



High-fat diets alter gut bacteria, boosting colorectal cancer risk in mice

Salk scientists pinpointed specific microbes and bile acids that become more prevalent in the guts of mice fed high-fat diets

The prevalence of colorectal cancer in people under the age of 50 has risen in recent decades. One suspected reason: the increasing rate of obesity and high-fat diets. Now, researchers at the Salk Institute and UC San Diego have discovered how high-fat diets can change gut bacteria and alter digestive molecules called bile acids that are modified by those bacteria, predisposing mice to colorectal cancer.

In the study, published in *Cell Reports* on Aug. 22, 2023, the team found increased levels of specific gut bacteria in mice fed high-fat diets. Those gut bacteria, they showed, alter the composition of the bile acid pool in ways that cause inflammation and affect how quickly intestinal stem cells replenish. Bile acids are molecules produced by the liver and used by the gut to help digest food and absorb cholesterol, fats, and nutrients.

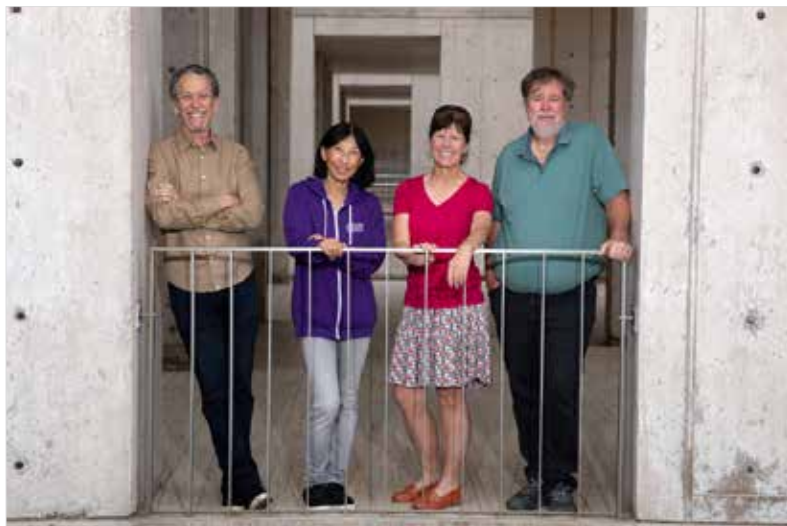
"The balance of microbes in the gut is shaped by diet, and we are discovering how alterations in the gut microbial population (the gut microbiome) can create problems that lead to cancer," says co-senior author and Professor Ronald Evans, director of Salk's Gene Expression Laboratory. "This paves the way toward interventions that decrease cancer risk."

In 2019, Evans and his colleagues showed in mice how high-fat diets boosted the overall bile acid levels. The shift in bile acids, they found, shut down a key protein in the gut — called the Farnesoid X receptor (FXR) — and increased the prevalence of cancer.

However, there were still missing links in the story, including how the gut microbiome and bile acids are changed by high-fat diets.

In the new work, Evans' group teamed up with the labs of Rob Knight and Pieter Dorrestein at UC San Diego to examine the microbiomes and metabolomes — collections of dietary and microbially derived small molecules — in the digestive tracks of animals on high-fat diets. They studied mice with a genetic mutation that makes them more susceptible to colorectal tumors.

The scientists discovered that although mice fed high-fat diets had more bile acids in their guts, it was a less diverse collection with a higher prevalence of certain bile acids that had been changed by gut bacteria. They also showed that these modified bile acids affected the proliferation of stem cells in the intestines. When these cells don't replenish frequently, they can accumulate mutations — a key step toward encouraging



Ronald Evans, Ruth Yu, Annette Atkins, and Michael Downes.

COURTESY PHOTO

the growth of cancers, which often arise from these stem cells.

"We are only just beginning to understand these bacterial-conjugated bile acids and their roles in health and disease," says co-author Michael Downes, a staff scientist at Salk.

There were also striking differences in the microbiomes of the mice on high-fat diets: the collections of gut bacteria in these mice's digestive tracts were less diverse and contained different bacteria than the microbiomes of mice not on high-fat diets. Two of these bacteria—*Ileibacterium valens* and *Ruminococcus gnavus* — were able to produce these modified bile acids.

The scientists were surprised to discover that a high-fat diet actually had a greater impact on the microbiome and modified bile acids than a genetic mutation that increases cancer susceptibility in the animals.

"We've pinpointed how high-fat diet influences the gut microbiome and reshapes the bile acids pool, pushing the gut into an inflamed, disease-associated state," says co-first author Ting Fu, a former postdoctoral fellow in the Evans lab.

The researchers believe high-fat diets change the composition of the microbiome, encouraging the growth of bacteria like *I. valens* and *R. gnavus*. In turn, that

boosts levels of modified bile acids. In a vicious cycle, those bile acids create a more inflammatory environment that can further change the make-up of gut bacteria.

"We've deconstructed why high-fat diets aren't good for you, and identified specific strains of microbes that flare with high-fat diets," says Evans, March of Dimes Chair in Molecular and Developmental Biology. "By knowing what the problem is, we have a much better idea of how to prevent and reverse it."

In the future, the team will study how quickly the microbiome and bile acids change after an animal begins eating a high-fat diet. They also plan to study ways to reverse the cancer-associated effects of a high-fat diet by targeting FXR—the protein that they previously discovered to be associated with bile acid changes.

Other authors of the paper are Tae Gyu Oh, Justin L McCarville, Fritz Cayabyab, Mingxiao He, Ruth T. Yu, Annette Atkins, and Janelle Ayres of Salk; Gibraan Rahman, Hui Zhi, Zhenjiang Xu, Anupriya Tripathi, Cameron Martino, Qiyun Zhu, Fernando Vargas, and Manuela Raffatellu of UC San Diego; Tao Huan, Jian Guo, Brian Low, and Shipei Xing of University of British Columbia; and Sally Coulter and Christopher Liddle of University of Sydney.

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Maintaining stable weight increases longevity among older women

Reaching the age of 90, 95 or 100, known as exceptional longevity, was more likely for women who maintained their body weight after age 60, according to a multi-institutional study led by University of California San Diego. Older women who sustained a stable weight were 1.2 to 2 times more likely to achieve longevity compared to those who experience a weight loss of 5 percent or more.

Reporting in the Aug. 29, 2023 online issue of the *Journal of Gerontology: Medical Sciences*, researchers investigated the associations of weight changes later in life with exceptional longevity among 54,437 women who enrolled in the Women's Health Initiative, a prospective study investigating causes of chronic diseases among postmenopausal women. Throughout the follow up period, 30,647, or 56 percent of the participants, survived to the age of 90 or beyond.

Women who lost at least 5 percent weight were less likely to achieve longevity compared to those who achieved stable weight. For example, women who unintentionally lost weight were 51 percent less likely to survive to the age of 90. However, gaining 5 percent or more weight, compared to stable weight, was not associated with exceptional longevity.

"It is very common for older women in the United States to experience overweight or obesity with a body mass index range of 25 to 35. Our findings support stable weight as a goal for longevity in older women," said first author Aladdin H. Shadyab, Ph.D., M.P.H., associate professor at the Herbert Wertheim School of Public Health and Human Longevity Science at UC San Diego.

"If aging women find themselves losing weight when they are not trying to lose weight, this could be a warning sign of ill health and a predictor of decreased longevity."

The findings suggest that general recommendations for weight loss in older women may not help them live longer. Nevertheless, the authors caution that women should heed medical advice if moderate weight loss is recommended to improve their health or quality of life.

The data expands on the growing research linking the relationship between weight change and mortality. Notably, this is the first large study to examine weight change later in life and its relation to exceptional longevity.

Co-authors include: Matthew A. Allison and Andrea Z. LaCroix, UC San Diego; JoAnn E. Manson, Brigham and Women's Hospital and Harvard Medical

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City seeks to clarify Sidewalk Vending Ordinance this fall

By DAVE SCHWAB

Now that Labor Day has passed and the summer moratorium has ended, the controversy over the City's new Sidewalk Vending Ordinance – and how much vendors are protected by free speech under it – has returned to the forefront.

For months, beach leaders banding together in a Coastal Coalition have attacked the City's new Sidewalk Vending Ordinance, claiming it "has no teeth" due to the City's reluctance to stand up to vendors threatening litigation, allowing them to take over the streets.

Now that the summer moratorium is over, there is renewed concern in communities like Mission Beach and Pacific Beach, where sidewalk vending remains a major issue, that the situation will only become worse.

Larry Webb, president of Mission Beach Town Council and a Coastal Coalition member, stressed that the City's new Sidewalk Vending Ordinance is intended to reign vendors in limiting how and where they can operate. "Under the summer moratorium, there were only a very small number of areas where vending was actually legal in all of the coastal areas," he pointed out adding, "First Amendment rights are the main issue."

Webb noted the vending issue is expected to return to full San

Diego City Council consideration by the end of September with "clarification on the First Amendment exemption and (ordinance) enforcement changes. The thing is, we don't know what those changes are going to be," he said.

Webb added the Coastal Coalition has a request for the City Council. "What we're asking for right now is just some transparency from the City as to what the changes are going to actually be," he said adding, "And ideally, we would like to see the ordinance enforced as written, which basically is, if you're selling something – it's vending, period, no matter what the product is."

City supervising spokesperson Benny Cartwright said the new Sidewalk Vending Ordinance is in the process of being reassessed and revised. "The City has been enforcing the Sidewalk Vendor Ordinance citywide, including the city's parks and beaches, since it went into effect in June 2022," he said adding, "This includes enforcement by rangers from the Parks and Recreation Department and the San Diego Police Department. The ordinance, as written, needs clarity regarding what constitutes 'vending' vs. 'free speech,' which includes political and religious speech. There are some vendors who have exploited this lack of clarity in the definition of vending and are claiming First Amendment protection for the sale

of goods."

Venus Molina, chief of staff for District 2 Councilmember Jennifer Campbell, whose office drafted the City's vending ordinance, concurred that legal definitions have become a problem with the ordinance and need to be worked through. But she pointed out the ordinance has been successful, and a step in the right direction. "There are now over 500 vendors permitted under the new ordinance, who are following the rules through the City, and are now in the formal economy," she said. "And unfortunately, as with anything, there are some folks that will try to bypass, or skirt, the system one way or another. And the First Amendment (freedom of speech) is one of those tools they're using to try to sneak in their vending."

Consequently, Molina said the District 2 office is taking the lead on "making some amendments to the ordinance to strengthen it and provide some more clarity on what the First Amendment is, and what it is not, because there is a lot of very gray area with the First Amendment clouding over the Sidewalk Vending Ordinance. We're working on clarifying the language to make it easier for enforcement to happen."

Cartwright said Campbell, in collaboration with Mayor Todd Gloria's office, will be bringing forward changes to the Sidewalk Vending Ordinance this fall.



People stop and check out a vendor's goods on the boardwalk in Pacific Beach. PHOTO BY THOMAS MELVILLE

"These amendments will ensure there is no ambiguity on who is subject to regulation under the ordinance while improving our enforcement efforts," he said. "This clarity will take the guesswork out of enforcement and ensure that the citations for ordinance violations don't get thrown out by the administrative judges who adjudicate them."

Cartwright noted that, while those clarifying amendments to the ordinance go through the legislative process, "the Parks and Recreation Department is going to create zones where those claiming 'freedom of expression/speech' can

operate, similar to what Balboa Park has done for years prior to the state law requiring cities to allow sidewalk vending. The department has been engaging with park stakeholder groups such as the Parks and Recreation Board this month to let them know about the change."

Molina reiterated that sidewalk vending is now legal under state law. "What we're doing now is creating a structure that will allow them to vend in a more organized manner," she concluded.

More information is available on street vending on the City's website at sandiego.gov/city.

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Paradise Point Resort fined \$1M for beach access, to become Margaritaville resort

By KEITH ANTIGIOVANNI

The Paradise Point Resort at 1404 Vacation Road on Vacation Isle, just southwest of the Ingraham Bridge in Mission Bay, is set to get a facelift and become a Margaritaville resort but not without a price as it must first pay the state \$1 million in fines for years of violations of the California Coastal Act.

Paradise Point has had many violations over the years including not posting "public access" signs

to advertise free access to the property, which was built on public lands, restricting public right away to the beach, and an installation of a shack and security guard at the main parking entrance.

The 44-acre resort was set to become a Margaritaville in 2019 but the pandemic and violation issues caused a four-year delay until recently when the California Coastal Commission brokered a settlement with Paradise Point ownership with the company agreeing to

pay the \$ 1 million in fines and install a series of improvements to Vacation Isle that will finally help clear the path for the transition to a Margaritaville resort. The California Coastal Commission meeting on Sept. 6 made it official.

The fines will go toward a state-wide reserve for initiatives that include improving public coastal access, acquiring open space, and completing regional trails.

Paradise Point will be installing 70 signs throughout the property, they will remove anything that interferes with public access around the island along the half-mile coastline (garbage cans, fencing, or trees). They will also be implementing a marine debris reduction plan, installing water bottle refilling stations, no longer allowing single-use plastics at the resort or restrooms, adding laundry filters, storing all garbage bins and waste in covered containers to protect it from wildlife, and the construction of a new public restroom near the beach.

A resort has been at Vacation Isle since 1962. Before becoming Paradise Point it was originally named Vacation Village, four years after the City Council approved the master plan for the Mission Bay Aquatic Park.

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PowerFuel Damas celebrates four years and launches new platform

An innovative hub created by and for women to help them unlock their unlimited potential for impact and business growth, Pacific Beach-based PowerFuel Damas, celebrated its four-year anniversary in San Diego on Thursday, Aug. 24 at the Cielo Rooftop Lounge.

During the event, co-founders Danielle Vantini and Mayra Brito Haas announced the launch of their newest initiative, PowerFuel House of Damas, a global platform for women designed to offer exceptional opportunities to network globally, connect, collaborate, learn, and grow.

"Growth starts in the mind, but also with who you surround yourself with. You cannot go anywhere with competition, but you can go everywhere with community," said Vantini. "With the launch of PowerFuel House of Damas, women will gain a support ecosystem that pushes them to become the best versions of themselves, helping them achieve anything they set their minds to."

Addressing the gap between ambition and execution, PowerFuel House of Damas emerges as the premier digital catalyst for turning aspirations into achievements. Positioned at the forefront of a global ecosystem, this platform is set to redefine opportunities in the digital landscape.

Designed for women with a commitment to personal and business growth, the academy will be a hub uniting leaders and entrepreneurs. Its core focus lies in fostering a community geared toward networking, collaborative achievements, dream actualization, and social impact.

"We're not just opening doors of opportunity at PowerFuel House of Damas," added Brito. "We're handing them the blueprint, the keys, and the confidence to walk through them. Life is supposed to be good and we want to show the Damas that they deserve to live a

life they love. Right now, I'm feeling like I'm really going for my purpose, really doing my mission here and really changing the world."

Encompassing a comprehensive array of resources spanning networking, mentorship, accountability, personal and professional development programs, master classes, and strategic positioning, the platform is set to serve as the ultimate launchpad for women poised to conquer their dreams. Note that application and acceptance are prerequisites to this exclusive circle.

The business' four-year anniversary also celebrated a new milestone. In May, PowerFuel Damas gained exceptional recognition from the UN Women and the UN Global Compacts for their commitment to their mission of fostering gender equality and women's empowerment.

The celebration coincided with Women's Equality Day (Aug. 26), urging unity against domestic violence and advancing women's

equality. The full-house event had 76 attendees from various backgrounds – entrepreneurs, professionals, and community leaders. In addition, 20% of the ticket sales were donated to Las Valientes to help combat domestic violence.

Ana Serrano, founder of Las Valientes, was the keynote speaker. Las Valientes is also the first nonprofit recipient of a free workshop donated by the PowerFuel House of Damas.

"I am incredibly excited about this transformative workshop in partnership with PowerFuel House of Damas. Their dedication to raising awareness, funds, and resources for victims of domestic violence is truly impactful," said Serrano. "This initiative is a game-changer for the women we serve, the majority of whom are Latinas. It shows them that they, too, can break free and achieve their dreams."

During the event, another honored guest and speaker was Mariel Vargas, MBA, who took the stage with A Microsoft Spotlight Talk:



PowerFuel Damas co-founders Mayra Brito and Danielle Vantini.

COURTESY PHOTO

The Power of Networking.

"The power of being a PowerFuel Dama is immeasurable," said Vargas, customer success manager at Microsoft. "Surrounding myself with strong, like-minded women has been the most profound and meaningful investment in my growth. These women have uplifted me, stood by me, and

supported me to grow and achieve my dreams. Together we celebrate, manifest and attract success."

Since 2019, PowerFuel Damas has expanded a global network of hundreds from 26 countries with a unique business model: a global marketing agency, and an international community for women's empowerment.



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COMMUNITY CLEAN UP

Celebrate PB Pathways along with beautifulPB on Saturday Sept. 16 with a casual ride and community clean up event. Grab your favorite set of wheels and meet us at Tap Room PB (Garnet and Fanuel) for a short ride to Diamond Street to clean up some of the most important local streets. Then meet back at Tap Room to socialize with food and drinks, with proceeds benefiting beautifulPB and other local organizations. Later that night, at 9 p.m., we're going to meet up two doors down at The Collective, for an after party.

BEACH CLEAN UP DAY

Each year, the beach communities come together to co-sponsor and support a September Beach Clean Up Day. This year, the Saturday, Sept. 26 event coincides with Coastal Clean Up Day.

Retirement Academy at Lawrence Family JCC offers keen insights

By DAVE SCHWAB

Retired or thinking about it? Consider Retirement Academy, Lawrence Family Jewish Community Center's comprehensive 10-week program offering keen insight into calling it a career during these highly changeable times.

Jordan Fruchtman, chief program officer and the retirement program's originator at the LFJCC at 4126 Executive Drive in La Jolla noted that "retirement" needs to be re-interpreted nowadays as "active aging."

"In the past retirement was really the end, the last chapter," pointed out Fruchtman. "But it is a beginning now, especially with (baby) boomers retiring healthier with more resources. Science has done a great job of increasing our lifespan. But our living healthier lives is even more important. What the Retirement Academy really focuses on is all the different aspects of health and well-being, as well as purpose, spirituality, and resilience. All those things are most important right now."

"Our approach has positioned relationships as our principal or core focus," continued Fruchtman. "Content of the (retirement) courses is secondary to the conversation. This expansive pathway provides a plethora of practical new considerations and opportunities, no longer to just fill your life but



create one that is truly 'fulfilled.'"

Boomers have become a substantial portion of today's population (17%), noted Fruchtman pointing out that, in the next 10 years, there will be more people over 65 than children in the United States, and that their quest for continuing purpose is perpetual. "It was with all this in mind that we shaped and structured the curriculum," he concluded.

The message that retirement is a new undertaking all together today is getting out. And, people completing LFJCC's new

Retirement Academy are banding together after learning the new information.

Introduced just a few months ago, the LFJCC Retirement Academy immediately filled to capacity, which didn't come as a surprise surprise to Fruchtman. "I was actually elated when I received calls after the program ended, informing me of class members staying connected through lunches, dinners, and home gatherings," he said. "In fact, some members were actually creating companies together to

RETIREMENT ACADEMY

The Lawrence Family Jewish Community Center's Retirement Academy program offers 10, two-hour courses on three different weekdays, a three-month membership to the JCC, and a private coaching session with one of the highly experienced executive and retirement coaches. The course fee is \$500. A scholarship fund has also been established. For more information, visit lfjcc.org/RA or call Jordan Fruchtman at 858-362-1123.

better serve boomers."

LFJCC's new retirement program noted Fruchtman, "helps a person learn about and explore their options with their peers to help guide you along the way." He noted the course culminates in the development by students of "a retirement road map for their future which each of them participated in creating."

And, Fruchtman added, the LFJCC is looking for new people to introduce to its Retirement Academy, "We're looking for folks recently retired or about to retire, whether or not they are JCC members," he said noting, "There are a lot of retirement programs that just focus on finances: We do not. Our retirement coaches will help people with their relationship to finance. But we do encourage everyone to seek out a financial advisor. We help people get the roadblocks out of the way and develop a plan and a pathway forward."

NOVO DIA WELLNESS EXPERIENCE RETURNS TO LA JOLLA ON OCT. 21

The organizers behind the NOVO Dia Wellness Experience announce its return for the second year on Saturday, Oct. 21. Attendees interested can expect an immersive wellness, art, and food experience at the Museum of Contemporary Art in La Jolla. For more information, visit novodiawellness.com or follow on Instagram.

Beginning at 9 a.m., wellness enthusiasts from across the county will gather for a transformative day of inner discovery and mindful exploration. There will be over 20 different wellness practices and educational workshops to choose from including yoga classes of all levels, sound baths, transformative breathwork sessions and guided meditations led by renowned instructors and studios throughout San Diego.

Attendees have the opportunity to explore a wellness market showcasing local and national vendors, participate in a curated art walk guided by MCASD educators and eat breakfast with mocktails and a juice bar throughout the day. To wrap up the day, all participants are invited to join a closing reception opening the opportunity to connect with like-minded individuals, share experiences and forge lasting connections.

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Smart Fit Method expands revolutionary program at no extra cost

The Smart Fit Method, a revolutionary new workout protocol, has just quadrupled its benefits for members with increased access to its state-of-the-art strength training, hormonal optimization, recovery and fat burning technologies – a powerful combination that has made gaining your ideal body composition easier and faster than ever before at a steal of a price.

The Smart Fit Method is a new fitness concept that prioritizes individual growth and personalized workouts that include strength training, hormonal optimization, fat burning and faster recovery. Unlike other fitness studios, the Smart Fit Method uses data and sports science, along with the best AI-driven exercise equipment out there – all monitored by certified personal trainers. Results are monitored through body scans, strength gains and cardio vascular improvements.

Although the program is designed for all ages, it is particularly beneficial for longevity in the 50-plus crowd by promoting healthy aging and encouraging the development of "physical retirement plans."

The Smart Fit Method offers members access to three of its core machines: the Smart Strength (ARX), the Smart Cold HIIT (Vasper high-intensity interval training) and the Smart RIDE (CAROL bike).

Previously, members only had access to each of these ma-



SMART FIT METHOD is perfect for the 40+ crowd! Courtesy photo

chines once a week. Now, for the same price, members have 50% more access to the ARX and Vasper machines, and unlimited access to the CAROL bike.

"This is a big deal," said Rob Darnbrough, co-founder of the Smart Fit Method.

While using motorized resistance to achieve a perfect muscular time under tension and performing a total body workout, the ARX machine delivers the safest, most effective and most efficient workout in the world. It's 94% more effective than traditional weight training.

"Twenty minutes on the ARX is the equivalent of two and a half hours of dumbbells and weights in a traditional gym," Darnbrough said.

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through an ARX training session is the Vasper machine, which packs a two-hour workout into a single 20-minute session using compression technology, cooling and interval training to create the best efficiency and hormone response. This machine helps in

the recovery process – which is essential to gaining muscle – by decreasing the wear and tear on the body that naturally comes with exercise.

The CAROL bike machine uses AI technology to prescribe the perfect resistance while you perform either a Fat Burn 30, 45 or 60 interval session, then ending with a recovery and cool-down period. This machine is nine times more effective at burning fat than a 45-minute run.

"Most people get exercise wrong," said Connor Darnbrough, co-founder and Rob's son. "They think it's about burning calories, but it's not – it's about accessing the proper energy source. It's about maintaining a heart rate that allows you to oxidize fat for energy, optimize hormones and do

strength training."

The CAROL bike uses exercise with oxygen therapy (EWOT), which provides 90% to 96% oxygen for members to better burn fat while also improving recovery time – more than four times the 21% of oxygen that's in the air we breathe.

"The presence of oxygen is the absence of disease," Darnbrough said. "With EWOT, you can workout harder, recover faster, increase energy and sleep better."

Instead of using each of these machines once a week, members will rotate using ARX and Vasper once and twice a week for an additional two sessions each per month, and they can now use the CAROL bike daily.

"We want to move the needle faster for members without burning them out," Darnbrough said.

Most other gyms that offer similarly advanced exercise technology would charge upwards of \$75 for one session on an ARX or Vasper. With its increased access to its state-of-the-art equipment at no additional cost, Smart Fit Method members can train for less than \$10 per session and see improved results in their health and body composition.

Members can track their progress through the Smart Fit Method App.

This fall, Smart Fit will introduce the gluteAImax™, a new exercise technology in-

vented by the Darnbroughs that will activate glute and hip muscles to improve glute activation and prevent lower back injury, knee problems and gluteal atrophy – the lack of ability to use your glutes.

"Your ability to get in and out of a chair relies on using your glutes," Darnbrough said. "We need to have strength. Fifty percent of accidental deaths after age 65 are fall related. You need to stay strong as your balance depends on it and strength training after age 50 is key. Because of our advanced methodology, The Smart Fit Method has become the fitness center of choice for Baby Boomers across the region."

Later this fall, the Smart Fit Method will also add a longevity doctor to its team to provide concierge medical recommendations, blood panels, hormonal optimization and more as part of its physical retirement plan for members.

Smart Fit Method is growing throughout Southern California! San Diego locations now include La Jolla, Cardiff and Rancho Santa Fe with new locations coming soon to Carlsbad and Torrey Hills. Orange County locations are Costa Mesa, Yorba Linda and soon San Clemente.

Visit smartfitmethod.com for the location closest to you and book your free workout and body scan, a \$150 value. Those who sign up in September will receive a free supplement, a \$50 value.

San Diego residents survive the mud at Burning Man festival



Jason Stewart of Coronado with Melissa Villalobos at Burning Man. COURTESY PHOTO



Melissa Villalobos, Shima Faroozmad, and Jason Stewart at Burning Man. COURTESY PHOTO



Jason Stewart holds Carly Olivares at Burning Man. COURTESY PHOTO

BURNING MAN FESTIVAL

Guided by the values expressed by the 10 Principles, Burning Man is a global ecosystem of artists, makers, and community organizers who co-create art, events, and local initiatives around the world. Most recognizably, tens of thousands of Burners gather annually to build Black Rock City, a participative temporary metropolis in the Nevada desert. Burning Man project's mission is to produce the annual event and to guide, nurture, and protect the more permanent community created by its culture. The intention is to generate a society that connects each individual to his or her creative powers, to participation in a community, to the larger realm of civic life, and to the even greater world of nature that exists beyond society.

By DAVE SCHWAB

Accounts from those who were there indicate the recent rains at Burning Man in the Nevada desert turned Black Rock City into Mudville, rendering walking nearly impossible for “Burners” and forcing them to shelter indoors.

Many San Diegans were present and all managed to get out safely and tell the tale of this year's challenging experience, like George Bacon of Pacific Beach, who was attending the event for the first time.

“It stuck to your feet making it feel like you had fuzzy slippers made of mud,” said Bacon about the wet conditions, which turned the festival and its restrooms into a quagmire. “So, when

“The rain turned Burning Man into muddy man. The place is not made for rain.”
- Jason Stewart of Coronado

you got into the Porta Potties you just brought more mud in, literally a foot or more.”

Bacon said Burning Man has always been on his bucket list, and after last year's “brutal” heat at the fest, tickets were half-price, which convinced him to finally go. Of course, no one anticipated the rains.

“There has been rain before but this was the worst time ever,” Bacon pointed out adding, “It wasn't a flash flood. It was just a

hard driving rain that lasted overnight until everything just got soaked and turned to mud, causing a mess, and forcing everyone to be stuck in their tent or RVs.”

“The rain turned Burning Man into muddy man,” agreed Jason Stewart of Coronado, who was also there in 2023 and has been attending the festival for a decade. “The place is not made for rain. People aren't prepared for it. Every time you took a step, more mud would stick to your boots until you had like 20 pounds, 10 to 15 inches, on each boot. For me, it just made more sense to go barefoot. The mud was like clay you make pottery with. People were actually making cups and bowls out of mud, and it dried out into a piece of pottery.”

Stewart added there were other issues the storm presented at the festival, such as problems with electricity and people not having covers on their generators. “One person who was barefoot did get electrocuted to death because of a live wire in the mud,” said Stewart.

Despite the washout, the

festival's website, Burning Man, noted: “We found community, joy, and beauty in the dust and mud. We built, danced, played, and experienced heartwarming examples of communal effort, gifting, and radical self-reliance.

As you wipe off your gear, reflect on your time in Black Rock City – the connections made, challenges overcome, breathtaking moments, and future dreams. Connect with loved ones, take care of your body, travel safely, and keep burning brightly.”

Glen Millar, one of some 800 to 1,000 volunteer rangers who patrol Black Rock City for the festival to aid participants, didn't feel the rain ruined anyone's experience this year. In fact, in an event promoting self-reliance, it was just another obstacle to be overcome and part of an unforgettable experience.

“There are upwards of 70,000 people there every year and it becomes Nevada's third-largest city for that three-week period, with its own airport, post office, street, and medical system,” Millar said adding Burning Man is also the cleanest event you'll ever attend. “With restoration afterward, there is no trace left of the event.”

Millar noted he keeps returning because “I love helping people and enjoy being a part of something that is way bigger than myself. I

have gotten a tremendous amount out of Burning Man. It's my way of giving back.”

Of the stormy weather this year, Millar concluded: “Last year was brutally hot. This year, you had the rain. It's like they say, ‘Everyone complains about the weather. But nobody does anything about it.’”

Perhaps the spirit of Burning Man is best summed up by David N. Ellis, a retired financial consultant and festival “regular” who claims the festival has been a life-changer.

“Burning Man is an annually built, temporary city, based upon the ‘10 Principles’ that guide the Burning Man culture,” he said. “Burning Man has radically transformed my life because it has given me a safe and supportive place to practice the 10 Principles and then realize that rather than live the 10 Principles just once a year while at Burning Man, I want to incorporate them into my daily life.

“That has had far-reaching benefits on the way I live my life, the relationships I have, and the goals and aspirations I set for myself,” continued Ellis. “I can honestly say that Burning Man has been instrumental in my evolution into my authentic self. It has connected me with a community of incredible and dynamic human beings, and it has opened my eyes to the limitless possibilities of how to live, experience, and enjoy my life.”

100 Wave Challenge, benefiting B2M, returns to one-day format

Determined to show San Diego and the world, “We're Better Together!”, 200 surfers will hit the waves of Mission Beach on Saturday, Sept. 16, determined to catch 100 waves in one day in support of B2M (Boys to Men Mentoring Network). The San Diego-based nonprofit is dedicated to helping underestimated, often fatherless, boys become the good men they want to be.

Surf Legends and 100 Wave Challenge Surf Ambassadors Shaun Tomson (1977 World Surfing Champion) and Damien Hobgood (World Tour Team member) will lead this pack of big-hearted surfers into the lineup in the early morning hours. Surfers will be cheered on throughout the day by family and friends, who will gather on the beach for a community celebration of surfing for an important cause.

The 100 Wave Challenge inspires each surfer to raise \$1,000 for B2M and catch 100 waves in one day. The day of charging waves is a personal challenge for event participants. The nonprofit's

mission is a passion for mentors, and a life-changing opportunity for young lives of promise to break the cycle of violence, gangs, drugs and prison in their families, make better life choices for themselves, and achieve their dreams.

The 100 Wave Challenge is Boys to Men co-founder Joe Sigurdson's “Big Idea.” The thought of an annual surf-a-thon crossed his mind nearly a decade ago, during a surf session at the iconic San Diego surf break, Black's Beach. Sigurdson has paddled into the lineup of every 100 Wave Challenge since the event's inception in 2009. From his vantage point as event visionary and head cheerleader, watching the 100 Wave Challenge grow and thrive has been his pride and joy.

“The faces in our lineup change every year – many surfers have been with us since the beginning, others are paddling out with us for the first time,” Sigurdson said. “It's been gratifying to watch the heart of the 100 Wave Challenge grow.”

READ MORE ONLINE AT sdnews.com

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Reas Memory Lab is investigating the impact of COVID-19 on brain aging

Participants must be 50 years of age or older and either:

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YEAR-ROUND CLOSURE

The California Coastal Commission on Sept. 7 unanimously approved the City’s plan to seal off Point La Jolla from the public year-round, a closure scheduled to be in effect for seven years to keep humans and sea lions separated. The Coastal Commission approved an amendment to an existing coastal development permit that authorized Point La Jolla’s annual six-month closure from May 1 through Oct. 31 during sea lion pupping season. The amendment extends the closure to all year. On Monday, Sept. 18, San Diego City Council will vote on an ordinance amending the City’s municipal code to close Point La Jolla and Boomer Beach year-round for the next seven years.

LJCPA NEEDS MEMBERS

There is an urgent need for more members of the Greater Bird Rock Community to join the La Jolla Community Planning Association and it is simple to do that. The LJCPA has been recognized by the San Diego City Council to make recommendations to the City Council, the San Diego Planning Commission, City staff, and other governmental agencies on land use matters. It is critical that more members of Bird Rock join the LJCPA immediately to ensure that the changes to the LJCPA bylaws, which the JCPA will approve soon, will help ensure that, in the future, the LJCPA will be appropriately

responsive to interests of the Greater Bird Rock community. It is very simple to become a LJCPA member. You can do that by simply signing up at lajollacpa.org/membership-application/.

MUSEUM EXHIBIT OPENS

The Museum of Contemporary Art San Diego in La Jolla at 700 Prospect St. will hold its Free Third Thursday, Sept. 21 from 10 a.m.-8 p.m. for the opening of the newest special exhibition: Kelly Akashi: Formations. Enjoy free admission and a live DJ set by DJ Sir Froderick from 5-8 p.m. On view Sept. 21 to Feb. 18, 2024 in La Jolla’s Strauss Galleries, Kelly Akashi: Formations presents an overview of a decade of work, including glass and cast bronze objects, multipart sculptural installations, and photographic work. It also includes a newly commissioned body of work that explores the inherited impact of the artist’s father’s imprisonment in a Japanese American incarceration camp in Poston, Ariz. during World War II.

SANDPIPER CRAB FEAST

Sandpiper Wood Fired Grill & Oysters at 2259 Avenida De La Playa and its executive chef Marty Fay are swapping out standard dinner service on Sunday, Sept. 17 for a family-style, all-you-can-eat steamed crab feast. Fay, who is from Baltimore, is cooking this favorite Maryland crab feast.

READ MORE ONLINE AT sdnews.com



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Lucrezia offers contemporary twist on Italian cuisine in La Jolla

After much anticipation, the team at Grupo Hunan has opened doors to Lucrezia at 4301 La Jolla Village Drive, Suite 1050. The new concept is in collaboration with chef Miguel Torres Flores (Caccio, Tijuana, Mexico), known for his mastery cooking inspired Italian cuisine, and aims to offer guests a transportive dining experience set in a lush and welcoming indoor-outdoor space that recalls the allure of the Amalfi Coast.

At its core, Lucrezia positions itself as a contemporary twist on Italian cuisine set in a chic, upscale environment ideal for dining 'la dolce vita.' The menu is crafted to provide diners with a culinary escape; reimagining classic Italian flavors through a modern lens heightened by seasonal produce, coastal ingredients, and everyday approachability.

Signature dishes on the opening menu include Crudo Of The Day, Gamberoni alla Griglia tiger prawns with garlic, herbs, lemon, and olive oil, Romaine Spicy Calabrese with shaved aged pecorino sardo and toasted pine nuts, Oreganata Pizza with Pomodoro and dried Sicilian oregano, Tartufo Pizza with housemade ricotta cheese, sautéed mushrooms, and shaved Italian truffles, Tagliatelle Fatto in Casa with 6-hour meat sauce and grana padano, Rigatoni Spicy Vodka with tomato vodka cream

sauce, Grilled Baby Lamb Chops with Mediterranean cannellini purée and heirloom tomato salad, Veal Milanese with arugula, lemon, and cherry tomato, Bistecca alla Fiorentina with dry-aged, prime porterhouse 800g and garlic confit.

The beverage menu boasts a wine collection curated by Flores, a known oenophile, offering approachable, inspired varietals from around the globe highlighting both new and old world producers, some classic but many unexpected and progressive.

Cocktails are modern riffs on classic Mediterranean beverages including Amore Mule with vodka, lemon sour, and blood orange ginger beer; Reposado Rosa with tequila reposado, watermelon, basil, jalapeño, cranberry, lime, and tajin; Mezcal-Groni with mezcal, Campari and carpano; and La Dolce Vita Espresso Martini with vodka, liquor 43, Kahlua, and coffee.

"I am a curator of fine ingredients, from the wine, produce, and protein to our team itself. I strive to show ingredients the utmost respect which has guided my life's journey," Flores said. "We plan to do the same thing at Lucrezia, harmonizing with beautiful ingredients and great people where the magic of good wine and the best produce intertwine to create unforgettable dining experiences."

The 10,000-square-foot building was completely renovated, now leaning into an Italian palazzo vibe that recalls the patina of a vintage Fellini film. The romantic indoor-outdoor 300-seat restaurant, designed by Hunan's sister company Cuaik Comprehensive Design Studio features rich finishes including a Calacatta Viola marble bar, two private dining areas, grown olive trees, and overhanging plants that seamlessly connect the terrace and dining room.

The welcoming design highlights architecturally curved walls, wrapping throughout the space and providing intimate moments perfect for date nights and sun-kissed gatherings. A grand piano, green-tiled Marraforni pizza oven, and plush banquettes provide a melding of sophistication for diners while the service and hospitality are provided by the restaurant's white jacket-adorned waitstaff.

Located at the Westfield UTC, Lucrezia is on the street level of the shopping destination, providing views for enjoying sunsets and coastal scenes. The restaurant is open for dinner service seven days a week, 5-10 p.m. with expanded evening service on Fridays and Saturdays until 11 p.m. and lunch service to begin in upcoming weeks. Reservations can be made via OpenTable, 30 days in advance



The 10,000-square-foot building was completely renovated, now leaning into an Italian palazzo vibe that recalls the patina of a vintage Fellini film. COURTESY PHOTO

with availability for walk-ins to accommodate shoppers and neighbors. Valet and street

parking will be available to guests. For more information, visit lucrezia.us.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9016390 Fictitious Business Name(s) a.PREMIUM FINANCING PARTNERS b. ANNUITY INCOME & GROWTH PARTNERS, 10505 SORRENTO VALLEY RD, STE 110, SAN DIEGO, CA 92121 Is registered by the following: a. WEALTH FINANCIAL LIFE INSURANCE SERVICES, INC. This business is conducted by: A CORPORATION The first day of business was: 10/30/2020 Registrant Name: a. WEALTH FINANCIAL LIFE INSURANCE SERVICES, INC. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ARSENIO GRINDULO, PRESIDENT The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 07, 2023 ISSUE DATES: September 1, 8, 15 & 22, 2023

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017645 Fictitious Business Name(s) a. R & E MOBILE NOTARY, 15844 BROAD OAKS RD, EL CAJON, CA 92021 Is registered by the following: a. RICHARD BLANDING JR This business is conducted by: AN INDIVIDUAL The first day of business was: 08/24/2023 Registrant Name: a.RICHARD BLANDING JR TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 24, 2023 ISSUE DATES: September 1, 8, 15 & 22, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017645 Fictitious Business Name(s) a. SAKASEGAWA COMMERCIAL CONSULTANTS INC. b.SAKASEGAWA PROPERTY MANAGEMENT c.SCC d. SPM e.PACIFIC CRANE REALTY f.PCR g.PACIFIC CRANE PROPERTY MANAGEMENT h.PCPM, 1050 ROSECRANS STREET, SUITE C, SAN DIEGO, CA 92106 Is registered by the following: a. SAKASEGAWA COMMERCIAL CONSULTANTS INC This business is conducted by: A CORPORATION The first day of business was: 11/2/2005 Registrant Name: a.SAKASEGAWA COMMERCIAL CONSULTANTS INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor JAMES SAKASEGAWA, PRESIDENT The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 24, 2023 ISSUE DATES: September 1, 8, 15 & 22, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9015757 Fictitious Business Name(s) a. GROOV-IE'S OF CALIFORNIA, 1135 GARNET #11, SAN DIEGO, CA 92109 Is registered by the following: a.HENRY M GARVEY III This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.HENRY M GARVEY III TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JULY 27, 2023 ISSUE DATES: September 1, 8, 15 & 22, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017792 Fictitious Business Name(s) a. WANDERING WOMAN PRESS b. WANDERING WOMAN ADVENTURES, 1304 DIAMOND ST SAN DIEGO, CA 92109 Is registered by the following: a.MICHELLE SEXTON, ND This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.MICHELLE SEXTON, ND TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 28, 2023 ISSUE DATES: September 1, 8, 15 & 22, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017549 Fictitious Business Name(s) a. TEMPLE BARBERSHOP, 6555 BALBOA AVE, SAN DIEGO, CA 92111 Is registered by the following: a.TEMPLE MANAGEMENT, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a.TEMPLE MANAGEMENT, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor JUSTIN KOMISI WASHINGTON, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 23, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023-9018043 Fictitious Business Name to be Abandoned: a.FOX COLLEGE FUNDING, 7825 FAY AVENUE SUITE 210, LA JOLLA, CA 92037 . The Fictitious Business name referred to above was filed in San Diego County on: 09/30/2021 and assigned File No. 2021-9021882 Fictitious Business name is being abandoned by: FINANCIAL ALTERNATIVES, INC, 7825 FAY AVENUE SUITE 210, LA JOLLA, CA 92037 This business is conducted by: A CORPORATION . I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.) Registrant name: JAMES ALAN FREEMAN, PRESIDENT . Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: AUGUST 31, 2023 . ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017396 Fictitious Business Name(s) a. PARADISE PAYMENT SOLUTIONS, 2156 REED AVE, SAN DIEGO, CA 92109 Is registered by the following: a.WEST ROSE LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a.WEST ROSE LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ROCKY GROVER, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 22, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9016547 Fictitious Business Name(s) a.GYRO LUXURY DETAILS, 10144 DEL RIO ROAD, SPRING VALLEY, CA 91977 Is registered by the following: a.TIMOTHY RYAN STEPHENSON This business is conducted by: AN INDIVIDUAL The first day of business was: 8-9-23 Registrant Name: a.TIMOTHY RYAN STEPHENSON TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 09, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018197 Fictitious Business Name(s) a.CAL-FLORA HORTICULTURE & LANDSCAPE b.CALFLORA NATIVESCAPES, 4719 ORCHARD AVE, SAN DIEGO, CA 92107 Is registered by the following: a.SCOTT JONES This business is conducted by: AN INDIVIDUAL The first day of business was: 8-9-23 Registrant Name: a.SCOTT JONES TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 1, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018063 Fictitious Business Name(s) a.LSD26.COM b. EVENT TACTICS, 975 ½ DIAMOND ST, SAN DIEGO, CA 92109 Is registered by the following: a.MICHAEL PATRICK MCGRATH This business is conducted by: AN INDIVIDUAL The first day of business was: 8/1/2023 Registrant Name: a.MICHAEL PATRICK MCGRATH TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 31, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9015472 Fictitious Business Name(s) a. SUN-BABY FLORALS, 1618 REED AVENUE, SAN DIEGO, CA 92109 Is registered by the following: a. RACHEL NICOLE POTTER This business is conducted by: AN INDIVIDUAL The first day of business was: 06-01-23 Registrant Name: a. RACHEL NICOLE POTTER . TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JULY 25, 2023 ISSUE DATES: September 8, 15 , 22 & 29, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9017886 Fictitious Business Name(s) a. .I.AM. CHAI.2., 4601 DAKOTA DRIVE 2, SAN DIEGO, CA 92117 Is registered by the following: a.EDGAR EDWARD RODRIGUEZ This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.EDGAR EDWARD RODRIGUEZ TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 29, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018325 Fictitious Business Name(s) a. PIONEER CONSTRUCTION, 2715 S. CENTER CITY PARKWAY, SUITE A, ESCONDIDO, CA 92025 Is registered by the following: a.GHOLAM REZA SAMANDARI This business is conducted by: AN INDIVIDUAL The first day of business was: MARCH 21, 2003 Registrant Name: a.GHOLAM REZA SAMANDARI TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 6, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018520 Fictitious Business Name(s) a. OPEN PLAY THERAPY, 3711 LOUISIANA ST #5, SAN DIEGO, CA 92104 Is registered by the following: a.HELLER PHYSICAL THERAPY, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.HELLER PHYSICAL THERAPY, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor Daniel Heller, President The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 8, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018586 Fictitious Business Name(s) a. BLOOM GINGER LEMONADE, 7901 CIVITA BLVD #425, SAN DIEGO, CA 92108 Is registered by the following: a.CHASING HAPPY, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a.CHASING HAPPY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ANTOINE DEBNICKI, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 8, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9016466 Fictitious Business Name(s) a. MAGNOLIAS COLD BREW AND COFFEE, 3149 SWEETWATER SPRINGS BLVD APT 191, SPRING VALLEY, CA 91978 Is registered by the following: a.KIM RABAGO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.KIM RABAGO TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: AUGUST 8, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018393 Fictitious Business Name(s) a. JUNGLE BOYS DISPENSARY, 8160 PARKWAY DRIVE, LA MESA, CA 91942 Is registered by the following: a. PARKWAY VENTURES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 07/01/2023 Registrant Name: a.PARKWAY VENTURES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor SARMAD HALLAK, MANAGER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 6, 2023 ISSUE DATES: SEPTEMBER 15 ,22, 29 & October 6, 2023

Strut for Sobriety! celebrates 19 years for A New PATH



Fashion Files
Diana Cavagnaro

The 19th annual Strut for Sobriety! took place on Sept. 9 at the Sheraton San Diego Hotel & Marina. This heartfelt event was presented by A New PATH (Parents for Addiction Treatment and Healing). Guests gathered in the Boutique for some fun shopping with incredible items for sale. Music was played by Stacy Pecore while everyone shopped. Jason Brown entertained the crowd on his saxophone as they retired into the Silver Pearl Ballroom for the luncheon and fashion show. The co-chairs were Liz Crocker and Judy Lawton and the honorary chairs were Jack Missett and Judi Sheppard Missett. The masters of ceremonies for the afternoon were Geni Cavitt and Rory Devine. They welcomed everyone and announced the guest speaker Liz Rosenthal who talked about her recovery. She went on to get her physical

therapist assistant license at San Diego Mesa College. This uplifting speaker left the audience inspired. Erin Liddell was the auctioneer for the afternoon and really got the crowd in a bidding war for an all-season pass to the Del Mar Thoroughbred Racing Club. Additional items were a Cancun Paradise Vacation and a two-night stay at the Alisal Ranch in Solvang. This year, the 2023 Path to Recovery Honorees were pioneer Jeanne McAlister, who is the CEO and founder of McAlister Institute, and Cecil H. Steppe, who is president and CEO of the Urban League of San Diego County since 2001. They were honored for their work in reducing the stigma associated with substance use disorders. The fashion show and entertainment were presented by Gretchen Productions. Gretchen Bergman specializes in fashion choreography and has been bringing these artistic shows to the public since 1979. Fashions for the show were provided by Macy's Fashion Valley and several local boutiques. One uplifting

segment featured guest models in recovery. September is National Alcohol & Drug Addiction Recovery Month. Strut for Sobriety! coincides with this and raises funds for A New PATH. This nonprofit reduces the stigma of substance use and increases access to quality drug treatment and recovery services. One of their projects includes lifesaving overdose prevention and Narcan distribution. Narcan is a safe drug that can reverse an opioid overdose. This event marked A New PATH's 24th year of service to the community and 19 years of Strut for Sobriety! A New PATH can be visited at anewpath.org and momsunited.net.

UPCOMING EVENTS

Sept. 17 – "Bridal Bazaar" with fashion shows presented by Gretchen Productions at the San Diego Convention Center. Two shows will be presented during the day. For more info: 760-334-5500. Oct. 7 – 37th annual Fur Ball Gala at the San Diego Humane Society. For tickets: <https://one.bidpal.net/sdfurball23/>

ticketing(details:ticketing-summary)
Oct. 7 – Fashion Week San Diego Fall Runway Shows at the Andaz Hotel San Diego at 6 p.m. For more information, visit <https://fashionweeksd.com/events/>.
Oct. 8 – Fashion Week San Diego Fall trunk event at the Andaz Hotel San Diego. For more information, visit <https://fashionweeksd.com/events/>.
Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego area. Learn more about our hat designer, teacher, and blogger at DianaCavagnaro.com.



Model wears a dress from Macy's.



Satori Designs are shown off by model.



Model coming down the runway in Be Boutique.



Model showing off One Nine Five by Ena Walters.



Over the Rainbow Segment with clothes from Macy's Fashion Valley.



Finale from Macy's Fashion Valley.



Finale from Macy's Fashion Valley.

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SUDOKU PUZZLE

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

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

CROSSWORD PUZZLE

		1	2	3	4	5	6			7	8	9	
	10	11								12			
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		38									39		
	40							41	42	43			
44						45	46	47					
48						49							
50						51							

- CLUES ACROSS**

 - 1. Type of crayon
 - 7. Fashion accessory
 - 10. Most cerebral
 - 12. Incline from vertical
 - 13. Dependent on
 - 14. Broken in
 - 15. Strongly desires
 - 16. Mounted soldier
 - 17. Ad __: when necessary
 - 18. Cattle
- 19. Ottoman military commanders
 - 21. __ student, learns healing
 - 22. Composed in poetic meter
 - 27. Promotional material
 - 28. Where people live
 - 33. Sodium
 - 34. Embarrassing
 - 36. Medical man
 - 37. Mother of Hermes
 - 38. One who saves the day
- 39. Tooth caregiver
 - 40. Not clothed
 - 41. Slope covered with loose stones
 - 44. Used to cook
 - 45. Praises enthusiastically
 - 48. Rooney is a famous one
 - 49. Beekeeper
 - 50. Pigpen
 - 51. Potato chip brand

- CLUES DOWN**

 - 1. Living quarters
 - 2. Horizontal passage
 - 3. Attacks
 - 4. Vietnamese offensive
 - 5. Midway between east and southeast
 - 6. Confined (abbr.)
 - 7. Book of Esther antagonist
 - 8. Port in Yemen
 - 9. CNN's founder
 - 10. Type of bulb
 - 11. Prepare
- 12. Promoted
 - 14. Dinner jackets
 - 17. Partner to cheese
 - 18. Nebraska city
 - 20. Human gene
 - 23. Pays no attention to
 - 24. Lowland South American plain
 - 25. Blood group
 - 26. Mauna __, Hawaiian volcano
 - 29. Atomic #37
 - 30. Unit of electrical resistance
 - 31. Jeweled crowns
 - 32. Nastiest
- 35. Traditional cars need it
 - 36. Bowler hat
 - 38. Robust
 - 40. Not straight
 - 41. Stony waste matter
 - 42. Have an interest in
 - 43. Jacob __, journalist
 - 44. Maintains possession of
 - 45. Swiss river
 - 46. Average cost of market goods
 - 47. Spanish soldier: El __

S	E	D	I	R		A	L	S
L	S	I	R	V	I	D	N	V
S	W	I	V	T	C	O	V	
E	E	H	O	S		E	B	E
S	D	D				O	E	H
V	I	V	W			O	O	D
G	N	I	H	S	V	B	V	
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9	1	5	8	6	7	8	2	4
6	8	2	1	8	4	5	9	7
8	7	4	5	2	9	1	6	8
5	8	6	7	8	1	9	4	2
7	9	1	2	4	6	8	5	
2	4	8	9	5	8	7	1	6
8	2	8	6	1	5	4	7	9
4	5	9	8	7	2	6	8	1
1	6	7	4	9	8	2	5	8

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

By BART MENDOZA

SPOTLIGHT

Singer-songwriter AJ Croce returns to San Diego for a special homecoming performance at Humphrey’s Concerts by the Bay on Sept. 23. Part of the “Croce Plays Croce Tour,” for this run of multi-media shows the focus will be on the music of AJ’s father, iconic 1970s-era hitmaker, Jim Croce. The younger Croce does his dad proud, with superb renditions in the set list of such classics as “Operator,” “You Don’t Mess Around With Jim” and “Time In A Bottle.” With an audience sure to be filled with friends and family, this event promises to be a true celebration of six decades of Croce music.

Croce Plays Croce: Saturday, Sept. 23 at Humphrey’s Concerts by the Bay, 2241 Shelter Island Drive. 7:30 p.m. \$56.50. www.humphreysconcerts.com

RECOMMENDED

On Sept. 16, one of the best tribute bands going, The Who Generation, will play the hits of Pete Townshend at Campland on the Bay. The quartet excels at performing material from The Who’s late 1960s through mid-1970s prime, including songs from the “Who’s Next” and “Quadrophenia” albums. However, what makes the Who Generation stand out is their

attention to detail. Diehard fans of The Who will love the use of vintage gear to get the right sound, while the band also goes all out with costuming, including wigs and recreations of iconic clothing. The Who Generation is the next best thing to seeing The Who in their prime.

The Who Generation: Saturday, Sept. 16 at Campland on the Bay. 7 p.m. No cover. campland.com.

Jazz aficionados won’t want to miss singer Jonathan Karrant, who stops in at Tio Leo’s on Sept. 17. The Las Vegas-based crooner will be celebrating the release of his fifth album, “Eclectic,” backed by an all-star band that includes pianist Joshua White, bassist Rob Thorsen and drummer Tyler Kreutel. Long-time fans of Karrant’s smooth vocal stylings will enjoy the album’s diverse mix of tunes, which includes re-cast jazz versions of The Buffalo Springfield’s “For What It’s Worth” and Willie Wonka’s film favorite, “Pure Imagination.” As good as the new album is, its song choices are even better live, where these virtuoso musicians can showcase their improvisational skills to great effect.

Jonathan Karrant: Sunday, Sept. 17 at Tio Leo’s, 6333 Mission Gorge Road. 5 p.m. No cover. tioleos.com.

Trumpeter Gilbert Castellanos performs at the La Jolla Community Center on Sept. 22.

Castellanos has worked around the world with numerous music legends, from Quincy Jones to Willie Nelson, but it’s locally where he’s had the biggest impact. Castellanos’ work as a tireless jazz artist, and promoter, and especially as a music educator with his Young Lions Music Conservatory, has had a major effect on the area’s music community, across genres. His latest album is the Blue Note-styled jazz classic, *Espérame en el Cielo*, but whatever Castellanos pulls from his extensive repertoire on the night will be well worth hearing.

Gilbert Castellanos: Friday, Sept. 22 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. \$35. ljcommunitycenter.org.

Bassists Justin Grinnell and Kathryn Schulmeister will join forces for a free performance at the Athenaeum on Sept. 25, as part of the venue’s weekly lunch-time mini-concerts. These free events, running through Nov. 27, are a great way to take in adventurous new sounds, focusing on classical music and jazz. This show will spotlight the interplay of two jazz basses, with a heavy dose of improvisation. Both players are major talents, with Grinnell perhaps best known for his work with award-winning combo, The Danny Green Trio.

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UC quarterback Bella Giron throws a pass early in the Centurions' 18-12 season-opening win over Patrick Henry. PHOTO BY ED PIPER

UCHS flag football: Pioneers for a sport that has a future

By ED PIPER

Andrea Lanatta-Valera had a sense of how big the Centurions' season opener in flag football against Patrick Henry was in the larger picture: "This is our first home game, our first league game," the cornerback/wide receiver said before warm-up drills prior to the game on Aug. 29. "I'm really excited about starting up this program."

Lanatta-Valera, a senior who wants to study to be a veterinarian at UC Davis, talked about "encouraging women for sports". After all, "Men's football is a big sport," she observed. UC took the contest, 18-12, in 90-degree heat.

University City got off to a slow start in the first 20-minute running half (with a stopped clock for the last two minutes of each half).

But as Bella Giron, a senior captain along with Lanatta-Valera, and linebacker Kylee Holguin, and her receivers got more in sync against a much larger Henry contingent (29 players vs. 16 for the home team), they started to click. Four cones marked each 20-yard first-down location, with the football field shortened to 80 yards.

Giron connected with sophomore Kianna

LeFear on a fourth-down completion after an illegal Henry rush (only two players were allowed to rush) for the first TD in UC flag football history, tying the game at 6-6.

Then receiver Dannah Shinta, another sophomore, grabbed a Giron aerial for the second TD, making it 12-6 with under three and a half minutes to play in the opening half.

Bella found Shinta, a tall presence, again just before time ran out in the half for touchdown number three. That put UC into the halftime break leading 18-6 and bursting with confidence.

Centurion head coach Brian Josten was hired by athletic director David Asuncion to head the first girls flag football team in the school's history. He had been an athletic director in earlier days. He and his assistant ran the girls through passing/defending drills before the game, and split into two groups, in an efficient, effective pattern to get them ready.

During the game, officials had to remind players to bring the football back from an incomplete pass to where it would be spotted again. All six other members of the offense are eligible to go out for passes from the QB.

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Mission Bay flag football starts strong in first season

By HECTOR TRUJILLO

The Mission Bay High flag football team earned back-to-back wins to start its first season after a 34-18 road victory over San Ysidro on Aug. 24 and a 48-0 rout of Crawford on Tuesday evening at home.

The 2-0 Bucs will host Canyon Hills at 4 p.m. on Tuesday, Sept. 19 in a league game.

"Our school district decided that we were going to add some new sports and flag football was one of them," said head coach Heather Nellis. "It has gained a lot of traction because it's such a great sport where players can show their athleticism with minimal injury."

There are various differences between flag football and tackle football, which include having seven players instead of 11 on each side, the field dimensions for flag football being smaller, no blocking is allowed, and there is a no-run zone that benefits teams with a strong passing offense since every player is an eligible receiver. There are penalties in flag football such as offside and encroachment with things like flag-guarding also being disallowed with the quarterback only being allowed to run once per series unless there is a blitz.

The Mission Bay team is made up predominantly of freshmen and sophomores along with four seniors and junior co-captain Mary Reger, who is the quarterback, with the other co-captains being Iris Brogan and Hallie Bastian.

"As long as everyone stays healthy we have potential for two great years in a row,"



Autumn Hayes (14) celebrated a touchdown catch with Jade Pele. PHOTO BY STEVE SIDELL

Nellis added. "The girls will know all the plays by then while building a lot of camaraderie, which has been great so far." Nellis previously coached girls varsity soccer at Kearny High and has been at Mission Bay for six years.

The Bucs will play 10 regular season games with four at home and six on the road including the final three versus Clairemont, Madison, and Hoover.

"I am amazed at the athleticism and tenacity of these young women," said coach Cherie Woods. "In a short time, players, some with little experience in the sport, have drastically improved their skills, bonded together as a team, and are excited to make a mark this inaugural season. We have several stand-out players on both offense and defense. Within minutes of watching a game, you can see the stars."

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RIVALRY GAME – Buccaneers want to control the line of scrimmage against the Vikings

By CLARK FAHRENTHOLD

It's fair to say that the Mission Bay football team is turning heads right now. A 4-0 start to the season will tend to do that.

Coming off a week that saw the Bucs dismantle Sweetwater 35-14, QB Charlie Hutchinson threw for 4 TDs, and their defense recorded five sacks; everything seems to be clicking at just about the midway point of the 2023 season.

With last week's win, the Bucs not only find themselves undefeated but also ranked inside the top 25 in the San Diego Section Power Rankings done by MaxPreps and currently ranked as the No.1 team in DIII by MaxPreps.

"I've been telling the team that every week is CIF for us," said Mission Bay head coach Greg Tate. "Going undefeated wasn't a goal we had set for ourselves before the season; the was and still is to win league, get into CIF, and win a CIF title."

However, Mission Bay's undefeated record will be placed to its toughest test on Friday night when they host the Vikings of La Jolla High at 7 p.m. The Vikings, a DII team, have put together a 2-2 start to the season and possess the offensive firepower and in-the-trenches strength to go toe to toe with the Bucs.

"La Jolla is an extremely talented team and a tough matchup for us," said Tate. "Their QB Jackson Diehl is a threat anytime he has the ball in his hands. While on the outside, they have some serious dogs in Hank Hansen and Carson Diehl at WR."

With the length of the Bucs DBs Gavin



Mission Bay senior QB Charlie Hutchinson will be looking for big plays against La Jolla.

PHOTO BY STEVE SIDELL

Girouard, Isiah Whitehurst, Shane Brushie, and Jayden Bailey combined with coach Tate's play of press-man coverage, the battle between the Bucs corners and the La Jolla wideouts could be the difference in Friday's game.

See **BUCS**, Page 15



La Jolla running back Aidan McGill will need a big game against Mission Bay.

PHOTO BY DAVID FRERKER

RIVALRY GAME – Vikings looking to slow down the Buccaneers talented offense

By CLARK FAHRENTHOLD

This Friday night, the La Jolla Vikings will look to right the ship. After a 2-0 start to the season that included a thumping of crosstown rival Bishop's, La Jolla has slipped up with back-to-back close losses.

Dropping two in a row to El Capitan and Rancho Bernardo, both close games until the end, La Jolla is 2-2 with a pivotal showdown vs. the 4-0 Buccaneers of Mission Bay in Pacific Beach.

"We played well and moved the ball offensively; we just didn't finish in the red zone the past two weeks. If we do that, we probably win those games," said Vikings head

coach Tyler Roach.

"Had we come away with touchdowns and punched a couple of those red zone trips in, it's a different game versus RB. It was just a tale of two halves; we came out a little flat, and they got up on us early. We found our groove in the second half and scored on our first possession but couldn't capitalize on other opportunities."

Roach and his team know that to get back on track, they'll need to execute on both ends better, especially with an opponent that is as athletic and explosive as Mission Bay.

See **VIKINGS**, Page 15



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COMPASS

Pro tournament, cluster of pros make San Diego a tennis hot spot

By MICHAEL J. LEWIS

Like waves on the Pacific Ocean, they just keep coming off the courts of San Diego.

For more than 50 years, pro tennis players have been growing in the county, and it seems they come in clusters.

From the days of Brian Teacher and Kelly Jones in the 1980s, through the 1990s and 2000s with players like Coco Vandeweghe, San Diego has always produced some top talent.

Right now there again seems to be a cluster of great players coming from our area. Brandon Nakashima has been an established Top 50 pro for several years. The Svajda brothers, Zach and Trevor, are having excellent success, with Zach playing in the U.S. Open main draw three times in the last five years, and Trevor reaching the finals of the Boys 18s Nationals this summer and making U.S. Open qualifying.

And Katherine Hui, a top female junior, looks to have a very bright future as she heads to play for Stanford this year; Hui reached the finals of the USTA Girls 18s Nationals at Barnes Tennis Center here in August and competed in the U.S. Open qualifying draw.

And don't forget the WTA's Cymbotika San Diego Open has now been around for two years, and boasts top players like Ons



Stadium Court at Barnes Tennis Center in Point Loma was packed during last year's San Diego Open. COURTESY PHOTO

Jabeur, Coco Gauff, and Madison Keys.

So what's the reason for all this success coming from San Diego every few years? Tennis experts in the area point to several factors helping this current boom.

"The coaches are very good, and the climate is very good," said Angel Lopez, a coach for four decades in the area and who runs the Angel Lopez Tennis Academy. "You can play year-round, outdoors, and get better every day."

Indeed, the warm weather in San Diego is helpful, but the access

to top coaches is a major factor as well.

With coaches like Larry Stefanki (who once advised John McEnroe and Tim Henman, among many others), Guy Fritz (father of current Top 10 player Taylor Fritz), Christian Groh, and others, local San Diego talent have the ability to be shaped by outstanding tennis mentors.

"You have talented kids and you have talented coaches who know how to harness that talent," said Ryan Redondo, the director of the Barnes Tennis Center

coach David Nainkin, who coaches out of the USTA's training complex in Carson. "Taylor Fritz had a group of talented players pushing him, and Nakashima looked up to Fritz, and the Svajda boys can look at what Nakashima is doing and feel good, too. The environment of competition is good for them."

In addition to playing each other, there's the glut of playing opportunities in the San Diego area that helps. Redondo said that just within an hour's drive, there are Level 7 beginner tournaments, all the way up to UTR (low-level professional) events, and of course high-level junior play at places like Barnes, which hosts the USTA Girls Nationals every year.

That's why a player like Trevor Svajda can get so good despite never getting on an airplane to play a tennis match until August, when he went to Kalamazoo, Mich.

"Kids get so many opportunities, and the more you give players opportunities, the more they're going to seize them," Redondo said.

It all adds up to San Diego being a feeder area to the pros for many years, with no let-up in sight.

"It gives me a sense of pride that our town has produced so many great players, now and in the past," Lopez said. "But it also makes me feel old, because some of these great players have kids now who are pros!"

VIKINGS »
CONT. FROM PG. 14

Fortunately for the Vikings, with play-makers like Hank Hansen, Kia Fukuda, Carson Diehl, and QB Jackson Diehl, they have the firepower to go shot for shot offensively with any team.

"Mission Bay has a great team; they're athletic. We saw that in the spring in 7-on-7, and that's translated to the regular season. And you can see on tape that they're playing with a ton of confidence," said Roach. "On defense, their length and athleticism is noticeable, and specifically in the secondary, it's something we will have to account for."

Roach noted that he feels like one of the keys to the game for the Vikings on offense, and really the game plan is being more efficient and staying ahead of the chains.

"When you play versus an athletic secondary and LB core, the likelihood is maybe you'll catch them in one blown coverage, but you're really not gonna get over the top and get big explosive plays. So we gotta have

more long and sustained drives and control the line of scrimmage."

On the flip side of things, Roach knows the defense will be tasked with trying to slow down Bucs' QB Charlie Hutchinson and this balanced Mission Bay offense that is posting 33 points per game.

The Vikings defense will want to try to dial up the pass rush, but Roach and his staff know they have to pick their spots. At 6 feet 6 inches tall, Hutchinson has excellent mobility, and the Bucs' running game is equally vaunted.

"Hutchinson has a longer delivery, but he's an extreme athlete who can move and spin. And they have great coaches over there, so they'll see if we're just pinning our ears back and blitzing that they can pivot to their strong screen game," said Roach. "It will be kind of a mix and match pick your poison of when to come after them. Hopefully, we can do some things coverage-wise that they haven't seen before. We're looking forward to the challenge."

The Vikings visit the Buccaneers at 7 p.m. on Sept. 15.

BUCS »
CONT. FROM PG. 14

But for Tate, the biggest battle of the game in his mind will be played in the trenches and in the box between the La Jolla offensive line led by Jett Thomas. "The Vikings O-line, and specifically a guy like Thomas, is powerful," said Greg. "Even if we are able to slow down the passing game they still have a line that they can just flat-out run behind."

The Bucs who will figure largely into slowing down the run will be the LB duo of Cadden Taffe, who Tate calls the QB of the defense, Orlando Castillo, and Jacob

Morgan. The trio has been run stuffers all season and leads Mission Bay and the team in tackles combining for 70 total tackles and 6 TFL this year.

"What Hutch (Charlie) is on the offensive side of the ball Caden (Taffe) is on the defensive side of the ball," said Tate. "We have a lot of new and younger guys and he's the guy that gets everyone lined up, he knows all the play calls, adjustments. At times he even comes up with defensive looks we should run on his own, he's like a player-coach out there."

The showdown between Mission Bay and La Jolla will be 7 p.m. on Sept. 15, at Mission Bay High School.

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Co-Chairs Jay Hagan and John Dobak, MD with ultimate auction item procurer Helena Roseman – Luau Sponsor Party.

By MARGO SCHWAB

Surf's up, donations and energy too as the 30th Luau & Legends Surfing Invitational for a cancer cure took place by Scripps Pier with

rocking surf party above at the Forum. The brainchild idea of founder Sam Armstrong, the annual event has raised millions of big bucks benefiting the Moores Cancer Center at UC San Diego Health.

Stellar support came from the W.P. Carey Foundation, epic Scorpion Bay Hotel, Guy Takayama Surfboards, Valerie Armstrong, Josh Hall Surfboards, Tavarua (with bar bill!) and Jojo Roper surf lessons, and the best chairs ever,

John Dobak, MD and Jay Hagan. Geniuses of Amgen and DermTech, these UC San Diego surfing grads, have magnanimously devoted the last 40 weeks of their lives to all the details of this event. From procuring Luau 30 artist Rick Rietveld, to luau music by The Adverse Events, a Moores Cancer Center band coincidentally, sponsor band the Nashville Yacht Club Band, the

timeline/pace ...everything!

Back to the dressed a like co-chairs, they have created a stellar new energy, a new era for the luau. Bravo to Dobak and Hagan!

FYI, cover shot is moi with Valerie and birthday boy Harry Cooper at Mille Fleurs in Rancho Santa Fe. The chic dinner for 30 close friends was lovingly organized by Valerie. Besties!!

WAVE »

CONT. FROM PG. 1

dropped to near-zero as the extreme biomass of the red tide decomposed. This lack of oxygen led to fish die-offs and other destructive impacts on local ecosystems.

Now, for the first time, a study led by scientists at UC San Diego's Scripps Institution of Oceanography and Jacobs School of Engineering has pinpointed how this plankton species — a dinoflagellate — was able to create such an exceptionally dense bloom. The answer lies in dinoflagellates' remarkable ability to swim, which lends them a competitive advantage over other species of phytoplankton. According to the authors, this swimming ability can lead to the formation of dense blooms, including those of the bioluminescent variety.

"The idea that vertical swimming gives dinoflagellates a competitive advantage actually goes back more than half a century, but only now do we have the technology to conclusively prove it in the field," said oceanographer Drew Lucas, senior author of the paper and an associate professor at Scripps Oceanography and the Department of Mechanical and Aerospace Engineering at UC San Diego.

Lucas and former graduate student Bofu Zheng led the work alongside several colleagues in the midst of the red tide event in April and May 2020. The researchers seized the opportunity to deploy sophisticated ocean instruments off the coast of San Diego, resulting in unprecedented measurements. The effort was made possible with funding provided by the Southern California Coastal Ocean Observing System (SCCOOS) through an award by the National Oceanic and Atmospheric Administration (NOAA). The team's findings



Bioluminescence off Scripps Pier on April 24, 2020, during a historic red tide event. PHOTO BY PHILIPP ARNOT

were published in the Aug. 28 issue of the Proceedings of the National Academy of Sciences, showcased as the cover story.

The dinoflagellates — *L. polyedra* specifically — were shown to be highly mobile, swimming upward during the day to photosynthesize and downward at night to access a deep nutrient pool. This resulted in the intensified ruddy coloration of the water at the surface, hence the term "red tide," seen most prominently in the afternoon.

A large population of the dinoflagellates was documented making the downward journey at night, though a portion remained near the surface waters, leading to nighttime displays of bioluminescence. The authors found that this vertical migration is what allowed the dinoflagellates to outgrow their non-mobile competitors, including other species of phytoplankton.

The study validates a 50-year-old hypothesis originally presented by Scripps Oceanography biological oceanographer Richard "Dick" Eppley. He and colleagues posited that the vertical migration of dinoflagellates was linked to harmful algal blooms, which have been documented off Southern California for at least 120 years. Extensive lab research was conducted to

support this idea, but it had never been tested in the field until the 2020 event.

As in many dinoflagellate species, *L. polyedra* is endowed with a pair of flagella — whip-like appendages that propel the single-celled organism through the water. In addition to its ability to swim, *L. polyedra* is remarkably fast, with a maximum swimming speed of up to 10 body lengths per second for almost 24 hours.

"In the plankton world, they are Michael Phelps," said Lucas, describing the dinoflagellates. "For comparison, fast-burst swimming in species like bluefin tuna or shortfin mako is around 9-10 body lengths per second, but only for very short periods. Their exceptional swimming allows *L. polyedra* to dive to cold depths where they can take up nutrients, allowing these organisms to really bloom and explode in population."

The team used the Wirewalker — an autonomous, ocean-wave-powered vertical profiling system that was developed at Scripps Oceanography — to continuously measure physical and biochemical conditions from the sea surface to the seafloor, reaching a depth of 100 meters (300 feet). Powered by wave energy, the instrument moves up and down a mooring line attached to a buoy, while taking measurements of temperature, salinity, depth, sunlight levels, chlorophyll fluorescence, and nitrate concentrations. They also captured near-surface images of the bloom using an Imaging FlowCytobot (IFCB), a robotic microscope installed on an offshore mooring; this site is now part of a larger IFCB network overseen by SCCOOS.

Data and images collected by these instruments validated Eppley's original hypothesis, showing that indeed *L. polyedra* descended at dusk, reaching a maximum depth of about 30-40

meters (100-130 feet) after 18 to 24 hours of swimming. While in the deep, the dinoflagellates would take up nitrate, which acts as a growth nutrient for plankton, before returning to the surface around noon to photosynthesize during maximum sunlight.

The growth of phytoplankton biomass, or the "bloom," correlated with proportional decreases in nitrate concentrations at depth, linking the important role that swimming phytoplankton have in the development of certain types of red tides. On cloudy days, the subsurface vertical migration was much less apparent, suggesting that the intensity of sunlight is an important trigger for vertical migration.

Lead author Zheng, now a post-doctoral investigator at Woods Hole Oceanographic Institution (WHOI), was impressed by the many advanced functions of the dinoflagellates, which are comparable in size to the diameter of a human hair.

"These single-celled organisms, namely *L. polyedra*, are so functionally complex and amazing," said Zheng. "In addition to their swimming speed, which in a relative sense is far beyond human limits, they can coordinate their behavior according to the day-night cycle by migrating down at night and coming back to the ocean surface during the day; they can produce spectacular bioluminescence; they can photosynthesize; they can even prey on organisms that are smaller than them."

The researchers also looked at long-term ocean monitoring data captured by the California Cooperative Oceanic Fisheries Investigations (CalCOFI), and long-term mooring data maintained by the Ocean Time-Series Group at Scripps Oceanography to see other consequences from the bloom. Looking at more than 70 years of climate data, the

results showed that the bloom created physical and chemical conditions in the water column that deviated from the norm, showing the potential for massive blooms to alter characteristics of the coastal ocean.

Study co-author and SCCOOS director Clarissa Anderson said this research stands out for its use of novel ocean technologies, which allowed for unparalleled measurements of how phytoplankton respond to small-scale changes in the coastal ocean, as well as calculations of nutrient uptake by dinoflagellates at such fine scales. She also noted the importance of long-term observations as being key to any future efforts to better understand harmful algal blooms.

"The more we understand complex mechanisms that allow a particular species or population of plankton to thrive and persist, the better we can predict runaway events like the 2020 red tide that lasted much longer than theory might dictate," said Anderson, who is also a biological oceanographer at Scripps Oceanography. "With longer time series of rapid change in coastal nutrient delivery, circulation, light regimes, and algal toxins, we could build more accurate dynamical models for predicting plankton blooms, including those that turn harmful."

According to the authors, linking phytoplankton behavior and changes in the coastal environment may help researchers better understand the conditions that cause and that arise from harmful algal blooms, aiding in predicting blooms and mitigating their effects.

In addition to Lucas, Zheng, and Anderson, the study was co-authored by Peter Franks, Tamara Schlosser, Uwe Send, and Andrew Barton of Scripps Oceanography; Kristen Davis of the University of California Irvine; and Heidi Sosik of WHOI.