part in the count and returning some humanity to those who are sleeping outside."

Organizations like the Downtown San Diego Partnership lean in on this vital issue and provide support for the Point in Time Count, including opening up their office as a command center and hosting a post-Count press conference.

"We're grateful to work with partners like the Regional Task Force on Homelessness who bring additional awareness to the homelessness crisis in Downtown and across the region," said Betsy Brennan, president and CEO of the Downtown San Diego Partnership.

"The data collected during the census will help us better understand the circumstances of our unhoused neighbors and how we can continue to work with the city, county, and service providers to create solutions that will meet their needs. The annual #WeAllCount effort also is a crucial step to identifying areas of need like Downtown and securing resources to create meaningful change for our unhoused neighbors," Brennan said.

Community Housing Works CEO and RTFH CoC advisor board chair Sean Spear was among the volunteers who canvassed the county on Jan. 26.

"This is important work, eye-opening work, that informs the work so many providers and others do every day to assist those experiencing homelessness," Spear said. "We are making strides but as we heard today on the streets, we need to do more. There's much more to do to make homelessness a brief and rare occurrence."

At the news conference, Council President Sean Elo-Rivera expressed a wide range of emotions. He said he was saddened by what he saw, encouraged by the volunteer effort, and frustrated that in 2023 in San Diego it takes 1,600 people working several hours to count the number of people living on the streets.

"We heard sad story after sad story today so the question is going to be, 'What will the count look like next year?' Elo-Rivera said.

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



# Group working to create permanent pet memorial on Fiesta Island

By DAVE SCHWAB

Planning is well underway by Fiesta Island Dog Owners to construct a new, permanent, and entirely legal pet memorial for canines on the island.

"We got approval by the Mission Bay Parks Committee (for a new memorial) and now the design is going through City park review," said FIDO spokesperson Carolyn Chase.

Over the years, people using the off-leash area of the man-made island to walk their pets had been placing painted rocks there to honor dogs they'd lost. The memorial was in a six-foot-diameter spot next to a path in the middle of more than 90 acres. City crews had

been mowing around it.

But a year ago the City, after someone complained of a canine being buried close by the memorial, removed the remaining memorial-painted rocks from there. Any rocks not picked up by their owners were eventually stored at the park ranger's office for retrieval.

Of the makeshift island pet memorial, FIDO secretary Jean Spengel said, "It gave a lot of comfort to people who lost a pet, and was in a place, like a human cemetery, where people could go to find solace, see their rocks and think about the role the animal played in their lives." She added, "Nothing was buried there. It was just a place to put the rocks."

Pointing out that Fiesta Island



The former pet memorial on Fiesta Island that the City removed.

COURTESY PHOTO

is "the only place where you can really exercise and walk in nature with your dog," Spengel added. "We were able to convince the City and the California Coastal Commission that dog walking was really a valid recreational use for people."

Spengel said FIDO will pay the cost of, and do the work on, constructing the new pet memorial. She noted their nonprofit "had to come up with a plan (for a memorial) that was 'a little bit larger and a little nicer.'"

Noting there are two diagrams of the plan they are proposing to build, Spengel added FIDO "really needs to find a project manager to help with the trenching and building of the footing and the cement block wall to make sure it is done right so it is level and square and

ends up looking nice." She added they will probably rely on volunteer labor to do the project, which is going to consume a considerable amount of materials, on the order of 1,600 pounds of block, gravel, and sand. "We also need to come up with a way to get those supplies out there, which will take a little bit of planning, organization, and work on our part," she said.

Concerning the timeline for getting all the necessary permitting and approvals for constructing the memorial, Spengel noted: "The thing to remember is things work slowly. We have to go through a park design review, and we may have to ultimately go before the full City Council and the Mission Bay Parks board to get final approval. Then we may have to get a

## PARK BOARD POLICY

City Park and Recreation Board policy requires gifts of architectural features, works of art, and commemorative plaques for public parks or on other City-owned land to:

- Add to the interest and attractiveness of the parks, or be of service to patrons of the parks, i.e., drinking fountains, and benches.
- Be reviewed by the Park and Recreation Board and submitted by them to the City Council with recommendations.
- Be coordinated for review with the City of San Diego Commission for Arts and Culture.
- Serve as a recognition to an individual or group, living or dead, who have made a significant contribution to a specific park or community, commemorate a historic occasion, or acknowledge the interest of a group or individual in a park.
- Require costs of development and placement of a decorative memorial or commemorative feature to be borne totally by private funds.
- Allow costs to be shared by the City if the "feature" provides a service to park patrons.

right-of-entry permit from the City to work on San Diego public lands. That will take several months. This is not an overnight project."

There are other, future, projects FIDO is considering working on to improve Fiesta Island. One of those is participating in getting rid of invasive, non-native species on the island, like foxtails, which are harmful to dogs if they get stuck in their sinuses. "We're working with San Diego Audubon to get rid of those noxious plants," Spengel said.

## Hundreds come out to Love Your Wetlands Day at Kendall-Frost Marsh



More than 500 volunteers worked on a variety of projects throughout the morning and afternoon at the marsh collecting nearly 300 pounds of trash, mostly single-use plastic litter.

PHOTO BY VICTOR SANTOS

San Diego Audubon and UC San Diego Natural Reserve System teamed Feb. 4 for the 18th annual Love Your Wetlands Day at Kendall-Frost Mission Bay Marsh Reserve in Crown Point.

Hundreds of neighbors, families, and ReWild supporters joined elected officials, including Mayor Todd Gloria, and more than 30 community partners and organizations to celebrate the special day. There was only one rule for touring the marsh on Love Your Wetlands Day: Anyone who goes in has to pick up trash. More than 500 volunteers worked on a variety of projects throughout the morning and afternoon at the marsh collecting nearly 300 pounds of trash, mostly single-use plastic litter.

Participants joined in hands-on activities, explored the protected marsh, assisted in cleanup efforts, and learned about research taking place to quantify and qualify how the rare urban wetlands' habitat benefits the region's air, ocean, and wildlife. Volunteers with San Diego Audubon helped provide tours and educate visitors about endangered birds that call the marsh home.

The marsh is a refuge for juvenile

fish, endangered bird species, and a host of unique native plants that depend upon coastal wetlands for survival. The February event is the only time each year the public is invited to visit the habitat because casual attendance would disrupt the delicate ecosystem.

"As stewards of Kendall-Frost Marsh, UC San Diego values this dynamic marsh region and the opportunities it offers to learn more about pressing environmental issues like carbon sequestration, wildlife cultivation, and climate change in urban centers," said UC San Diego Chancellor Pradeep K. Khosla. "We are proud to welcome visitors to Love Your Wetlands Day, demonstrate the importance of wetlands, and celebrate this important regional resource."

"Every level of government must take action on the climate crisis and we at the City are stepping up to do so," said Gloria. "I'm grateful to all the volunteers who gathered to do their part during the citywide day of climate action. When big cities like San Diego lead, others will follow. And where California leads – the world follows."

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



## Shirley Barnes Schwab

October 4, 1927 - December 19, 2022

La Jolla – Shirley Barnes Schwab, loving wife, mother, and grandmother, passed away peacefully at The Cove on December 19, 2022.

She was born in Pomona, CA, the daughter of Stanley E. Barnes and Alma Cecelia Evans.

She was preceded in death by her parents and older brother Stanley R. Barnes, and her husband Paul E. Schwab, Jr.

Growing up in the La Verne and Claremont area of California, surrounded by citrus groves, she was active in music (piano, violin, choral) and sports, excelling in academics and forming lifelong friendships with her high school classmates. She graduated from Claremont High School and followed her mother and brother's path to Pomona College where she majored in Psychology, was awarded Phi Beta Kappa and graduated in 1949. During her first year she met Paul Schwab and they were married four years later. She was an active alumna of Pomona and treasured her class reunions. When Paul began his graduate studies at Stanford University, she taught elementary school in Sunnyvale until she became a full-time mother and homemaker. They soon moved to Claremont after their son Paul was born, later followed by two daughters, Katherine and Margaret. Shirley's passion for music and sports was instilled in her children, and she never missed the Olympics including one in-person occasion—the 1984 L.A. Olympics. Watching her children and grandchildren thrive, including spending time with them at swim meets and music performances, brought her great joy. In typical fashion, she warmly embraced the addition of a step-granddaughter into the extended Schwab family.

In 1961 the family moved to the Washington, DC area, initially for about 3-4 years but it turned into 13 years during which Shirley made wonderful friends, became devoted to tennis and shuttled her children to endless swim practices and meets. Every weekend during the first year in the DC area she took the children to one of the many famous national museums on the Mall. Later on, she enjoyed memorable trips with her husband Paul to all continents with highlights including China, India, Australia, New Zealand, South Africa, and numerous locations in Europe, primarily with the Stanford University alumni tours. She celebrated special family gatherings in Kona (Hawaii), Estes Park (Colorado), and Alisal Ranch (California). In 1974 the family moved to La Jolla for 7 years before returning to the D.C. area for another 7 years. In both the Washington, DC area and in San Diego, Shirley was involved with ARCS (1987-2009) and enjoyed friendships with fellow members along with the accomplishments of young scientists who received scholarships from the foundation. Finally, Shirley and Paul settled back into their La Jolla home and enjoyed travel abroad and in the U.S., golf at the La Jolla Country Club, and tennis and BBQ's on the beach with family and friends at the La Jolla Beach & Tennis Club. Her interest in family genealogy occupied her attention over several decades. In 2007 they moved to the retirement community of White Sands in La Jolla, with its lively schedule and social life, and where Shirley's abiding interest in bridge could flourish.

Survivors: her children Paul E. Schwab, III (Meredith Austin), Katherine Schwab (Ronald Davidson), Margaret Schwab (Scott Johnston), three grandchildren Daniel, Anna (Ritvik Mishra), and Laura Schwab, step-grandchild Stephanie Davidson, and numerous relatives and friends.

A Celebration of Life will take place at 3:00 p.m., Saturday, February 25, 2023, at the La Jolla Presbyterian Church, 7715 Draper Ave., La Jolla, CA 92037, and live-streamed at <https://ljpres.org/live/>.

In lieu of flowers, the family has requested donations be made in the memory of Shirley B. Schwab to either ARCS San Diego Chapter (online donation page: <https://san-diego.arcsfoundation.org/donate-now-sd>) or by mail to ARCS San Diego Chapter, P.O. Box 8394, Rancho Santa Fe, CA 92067; or The Salvation Army - Southern California Division

San Diego Regional Office, 6605 University Avenue, San Diego, CA 92115.



# La Jolla wrestling: Long kills you with kindness as he reverses and pins you



Charlie Long, Viking wrestler at 162 pounds (top), manhandles Joshua McClain of Morse in a pin that took only 2:19. Long placed second at the City Conference tournament Jan. 28. PHOTO BY ED PIPER

By ED PIPER

**C**harlie Long, a 162-pounder, has a way of killing you with kindness as he, first, deludes you into thinking you have the advantage, then quickly turns the tables for a pin and six points for his team, the La Jolla Vikings.

Coach Kellen Delaney says the senior, a three-year vet of the wrestling team through the worst times of COVID and beyond, “might be the most respectful and responsible wrestler I’ve ever coached.” Deferential to coaches

(and even a sportswriter), the team captain has an unorthodox style, which he acknowledges, that doesn’t follow the book but which is extremely effective to the tune of a 24-8 won/lost record this season.

The way Charlie describes his not-by-the-book approach is, “Sometimes I put myself in difficult situations and try to scramble for better position instead of using technique.”

The whole season has seen a coming together of Long’s apparent surrendering, then taking sudden control in matches,

along with his personal maturation and leadership abilities. The Vikings, as a squad, partly due to the 18-year-old’s contributions — grounded in experience with jiu jitsu, which he still plans to continue — swept through their five Eastern League dual meets to their first league title since the stellar 2011-2012 team. The Vikes also feature senior Caden Kestler (145 pounds), junior Gustav Rinaldi (162), and Noah Pace (108).

Another part of the Long attack is a deadly cradle, which Charlie can apply from multiple positions.

Says coach Kraig Feldman, “A lot of his improvement has come by him blending his funky style while integrating sound wrestling technique.”

Regarding the risks of getting into dangerous situations during a bout on the mat, then figuring out a way for the “escape room”, Long says he isn’t necessarily a big risk-taker in everything. “I feel like it is a lot easier to take risks in wrestling than in other sports (he also played football and baseball earlier at LJHS), because if my gamble fails then the only person who loses is me, not my entire team.”

In general, Delaney and the other coaches have been able to enjoy a 2022-2023 winter season free of a lot of the restrictions during the height of COVID that

made working out in the relatively tiny Viking team room like an incubator for more germs. With Feldman concentrating on the younger wrestlers, more grapplers — including Matisse Pickett, Ella Roman, Tora Tranheim, and Maddie Quach for the girls — came out this season and training logistics have expanded to include the deck above the gym floor in the so-called “Big Gym,”

the original site for basketball, volleyball, and the like.

Even Long, who enjoys studying math and computer science and whose younger brother Jack is a sophomore on the wrestling team, credits “going to practice every day and actively trying to learn and drill” without interruption for his ability to get on a roll and build on successes this season.

## Keep homebound pups entertained with DOGTV programming



By DAVE SCHWAB

**N**owadays there is a cable television channel available to please everyone — even their pets.

Say hello to DOGTV, a premium cable TV network and the first made specifically for canines.

DOGTV initially launched in Israel in 2012, and later conducted a test market in San Diego through Cox Communications and Time Warner. That successful launch set the stage for a commercial launch nationwide on DirectTV.

DOGTV provides 24/7 digital TV programming designed to provide entertainment for dogs. The programming, created with the help of dog behavior specialists, is color-adjusted to appeal to dogs and features three- to six-minute segments designed to relax, stimulate, and expose the dog to scenes of everyday life such as doorbells or riding in a vehicle.

The idea originally for DOGTV came from founder Ron Levi and his cat Charlie whom Levi said “just gave me the saddest eyes one day,” when he was leaving the house. That prompted him to edit videos of squirrels, birds, and fish for Charlie to enjoy while he was away.

However, canines have been found to be much more amenable to TV programming targeted specifically toward them. “We’ve found out that dogs have much more pressing needs (for visual

stimulation) than cats, which are a little more independent,” said DOGTV CEO Beke Lubeach. “Dogs have a lot of separation anxiety, can suffer from boredom, and can be destructive.”

To address those issues, in determining content for a new canine-oriented TV channel, Lubeach said they worked with Dr. Nicholas Dodman, DVM, head of Animal Behavioral Sciences at Tufts University. He helped them to develop the content for the channel showing what colors dogs can comprehend. “They only see in yellow, blue, and gray,” Lubeach said. “So in editing the content in post-production, we enhance things to actually give it a little extra dimension so that dogs can see it better. We now have five patents on the way we produce the content.”

By contrast, human eyes have three types of cones that can identify combinations of red, blue, and green. Dogs possess only two types of cones and can only discern blue, yellow, and some gray. This limited color perception is called dichromatic vision.

Lubeach launched DOGTV in San Diego in 2012. “About four years later we created our own DirectTV app like Netflix or Disney Plus,” she said adding, “Right now, for \$9.99 a month or \$84.99 a year for subscribers, we have a holiday special with all sorts of different offers.”

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



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# 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.

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# The Lodge at Torrey Pines showcases culinary artisans at Celebrate the Craft

**T**he Lodge at Torrey Pines will hold the 20th Celebrate the Craft culinary festival on April 16. A premier showcase of California's agricultural bounty and epicurean craftsmanship, Celebrate the Craft brings together dozens of the region's finest chefs, food artisans, farmers, ranchers, fishers, wineries, distilleries, and breweries in one stunning outdoor setting: The Lodge's Arroyo Terrace overlooking the Torrey Pines Golf Course. The ultimate food fête will take place from 11:30 a.m.-3 p.m.

Hundreds of gourmets of every ilk will converge at The Lodge's kickoff event of the culinary season to mingle, sip and savor regionally grown ingredients, innovative cooking, masterful winemaking, and more. Tickets are available for \$250 per person at [www.CelebrateTheCraft.com](http://www.CelebrateTheCraft.com). Each all-inclusive ticket includes extensive offerings of food tastings, wine, craft beer, and complimentary valet and self-parking. A VIP experience is also available for \$350 per person, which includes a private seating area in the luxurious Gamble Suite and the opportunity to sample exclusive reserve wines from the event's featured wineries.

Guests interested in extending their Celebrate the Craft experience can reserve a deluxe room



Javier Plascencia, executive chef, Finca Altozano and Animalón, prepares goat tacos at last year's Celebrate the Craft. PHOTO BY THOMAS MELVILLE

package, starting at \$1,129, which includes an overnight stay in a Signature room, plus two general admission tickets to Celebrate the Craft. Guests can upgrade their stay with a Palisade room overlooking the Torrey Pines Golf Course.

A portion of all ticket proceeds will be donated to The Ecology Center, a 28-acre Regenerative Organic Certified farm and education center that serves as a hub for Southern California's ecological movement.

"Now in its 20th iteration, Celebrate the Craft is our most anticipated and renowned signature annual event," said Bill

Gross, general manager of The Lodge at Torrey Pines. "This year's celebration promises to be the best yet with an exciting and impressive lineup of culinary talent."

Curated by The Lodge's executive chef Kelli Crosson and Jeff Jackson, corporate culinary advisor for Evans Hotels, Celebrate the Craft showcases 14 of the area's top chefs including Roberto Alcocer, chef/owner, Valle and

Malva; Jacob Bartlett, co-owner/chef, Mastiff Sausage Co.; Drew Deckman, Michelin Star chef, Deckman's en el Mogor; Jack Fisher, owner/chef, Jack Fisher Confections; Greg Frey Jr., executive chef, Golden Door; Eric Gallerstein, co-owner/chef, Mastiff Sausage Co.; Jason Knibb, executive chef, Nine-Ten; Aly Lyng, pastry chef, George's at The Cove; Tim "TK" Kolanko, executive chef, Urban Kitchen Group; Jarod Moiles, corporate executive chef, Pacifica Enterprises; Javier Plascencia, executive chef, Finca Altozano and Animalón; Monica Szepeszy, owner/chef, Q'ero; Andrew Spurgin, chef/owner, Andrew Spurgin Bespoke Event Styling & Menu Design, and Jojo Ruiz, executive chef and partner, Clique Hospitality's Lionfish and Serēa.

San Diego's famous craft beer and spirits scene is also being represented by AleSmith Brewing Company, Raging Cider, Rough Draft Brewery, and You & Yours Distilling Co.

Visit [CelebrateTheCraft.com](http://CelebrateTheCraft.com) for the most up-to-date list of participating chefs. Fresh produce and other ingredients are provided by about two dozen farms, ranches,

and food artisans – many from California – including Andrade Farms, Brandt Beef, Bread & Cie, Coleman Farms, Dassi Family Farms, De Bruin Provisions, Del Rio Beans, Dent Corn, Fireside Ranch, Fishbone Seafood, Golden Door Farms, GoneStraw Farms, Kanaloa, Liberty Ducks, M&S Farms, McGrath Family Farm, Pacific Shellfish, PureFish, Schaner Family Farms, Stehly Farms Organics, Taj Farms, Terra Madre Gardens, and Tzaddik Farm.

Paul Krikorian, The Lodge's Advanced Sommelier, hand-selected a collection of esteemed California vintners for the event including Ancient Peaks (Santa Margarita), Daou Family Estates (Paso Robles), Duckhorn Vineyards (Napa Valley), Far Niente/Nickel & Nickel (Oakville), Frog's Leap Winery (Rutherford), Grgich Hills Estate (Rutherford), Jackson Family Wines (Santa Rosa), Linked Vineyards (Santa Rosa), Merry Edwards Winery (Sebastopol), Navarro Vineyards and Winery (Philo), Silver Oaks Cellars (Napa), Tablas Creek Vineyard (Paso Robles), and ZD Wines (Napa), as well as Pomery Cellars from Yacolt, Wash.

## Lark and Owl's locally-sourced pizzas and sandwiches take flight in Bird Rock

By DAVE SCHWAB

**L**ark and Owl is taking wing in Bird Rock offering pizza with a Mediterranean twist in an easily accessible location.

"Lark and Owl was fermented as an idea by combining the love for good pies and 20 years of experience in the industry," said restaurant co-owner Sarp Sekeroglu. "What separates our crust from others is the touch of local ingredients, like Ramona honey, and the addition of carefully treated water to finely milled flour and yeast."

Pointing out that deciding which pizza to eat is never an easy decision, Sekeroglu noted Lark and Owl makes it an easier choice by offering delectable unconventional items like a Margherita pie from Naples with a bubbly crust, crushed San Marzano tomato sauce, fresh mozzarella, and basil. Or try their spinach artichoke pie with marinated artichoke hearts and organic baby spinach. Maybe their legendary Philly Cheese Steak pie with local oven-baked veggies would be more palate-pleasing to you.

"Our pizzas offer the perfect combination of a crust you will love and fresh ingredients you will savor," noted Sekeroglu. "Our

casual environment and friendly customer service just keep adding to our experience."

Of Turkish extraction, Sekeroglu, a civil engineer by trade, said he and his friend Matt, a longtime pizza chef, wanted to be in business together and bring a slice of the Mediterranean to Bird Rock. They found the perfect spot in a kiosk at 5604 La Jolla



Lark and Owl's spinach artichoke pie with marinated artichoke hearts and organic baby spinach. COURTESY PHOTO

Blvd. "Bird Rock is really beautiful and this is kind of Goldilocks here next to the Starbucks with an open patio and picnic tables," Sekeroglu said.

Of their company name, Sekeroglu noted, "We wanted

### LARK AND OWL

**Where:** 5604 La Jolla Blvd.  
**Contact:** [larkandowlsd.com](http://larkandowlsd.com), 858-886-7028.

a bird name, but we are a small shop, and nothing much around here is open late at night or until mid-morning. So we chose the lark to symbolize early mornings and the owl to symbolize late nights."

As a small business, Sekeroglu said Lark and Owl is "tight with the community and takes pride in paying attention to every detail of every order. Service is very important to us. We value our local presence and our customer's feedback."

But there is more at Lark and Owl than just pizza. The eatery's best-selling item, in fact, is its turkey avocado sandwich made with locally sourced ingredients from the Solana Beach Farmers Market. Acai bowls are another popular menu item along with locally sourced cookies for dessert.

Sekeroglu said Lark and Owl has found a home in Bird Rock. "We've been here going on two years and we'd like to be here for a long time," he concluded. "We are proud to be a part of the community."

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<b>Vienna, Fully Cooked</b> <b>Corned Beef</b> Flat Cut <b>\$12.99 lb.</b> Round Cut <b>\$9.99 lb.</b>	<b>Vienna</b> <b>All Beef</b> <b>Franks or</b> <b>Polish Sausage</b> <b>\$11.99 lb.</b>	<b>Our Own</b> <b>Marinated</b> <b>Chicken</b> <b>Wings</b> <b>\$5.99 lb.</b>
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# Hugs and chocolate kisses for Valentine's Day in La Jolla

By DAVE SCHWAB

**V**i at La Jolla Village residents wanted to do something extra-special for Valentine's Day. So they did, creating a hugging booth, especially for the occasion.

"This was the first time we've done it," said Mellany Hanson, lifestyle director at the senior living retirement facility at 8515 Costa Verde Blvd. across from UTC shopping mall.

Hanson noted the idea for the booth came originally from a female resident. "She was in my office and we were chatting and she said, 'Give me a big hug,' (Afterward) I said, 'Wow, you have the best hugs ever.' Then she said, 'We should have a hugging booth for Valentine's Day.'"

Hanson consulted management and their response to allowing a hugging booth was, "Ok, fine, just wear a mask."

"And that's what we did," noted Hanson adding the senior facility



Residents Renee Barnow and Evie Spilka giving hugs on Valentine's Day at Vi at La Jolla Village. COURTESY PHOTO

held its hugging booth twice on Feb. 14. She said a special treat was thrown in for the huggers and huggies. "We had Hershey Chocolate Kisses available to give so everybody participating got a real hug – and a kiss – too," Hanson said.

Vi at La Jolla Village is a

Continuing Care Retirement Community, also known as a Life Plan Community. The facility offers an independent, exciting lifestyle in independent living as well as access to assisted living, skilled nursing, and memory support in an onsite care center. This all-in-one approach to senior living

allows residents to put a plan in place for care, should they need it down the road.

Hanson noted there are over 500 residents at Vi La Jolla Village. She added residents have their own apartments and kitchens, as well as access to a care center "should someone need additional help, either in assisted living, in performing daily tasks, or if they're having a memory challenge. It's built into the program that there is support if needed with skilled nursing."

According to Hanson, her role is to provide programming promoting successful and healthy aging to "increase longevity and quality of life."

The age range of Vi at La Jolla Village residents is 62 to 100, which Hanson acknowledged is a "huge span." She pointed out that the facility recognizes "the importance of exercise" in keeping residents' limbs strong which is fundamental to their living well.

And, of course, sociability is an

important factor in promoting residents' mental health as well. "The social aspect, that's one of the keystones," said Hanson adding, "things like hugging booths are extremely important to people's health, how long they live. Hugs are pretty important in bolstering people's immune systems."

Hanson added research is revealing the causal connection between fulfilling human interaction and health. "We're hearing a lot these days about relationships being critical to a happy life," she said. "So the question is, as we get older, how do we continue to create, and maintain relationships? We have a sense of shared community here, which is really meaningful to our residents."

Will there be a hugging booth again next year at Vi at La Jolla Village?

"We'll see how it goes," answered Hanson. "The good thing about hugs is they're free. If people like their hugs – we can always do it again next year."

## CONCERT @ WOMAN'S CLUB

A classical concert titled "Rachmaninoff: A Trio As A Tribute To His Hero" will be held Sunday, March 5 at 4 p.m. at La Jolla Woman's Club, 7791 Draper Ave. After the concert, a Q&A is organized between the musicians and the audience, followed by a high tea buffet with Champagne,

catered by The French Gourmet. To buy tickets, and to read about the season's program and schedule, visit [LeSalondeMusiques.com](http://LeSalondeMusiques.com).

## THE LOFT CONCERT

One of the brightest new stars in avant-garde jazz, saxophonist, flutist, composer Zoh Amba makes her San Diego debut at The Loft at

UC San Diego on Thursday, Feb. 23 at 8 p.m. Blending avant-garde and devotional hymns, her music is powerful, full of folk melodies, mesmerizing refrains, and repeated incantations. The astounding free jazz saxophonist is joined by Chris Corsano. The NY-based drummer has been active at the intersections

of collective improvisation, free jazz, avant-rock, and noise music since the 1990s. Together they perform from Amba's latest record, "Bhakti." Purchase at <https://link.dice.fm/yb9a638ddb3>. The Loft at UC San Diego is the university's performance lounge and social crossroads where emerging art and pop culture collide.

## LJSA STAYING ONLINE

Monthly meetings of the La Jolla Shores Association, a neighborhood City advisory group, will continue to be held online thanks to a unanimous vote of the group in February to change the language in its bylaws.

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00002179 -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: SUPERIOR COURT . TO ALL INTERESTED PERSONS: 1. Petitioner (name): BRITTANY PAIGE CARRICO filed a petition with this court for a decree changing names as follows: Present name: a BRITTANY PAIGE CARRICO to Proposed name: BITA PAIGE CARRICO 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: 03/02/2023 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: January 18, 2023 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: January 27, February 03,10 & 17 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

SUMMONS CASE # 37-2022-00047047-CU-OR-CTL NOTICE TO DEFENDANT : BC ATLAS STREET LLC, a California Limited Liability Company; EQUITY TITLE COMPANY, a California Corporation, Trustee of the Deed of Trust recorded on February 8, 2022; ISACABI CAPITAL, LLC, a California Limited Liability Company; All persons unknown, claiming any legal or equitable right, title, estate, lien or interest in the property described in the complaint adverse to Plaintiffs' title to real property commonly known as 3415 Atlas Street, San Diego, 92111, or any cloud on Plaintiffs' title thereto; and DOES 1 through 10, inclusive, YOU ARE BEING SUED BY PLAINTIFF: TERRY THRUSH and CAROL THRUSH, as Trustees of the Terry L. and Carol D. Thrush Living Trust dated December 29, 2008 NOTICE! You have been Sued. The court may decide against you without your being heard unless you respond with in 30 days. Read the information below.You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SAN DIEGO SUPERIOR COURT, - CENTRAL, 330 WEST BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Steven W. Blake, Esq, Blake Law Firm, 533 2nd Street, Suite 250, Encinitas, CA 92024; (858) 232-1290 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 11/22/22 Clerk, by, B. Krause Deputy Clerk (ISSUE DATES:) January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001090 Fictitious Business Name(s) a. FUSCHIA ZEBRA, 8536 VIA MALLORCA, APT B, LA JOLLA, CA 92037 Is registered by the following: a. FAY LORRAINE SUELTZ This business is conducted by: AN INDIVIDUAL The first day of business was: 01-01-2023 Registrant Name: a. FAY LORRAINE SUELTZ This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 18,2023 ISSUE DATES: January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001099 Fictitious Business Name(s) a. COLLEEN TOMOMI PHOTOGRAPHY , 554 WEILER ST, OCEANSIDE, CA 92058 Is registered by the following: a. COLLEEN TOMOMI PHOTOGRAPHY , LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. COLLEEN TOMOMI PHOTOGRAPHY , LLC This TITLE of Officer, if Limited Liability Company/Corporation COLLEEN ELLIS, MANAGER Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 18,2023 . ISSUE DATES: January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000150 Fictitious Business Name(s) a. THE SUMMIT GROUP b. THE SUMMIT PROPERTIES , 1821 AMALFI DRIVE, ENCINITAS, CA 92024 Is registered by the following: a. FORTIFIED TEX, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 01/03/2023 Registrant Name: a.FORTIFIED TEX, LLC This TITLE of Officer, if Limited Liability Company/Corporation STEVEN JOHN HODSDON, MANAGING MEMBER Title of Signor statement was filed with Jordan Z. Marks,. Recorder/County Clerk of San Diego County on: JANUARY 04,2023 . ISSUE DATES: January 27, February 03,10 & 17

SUMMONS CASE # 37-2020-00044935-CU-PA-CTL NOTICE TO DEFENDANT : FRANCO LOPEZ;; and DOES 1 through 30, inclusive, YOU ARE BEING SUED BY PLAINTIFF: TAM NGUYEN; CUC LE; HANG NGUYEN NOTICE! You have been Sued. The court may decide against you without your being heard unless you respond with in 30 days. Read the information below.You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SAN DIEGO SUPERIOR COURT, - CENTRAL, 330 WEST BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Binh Bui, Esq., 333 H Street, Suite 5000, Chula Vista, CA 91910, (858) 348-2755 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 12/09/2020 Clerk, by, C.Martinez Deputy Clerk (ISSUE DATES:) February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001555 Fictitious Business Name(s) a. MARGARO ROAMING MECHANIC , 3046 IRIS AVE, UNIT 305, SAN DIEGO CA 92154 Is registered by the following: a. MARGARITO GONZALEZ R. This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. MARGARITO GONZALEZ R. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001504 Fictitious Business Name(s) a. M SPORTS GROUP , 3711 DUPONT ST, SAN DIEGO CA 92106 Is registered by the following: a. ALEX MONNAR This business is conducted by: AN INDIVIDUAL The first day of business was: 2/1/2018 Registrant Name: a. ALEX MONNAR This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001505 Fictitious Business Name(s) a. BAJA SPORTS VENTURES , 3711 DUPONT ST, SAN DIEGO CA 92106 Is registered by the following: a. ALEX MONNAR This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ALEX MONNAR This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002055 Fictitious Business Name(s) a.FINEST CITY BEVERAGES , 2999 MISSION BLVD #301 , SAN DIEGO CA 92109 Is registered by the following: a. JOSEPH FORSTER IV This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JOSEPH FORSTER IV This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 27,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000978 Fictitious Business Name(s) a.BURGER MATE , 5075 NIAGARA AVENUE, UNIT 5, SAN DIEGO CA 92107 Is registered by the following: a. WORLD CLASS PROPAGANDA MACHINE, INC. This business is conducted by: A CORPORATION The first day of business was: 01/17/2023 Registrant Name: a. WORLD CLASS PROPAGANDA MACHINE, INC. This TITLE of Officer, if Limited Liability Company/Corporation CANYON GROVE, PRESIDENT Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 17,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001520 Fictitious Business Name(s) a.A.A.V. CASH FOR CARS , 670 CRESCENT DR, CHULA VISTA, CA 91911 Is registered by the following: a. ALFONSO VASQUEZ JR. This business is conducted by: AN INDIVIDUAL The first day of business was: 4/20/2021 Registrant Name: a. ALFONSO VASQUEZ JR. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002053 Fictitious Business Name(s) a. GUAAJAJA b. GUAAJAJA PRODUCTIONS , 6220 STREAMVIEW DR, SAN DIEGO, CA 92115 Is registered by the following: a. CHAD MAKINGS This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name: a. CHAD MAKINGS This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002054 Fictitious Business Name(s) a. ELEKTRA HEALING , 409 CAMINO DEL RIO SOUTH #308 , SAN DIEGO, CA 92108 Is registered by the following: a. AMBER MAKINGS This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name: a. AMBER MAKINGS This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 27,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001705 Fictitious Business Name(s) a. LAREIN 5225 GENESEE COVE, SUITE 37, SAN DIEGO, CA 92122 Is registered by the following: a. IULIA BRILLIANTOVA This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name: a. IULIA BRILLIANTOVA This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 24,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002463 Fictitious Business Name(s) a. TRAILER VILLA, 288 BROADWAY, CHULA VISTA, CA 91910 Is registered by the following: a. SAM DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST b. SANDRA DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST c.. ZACHARY DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST This business is conducted by: A TRUST The first day of business was: 03/01/1985 Registrant Name: a. SAM DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST b. SANDRA DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST c.. ZACHARY DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 01,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002748 Fictitious Business Name(s) a. B & B SERVICES, 5512 SANTA ALICIA , SAN DIEGO, CA 92154 Is registered by the following: a. ADRIANA ROBLEDO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ADRIANA ROBLEDO This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 06,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000815 Fictitious Business Name(s) a. ANGELICA'S TAMALES, 239 CLEARCREEK PLACE, SANTEE, CA 92071 Is registered by the following: a. IVAN YONEL VALENZUELA This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. IVAN YONEL VALENZUELA This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 12, .2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002886 Fictitious Business Name(s) a. SOLEDAD ESTATES b. THERESA PANISH REAL ESTATE, 1248 TURQUOISE ST, SAN DIEGO, CA 92109 Is registered by the following: a. THERESA PANISH REAL ESTATE INC. This business is conducted by: A CORPORATION The first day of business was: 02/06/2023 Registrant Name: a. THERESA PANISH REAL ESTATE INC. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor THERESA PANISH, PRESIDENT statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 07,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001586 Fictitious Business Name(s) a. EYE CANDY SKIN LASH BROW STUDIO LLC, 2734 SHELTER ISKANDR DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. EYE CANDY SKIN LASH BROW STUDIO LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 07/09/2019 Registrant Name: a. EYE CANDY SKIN LASH BROW STUDIO LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor AMELIA FINNIGAN, MANAGER statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

SUMMONS CASE # 37-2022-00035958-CU-PA-CTL NOTICE TO DEFENDANT : LUIS FERNANDO ESPARZA HERNANDEZ; KILTER HOME SERVICES INC. DBA KILTER TERMITE & PEST CONTROL; and DOES 1 through 10, inclusive YOU ARE BEING SUED BY PLAINTIFF: PATRICIA SMITH; and KENNETH R. SMITH You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online



# UCSD grad named Emerging Artist at Arts District Liberty Station

By DAVE SCHWAB

Last year, fledgling artist Leslye Villaseñor visited Arts District Liberty Station but could only imagine having her own studio space there. Now, thanks to her selection as the winner of the 2023 Emerging Artist Program, she has her own space at that place.

The 27-year-old oil-painting artist was announced as the recipient of this year's fourth-annual Emerging Artist Program by NTC Foundation, the nonprofit overseeing the development of 26 buildings in Arts District Liberty Station.

"The Emerging Artists Studio Program provides up-and-coming artists with the opportunity to grow their skill sets in an awarded studio space right in the heart of Arts District Liberty Station," said Lisa Johnson, president/CEO of NTC Foundation. "This year we are honored to present the studio space to Leslye Villaseñor, an oil painting artist who captures the essence of human emotion through a personalized philosophical lens. The space will allow her (for one year) to build her career in San Diego and strengthen her ties to San Diego's arts community."

A recent studio arts graduate from UC San Diego, Villaseñor



Leslye Villaseñor

has participated in several exhibitions throughout San Diego including South Central Library in Chula Vista, the Student Gallery at Southwestern College, the Adam D. Kamil Gallery at UC San Diego, and most recently at the Athenaeum Music and Arts Library in La Jolla.

Villaseñor noted she is "excited for the opportunity to get space for me in which I can create and explore new ideas, and to build my career and make my own projects and connect with other people."

The emerging artist will reside on the first floor of Barracks 19 in unit 104. "I've been moving all my things for the past week

and arranging the space so it's comfortable for me to use," Villaseñor said adding she plans to inhabit her space three or four days during the week.

She discussed her artistic style. "I'm really interested in memory, human perception, and emotion, while being primarily focused on oil painting," she said. "I do mostly portraits. But I'm trying to explore more mediums. Mostly my oil paintings are realistic."

Most of her work, which features melancholic and haunting themes, aims to capture a moment in time allowing audience members to feel connected with and insert themselves into her dream-like scenarios.



The oil painting 'Intertwined' by Leslye Villaseñor.

Villaseñor described her artistic style as being memory-based, drawing inspiration from her family and past. "The way I jump into the artwork, or the ideas, is from personal experience, my family relations in Tijuana, my ancestry, and moving here to San Diego," she said.

The feet of Villaseñor are planted firmly on both sides of the border. She grew up in Tijuana but came to San Diego after high school to attend UC San Diego and Southwestern College. Having started out as an ESL student, she is now

fluent in both languages and cultures.

"It was really overwhelming at first," she said. "But you get used to it. Then you learn to love both places. I'm able to be part of both cultures, both societies."

Besides the opportunity to exhibit her work, Villaseñor is looking forward most to "getting to know other artists in the galleries and museums and sharing my ideas and art with different people, having conversations together."

For more information, visit [ntcfoundation.org](http://ntcfoundation.org).

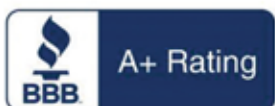


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Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

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1. River in Tuscany
5. A way to represent
8. Rocker's guitar
12. Civil Rights group
14. Brew
15. Scratch
16. W. Asian country
18. The Eye Network
19. Clarified butter
20. Part of the Cascade Range
21. Downwind
22. A way to steer

1. Cuckoos
2. Skin issue
3. City in central Japan
4. Sorrels
5. Twinned diamond
6. Canadian province
7. Monetary units
8. Head honcho
9. Goddess of wisdom
10. Part of a play
11. Get rid of
13. Applicant

23. Loop  
26. Not ingested  
30. Swampy coniferous forest  
31. Musician  
32. Signing  
33. Containing iron  
34. Part of a theorem or proof  
39. Veterans battleground (slang)  
42. Of enormous proportions  
44. Italian city  
46. Come before  
47. Balm  
49. Undergarments

50. Male parent
51. Ropes
56. Ear part
57. Investment vehicle
58. Dictator
59. Cain and \_\_\_\_
60. A type of code
61. Border river along India and Nepal
62. It's what's for dinner
63. Consume
64. Christian \_\_\_\_, designer

17. Bowling alleys have many
24. Explosive
25. "The Say Hey Kid"
26. Ultrahigh frequency
27. No (Scottish)
28. Make a mistake
29. Credit card term
35. Keyboard key
36. Woman (French)
37. In the middle of
38. Score perfectly
40. Coat a metal with an oxide coat
41. Deadly disease

42. A place to dock a boat (abbr.)
43. Belch
44. Member of U.S. Navy
45. "In \_\_\_\_": separate from others
47. Examine extensively
48. Adjust
49. Tattle
52. Actor Pitt
53. Gulls
54. Within
55. Exceptionally talented performer

Curebound, a San Diego-based philanthropic organization that raises and invests strategic funding in translational cancer research projects, will host its annual signature event, in partnership with the San Diego Padres, Padres Pedal the Cause, on Saturday, March 18 at Petco Park.

The community is invited to come together in the fight against cancer and celebrate 10 years of impact by raising awareness and funds for innovative cancer research in San Diego. Padres Pedal is gearing up to surpass \$20 million in fundraising, making this year the biggest and best Padres Pedal yet. The event brings together upbeat spinning, cycling, and running/walking courses with many ways to get involved and participate:

- Participants can select from one of three cycling courses (25, 55, or 75 miles), all of which will take riders over the beautiful Coronado Bridge;

- Participants will also have the option to run or walk a scenic 5K course in downtown San Diego that finishes on the field at Petco Park;

- There is an option to join a rooftop spin class on top of the

Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not provide your response on time, you may lose the case by default, and you may lose wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CENTRAL DIVISION, HALL OF JUSTICE, 330 W BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Kane Handel, Esq., State Bar # 131624, 3525 Del Mar Heights Road, Suite 231 San Diego, CA 92131 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 09/08/2022 Clerk, by Melissa Reyes, Deputy Clerk (ISSUE DATES:) February 17, 24 & MARCH 3 & 10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO.: 37  
2023-00005759- 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: SUPERIOR COURT TO ALL INTERESTED PERSONS: 1. Petitioner  
(name): TONYA DANIELLE DANIEL filed a petition with this court  
for a decree changing names as follows: Present name: a TO  
NYA DANIELLE DANIEL to Proposed name: DANIELLE RAE DANIEL  
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: 03/28/2023; Time: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; c. 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):

DATE: February 10, 2023. JUDGE OF THE SUPERIOR COURT G.L.O. PEZ, DEPUTY. ISSUE DATES: February 17,24 & MARCH 8 & 15, 2023. ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (N.C. 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

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 OBJECTING TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37  
2023-00006262 -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: SU

historic Western Metal Supply Co. building overlooking Petco Park and downtown San Diego. The spin classes will feature fun, inspirational rides from some of San Diego's most popular instructors and high-energy music from a live DJ.

Attendees will be inspired by the energy and passion of the Padres Pedal community, which is made up of thousands of survivors, families and friends, doctors, scientists, children, and volunteers – all of whom are determined to see cures in their lifetime.

Every dollar raised from this event funds collaborative cancer research between Curebound's six institutional research partners: Moores Cancer Center at UC San Diego Health, Salk Institute, Sanford Burnham Prebys, Rady Children's Hospital, La Jolla Institute for Immunology, and

SUPERIOR COURT TO ALL INTERESTED PERSONS: 1. Petitioner (name): MONIQUE DIANE CAI filed a petition with this court for a decree changing names as follows: Present name: a MONIQUE DIANE CAI to Proposed name: MONIQUE DIANE MURPHY 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: 03/29/2023 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: February 14, 2023. JUDGE OF THE SUPERIOR COURT GLOPEZ, DEPUTY ISSUE DATES: February 17,24 & MARCH 3 & 10 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 OBJECTING TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9002584 Fictitious Business Name(s) a. BLUE TURTLE EVENTS:  
5050 LA JOLLA BLVD, SAN DIEGO, CA 92109 is registered by  
the following: a. RONALD EDWARD LANCHANCE This business is  
conducted by: an INDIVIDUAL The first day of business was  
3-5-12 Registrant Name: a. RONALD EDWARD LANCHANCE This  
TITLE of Officer, if Limited Liability Company/Corporation Title of  
Signor statement was filed with Jordan Z. Marks, , Jr. Recorder  
County Clerk of San Diego County on: FEBRUARY 03, ,2023. IS-  
SUE DATES: February 17,24 and MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-0902700 Fictitious Business Name(s) a. HAMMERHEAD EXCAVATION, 12111 POSTHILL ROAD, LAKESIDE, CA 92040 Is registered by the following: a. BROCK JAMES BARNARD This business is conducted by: AN INDIVIDUAL The first day of business was N/A Registrant Name: a. BROCK JAMES BARNARD This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , J.R. Recorder/County Clerk of San Diego County on: FEBRUARY 03, 2023. ISSUE DATES February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-0902983 Fictitious Business Name(s): LAS TOXICAS J&B MEME I CAN FEND It is registered by the following: A. BLANCA ELENA GONZALEZ ARELLANO b. HILDA JOHANA ROBLES MOLINA 1835 This business is conducted by: A MARRIED COUPLE The first day of business was: 02/01/2023 Registrant Name: A. BLANCA ELENA GONZALEZ ARELLANO b. HILDA JOHANA ROBLES MOLINA 1835 This TITLE of Officer, if Limited Liability Company/ Corporation Title of Signor statement was filed with Jordan Z. Marks, Jr. Recorder/Clerk/County Clerk of San Diego County on: FEBRUARY 08 2023. ISSUE DATES: February 17,24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9003104 Fictitious Business Name(s) a. AZURE VISTA AUDIO LLC,  
8632 SOMERSET AVENUE, SAN DIEGO, CA 92123 Is registrant  
conducted by the following: a. AZURE VISTA AUDIO LLC This business  
is conducted by: A LIMITED LIABILITY COMPANY The first day  
of business was: 01/18/2023 Registrant Name: a. AZURE VISTA  
AUDIO LLC This TITLE of Officer, if Limited Liability Company/Cor-



Curebound staff was on site at La Jolla Elementary School with the Friar and Padres Pad Squad on Friday, Feb. 10 to raise awareness for cancer research here in San Diego and how students could get involved and help make a difference. Nearly 500 students took part in the assembly and had a chance to meet the Friar and grab some Padres Pedal swag.

Scripps Research.

Registration is open for all forms of participation. Sponsorship opportunities and corporate challenges are also available. To register for Padres Pedal the Cause, visit [curebound.org/padrespedal](http://curebound.org/padrespedal). For more information about sponsorships and the corporate challenge, email [shannon@curebound.org](mailto:shannon@curebound.org).

poration Title of Signor DAVID JONATHAN LEYTON, CEO statement  
was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San  
Diego County on: FEBRUARY 09,2023 . ISSUE DATES: February  
17,24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9001860 Fictitious Business Name(s) a: UPTOWN COMMUNITY  
PARKING DISTRICT, 2720 5th Ave H, SAN DIEGO, CA 92103 is  
registered by the following: a: UPTOWN PARTNERSHIP, INC this  
business is conducted by: A CORPORATION The first day of  
business was: 01/15/2012 Registrant Name: a:UPTOWN PART-  
NERSHIP, INC this TITLE of Officer, if Limited Liability Company:  
Corporation Title of Signor GERALDINE TRUSSELL, MANAGER  
statement was filed with Jordan Z. Marks, , Jr. Recorder/County  
Clerk of San Diego County on: JANUARY 26, 2023 . ISSUE DATES  
February 12/24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9001857 Fictitious Business Name(s) a. CAYMAN POOL CON-  
STRUCTION b. CAYMAN POOL & OUTDOOR LIVING, 4071 DALLAS  
AVE, SAN DIEGO, CA 92117 Is registered by the following: a.  
CAYMAN POOL CONSTRUCTION This business is conducted by  
A CORPORATION The first day of business was: 01/15/2006  
Registrant Name: a.CAYMAN POOL CONSTRUCTION This TITLE  
of Officer, if Limited Liability Company/Corporation Title of Signor-  
y  
GERALDINE TRUSSELL, SECRETARY statement was filed with Jor-  
dan Z. Marks, Jr. Recorder/County Clerk of San Diego County on  
JANUARY 26, 2023 . ISSUE DATES: February 17,24 & MARCH  
3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO 2023/2333 Fictitious Business Name(s) a. REVIEW/SCREENING NUMBER 12064 REED AVE #2, SAN DIEGO, CA 92109 is registered by the following: a. SHERI LYNN GOBEC b. JEFFREY LAMB This business/ness is conducted by: a. GENERAL PARTNERSHIP The first day of business was: 04/15/2019 Registrant Name: a. SHERI LYNN GOBEC b. JEFFREY LAMB This TITLE of Officer, if Limited Liability Company ny/Corporation Title of Signor statement was filed with Jordan Z. Marks, Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 14, 2023. ISSUE DATES: February 17, 2024 and MARCH 31, 2024

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
900322 Fictitious Business Name(s) a. FANUEL CONSULTING  
4727 FANUEL ST, SAN DIEGO, CA 92109 is registered by the  
following: a. FANUEL CONSULTING This business is conducted  
by: A LIMITED LIABILITY COMPANY The first day of business was  
N/A Registrant name: a. FANUEL CONSULTING THIS TITLE OFFICER  
or, if Limited Liability Company/Corporation Title of Signor MARCO  
BRICHETTI, CEO statement was filed with Jordan Z. Marks., Jr.  
Recorder/Court/Clerk of San Diego County on: FEBRUARY 10  
2023. ISSUE DATE: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9002907 Fictitious Business Name(s) a. BLUE MOON ESTATE  
SALES OF DEL MAR-SAN DIEGO b. ATBAYTI LLC, 5528 PORTER  
CREEK ROAD, SAN DIEGO, CA 92130 Is registered by the follow-  
ing: a. ATBAYTI LLC This business is conducted by: A LIMITED  
LIABILITY COMPANY The first day of business was: 02/06/2023  
Registrant Name: a. ATBAYTI LLC This Title of officer, if Limited  
Liability Company/Corporation title of Signor MANUEL ABDELHA-  
MID, CEO statement was filed with Jordan Z. Marks, Jr. Recorder  
County Clerk of San Diego County on: FEBRUARY 07, 2023 . ISSUE  
DATES: February 17,24 and MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-09000373 Fictitious Business Name(s) a: A02 MANAGEMENT b: A02 MARKETING, 3900 FIFTH AVENUE, SUITE 260, SAN DIEGO CA 92103 Is registered by the following: a: A02 LLC this business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/01/2022 Registrant Name: a: A02 LLC This TITLE of office, if Limited Liability Company/Corporation/Title of Signor NATHAN NEELEY, FOUNDER/CEO statement was filed with Jordan Z. Marks, Jr. Recorder/County Clerk of San Diego County on JANUARY 6, 2023 . ISSUE DATES: February 17, 2024 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9002768 Fictitious Business Name(s) a. SEA WHIMISIES, 6460  
CONVOY COURT #46, SAN DIEGO, CA 92117 is registered by  
the following: a. LINDA KING WHIMS This business is conducted by:  
an: AN INDIVIDUAL The first day of business was: 03/12/13  
Registrant Name: a. LINDA KING WHIMS This TITLE of Officer  
if Limited Liability Company/Corporation Title of Signor statement  
was filed with Jordan Z. Marks, Jr. Recorder/County Clerk of San  
Diego County on FEBRUARY 6, 2023. ISSUE DATES: February  
17, 24 & MARCH 3 & 10



# Pacific Beach schools make push for electric bike safety

Friends of Pacific Beach Secondary Schools (FOPBSS) provided an electric bike education and safety seminar for students and parents at Mission Bay High School on Jan. 31. The program, which was also open to the community at large, was made possible by a grant from the San Diego Association of Governments and in coordination with Scripps Injury Prevention, the San Diego Police Department, and the San Diego Bike Coalition.

The number of students who ride e-bikes within Pacific Beach has increased significantly over the last year. It is estimated that up to 60 students at Pacific Beach Middle School and 70 students at MBHS use e-bikes or non-motorized bikes to commute to school on any given day.

While e-bikes offer students greater independence and reduce car traffic, they also come with increased risk. According to Rady Children's Hospital-San Diego Trauma Center, the number of trauma cases related to e-bikes is on the rise. Pedestrian and cyclist road collisions are also increasing. With this information in mind, parents and residents of Pacific Beach expressed a need for better education among both e-bike and non-motorized bike riders, as well as automotive drivers, to keep everyone safe on the road.

"The number of students riding e-bikes and non-motorized bikes is increasing every year," said Mission Bay High associate principal Allison West. "I think e-bikes are a great form of transportation and great for the environment, but safety is a big concern.



Students at Mission Bay High School use e-bikes to get to school on a daily basis. COURTESY PHOTO

Classes like these are important so that student riders and parent drivers know how to stay safe on the roads – especially during the hectic morning commutes."

Another e-bike safety seminar will be held at PBMS on Wednesday, March 1, from 6-8 p.m. Middle and high school students and community members from the greater San Diego area are encouraged to register here for the event.

Friends of Pacific Beach Secondary Schools is a joint Parent Teacher Organization (PTO) and nonprofit corporation for both PBMS and MBHS. The FOPBSS board of directors consists of teachers, principals, and parents from both schools. For more information on FOPBSS or to make a donation, visit [www.fopbss.org](http://www.fopbss.org).

# San Diego Community College District has \$4.3 billion economic impact in county

The San Diego Community College District's economic impact totaled \$4.3 billion in the 2021-22 fiscal year, an amount equal to 1.6% of San Diego County's total gross regional product and enough to support 45,365 jobs, a new study shows.

According to Lightcast, the labor market data firm that conducted the study, the district's \$4.3 billion impact is the equivalent of San Diego hosting 12 Super Bowls.

"The latest findings are beyond profound and illustrate in detail how the San Diego Community College District (SDCCD) is a major driver of the local economy," said SDCCD Chancellor Carlos O. Cortez.

Highlights from the Lightcast report include:

- The SDCCD employs 4,645 full-time and part-time faculty and classified professionals, nearly all of whom (96%) live in San Diego County and spent much of their combined earnings of \$326 million in the region.

- Combined with spending on day-to-day operations, the SDCCD added \$504.7 million in income to the county during the year. That added income is equivalent to supporting 5,891 jobs in the region.

- Spending on construction projects generated \$5.4 million in added income to the region.

- Spending by the 6% of students from outside the county who attended SDCCD campuses, combined with spending from students who would have left the region had it not been for the SDCCD's educational programs, generated \$179.8 million in added income.

- SDCCD students who earn an associate degree will see annual earnings that are \$9,900 higher than a person with just a high school diploma or GED working in California.

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

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COMPASS



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

By BART MENDOZA

## RECOMMENDED

On Feb. 23, Sue Palmer & Her Motel Swing Orchestra (right) celebrate the release of a blue vinyl edition of their latest EP, "Movin' Along," with a special performance at Humphrey's Backstage Live. Musical guests on the night include amazing lead guitarist Laura Chavez, but the spotlight will be squarely on Palmer's amazing piano-playing skills. Known as the Queen of Boogie Woogie, Palmer, and her band specializes in songs meant to keep a dance floor filled and bar owners happy. Expect to hear the entire EP played, with Palmer's music being the perfect soundtrack to what's sure to be a great party.

*Sue Palmer & Her Motel Swing Orchestra: Thursday, Feb. 23 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$15. [humphreysbackstage.com](http://humphreysbackstage.com).*

## SPOTLIGHTS

German chamber music ensemble, the



Aris Quartett, performs at the Baker Baum Hall on Feb. 19. While it's rare for classical artists to get the same attention as their pop music counterparts, The Aris Quartett, featuring Anna Katharina Wildermuth and Noémi Zipperling (violins), Caspar Vinzens (viola) and Lukas Sieber (violin), are up to the challenge. Founded in 2009, the

string quartet is currently one of the brightest stars on the classical music circuit, with six albums to their credit and a growing fan base, built on touring and stirring renditions of works by composers such as Haydn and Schubert.

*Aris Quartett: Sunday, Feb. 19 at Baker Baum Hall at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 7:30 p.m. \$43. [theconrad.org](http://theconrad.org).*

The 2023 Fourth Friday Jazz Series kicks off at the La Jolla Community Center on Feb. 24, with an appearance from singer Melissa Morgan, backed by Sam Hirsh on piano. Morgan has drawn notice with a vocal delivery in the tradition of legendary jazz singers such as Dinah Washington, working with luminaries ranging from The San Diego Symphony to trumpeter Gilbert Castellanos. Although she has released two acclaimed solo albums, most recently, "Days Like These," for this program Morgan will select music from The Great American Songbook, performing standards from Cole Porter to Gershwin.

*Melissa Morgan: Friday, Feb. 24 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. \$25 - \$35. [ljcommunitycenter.org/ffjs](http://ljcommunitycenter.org/ffjs).*

Guitarist Fred Benedetti and company celebrate late Beatle George Harrison's 80th birthday with a show at Dizzy's on Feb. 25. The night's set list includes music from both Harrison's time in the Beatles and his solo career, but this is not just a standard run through of a few well-known songs. Joined by vocalists Regina Moomjean and Julia Picone, multi-instrumentalist/bassist Jeff Pekarek, and percussionist James Morton, Benedetti's arrangements of the likes of

"Here Comes The Sun" or "I Want To Tell You," are inspired, breathing new life into these classic tunes.

*The Benedetti Ensemble celebrates George Harrison's 80th birthday, Saturday, Feb. 25 at Dizzy's, 1717 Morena Blvd. 8 p.m. \$20. [dizzysjazz.com](http://dizzysjazz.com).*

Acclaimed La Jolla-based pianist Adam Hostomsky performs at the Athenaeum on Feb. 27, as part of the venue's free lunchtime concert series. Hostomsky is a gifted artist, playing such difficult pieces as Scarlatti's Sonata K35 in g minor, with a manic energy that matches his virtuoso skills. The concert might include his renditions of works by Hayden, Chopin, or Bach, but whatever he plays, classical fans or anyone who likes instrumental piano music will be impressed by his delivery, clearly full of passion for the music he is performing.

*Adam Hostomsky: Monday, Feb. 27 at the Athenaeum Music & Arts Library, 1008 Wall St. Noon. Free. [l Athenaeum.org](http://l Athenaeum.org).*

Fans of roadhouse R&B, the blues, and country-tinged rock 'n' roll, will want to check out Chickenbone Slim and the Biscuits, performing at Tio Leo's on March 2. The band has an arsenal of vintage-sounding, dance-inspiring original tunes, as heard on their latest album, "Serve it Hot." Chicken Bone's music covers a bit of stylistic ground, but where the group truly excels, is their upbeat tempo tracks with a bit of groove, such as "Queen of the Wires," which allow guitarist Laura Chavez to stretch out. Swing dancers in particular will love this group's sound.

*Chickenbone Slim: Thursday, March 2 at Tio Leo's, 5302 Napa St. 7 p.m. and up. \$10. [tioleos.com](http://tioleos.com).*

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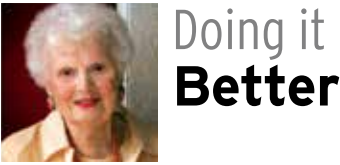
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# Nostalgia: Reminiscing about similar German and French childhoods



By Natasha Josefowitz, Ph.D.

**Doing it Better**

A few nights ago, I was having dinner with Marianne, a close friend. We were reminiscing about our European childhoods and the surprising similarities in our upbringing. Marianne was born in Germany in 1922. I was born four years later in France. We were eating root vegetables together, a combination of carrots and turnips, which was a staple in both of our childhood kitchens. We ate calves' brains with black butter, unknown to our American friends. Neither one of us had ever seen a marshmallow before coming to America. We never ate corn on the cob because corn was only food for pigs. We also had never heard of peanut butter. Both of our mothers would remedy any stomach ailment with grated apples. Our fathers always came home for lunch and took a nap before going back to work. Children also came home from school to eat lunch, which was the main meal of the day. We called this afternoon meal "dinner." The evening meal was called "souper." This consisted of soup with bread and cheese, and some fruit. We also had tea at 4 o'clock with a chocolate croissant. Breakfast consisted of a "petit pain" (a soft roll) with jam.

We both remembered the toilets with a large container of water beneath the ceiling and a chain one had to pull to get the water to run into the toilet bowl. I was very proud when I grew tall enough to stand on my toes and reach the chain by myself; I must have been 3-4 years old.

Clothes were washed in a large tub and then rung out through two wooden rolls with a hand-turned ringer, and then hung out on the balcony to dry. Paris street balconies were strung with clothes flapping in the wind. We had a bath once a week and our hair was washed once a month. Both of our mothers collected rainwater to rinse our hair to make it soft. My mother used lemon juice to make my red hair shine. There was no such thing as a shower. We used a bidet to wash before going to bed.

We had chamber pots by our beds to use at night. All the hotels in France had chamber pots in bedrooms with maybe

a bathroom down the hall. Every winter we stayed at a ski resort in the mountains of Switzerland. I had wooden skis with lace-up leather boots. In the summer we vacationed on the beaches of Brittany.

My toys consisted of a doll and a small miniature car. I also had a tricycle and roller skates. My brother had a little car he could sit in and pedal around. We enjoyed reading books; my favorite was "Babar, The Elephant." My parents spoke only Russian at home; I also had a Russian wet nurse who was Russian Orthodox. Every Sunday I went to church with her; I still love icons. My next governess was a German fraulein who spoke only German, followed by a French made-moiselle who spoke only French. By the time I was 6, I was fluent in three languages; my parents considered me to be educated.

Although we were Jewish, my mother sent me to the nearest school, which happened to be a Catholic elementary school run by nuns; I was the only Jewish girl. I had never been to a synagogue until we moved to America when I attended a friend's Bar Mitzvah. For Christmas, I got a bag of oranges from Palestine and a stick to beat me with when I needed to be punished. My German friend also remembers getting oranges and a stick for Christmas.

My mother was a refugee from the communists; she was 13 when she and her family escaped from Moscow to Finland and then on to Berlin. I was also 13 years old when my mother, father, and 6-year-old brother fled from the Nazis. We escaped from Paris on the last ship out of Genoa en route to Ellis Island and America. We were refugees; none of us spoke English. These were difficult times. We were lucky to be living in Southern California when Paris fell. In 1940, my family bought a home in Beverly Hills, where they remained until they passed away. We loved California, and were forever grateful to have become American citizens!

All of this may seem strange to my readers. Ask your parents and grandparents whether these stories resonate with their own childhood memories. You will then have tales to tell your children about their long-ago ancestors.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2023, Natasha Josefowitz. All rights reserved.

## PB CYCLING CLASS

On Saturday, Feb. 25 from 10 a.m. to 1 p.m., a bicycling class covering emergency maneuver skills and legal rights and responsibilities will be offered at Pacific Beach/Taylor Branch Library at 4275 Cass St.

Not a learn-to-ride class, it is open to bike riders of all ages, and class content applies to bikes of all types including e-bikes. The three-hour class will be broken up into three parts: a lecture, a skills drills and road riding. Make sure your bike is in good working order and ready to ride. Helmets are required and can be provided free upon request. To register, visit [sdbikecoalition.org/events](http://sdbikecoalition.org/events).

## FOPBSS MIXER & FUNDRAISER

Friends of Pacific Beach Secondary Schools is holding a mixer-fundraiser Saturday, March 18 from 6-10 p.m. at Mission Bay Yacht Club, 1215 El Carmel Place in Mission Beach. This is a community-building event. Wear cocktail attire or festive Saint Patrick's Day garb. Tickets are \$75 per person and include a cocktail, hors d'oeuvres and a live performance.

## COMMUNITY MIXER

Join together at The Local at 809 Thomas. Ave. in Pacific Beach on Wednesday, March 1 from 5:30-7:30 p.m. for a community mixer.

# City offers grant funding for artists to help increase awareness of regional issues

The City of San Diego and its regional partners have released a new grant opportunity for artists and cultural practitioners to inspire change within their communities.

Through the Far South/Border North program, grant award recipients will develop artistic content and carry out public campaigns that increase regional awareness of issues impacting San Diego and Imperial counties, including public health, energy and water conservation, climate mitigation, civic engagement and social justice matters.

"The Far South/Border North program offers artists and cultural practitioners in our region an extraordinary opportunity," said Jonathon Glus, executive director of the City's Commission for Arts and Culture. "We know artists and cultural practitioners bring an important engagement perspective to intersectional work in environmental, civic and community health, and we appreciate the California Arts Council's investment in San Diego and Imperial counties' most disproportionately impacted communities."

Spearheaded by the City of San Diego, Far South/Border North is a California Creative Corps arts program implemented through a bi-county regional collaborative and partnership with the Catalyst of San Diego and Imperial Counties, San Diego Regional Arts and Culture Coalition, and San Diego Foundation.

The program provides funding to artists and cultural practitioners to help support the health and well-being of communities in the lowest quartile of the California Healthy Places Index in San Diego and Imperial counties while continuing to enrich their creative, artistic and

cultural practices.

"We are pleased to partner in this work that will shine a light on and grow public and private funding for artists and cultural practitioners," said Megan Thomas, president and CEO of Catalyst of San Diego and Imperial Counties. "We are excited about this opportunity to artistically and creatively elevate the dialogue about equitable resources for health, environmental, and other social justice issues across San Diego and Imperial counties."

"Implementing the Far South/Border North program is vital to building a stronger regional creative sector," said San Diego Regional Arts and Culture Coalition executive director Felicia Shaw. "Collectively, we will help support San Diego and Imperial artists and cultural practitioners while bringing awareness to the importance of the arts and health equity within our communities."

Far South/Border North is funded through a \$4.75 million California Creative Corps grant from the California Arts Council.

Grant guidelines and information sessions to assist potential applicants are available at [farsouthbournorth.com](http://farsouthbournorth.com). Applications will be accepted through 5 p.m. on Wednesday, March 22. A second round of grant applications for organizations to regrant to artists and cultural practitioners will be released in the spring.

The City of San Diego advances and drives an equitable and inclusive creative economy and cultural ecosystem by investing in the work of artists and creatives and the institutions and systems that amplify creative work and experiences. To learn more, visit [sandiego.gov/arts-culture](http://sandiego.gov/arts-culture).

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# The Social Diary – Love Pamela Anderson and The Charity Ball Honors the Manchesters



Off to The Charity Ball Classless Act rock star Dane Pieper and his mother Kristi Pieper – The Charity Ball, photo courtesy of KP.



The Charity Ball chair Danitza Villanueva (center) with friends – The Charity Ball, photo courtesy of KP.



Vicki Eddy, Dee Ammon and Laura Applegate – The Charity Ball, photo courtesy of KP.



Margo Schwab with Pamela Anderson on set in San Diego for Mike Hammer movie – photo by Margo Schwab.



Margo Schwab with her mother Shirley Schwab – photo by Margo Schwab.

By MARGO SCHWAB

The grande dame of charities in San Diego, The Charity Ball, enticed black tie guests to “Come Fly with Me” and honor Papa Doug and Lisa Manchester and the Manchester Family Foundation. And come they did to the Hotel Del Coronado. The event this year supports the Chadwick Center for Children & Families at Rady’s. The Chadwick Center is core and key supporting child abuse investigations with forensic

investigations and follow up support and advocacy.

And “Love Pamela,” that’s television and movie star Pamela Anderson for her baring all book and documentary on her life and passions. I was lucky to work with her as her stand-in on a TV movie as well as working with her on “Baywatch.” Since then, I have personally witnessed her steadfast support for animals and the USO at many events. Bravo!

And as some of you might know, my dear loving mother passed recently. She was the best mommie,

smart, elegant, and caring. I was fortunate to see her every day for the last eight months, and almost as often before that. As I adjust, I try harder to emulate her many qualities. By the way, she called me her bulldog because if there was anything she needed help on, I took care of her. I miss her immensely. Special thanks to my husband Scott for supporting me, and The Cove Rehabilitation’s outstanding nurses, CNA’s Alysia and Joe, ever cheerful Myla, and my mother’s wonderful and kind roommate Pat and her daughter Theresa.

## Irving Gill: Left his architectural mark on La Jolla and beyond

By JILL ALEXANDER

There are a lot of people associated with La Jolla from authors to artists, but one name is perhaps ahead of the rest – architect Irving Gill. The American architect did most of his work in Southern California, especially in San Diego and Los Angeles.

He is considered a pioneer of the modern movement in architecture and 12 of his buildings throughout Southern California are listed on the National Register of Historic Places, and many others are designated as historic by local governments, according to Wikipedia.

Of course in the La Jolla area, some of his best-known works used today include the Ellen Browning Scripps residence, now the Museum of Contemporary Art San Diego, the earliest buildings of The Bishop’s School, the La Jolla Woman’s Club, the La Jolla Recreation Center, and the George W. Marston House Museum and Gardens.

Gill designed 10 churches, including the Christian Science Church at Second and Laurel streets in San Diego.

The La Jolla Woman’s Club and the Marston House are among those listed on the National Register of Historic Places.

### WOMEN’S CLUB

The La Jolla Woman’s Club is located in the heart of the Village,



Irving John Gill

one block from the ocean. With its lush private gardens, historic Gill building, and ocean views, the club has become a popular place for special occasions.

The club hosts private events including weddings, nonprofit fundraisers, receptions, lectures, dinners, holiday parties, celebrations of life, retreats, and educational meetings.

According to well-known principal architect Ione R. Stiegler, FAIA, NCARB, of IS Architecture in La Jolla: “I have always been intrigued by how his early modernist design aesthetic preceded those architects typically mentioned in architectural history classes, such as Adolf Loos in Austria. He was nearly forgotten until his career was reintroduced



La Jolla Woman’s Club, at 7791 Draper Ave., is listed on the National Register of Historic Places.

to the public in the 1960 book ‘Five California Architects.’”

Stiegler said in the 1990s there was only one small book published about Gill’s body of work and then she stumbled on it.

“I was traveling to Vienna, Prague, and Budapest meeting fellow architects and I wanted to share something special about San Diego architecture. I brought copies of the book ‘Irving J. Gill, Architect’ by Bruce A. Kamerling to give as gifts. I felt a need to share the genius of this early pioneer of modernism,” she said.

Ione also has personal familiarity with several of Gill’s La Jolla buildings.

“We rehabilitated the Wisteria Cottage for the La Jolla Historical

Society and we have overseen repairs at the La Jolla Woman’s Club,” Stiegler said.

At the La Jolla Woman’s Club, the firm did some repairs, and, on the cottage, it assisted with the installation of a new roof covering.

“While it was just roofing ... the importance of keeping a good dry roof on any building can’t be underestimated,” Stiegler said.

### MORE KUDOS

Others keen on Gill, the architect magician, is William Richards an architectural historian and writer who covers architecture, design, and sustainability.

“Irving Gill was a bright,

accomplished architect working at a time when a lot of his peers were experimenting with the language of Modern Architecture. Gill was no different and we see him now as a pioneer of the sleek lines and spare interiors that have become synonymous with Southern California,” Richards said.

Richards is the author of various architecture books such as “Together by Design: The Art and Architecture of Communal Living,” “Bamboo Contemporary: Green Houses Around the Globe,” and “Revolt and Reform in Architecture’s Academy: Urban Renewal, Race, and the Rise of Design in the Public Interest.”

Richards added that Gill was also interested in the rationale behind those sleek lines and spare interiors: “to design spaces that required little or no maintenance, to design spaces that were hygienic and salubrious, and to design spaces that were reasonably inexpensive to construct.”

“What’s important to note is that Gill was a practicing architect whose livelihood didn’t just depend on attractive buildings, but also depended on his ability to win clients from all walks of life with all types of budgets. In this way, he was ‘an architect’s architect’ for whom the title architect was as vocational as it was artistic and devotional,” Richards said.

Gill died in 1936 at the age of 66.