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Bucs water polo wins

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Readers Choice awards

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Blenders sunglasses now on ‘Prime Time’



Deion ‘Coach Prime’ Sanders wearing Blenders sunglasses. COURTESY PHOTO

By DAVE SCHWAB

Deion “Coach Prime” Sanders, the retired NFL star turned head coach of the University of Colorado Boulder, has been a fashion trendsetter this year stylizing his shades on the sidelines.

But few are aware that those shades Deion has been sporting are from Blenders, a sunglass and eyewear store in Pacific Beach at 4683 Cass St. And the exposure lent to Blenders by Sanders modeling a sunglass style of theirs has gone a long way toward popularizing the company in the public’s eye.

Beach & Bay Press held a Q&A with Chase Fisher, founder/CEO of Blenders, to find out more about Blenders, its origin, and how its association with Sanders has propelled his company into prominence.

BBP: Tell us about Blenders’ business philosophy and how the company got started.

Fisher: I founded Blenders Eyewear in 2012. The idea spawned when I went to see one of my favorite DJs at a Downtown San Diego nightclub. My neon green “beater” sunglasses received an overwhelmingly positive response, and what started out as a night full of close friends and good music quickly escalated into a full-fledged obsession with sunglasses.

I believe in the hustle. I started a grass-roots effort buoyed by social media and my SDSU network, selling shades out of my backpack while doubling as a surf coach during the company’s first year. I leveraged

See **PRIME**, Page 3

EMPEROR PENGUIN CHICK HATCHED



SEE PAGE 9

Justin Brackett, curator of birds, and Melissa Ramsey, animal supervisor of birds, check the health of an Emperor penguin chick, which hatched on Sept. 12 at SeaWorld San Diego. The chick is the first one hatched at the park in 13 years, making it a rare and celebratory event. Emperor penguins are listed as threatened under the Endangered Species Act due to the loss of Antarctic sea ice and rising sea levels caused by climate change. COURTESY PHOTO

Mixed reviews on new Pacific Beach parking meters

Meters to be activated on Nov. 1

By DAVE SCHWAB

A year-long pilot parking-meter program on a portion of Garnet Avenue in Pacific Beach is about to begin as meters will be activated soon.

“The meters are still being installed,” said Sunny Lee, executive director of Discover PB, the community’s business improvement district. “They will not be live until Nov. 1.”

Parking meters are intended to help

regulate parking in front of local businesses, which depend on parking turnover to thrive, allowing customers to access shops and restaurants.

The new meters are being installed along Garnet Avenue between Mission Boulevard and Fanuel Street and in some areas of Cass Street, Hornblend Street, and Bayard Street. Meters will be in effect from 10 a.m.-8 p.m., Monday through Saturday, with fares set at \$1.25 an hour.

See **METERS**, Page 3



The new parking meters are set up on Garnet Avenue. PHOTO BY THOMAS MELVILLE



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San Diego speeds up process for tenant improvement projects

Design professionals can now receive same-day building permits for interior office tenant improvement projects, all thanks to the new Professional Certification Office Tenant Improvement Program.

The Development Services Department (DSD) launched the program as part of the department's continued effort to reduce the City's permit processing times. The initiative applies to projects that meet certain criteria, with no-plan review required for qualified projects up to 20,000 square feet that are designed by a licensed California architect or engineer.

"One of the initiatives I've championed is taking a hard look at where our processes and requirements needlessly burden San Diegans as they try to make improvements to their homes and businesses – then cutting that red tape," said Mayor Todd Gloria. "This will allow City staff to focus on plans that require a higher level of attention and reduce wait times throughout the system."

Design professionals will be allowed to bypass plan review

by certifying that the proposed design meets all codes and standards. As a result, building permits for an interior office tenant improvement project can be issued on the same day. Projects that qualify include existing commercial office buildings that are not proposing changes to plumbing fixtures, windows and door openings, stairways, use or occupancy. Customers will be able to submit professionally certified office tenant improvement applications, upload plans and specifications and receive a permit through DSD's online permitting portal.

"The City understands that getting minor office improvements permitted and completed quickly to provide short lead times for new tenants is critical to the success of both the property owner and business owner," said DSD Director Elyse W. Lowe. "The City will be able to fast track the permitting when design professionals certify their plans meet the building code and safety standards – but as always, the City will inspect the improvements for building safety once the construction work occurs."

The new program falls within Gloria's strategy to cut down DSD permitting times, which includes an initiative to modernize all DSD workplace systems, leverage technology and put more functions online. In addition, the Mayor in January signed an executive order to speed up processing times for affordable housing, reducing the review period from about six months to 30 days.

In the past two months, DSD expanded its No-Plan Building Permit program to include applications for kitchen and bathroom remodels as well as door and window replacements. A new residential solar instant permitting process allows customers to receive same-day permits on installation plans that comply with building codes, standards and ordinances.

Customers interested in applying for an office tenant improvement permit will be required to schedule an online appointment with DSD staff after the application. Visit DSD's webpage, watch the DSD customer webinar or make a virtual appointment to learn more.

City is seeking more public input on its new Mobility Master Plan

The City of San Diego's new draft Mobility Master Plan is completed and available for public review and feedback. The Mobility Master Plan is a comprehensive transportation planning effort to create a balanced, equitable and sustainable mobility system for the City. It will help support investments in areas with the greatest needs, promote Vision Zero, and advance the goals of the Climate Action Plan and the General Plan.

"This plan will guide San Diego's continued move toward greater mobility options, as we work together to encourage and support new and sustainable ways to get around," said the City's Sustainability and Mobility Director Alyssa M. Muto. "This plan is the culmination of years of hard work and collaboration by our Mobility team and many other departments, and we are grateful for all their efforts."

This master plan comes as the City has piloted a number of new mobility options, including the popular Beach Bug circulator connecting the beaches and Mission Bay to the Blue Line Trolley, and building on important initiatives for ADA accessible infrastructure, separated bikeways, parking districts and electric vehicle charging.

This plan is the City's first Mobility Master Plan to implement the Climate Action Plan goals, and provides an overview of existing plans, policies, regulations and operations related to mobility in the City of San Diego.

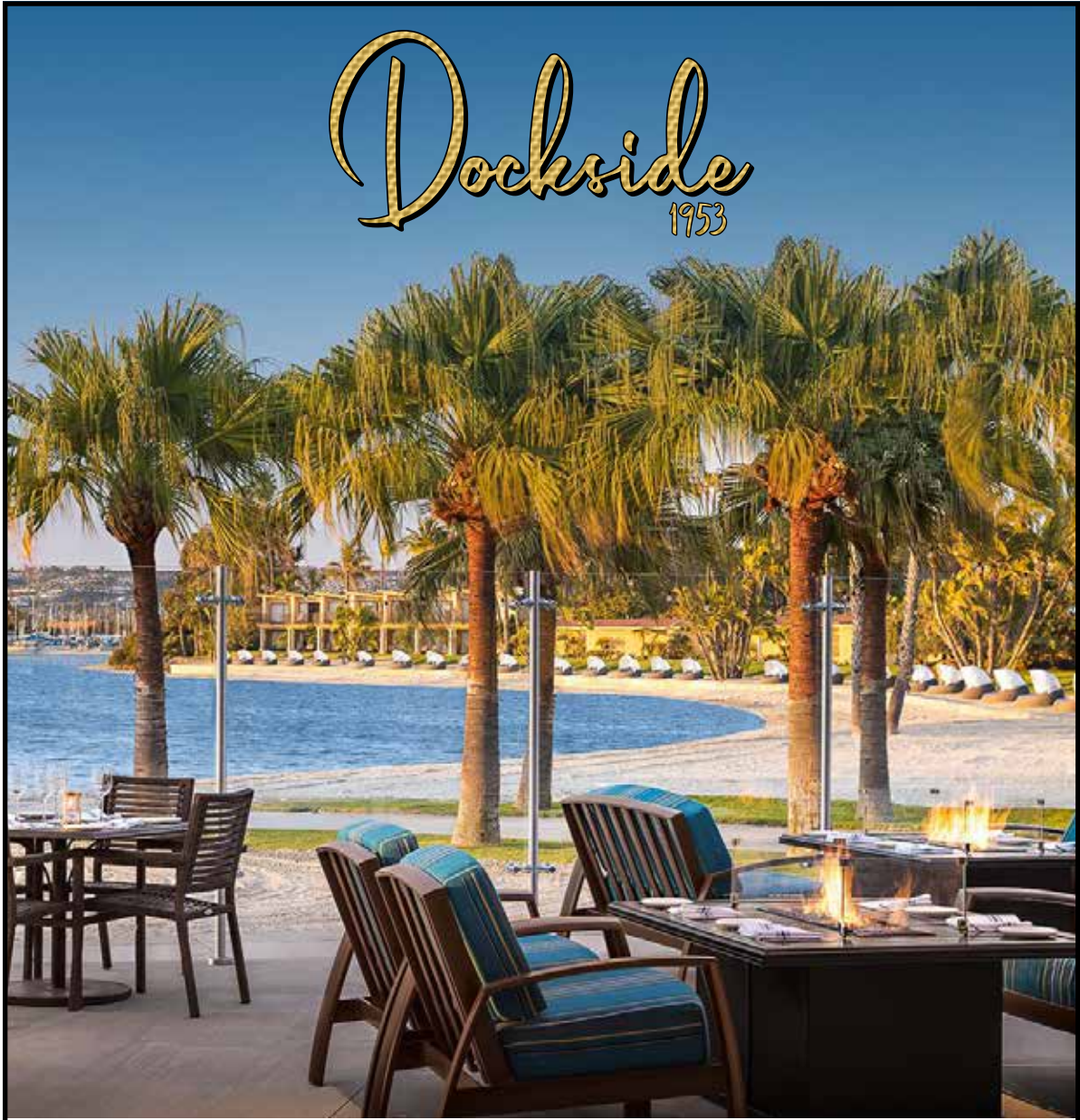

It also includes programs and a prioritized list of projects with information about the project selection criteria, focus areas, implementation, monitoring and funding.

The City is now gathering input from stakeholders and the public so the mobility plan can be improved and updated, with the goal of having a finalized plan presented to the City Council for adoption next year.

Public involvement is key as the City strives to keep San Diego in the forefront of green, sustainable, safe and equitable mobility practices now and in the future. Because every mile and every trip counts, and more sustainable mobility options can get San Diegans where they want to go. Review the plan and submit your comments on the Sustainability and Mobility Department webpage.

UCP WALK & ROLL

No Limits Walk & Roll will take place 9-11:30 a.m. on Oct. 28 at De Anza Cove on Mission Bay for a walk to benefit United Cerebral Palsy of San Diego County. This 3.5 mile leisurely family-friendly event for UCP San Diego raises funds to advance the independence, productivity and full citizenship of people affected by Cerebral Palsy and other disabilities. Join a team or form your own and come out to De Anza Cove. Check in starts at 8:30 a.m. Visit ucpsd.org to sign up or donate.



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PRIME »
CONT. FROM PG. 1

my background as a sponsored athlete to develop “sunnies” with a scintillating style and adventurous spirit — the visual embodiment of the company’s “live in forward motion” maxim. It’s been this steadfast self-determination – and the combined efforts of our San Diego-based 35-plus person team – that’s established Blenders as one of America’s fastest-growing sunglasses brands today.

BBP: What is your niche in the marketplace?

Fisher: Blenders Eyewear creates affordable eyewear for those with athletic lifestyles, as well as those who refuse to blend into society and instead choose to blend out in a vibrant style. Blenders Eyewear partners with professional athletes, teams, and game changers to create exclusive eyewear styles for consumers that are under \$100 per unit.

BBP: Tell us about this “connection” between Deion Sanders, his shades, and your company.

Fisher: Things first started about a year ago when my dad put Coach Prime on my radar while he was still coaching at Jacksonville State. I started to see his affinity for loud, affordable eyewear, which is exactly who we are here at Blenders. We started a conversation with Deion’s team, SMAC Entertainment, and it turns out that he was in the market for an eyewear deal. We started out by sending him a few different styles to test out and things grew from there. He was completely involved in the entire process; from production to pricing, Coach Prime was committed.

BBP: Tell us how this situation with

Deion has impacted your company?

Fisher: This is the biggest collaboration Blenders has released to date, but this collaboration goes far beyond sales. We’ve started a movement and rewritten the playbook for e-commerce brands looking to make a statement and authentically build their communities. Coach Prime truly aligns with our values, which is why this all works so well. We’re excited to continue the movement we’ve started.

BBP: Seems like there is a growing trend that shades are becoming a “fashion statement” particularly for folks on the beach and along the coast.

Fisher: Sunglasses have evolved beyond their functional purpose to become a powerful fashion accessory. What we’re witnessing is the evolution of eyewear as a definitive style statement, especially for those enjoying the coastal lifestyle. The combination of functionality and fashion has truly elevated the appeal of sunglasses, allowing individuals to express their unique personalities while also protecting their eyes. It’s this blend of practicality and style that resonates so strongly with our customers and continues to inspire us to craft bold and vibrant eyewear for all.”

BBP: Tell us about your retail outlet in Pacific Beach, how long it’s been there, and what customers can expect when they visit?

Fisher: After opening its doors to the public in 2019, those at Blenders Pacific Beach believe the day’s best spent in the sun with a cold drink, a cool breeze, and the perfect shades. (And trust us, living here in San Diego, we’re kind of an expert on these things!) Fortunately for you, our flagship retail store on Cass Street has the best lineup of Blendz on display that you’ll find, well, anywhere!

METERS »
CONT. FROM PG. 1

A portion of the revenue from these meters will help fund mobility improvements in the community, like the Beach Bug electric shuttle linking up with the Balboa Avenue Transit Center. Mobility improvements like these contribute to the City’s overall goal of expanding mobility choices, addressing parking demand, and reducing greenhouse gas emissions.

District 1 Councilmember Joe LaCava, representing Pacific Beach, said: “The community led the conversation to form a parking district with a focus on meters in the commercial areas that see a low turnover of on-street parking. The district has been in place since 2005; the proposal for meters was recommended for adoption by the Pacific Beach Planning Group and approved by the City Council in 2021.

“The net revenue will be managed by the community for the community. I support the community’s decision as it will provide a sustainable revenue stream for the wildly popular Beach Bug as well as other parking improvements. Making on-street parking easier to find and supporting the Beach Bug benefits residents, businesses, and visitors,” LaCava said.

As the parking meters were being installed and about to go live, residents shared their hopes – and reservations – about how the new system will work.

Henish Pulickal, who lives near Garnet Avenue, supports the parking change.

“Coming to the beach by car is a luxury and shouldn’t be free,” he said. “Real estate is expensive here for a reason, and to require visitors to pay a nominal amount to park at a lot for extended periods of time, or for a couple of hours on a business street via

COMMUNITY PARKING DISTRICTS

Such districts are established by the San Diego City Council and provide a mechanism for communities to develop and implement neighborhood-specific strategies to meet their specific needs and address parking impacts. There are presently five active community parking districts within the City of San Diego: Downtown, Uptown, Mid-City, Old Town, and Pacific Beach. Community Parking Districts are responsible for developing and implementing an annual plan and budget that support comprehensive parking management within the district.

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parking meter, is long overdue. I’m sure we’ll notice some additional parking demand on my street. I’m also hoping that the revenue generated will help keep our streets cleaner and in better condition.”

“When I saw that parking meters were in our destiny I decided to apply for the PB Parking Advisory Committee so I could work on improvements to the program and help make decisions for spending the revenue,” said Chris Olson. “I heard some comments like, ‘Where am I going to park when I go to Garnet?’ But most people were supportive of the program and many said they also wanted a residential parking permit program. There was a general consensus that the revenue should be used for the Beach Bug shuttle as well as pedestrian and bicycle safety infrastructure.”

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City tracks its progress in preparing for climate change impacts

Following its commitment to make San Diego resilient in the face of climate change-related impacts and improve local communities, the City launched an implementation tracker on its website to share progress on actions taken by the City and updates to climate resiliency strategies.

Climate Resilient SD is the City of San Diego's plan to prepare for, respond to and recover from the four primary climate change-related hazards: extreme heat, sea level rise, flooding/drought and wildfires.

"Building healthy, sustainable and resilient communities is imperative as we adapt so that we can thrive in our changing climate," said City Planning Director Heidi Vonblum. "The progress we've made has required the coordination and commitment of community-based organizations, nonprofit organizations, regional partners, community members and all City departments. We are proud of the work we've done and will continue to work hard as we move ahead together."

The City Council adopted Climate Resilient SD in December 2021 and, since then, the City has been working to implement the goals in the plan. These include

maintaining critical City services; ensuring communities are connected and informed; building a resilient and equitable city; safeguarding, preserving and protecting historical and tribal cultural resources; and supporting and prioritizing thriving natural environments.

Within each of these goals are policies and 86 adaptation strategies to be implemented over time. The implementation tracker lays out the City's progress for each of those strategies and covers implementation highlights.

Highlights include:

- The Urban Tree Canopy Fee was established in August 2022 for the City to plant and maintain street trees. In addition, the City planted 1,237 new trees. Trees reduce heat island effect, provide cleaner air, absorb stormwater runoff, enhance the pedestrian experience and promote walkable communities.

- The City continued construction of Pure Water SD Phase 1 facilities and is continuing planning studies for Phase 2. Upon completion in 2035, Pure Water will provide nearly half of San Diego's drinking water supply, reducing the City's dependence on imported water and providing a reliable,



Trees reduce heat island effect, provide cleaner air, absorb stormwater runoff, enhance the pedestrian experience and promote walkable communities.

PHOTO BY THOMAS MELVILLE

sustainable water supply.

- The City continued progress to implement eight renewable microgrids. The microgrids will help the City reduce energy consumption and greenhouse gas (GHG) emissions, provide resiliency during grid outages and save on energy costs.

- The City's Office of Emergency Services trained and educated City employees and local community members on preparing for climate change-related hazards and

emergencies.

- In fiscal year 2023, the Far South/Border North grant program was launched. Sixty artists and cultural practitioners received grant funds to develop and implement public campaigns tied to program goals, including water and energy conservation and climate mitigation.

- The City updated two council policies that set the guidelines for developing the City's Capital Improvements Program and how

the City engages with San Diegans to collect input about neighborhood infrastructure needs. These updates will support delivering infrastructure to San Diegans where it is wanted and most needed based on needs and the expected service level.

- The City Planning Department welcomed new staff who will serve as a tribal liaison. They will consult with representatives of the Kumeyaay Nation on department initiatives, including Climate Resilient SD policies and projects, to ensure that San Diego's Tribal Cultural resources are protected where possible from climate change-related hazards. Through ongoing dialogue and relationships with the Kumeyaay Nation, the City also hopes to examine opportunities to respond to climate change-related hazards through Traditional Ecological Knowledge.

- The Stormwater Department, in partnership with two local nonprofits, organized 49 community cleanup events across the City. These cleanups brought together 2,796 volunteers who were able to collect roughly 43,000 pounds of trash.

To read the policies, strategies and more implementation highlights, San Diegans can visit the Climate Resilient SD website.

City completes rollout of organic waste recycling collection services

The City of San Diego has gone green! San Diego's Environmental Services Department (ESD) recently completed the delivery of more than 200,000 Organic Waste Recycling green bins to City-serviced homes, empowering San Diegans to do their part for the environment by collecting their food scraps, food-soiled paper and yard trimmings for weekly collection.

ESD is hosting an in-person workshop, "How to Love Your New Green Bin," on Oct. 28 from 11 a.m. to noon at the Pacific Beach/Taylor Library. For additional assistance, ESD can be reached at trash@sandiego.gov or 858-694-7000.

"Recycling organic waste is a key part of achieving our climate action goals," Mayor Todd Gloria said. "I know changing habits can be hard, but separating your organics keeps waste out of our landfills and reduces harmful emissions created by rotting waste. The City's Environmental Services Department has done a great job sharing tips to help all San Diegans take advantage of this new service, and I ask everyone to make an effort to incorporate organic waste recycling into your lives."



The Organic Waste Recycling Program helps the City comply with Senate Bill 1383, which requires all California residents and businesses to reduce the disposal of organic waste by 75% by 2025. It also moves the City closer to

achieving Zero Waste and Climate Action Plan goals.

"Recycling organic waste is a simple, yet impactful step each of us can take to fight climate change," said City Councilmember Joe LaCava, chair of the Environment

Committee. "San Diegans now have the tools to be part of the solution."

Since the program rollout started in January of this year, more than 53,000 tons of organic waste have been collected for recycling. Comparing September of 2022 to September of 2023, the City has seen a reduction of waste in black bins of 4,400 tons, and a corresponding 5,500-ton increase in organic waste in green bins.

Organic waste recycling program by the numbers (Jan. 11 to date):

- Green bins distributed – 213,000.

- Kitchen pails distributed – 281,000.

- Green bin swap-outs – 11,000.

- New organic waste collection routes created – 200.

- Total organic waste collected to date – 53,000-plus tons.

- Reduction of waste in black bins – Sept. 2022 compared to Sept. 2023 – 4,400 tons.

- Increase in organic waste in green bins – Sept. 2022 compared to Sept. 2023 – 5,500 tons.

- Total organic waste projected to be recycled in 2023 – 70,000 tons.

Organic waste recycling ensures

a cleaner, more sustainable future by diverting materials from the landfill and reducing harmful emissions. When organic waste is left to decompose in a landfill, it releases methane, a gas that traps the sun's heat and contributes to climate change. However, when organic waste is recycled at the City's Miramar Greenery, it becomes a renewable resource, creating compost and mulch to nourish gardens, parks, farms and open spaces.

This new program represents the biggest change to trash and recycling in San Diego's history. Leading up to the delivery of green bins, the City launched an extensive outreach campaign to educate people about the importance of organic waste recycling and to provide tips and resources for success.

"Organic waste recycling represents a major shift in behavior," said ESD Director Renee Robertson. "But San Diegans are finding out that putting things like eggshells, banana peels and coffee grounds in a green bin can be as easy as tossing aluminum cans, cardboard and plastic bottles in a blue bin."

Each City-serviced household receiving a green bin was provided a multi-language Curbside Organic Waste Recycling Guide, with information about what can and can't go in the green bin and how to keep their bin clean. The guides can also be found on the City's website, OrganicWasteRecycleSD.org, in English, Spanish, Tagalog and Vietnamese.

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Spiny lobsters staying home with local buyers and restaurants

By DAVE SCHWAB

Recreational fishing for California spiny lobsters commenced Sept. 29 running through March 20, 2024, and local anglers – and those selling their catches – are looking forward to a successful season.

Stakeholders say there has been a big change in recent years in the way the annual seasonal catch is being marketed, with lobsters being sold more locally now. Previously, the crustaceans were mostly shipped overseas.

“Prior to 2008, 99% of the lobsters caught in Southern California were sent to Los Angeles before being shipped to China,” said Mitch Conniff, owner of Mitch’s Seafood in Point Loma, who has been involved in San Diego fishing for decades with stints working as a deckhand on commercial lobster boats.

“For a lot of years there was a van that drove down from LA every day and bought our lobsters and shipped them to China,” concurred Point Loma lobster fisherman Cameron Cribben, an angler since age 14, about recent changes marketing his lobster take. “Ten years ago, every lobster I caught went to China. Now after COVID, and since some of my business partners opened up TunaVille Market, a lot of my lobsters are being sold locally to the community.”

Conniff pointed out that the



Point Loma lobster angler Cameron Cribben with a catch.

COURTESY PHOTO

local lobster catch is as rare as it is highly valued. “There are only a couple of spiny lobster species on the face of the Earth, with two main fisheries in Southern California and Northern Baja and in Australia, with another small fishery in South Africa,” he said adding, “The Chinese market places a huge value on those.”

But now with local competition furnished by TunaVille and others, Conniff said, “We can keep lobsters here more locally because we can now compete with the Chinese buyers on price. At this point in time, 50 percent or more of the local lobster catch is bought from places like TunaVille and the docks on Market at G Street Downtown. We’ve seen a

huge switch to local buyers and restaurants.”

Conniff added Southern California is a “very highly managed fishery” with very special size limitations required of the lobster take, and a very limited number of permitted seasonal anglers.

Cribben purchased a lobster permit 11 years ago and has been fishing for the crustaceans ever since. He said that the permit allows him to place 300, 36-inch by 28-inch traps baited with tuna heads at a depth ranging between five and 200 feet.

“I fish the tidepools at Sunset Cliffs in 25 feet of water,” Cribben said, noting the law requires him to service the traps he sets within 96 hours. “Every day is different,”

The California spiny lobster (*Panulirus interruptus*) is found from Monterey Bay, Calif., to the Gulf of Tehuantepec, Mexico. It typically grows to a length of 12 inches, is a reddish-brown color with stripes along the legs, and has a pair of enlarged antennae but no claws. Females can carry up to 680,000 eggs, which hatch after 10 weeks into larvae. These feed on plankton before the metamorphosis into the juvenile state. Adults are nocturnal and migratory, living among rocks at depths of up to 213 feet. They feed on sea urchins, clams, mussels, and worms.

The spiny lobster is eaten by various fish, octopuses, and sea otters, but can defend itself with a loud noise produced by its antennae. The California spiny lobster is the subject of both commercial and recreational fishing in both Mexico and the United States, with sport fishermen using hoop nets and commercial fishermen using lobster traps.

Lobster fishing information: Recreational lobster season opens on the Friday preceding the first Wednesday in October and closes on the first Wednesday after March 15.

Possession limit: Seven per person.

Minimum legal size: Three and one-fourth inches, measured in a straight line on the midline of the back from the rear edge of the eye socket to the rear edge of the body shell. Regardless of how you are fishing for lobster, they must be measured immediately when taken. Under-size lobsters may not be in your possession. Any under-size lobster must be promptly released back into the ocean. These regulation changes were adopted by the California Fish and Game Commission on April 20, 2023.

Permit requirements: A CDFW Spiny Lobster Report Card and California recreational fishing license, available at CDFW’s Online License Sales and Service. Spiny lobster hoop netters and divers have always been required to record the month, day, location, and gear code on their Spiny Lobster Report Card prior to beginning fishing activity. Fishery participants must record the number of lobsters retained, even if zero, when they finish fishing for the day, or before moving to a location with a different code to continue fishing.

Skin and scuba diver gear requirements: All skin and scuba divers must only use their hands to take lobster.

Pier fishing gear requirements: You may use up to two hoop nets while fishing from a public pier.

Vessel fishing gear requirements: You may possess up to five hoop nets while fishing from a vessel, but the total number of hoop nets from a vessel cannot exceed 10, even if there are more than two people on the boat. For more detailed information on recreational lobster regulations and management, visit CDFW’s California Spiny Lobster web page.

he added about monitoring his take which can be done in overnight or two- or three-day “soaks.”

Noting the local lobster population is healthy, Cribben said that doesn’t guarantee a successful

catch. “For every legal lobster, there are five ‘short’ lobsters,” he said. “You can pull 30 lobsters – and only keep three.”

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PB Middle celebrates Moon Festival with songs, treats, and art



PBMS Mandarin immersion students Sam and Amari hone their traditional Chinese calligraphy skills during their classroom's Autumn Moon Festival celebration.

COURTESY PHOTO

Students in Wen Shi Sheet's seventh-grade Mandarin immersion classroom at Pacific Beach Middle had a taste of the Mid-Autumn Moon Festival on Sept. 29 as they feasted upon traditional mooncakes, sang a popular Chinese love song, and wrote Chinese poetry in calligraphy.

A rich pastry typically filled with sweet beans, egg yolk, or custard, mooncakes are traditionally eaten throughout the autumn festival, which is based on the legend of Chang'e, the Moon goddess in Chinese mythology. The students drank a blend of authentic green tea to wash it down.

They then formed groups to perform the song in front of their classmates, incorporating

modern dance moves throughout. For the final part of the celebration, the students used classical Chinese calligraphy techniques with ink and paint brushes to reproduce a classical Moon Festival poem.

"Singing in Mandarin and having the Moon Festival party was great because it kept our class work interesting and fun," said seventh-grade student Amari S., who has been learning Mandarin in an immersive environment since kindergarten along with Sam C. and many of the other students in their classroom.

What's the best thing about learning Mandarin? According to Sam, "I get to learn Chinese history and culture, which is interesting and fun." He also explains

that "it is an important language to learn because it is spoken pretty much all over the world."

The San Diego Unified School District's Mandarin immersion program begins in kindergarten at Barnard Mandarin Magnet Elementary and continues into PBMS and Mission Bay High, giving students the opportunity to be immersed in the language from kindergarten through high school. Students can also begin introductory Mandarin language classes in sixth grade at PBMS and continue through the middle and high school programs. Hands-on, cultural projects like this one make learning fun and leave the students hungry for more. For information, visit sandiegounified.org/schools/pacific-beach-middle.

Hard work of parents, teachers keeps Mission Bay Cluster successful

By DAVE SCHWAB

Enrollment is up for Mission Bay Cluster's six schools — Mission Bay High, Barnard Mandarin Magnet Elementary, Crown Point Junior Music Academy, Pacific Beach Elementary, Pacific Beach Middle, and Kate Sessions — which is not the case overall in the San Diego Unified School District, whose enrollment is falling by 2 percent on average each year.

Current and past parents in the MB Cluster believe they know the reasons why they've held the line on attendance, contending that it is because of the quality — and diversity — of the educational experience being offered. And, in no small part, also because of MB Cluster parents' lobbying efforts to ensure the right — and not the wrong — things got done to

improve local schools.

"The MB Cluster is thriving because of decades of work towards a vision of outstanding academic, athletic, enrichment, and leadership opportunities for all students that attend the Pacific Beach public schools," said MB Cluster parent Jennifer Tandy. "The tireless efforts of parents, administration, staff, students, and supportive community groups are the reason why the MB Cluster sees continued growth."

Tandy cited one important example of how MB Cluster parents made a big difference. "The MB

'The MB Cluster is thriving because of decades of work towards a vision...'

— Jennifer Tandy, MB Cluster parent

Cluster worked to support a unique joint-occupancy agreement with PB Middle and the YMCA, and we were able to accelerate the construction of the beautiful turf field and parking around PBMS," she said.

MB Cluster parent Kim Schoettle pointed out the critical role parents played in saving MB Cluster schools. "At one time, multiple MB Cluster schools were threatened with closure," Schoettle said. "Now, those same schools have received upgrades, including major renovations and even new buildings at Crown Point and PB Middle campuses."

Maria Mikus gave kudos to fellow cluster parents for uniting to support common causes. "Marketing efforts were put together to showcase all the amazing programs in the Mission Bay Cluster, like Future Bucs Night," Mikus said. "The goal was to get families on campus to enjoy 'Friday Night Lights' watching the football team. The event has grown over

the years by adding a Future Bucs cheer camp. This created enthusiasm and familiarity with the high school so kids will want to come to MBHS. This event has been replicated by other high schools in the district due to its success."

MB Cluster parent Lily Sun Higman cited the recruitment of Barnard Elementary, a Mandarin language magnet school, to the MB Cluster from Point Loma, as another cluster success story. "After we arrived in the MB Cluster, we started work on getting the Mandarin program into the middle and high schools," she said. "We wanted to be the first K-12 program at San Diego Unified as well as San Diego. Most of those students came to PB Middle because they knew that this group of parents would work hard to make sure the K-12 program became a reality."

Added Sun Higman: "We also worked very hard the past few decades on improving our academics here at the high school. We also believe in building community."

The same is true of parental involvement in creating a successful rugby program at MBHS. "In 2019, when my son Jacob was a freshman, many high schools had rugby teams, but Mission Bay did not," said MB Cluster parent Lisa

MB CLUSTER IMPROVEMENTS

2004 — Friends of Pacific Beach Secondary Schools (FOPBSS) was formed to utilize resources from both the middle school and high school communities to strengthen advocacy and productivity.

2006 — Mission Bay High School introduced the International Baccalaureate Program.

2010 — The Mission Bay Cluster was formally formed in 2010 between the public schools in Pacific Beach. Bylaws were created, a governing body was elected and monthly meetings were instituted.

2011 — Ongoing school closure threats. Bayview Terrace and Crown Point Junior Music Academy were both targeted for closure. There was a discussion of combining PBMS and MBHS at one point. Parents fought to keep all six schools open in the cluster by inviting Barnard Elementary School to join the MB Cluster.

Mandel. "Jacob said, 'Come on mom, we need to make this happen.' So that is what we did. He became the president and I became the manager."

"My job was to get a coach and get funding for us because we do not get any funding from the school. It was a lot of hard work to make it happen, and consistent effort each year to keep it happening year after year."

Russell Tyler Kirby

June 10, 1956 – September 30, 2023

Russell Tyler Kirby, a great son, brother, and friend, passed away unexpectedly on September 30, 2023, after just retiring from the Pacific Beach Postal Service where he had worked for 17 years. He was predeceased by his father, Russell W. Kirby.

Tyler was born in San Diego, California, to Russell and Marion (Wendel) Kirby. He is survived by his mother, Marion, brother, Dwight and Gennie (Cruz) Kirby, and two sisters, Dawna Kirby and Wendi Kirby-York.



Tyler attended schools and Junior College in Glendale. He loved the outdoors, traveling, surfing, skiing, and the ocean. He was a Boy Scout, earning the rank of Eagle Scout.

He spent several years working as a crew member on a privately owned yacht and enjoyed traveling as far north as the Aleutian Islands and south to the Galapagos Islands. He had many stories from these trips.

In 2004 he moved from Glendale to San Diego.

He was a kind and caring man and lived a life of helping those he could.

Tyler had a special passion for helping animals — especially homeless cats on his postal route. He adopted two cats and also would go down every morning and evening to feed the ones he couldn't bring home. He did volunteer work at a cat sanctuary, Shanti's House, that takes in feral cats and gives them a permanent home.

Since retiring, he was looking forward to being able to spend more quality time with his family and friends, volunteering at the animal shelter, and spending more time surfing, golfing, and skiing. Sadly, his life ended way too soon. He will be missed by many.

A memorial celebration of Tyler's life will be held on November 12, 2023 in Pacific Beach, California. Email dlkirby@gmail.com for details.

SOS CAMPAIGN

The Mission Beach Woman's Club is doing their SOS Campaign: Support our Servicewomen. Last year, they filled 241 boxes, and hope to send even more this year. The club will be filling the boxes on Monday, Nov. 13. You can help by purchasing items from their Amazon Wish List: MBWCSOS2023. Monetary donations are also appreciated. It costs about \$6,000 for shipping, and any additional donations raised are used to purchase more supplies for the care packages.

FOOD DRIVE

Plans are being made for this year's 11th annual Heart To Hands Food Drive, a local food

drive supported by businesses in La Jolla and Pacific Beach. This year's food drive is set to start Friday, Nov. 3 and end on Monday, Dec. 11. The organization has been fortunate and have had great success providing over 25K of food for neighbors in need. The food drive raises awareness for food insecurity here in San Diego. They collect human and pet food and support The San Diego Food Bank, Feeding San Diego, San Diego Humane Society, and the Triton Food Pantry. The food is given to all four organizations and they distribute the food throughout the San Diego area to neighbors in need. For more information, email candi@can-didemoura.com.

YAPPY HOUR

Fiesta Island Dog Owners (FIDP) is holding a group meet-up Saturday, Oct. 28 from 4-7 p.m. at Bay City Brewing Co., 3760 Hancock St., to hear what's new about the organization, chat with board members and ask questions about several improvement projects in the works. Your well-behaved dogs are welcome at Bay City, so bring them along. There will be fun and silly prizes for best Halloween costumes.

NEW RACING SEASON

Del Mar racetrack is kicking off its 10th annual Bing Crosby Racing Season on Friday, Nov. 10 through Dec. 3.

Doctors recommend regular mammograms starting at age 40

By DAVE SCHWAB

With October being Breast Cancer Awareness Month, word is getting out that regular mammograms are the easiest way to detect the disease early on.

According to the American Cancer Society, breast cancer is the second most common cancer diagnosed among women in the United States. When detected early, the five-year relative survival rate for the disease is 99%, with mammography remaining the gold standard for early detection.

Recently, statistics have been released that have led to a call for the procedures to be earlier than age 50 based on evidence that more younger patients are being diagnosed. A call for more research on how additional screening with breast ultrasound or MRI might help women with dense breast tissue has also been issued.

"In San Diego County, American

Indian and Alaska Native individuals experience the highest incidence and mortality rates from breast cancer, and African-American women experience the second-highest mortality rates," said Angelique Richardson, MD, medical oncologist at UC San Diego Health. "It is crucial to understand why these health disparities exist, and to work together to reach these populations to promote breast cancer awareness."

Concluded Richardson: "We're now recommending women get yearly mammograms starting at age 40. Some higher-risk people may have to be getting regular mammograms even sooner and need to have that conversation with their doctor. The message is mammograms do save lives because they allow detection of breast cancer at an earlier stage when it is more curable. About one in every eight women will have breast cancer,"

Richardson pointed out that the

inheritance risk for breast cancer in women is "relatively low, only 5 to 10%." She added, for the majority of women, that the cause of breast cancer is likely "a combination of lifestyle and environmental factors." For instance, Richardson added: "We know that radiation treatments in the past can put you at risk for breast cancer. We also know that post-menopausal women, those who have undergone hormone replacement therapy or are overweight, are risk factors. Alcohol intake can also be a risk factor."

Richardson pointed out the average age that women are diagnosed with breast cancer is 65. "But with younger women, who have more dense breasts, it (cancer detection) is a little more tricky with a mammogram," she said concluding that women who do not undergo regular mammograms "are at a higher risk of death. So, we need to make them aware of the importance of getting mammograms."

BREAST CANCER SIGNS AND SYMPTOMS

Breast cancer most commonly presents as a lump that feels different from the rest of the breast tissue. More than 80% of cases are discovered when a person detects such a lump with the fingertips. The earliest breast cancers, however, are detected by a mammogram. Indications of breast cancer other than a lump may include thickening different from the other breast tissue, one breast becoming larger or lower, a nipple changing position or shape or becoming inverted, skin puckering or dimpling, a rash on or around a nipple, discharge from nipple/s, constant pain in part of the breast or armpit and

swelling beneath the armpit or around the collarbone. Risk factors for developing breast cancer include obesity, lack of physical exercise, alcohol consumption, hormone replacement therapy during menopause, having children late in life, or not at all, and having a family history of breast cancer. About 5-10% of cases are the result of an inherited genetic predisposition. Outcomes for breast cancer vary depending on the cancer type, the extent of the disease, and the person's age. The five-year survival rate in the U.S. and England is between 80% and 90%.

UCSD: New cancer therapy target stops tumor cells from sharing resources

When times are tough, liver cells come together and share molecules needed to multiply

Researchers at University of California San Diego have discovered a process in which liver cells share molecules via vesicle exchange in order to multiply under conditions that would ordinarily suppress cell proliferation. They also found evidence that this process occurs in various types of cancer cells, paving the way for a new approach to tackling treatment resistance in cancer. The findings were published on Oct. 17 in eLife.

"Understanding cell proliferation is a fundamental issue in both cancer research and biomedical science as a whole," said Gen-Sheng Feng, PhD, a professor of pathology at UC San Diego School of Medicine and of molecular biology at UC San Diego School of Biological Sciences. "While we studied the liver here because of its incredible regenerative potential, we've also found these vesicles in other types of cancer cells. We believe that this could be a universal mechanism that drives resistance to cancer therapies that target cell proliferation."

The body has many molecular processes in place to help control cell proliferation, turning it on and off as necessary in different circumstances and in different organs. This is well-exemplified by the liver, which has a high capacity for regeneration to support its important detoxification and metabolic functions.

"Cells in the liver multiply more quickly and effectively than any other cells in the body, which makes the liver the ideal place to study the biological processes that control cell division," said Feng. "These are the same

"We believe we've discovered an important strategy that tumors use to resist therapy."
- Gen-Sheng Feng, Ph.D., at UC San Diego School of Medicine

processes that go awry in cancer, and so one promising approach to treating cancer is targeting cell proliferation."

In previous research, Feng and his team observed that a minority of liver cells in mice could still proliferate even when the cells were genetically engineered to lack a critical signaling enzyme required for cell proliferation. This enzyme, called Shp2, helps liver cells know when it's time to divide during liver regeneration. Shp2 is also a known target for treating various cancers, and Shp2 inhibitors are involved in several ongoing clinical trials.

The researchers discovered that liver cells have a clever way of compensating for the missing enzyme. By clustering together and exchanging tiny, protein-wrapped packages called vesicles, liver cells are able to communicate and share the biochemical materials needed to multiply, allowing them to proliferate even without Shp2.

"We've known for a long time that liver cells have other ways of regenerating even when lacking Shp2, and this study shows us how they do it," said Feng.

While the researchers made the discovery in noncancerous liver cells, they also uncovered evidence that cancer cells may use the same strategy to resist treatment and continue to divide. The

vesicles that liver cells use to share molecules are marked by a protein called CD133, and the researchers also detected abnormally high amounts of this protein in a variety of human cancer cells.

"We believe we've discovered an important strategy that tumors use to resist therapy," said Feng. "This discovery could prove to be a powerful new target for cancer treatment, particularly as part of combination therapies to mitigate treatment resistance."

While the findings could lead to the discovery of new cancer therapies, they also suggest a new way of thinking about cancer initiation, progression and recurrence. CD133 is widely viewed as a marker of cancer stem cells, groups of cancer cells that are thought to be responsible for initiating tumors.

"Our findings could tell us that a cancer cell's 'stemness,' or ability to initiate and reinitiate tumors, isn't a central part of its identity, but a temporary state that can be induced or possibly even turned off," said Feng. "This could be a brand-new way of looking at tumor recurrence that could open doors for new treatments."

Co-authors include: Kota Kaneko, Yan Liang, Qing Liu, Shuo Zhang, Alexander Scheiter and Dan Song, all at UC San Diego.

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SeaWorld’s Howl-O-Scream has new and improved haunted houses, scares



Howl-O-Scream, SeaWorld San Diego’s separately ticketed nighttime Halloween event for mature audiences, with the most haunted houses, scares and screams in San Diego in one place, has returned. The screamtastic event is full of never-before-seen haunted houses, scare zones, vile vignettes and live performances. Halloween fans can expect new sounds, lighting, special effects, more scare performers, and more surprises at every turn. Howl-O-Scream runs on select nights through Oct. 31.

“We’re so excited that we can announce additional offerings to scare and terrify guests at this year’s

Howl-O-Scream,” said Jim Lake, Park president of SeaWorld San Diego. “Howl-O-Scream is a unique offering to those looking for a scary night out, as it offers a huge variety of things to do within one major event. For those who are returning, expect an amplified experience with all-new scares lurking behind every corner. For first-time visitors, you’re in for a terrifying treat exploring all the horrors and haunts the event has to offer.”

NEW HAUNTS AND SCARE ZONES

The screams will never end when guests are running from

each of the five new and improved haunted houses. The all-new immersive 3D Circus of the Damned is where fears will come to life in a chaotic cursed circus. Newly announced is fan-favorite, Simon’s Slaughterhouse, there’s no escaping Simon and his knife-wielding crew of butchers through his meat house. The deadly doctor is in and so are his medical experiments gone wrong in Nightmare Experiment, the evil Swamp Witch and her vengeful spirits at Death Water Bayou, plus mad scientists, and terrifying extraterrestrials who refuse to be contained at Area 64: Alien Outbreak.

The scare zones will be a surprise scare-up on attendees as they unknowingly approach these themed locations scattered throughout the event. Inflicting more terror is Clown Gauntlet, a scare zone where guests will face their childhood nightmares as they run from merciless clowns with chainsaws in hand. Haunting the park pathways are creepy dolls and sinister stuffed animals at Deadly Toys, mystifying, undead evils rise at The Graveyard, powerful, alluring sirens at Sea of Souls, and disgruntled, deranged carnies at Carnival of Chaos.

READ MORE ONLINE AT sdnews.com

First Emperor penguin chick hatched since 2010 at SeaWorld San Diego

On Sept. 12, an Emperor penguin chick was hatched for the first time since 2010 at SeaWorld San Diego. SeaWorld San Diego is the only place in the Western Hemisphere outside Antarctica where people can see Emperor penguins, making the hatching a rare and celebratory event.

Emperor penguins are listed as threatened under the Endangered Species Act due to the loss of Antarctic sea ice and rising sea levels caused by climate change.

“Bringing this chick into the world and ensuring her well-being and survival around the clock has been a very rewarding process for me and the entire SeaWorld Aviculture team,” said Justin Brackett, curator of birds at SeaWorld San Diego.

“Every decision regarding her well-being was made with the utmost care and consideration by our expert team and veterinary staff. We are looking forward to learning more about her and watching her unique personality develop as she continues to grow.”

A recent scientific study found a record low for Antarctic sea ice coverage that is adversely impacting Emperor penguin populations. Four of the five Emperor penguin colonies studied experienced total breeding failure due to the lack of



The Emperor penguin chick at SeaWorld San Diego is under around-the-clock care. COURTESY PHOTO

sea ice. Emperor penguins are dependent on sea ice as their habitat for breeding, raising chicks, and molting. Newly hatched chicks lack the waterproof feathers required to swim or survive in the ocean.

Katie Propp, chief operations officer at Penguins International, said: “Disappearing sea ice is becoming more frequent as our planet continues to warm and is having a devastating effect on penguin populations. The good news is that there is a future for this species if we take action to fight climate change and support organizations like SeaWorld that provide human care and maintain genetic biodiversity for Emperor penguins in their facilities. Seeing these majestic animals up close and educating the public about the

threats they face in the wild is paramount to encouraging the public to do something to save their wild counterparts.

SeaWorld San Diego’s Penguin Encounter is home to a colony of 17 Emperor penguins, as well as 300 other penguins including King, Gentoo, Macaroni, Chinstrap, and Adélie penguins. The exhibit is a 25-degree, snow-filled habitat where the resident penguins can swim and interact within the colony. A colony of warm-weather Magellanic penguins, native to South America, live in a habitat outside the Encounter. Penguin Encounter is also home to nearly 90 puffins and murres.

For more information, park hours and to purchase tickets, visit SeaWorldSanDiego.com.



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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019181 Fictitious Business Name(s) a. KAS TRANSPORTATION, 3320 IDLEWILD WAY, SAN DIEGO, CA 921117 Is registered by the following: a. OLEKSANDR KORNYEYEV business is conducted by: AN INDIVIDUAL The first day of business was: 08/23/2023 Registrant Name: a. OLEKSANDR KORNYEYEV 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 19, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019135 Fictitious Business Name(s) a. THE LOMA ALTA, 4426 MENTONE STREET, SAN DIEGO, CA 92107 Is registered by the following: a. HONEY BEAR CHILDCARE, INC. business is conducted by: A CORPORATION The first day of business was: 06/01/2023 Registrant Name: a. HONEY BEAR CHILDCARE, INC. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor Michelle C. Parker, VP, Secretary, Treasurer, The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 18, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019739 Fictitious Business Name(s) a. FUNFRUNK LLC, 7494 SEAN TAYLOR LANE, SAN DIEGO, CA 92126 Is registered by the following: a. FUNFRUNK LLC, business is conducted by: A LIMITED LIABILITY COMPANY, The first day of business was: 09/26/2023 Registrant Name: a. FUNFRUNK LLC, TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ROBERTO M PEREZNEGRON, MANAGING MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 26, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019556 Fictitious Business Name(s) a. LOOKUP CRAFTED JEWELRY-CRAFTS, 5234 COBB PL, SAN DIEGO, CA 92117 Is registered by the following: a. LORETTA MITCH-LYNN business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. LORETTA MITCH-LYNN 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 22, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019405 Fictitious Business Name(s) a. MIRABEAU WINDOW CLEANING & PROPERTY UPKEEP SERVICES, 4719 ORCHARD AVE, SAN DIEGO, CA 92107 Is registered by the following: a. SCOTT G JONES business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. SCOTT G 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 21, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019887 Fictitious Business Name(s) a. PEPE'S TACOS MEXICAN STYLE, 257 PALO VISTA DE, VISTA, CA 92083 Is registered by the following: a. JOSE MANUEL URIBE VAZQUEZ business is conducted by: AN INDIVIDUAL The first day of business was: 09/15/2023 Registrant Name: a. JOSE MANUEL URIBE VAZQUEZ 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 27, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018865 Fictitious Business Name(s) a. HEALING CURRENTS, 945 HORNBLEND ST, STE C, SAN DIEGO, CA 92109 Is registered by the following: a. JEFFREY A. ODNERT business is conducted by: AN INDIVIDUAL The first day of business was: 03/15/2023 Registrant Name: a. JEFFREY A. ODNERT 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 13, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019784 Fictitious Business Name(s) a. YARO HOLISTIC MASSAGE, 7710 BALBOA AVE#226, SAN DIEGO, CA 92111 Is registered by the following: a. SAM CHA business is conducted by: AN INDIVIDUAL The first day of business was: 04/26/2023 Registrant Name: a. SAM CHA 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 26, 2023 ISSUE DATES: October 6, 13, , 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019750 Fictitious Business Name(s) a. BOOMERANG'S GOURMET BURGER AND WHISKEY JOINT, 4577 CLAIREMONT DRIVE, SAN DIEGO, CA 92117 Is registered by the following: a. BOOMERANG'S GOURMET BURGERS, INC business is conducted by: A CORPORATION The first day of business was: 04/10/2007 Registrant Name: a. BOOMERANG'S GOURMET BURGERS, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor Bruce R. Cohen, President The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 26, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018733 Fictitious Business Name(s) a. PACIFIC PIANO TECH, 9650 CAMINO RUIZ, SAN DIEGO, CA 92126 Is registered by the following: a. CHRISTOPHER L. BUTCHER business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. CHRISTOPHER L. BUTCHER of Title 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 12, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020421 Fictitious Business Name(s) a. MARISSA'S MOBILE NOTARY, 3328 STERNE ST., SAN DIEGO, CA 92106 Is registered by the following: a. MARISSA ADONA DEL ROSARIO business is conducted by: AN INDIVIDUAL The first day of business was: 10-04-23 Registrant Name: a. MARISSA ADONA DEL ROSARIO 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: OCTOBER 3, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020249 Fictitious Business Name(s) a. LIGHTENED LIVING, 4520 BERMUJADA AVE, SAN DIEGO, CA 92107 Is registered by the following: a. RUTH NAZARIAN, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/10/2007 Registrant Name: a. RUTH NAZARIAN, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor RUTH PAULETTE NAZARIAN, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 3, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-

9020213 Fictitious Business Name(s) a. GREEN FLASH ENERGY b. RAPID CHARGE CO., 5940 S. RAINBOW BLVD #400, LAS VEGAS NV, 89118 Is registered by the following: a. GREEN LIGHTNING LLC Is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. GREEN LIGHTNING LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor ROGER MARTINEZ, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 2, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020686 Fictitious Business Name(s) a. MR & MRS SCOOPS, 2049 VILLAGE PARK WAY #415, ENCINITAS, CA 92024 Is registered by the following: a. FABIEN ANGEL RODRIGUEZ b. FERNANDA RODRIGUEZ business is conducted by: A MARRIED COUPLE The first day of business was: N/A Registrant Name: a. FABIEN ANGEL RODRIGUEZ b. FERNANDA 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: OCTOBER 9, 2023 ISSUE DATES: October 13, 20 , 27 & November 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9018063 Fictitious Business Name(s) a.LSD36.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: October, 20 , 27, November 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020877 Fictitious Business Name(s) a.MAEVA TOURS, 8121 VALDOSTA AVENUE, SAN DIEGO, CA 92126 Is registered by the following: a. MAEVA TARACHU-McNICOL, This business is conducted by: AN INDIVIDUAL The first day of business was: 03/05/1997 Registrant Name: a. MAEVA TARACHU-McNICOL, 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: OCTOBER 11, 2023 ISSUE DATES: October, 20 , 27, November 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021035 Fictitious Business Name(s) a. DELISH MEAL PREP, 2122 CORTE CONDESA, CHULA VISTA, CA 91914 Is registered by the following: a. ANNE E HARDIN This business is conducted by: AN INDIVIDUAL The first day of business was: 10/12/2023 Registrant Name: a. ANNE E HARDIN, 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: OCTOBER 13, 2023 ISSUE DATES: October, 20 , 27, November 3 & 10

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023-9018362 Fictitious Business Name to be Abandoned: a.ABBAS, JENSON & CUNDARI CPA'S, 3131 CAMINO DEL RIO NORTH #360, SAN DIEGO CA 92108 The Fictitious Business name referred to above was filed in San Diego County on:01/05/2016 and assigned File No. 2016-000269 Fictitious Business name is being abandoned by: a. TOMMY GERALD ABBAS b. CHRIS CUNDARI This business is conducted by: A GENERAL PARTNERSHIP. 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: a. TOMMY GERALD ABBAS b. CHRIS CUNDARI . 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: SEPTEMBER 6, 2023 . ISSUE DATES: October, 20 , 27, November 3 & 10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00045330-CU-PT-NC SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: Superior Court of California, County of San Diego: 325 S Melrose Drive,Vista, CA 92081 BRANCH NAME: NORTH COUNTY COURTHOUSE . TO ALL INTERESTED PERSONS: 1. Petitioner (name) SARAH JEAN DERRYBERRY filed a. petition with this court for a decree changing names as follows: Present name: a. SARAH JEAN DERRYBERRY to proposed name: SARAH JEAN HESSINGER-DERRYBERRY THE COURT ORDERS that all persons interested in this matter appear before the 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:12-29-23 TIME: 8:30 AM DEPT: 25; 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: October 19, 2023 . JUDGE OF THE SUPERIOR COURT Brad A. Weinreb ISSUE DATES: October 27, November 3, 10 & 17 Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. If you are a respondent objection to the name change, you must file a written objection at least two court days (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing patent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00045605-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: Superior Court of California, County of San Diego: 330 W. BROADWAY, SAN DIEGO, CA 92101 BRANCH NAME: HALL OF JUSTICE COURTHOUSE . TO ALL INTERESTED PERSONS: 1. Petitioner (name) BETTYANN DENT GROUT filed a. petition with this court for a decree changing names as follows: Present name: a. BETTYANN DENT GROUT To proposed name: BETTYANN GROUT GAGE THE COURT ORDERS that all persons interested in this matter appear before the 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: 12-06-23 TIME: 8:30 AM DEPT: 61; 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: OCTOBER 20 2023 . JUDGE OF THE SUPERIOR COURT Michael T. Smyth ISSUE DATES:October 27, November 3, , 10 & 27Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. If you are a respondent objection to the name change, you must file a written objection at least two court days (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing patent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020158 Fictitious Business Name(s) a.SILVERSTAR ENTERPRISES, 4772 JELLETT ST, SAN DIEGO, CA 92110 Is registered by the following: a. RANDY PAUL STUBBS This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2023 Registrant Name: a. RANDY PAUL STUBBS , 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: OCTOBER 02, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020648 Fictitious Business Name(s) a.ROBERTO'S TACO SHOP, 1155 SCOTT STREET, SAN DIEGO, CA 92106 Is registered by the following: a. AUTHENTICA MEXICAN FOOD, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. AUTHENTICA MEXICAN FOOD INC, TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MICHAEL DE LA ROSA, CHIEF FINANCIAL OFFICER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 06, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021241 Fictitious Business Name(s) a. SAVOR NUEVA ITALIA CUCINA MEXICANA, 2422 SAINT ANNE DR, EL CAJON CA 92019 Is registered by the following: a. ARELI GARCIA VELENCIA b. CARLOS MARTINEZ ROMERO This business is conducted by: A JOINT VENTURE The first day of business was: N/A Registrant Name: a. ARELI GARCIA VELENCIA b. CARLOS MARTINEZ ROMERO , TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MICHAEL DE LA ROSA, CHIEF FINANCIAL OFFICER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 17, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021437 Fictitious Business Name(s) a.ANCIENTMODERNE, 8632 MELROSE AVE, LOS ANGELES, CA 90069 Is registered by the following: a. CHIC FRENCH NIGHT, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. CHIC FRENCH NIGHT, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor GABRIEL SALZMANN, SECRETARY The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 18, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021354 Fictitious Business Name(s) a.EL DAZA TAQUIZAS, 1144 13TH STREET APT199, IMPERIAL BEACH, CA 91932 Is registered by the following: a. ALEJANDRA BURGOS b. DAVID DATZAELO SOLORIO GONZALEZ This business is conducted by: CO PARTNERS The first day of business was: 10/18/23 Registrant Name: a.a. ALEJANDRA BURGOS b. DAVID DATZAELO SOLORIO GONZALEZ 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: OCTOBER 19, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021435 Fictitious Business Name(s) a.CHURROS EL CHICO, 2178 HARRISON AVE, SAN DIEGO, CA 92113 Is registered by the following: a. FRANCISCO VAZQUEZ HERNANDEZ This business is conducted by: AN INDIVIDUAL The first day of business was: 10/18/23 Registrant Name: a. a. FRANCISCO VAZQUEZ HERNANDEZ 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: OCTOBER 19, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021433 Fictitious Business Name(s) a.BUTTERFLY RESIDENTIAL & COMMERCIAL CLEANING SERVICES, 625 S. JOHNSON AVE, EL CAJON, CA 92020 Is registered by the following: a. LIDIA PEREZ This business is conducted by: AN INDIVIDUAL The first day of business was: 10/12/23 Registrant Name: a. LIDIA PEREZ 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: OCTOBER 19, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9019936 Fictitious Business Name(s) a. PROTRANSLATE ,812 HAVENHURST POINT, LA JOLLA, CA 92037 Is registered by the following: a. HAVENHURST INVESTMENTS, LLC This business is conducted by: A. LIMITED LIABILITY COMPANY The first day of business was: 02/05/2014 Registrant Name: aa. HAVENHURST INVESTMENTS, LLC Officer, if Limited Liability Company/Corporation Title of Signor GLADYS A GARCIA, MANAGER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: SEPTEMBER 27 2023 ISSUE DATES: October 27, November 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021503 Fictitious Business Name(s) a. SOCIETY BILLIARDS CAFE b. SOCIETY BILLIARDS ,1051 GARNET AVENUE, SAN DIEGO CA 92109 Is registered by the following: a.AMERICAN HIGH, INC, A CALIFORNIA CORPORATION This business is conducted by: A. CORPORATION The first day of business was: 11/14/1989 Registrant Name: a.AMERICAN HIGH, INC, A CALIFORNIA CORPORATION Officer, if Limited Liability Company/Corporation Title of Signor Oved Haskal, President The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 19, 2023 ISSUE DATES: October 27, November 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021584 Fictitious Business Name(s) a.REVAMPFLIFY, 3711 INGRAM ST #4, SAN DIEGO, CA 92109 Is registered by the following: a. KUMBIRAYI TAFADZWA MURINDA This business is conducted by: AN INDIVIDUAL The first day of business was: 10/14/23 Registrant Name: a. KUMBIRAYI TAFADZWA MURINDA 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: OCTOBER 20, 2023 ISSUE DATES: October 27, November 3, , 10 & 27

Bucs drop Senior Night showdown against Crawford



Mission Bay dominated Coronado on homecoming night with a 57-6 win on Oct. 13. PHOTO BY STEVE SIDELL



The homecoming court was named at halftime. PHOTO BY STEVE SIDELL



Mission Bay cheerleaders perform on homecoming night. PHOTO BY STEVE SIDELL

By CLARK FAHRENTHOLD

Coming into a Thursday night showdown vs. Crawford High School, it seemed nothing could go wrong in 2023 for the men dressed in black and yellow. A 7-1 record, a point differential of +141, control of their own destiny in pursuit of the City League title, and what appeared to be a firm grasp on the No.1 seed in CIF Division III.

Throw in the fact that it was senior night, and the stands were packed with the Buccaneer faithful who came out in support of the 14 seniors on the Bucs roster. It seemed as if the notion of a loss was unthinkable.

But that's why they play the game, as the Bucs fell to the visiting Colts of Crawford, 26-14.

On a night when everything seemed like it should go right, everything was just a bit off for the Bucs.

"It all starts with practice, you play like you practice" said Mission Bay head coach Greg Tate, "I put that on myself as the head coach as I didn't have us prepared and locked in as we needed to be during the week leading up and it showed itself when we go to the game."

Offensively, Mission Bay never found a true rhythm. QB Charlie Hutchison and his supporting cast of David Dunn, Ricky Esquer, Caden Taffe, and Isaah Whitehurst, a group that has churned out explosive plays all year, were held to less than 350 yards of total offense.

Sure, they had their moments,

such as Dunn's 4th-and-goal toe-tap touchdown in the first quarter, Dunn's 55-yard reception, and Esquer's TD run that would give Mission Bay a 14-7 lead heading into the fourth.

But what dragged down the Mission Bay offense the most was the penalties. The Bucs had more than 100-plus penalty yardage on the night. The penalties put Mission Bay in long downs and distances and allowed the Colts' defense to play more aggressively.

"We can't have these type of penalties moving forward, we pride ourselves on being a disciplined football team, but these past two weeks, it hasn't shown," said Tate. "It's something we've stressed to the guys this week in practice that you can get away



Wide receiver David Dunn celebrates another TD in the win over Coronado. PHOTO BY STEVE SIDELL

with those penalties' versus lesser talented teams, but versus teams like Crawford, Scripps, and teams we'll see in the playoffs, it will come back to bite you in the butt like it did this week."

On the defensive, it was also a mixed bag for Mission Bay. The Bucs' secondary held the Colts air attack to 87-yard passing thanks to some great plays from Gavid Girouard, Caden Taffe, and Dunn. The pass rush was also on point, as they registered three sacks from Thomas Cook, Kai West, and Marcos Korch.

But the Bucs had no answer for Colts running back Joseph Minchello, who gashed the typically elite Mission Bay defense for 186 yards and 4 TDs on 13 carries. It only became more challenging to tackle as the game

wore on.

This was evidenced on his two most considerable carries on the night, as he broke off a 32-yard TD that gave the Colts a 19-14 lead with 6:53 to play and a 46-yard TD that iced the game with 2:15 left.

"When we put on the film, it showed that we were kind of hesitant to come up and hit the guy with the ball," noted Tate. "But again, that's something we can trace back to practice. We need to have physical practices and come into the game the mentality of we have to buckle our chinstraps and play physical."

The Bucs will be back this week for the final regular season game when they visit the 6-3 Scripps Ranch Falcons on Friday, Oct. 27, at 7 p.m.

Mission Bay water polo on winning track



Mission Bay junior Henry Crabtree (11) goes for a deflection. PHOTO BY STEVE SIDELL



Mission Bay junior Ryland Griffin (15) tries to score. PHOTO BY STEVE SIDELL

By HECTOR TRUJILLO

The Mission Bay boys water polo team is off to a solid start this season sitting with a 10-8 record and coming off a tournament final appearance versus Lincoln High from Oregon on Oct. 21.

In order to reach the final, the Bucs had to defeat three San Diego County teams starting on Oct. 20 when they beat Pacific Ridge, 14-8, followed by back-to-back wins over La Jolla Country Day, and Ramona High before losing in the championship match against Lincoln, 13-9.

"It was a fun tournament and they played like a real good team," said head coach O'D McKewan. Mission Bay kicked off the regular season with a dominating 19-10

victory over Mar Vista on Aug. 30 before dropping the next two to Point Loma and San Marcos. The Bucs were able to bounce back with two straight victories against Del Norte and Mission Hills before losing on the road to Eastlake on Sept. 15.

Mission Bay followed that up with its most impressive performance of the season with a 24-1 drubbing of Canyon Hills and a 14-9 victory over Santa Fe Christian High School before suffering a three-game losing streak at the hands of Clairemont, Oceanside, and Francis Parker, but followed that up with solid wins over University City and SFCHS.

The team has gotten impressive play all over the pool with the most noteworthy performances coming from junior Julian Morrison, along

with the lone senior on the squad, Gavin O'Neill. Mission Bay has already surpassed its win total from last season and has a rematch coming up versus University City on Tuesday.

"We've played them once and they were in the tournament as well," McKewan added. "It was a good game where we came out on top, so I'm expecting us to do the same on Tuesday as well. Our big challenge is going to be Francis Parker on Friday, they're a Division I team but they're in our league and we're Division II."

This is McKewan's first season as head coach of the water polo team and came to the role just before the season started. He previously coached softball at Madison High School and played water polo in college.



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SUDOKU PUZZLE

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- CLUES ACROSS**

 - Male children
 - Robert Wagner series "Hart to ..."
 - Unfolded
 - Digestive disease
 - Wednesday
 - Malignant tumor
 - Conscientious investment strategy (abbr.)
 - Slowed
 - Letter of the Semitic abjads
 - Weights of cars without fuel
- CLUES DOWN**

 - Ringlet
 - Type of complex
 - Midway between north and northwest
 - It becomes something bigger
 - German courtesy title
 - Genus of birds
 - Marked by public disorder
 - Least aggressive
 - Russian city
 - Insect repellent
- CLUES ACROSS**

 - Former CIA
 - Asian country
 - Instead
 - Ancient Egyptian King
 - Privies
 - Shopping trips
 - Paradoxical anecdote
 - It's on the table
 - Ancient Persia ruler
 - Small American rail
 - File extension
 - Days (Spanish)
 - Everyone has one
- CLUES DOWN**

 - Interruptions
 - Soundrels
 - 1,000 calories
 - What one does overnight
 - Dwarf planet
 - Pipe
 - Black powdery substance
 - Set of four
 - Canned fishes
 - North Carolina college
 - Secured
 - A disgraceful event
- CLUES ACROSS**

 - South American plant
 - About ilium
 - Vanished American hoopster
 - Bison
 - A type of breakfast
 - Uncooked
 - Examined
 - Christian recluse
 - Strong posts
 - Some are for pasta
 - Skinny
 - School-based organizations

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

By BART MENDOZA

SPOTLIGHT

Although billed as world music, New York-based combo, Banda Magda's (above) songs are much more expansive than that. Appearing for two shows at the Jai on Oct. 27, Banda Magda's music is multilingual with elements of samba and other Latin rhythms, as well as folk music and French pop among its kaleidoscope of sound. The five-piece group is a lot of fun live, but what sets them apart from other similar combos is band leader /accordion player, Magda Giannikou's, way with a song hook. The melodies in tunes such as "Ase Me Na Bo," and especially "Amour, t'es là?" will stick with you for days. Banda Magda: Friday, Oct. 27 at The JAI at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 6 p.m. and 8:30 a.m. \$53-\$68. theconrad.org.

RECOMMENDED

On Oct. 27 award-winning flautist Holly Hofmann, accompanied by drummer Jeff Hamilton and pianist Mike Wofford (Sarah Vaughn, John Lennon, etc.), will perform a tribute to bassist Ray Brown at the La Jolla Community Center. The late musician contributed to hundreds of albums in his career, from a series of acclaimed works with classical legend Andre Previn, to '90s hits with Linda Ronstadt, making the setlist possibilities for such a show virtually endless. No matter what the selections on the night are, the three musicians taking part are amongst the finest to ever hit a world stage. Jazz aficionados will love every second of this show. Holly Hoffman: Friday, Oct. 27 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. \$35. ljcommunitycenter.org.

Few local artists have made the sort of impact on San Diego music that Jefferson Jay has done in recent years. In addition to his own groups, open mic hosting, and just general support of local artists, he has also founded two beloved local



institutions, the San Diego Music Hall of Fame and the Acoustic Evenings series at the Athenaeum. On Oct. 27 Jay will be one of the artists featured in the latest edition of the latter. However, true to his spirit, he will be focusing the spotlight on the songs of another deserving artist, the late Don Truesdail, who was amongst the performers in the series debut back in 2008. The night will also feature performances from Hugh Gaskins and Gaby Aparicio.

Acoustic Evenings: Friday, Oct. 27 at the Athenaeum Music & Arts Library, 1008 Wall St. 7:30 p.m. \$20 ljathenaeum.org.

It's been 40 years since the new wave band, Oingo Boingo, hit the charts, but they remain a top draw, as well as one of the benchmarks for 1980s music. Though frontman Danny Elfman is no longer with the band, and the group's name has been amended, the song remains the same, with the current lineup performing what is essentially a greatest hits set, including classics, from "Only A Lad" to "Weird Science." Making this show a must for fans of '80s music, opening the concert will be three additional hit-makers of the era: The Tubes ("Talk To You Later"), Dramarama ("Last Cigarette"), and The Untouchables ("Free Yourself").

Oingo Boing Former Members: Saturday, Oct. 28 at Humphrey's Concerts by the Bay, 2241 Shelter

Island Drive. 7 p.m. \$87.50. humphreysconcerts.com.

Anyone looking for proof that Mission Bay High School's music program is turning out major talent need look no further than guitarist Eric Wesling's appearance at Dizzy's on Nov. 3. The former MBHS student will be headlining, accompanied by bassist Julian Esparza and violinist/vocalist Giovanni Ramirez, for a show that will mix jazz standards and classical pieces. While still very much a young performer, Wesling's virtuoso skills put him on track for bigger stages. Definitely a rising local musician that jazz fans will want to keep an eye on.

Eric Wesling: Friday, Nov. 3 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$20. dizzysjazz.com.

It'll be worth rising early on a Sunday to catch a set from singer/songwriter Kira Morrison at the La Valencia Hotel. Although Morrison sings with various combos around town, for this appearance, she will be in solo acoustic guitar mode. Performing On Nov. 5 during the La Valencia's brunch service, Morrison offers the perfect soundtrack for a breezy morning on their patio, with a great mix of jazz standards such as "My Funny Valentine" and more modern fare, such as Maroon 5's "Sunday Morning."

Kira Morrison: Sunday, Nov. 5 at The La Valencia, 1132 Prospect St. 11 a.m. No cover. lavalencia.com.

PB CHURCH CONCERT

A free concert titled "The Sky of Love" with sopranos Christine Lehman and Hima Joshi, and Anna Juliar on piano, will be held Sunday, Nov. 19 at 4 p.m. at Christ Lutheran Church, 4761 Cass St. Free admission. All donations taken at the door will benefit the Christ Lutheran Music Fund Reservations on Eventbrite: <https://bit.ly/48YcVKp>. The setting

of the main sanctuary's stunning mosaics, stained glass, and renowned acoustics promise an afternoon of moving and uplifting music. The diverse program includes works by Faure, Handel, Alberto Favero, Rosephanye Powell, Kate Moody, Elizabeth Alexander, Joni Mitchell, Jacques Brel, and Clif Hardin.

Seating is general admission and on a first-come, first-seated basis.

Limit six seats per reservation. If your plans change, let them know at events@christpb.org. Reserved seating that is not claimed by 3:45 p.m. day of show will go to wait-list guests. Parking is available in two lots, both accessed from Chalcedony Street: one lot is adjacent to the church and a second one is across Chalcedony, north of the church. Free street parking is also available.

LEGALS» CONT. FROM PG. 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023 -9021263 Fictitious Business Name(s) a. BALI HAI RESTAURANT, 2230 SHELTER ISLAND DRIVE, SAN DIEGO CA 92106 Is registered by the following: a.SHELTER ISLAND INC This business is conducted by: A. CORPORATION The first day of business was: 08/15/1953 Registrant Name: a.SHELTER ISLAND INC Officer, if Limited Liability Company/Corporation Title of Signor Susan H Baumann, President The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 17, 2023 ISSUE DATES: October 27, November 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023 -9021722 Fictitious Business Name(s) a. MAYDAY, 1156 BROADWAY, EL CAJON, CA 92021 Is registered by the following: a.MAYDAY TOWING, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: October 1, 2023 Registrant Name: a.MAYDAY TOWING, LLC Officer, if Limited

Liability Company/Corporation Title of Signor ,Majed Adel Fahad Nemat, President The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 24, 2023 ISSUE DATES: October 27, November 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023 -9021772 Fictitious Business Name(s) a.CLEARSTEM b. CLEARSTEM SKINCARE, 7440 GIRARD AVE #9, LA JOLLA, CA 92037 Is registered by the following: a. CLEARSTEM SKINCARE INC This business is conducted by: A. CORPORATION The first day of business was: 07/01/2016 Registrant Name: a.SHELTER ISLAND INC Officer, if Limited Liability Company/Corporation Title of Signor DANIELLE GRONICH, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 24, 2023 ISSUE DATES: October 27, November 3, 10 & 17



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Tyler Kirbey

IN MEMORY OF TYLER KIRBEY

Pacific Beach lost an amazing member of the Cass Street Post Office on Sept. 30. Tyler Kirbey was a great and kind man and the biggest cat lover you will ever meet. He delivered his route faithfully each day, even in pain, he carried on until he recently retired. When not working, Kirbey spent his days volunteering for local shelters and pet rescues giving love and kindness to many homeless cats while they waited for their forever homes. He will be missed by family, friends, and hundreds of cats that he cared so deeply for. On Saturday, Oct. 14, about

25-40 postal trucks drove by his former Pacific Beach route in his memory. They say humans walk through the Golden Gates and animals cross the rainbow bridge, but Kirbey is probably sitting on the other side of the rainbow bridge with all the animals he loved that passed over.

PB TEEN VANDALS

Recently on weekends, a group of three teenage boys have been reported to have engaged in repeated, destructive acts of vandalism on Chalcedony Street in North Pacific Beach by residents. Witnesses say they have video footage of the alleged vandals. In one incident, male teenagers

destroyed a sidewalk "Dog Cafe" provided out of kindness by a resident on 1200 block Chalcedony Street. On another night, the same three boys wearing hoods vandalized a resident's front porch on 1100 block Chalcedony.

According to Next Door comments, the vandals have also been pounding on front doors of other homes, and they have even tried to kick-in a front door. Speculation is that the culprits may be the same three who have also reportedly been terrorizing an elderly woman on the 1400 block of Wilbur. Witnesses have Ring camera video from two different addresses. Though it is unknown whether it is related,

there was a boy mugged by two or more males on a recent weekend on the corner of Chalcedony and Cass streets. The victim was taken away by ambulance.

PB THRILLER DANCE

Thriller dance rehearsals are continuing at Pacific Beach Library at 4275 Cass St. in preparation for a public display of Michael Jackson's famous Thriller dance. All local ghouls and zombies are invited to perform the Thriller dance on Cass Street Plaza on Monday, Oct. 30 at 7 p.m. Learn the choreography together on Monday at 6 p.m. on Oct. 30 and Saturday, Oct. 28 at 11 a.m.

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



Pacific Life Church

www.pacificlifechurch.org | Church Office: 2204 Garnet Ave, Suite 200, San Diego, CA 92109

Facebook - @pacificlifechurchsd | Instagram - @pacificlifechurchsd | YouTube - PacificLifeChurchSanDiego



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READERS CHOICE AWARDS 2023

'Attack of the 50-Foot-Woman' and the star's death in La Jolla

By JILL ALEXANDER

One of the most popular cult movies of all time continues to be "Attack of the 50 Foot Woman," from 1958 starring actress Allison Hayes as Nancy Archer. While there have been a few remakes, one with Daryl Hannah in 1993, the original is still the one that many fondly remember. Speaking of Hayes and besides "Attack," she is mostly known for other bad-girl roles in various B-movies, including "The Undead" (1957), and "Zombies of Mora Tau" (1957).

A DIFFERENT NAME

The brunette beauty known for her deep sultry voice, and big brown eyes, was born Mary Jane Hayes in Charleston, W.Va. on March 6, 1930, to William Edward Hayes and Charlotte M. Gibson Hayes. According to Mary Johnson at the West Virginia Archives and History, Hayes's connection to West Virginia appears to have been fairly short. "In 1930, her father worked at the Naval Ordnance Plant in South Charleston as a master mechanic (1930 census), but he was a native of Connecticut. His wife was from D.C., as were her older brother and sister (William E. Jr. and Cathryn E.). It appears they were half-siblings; her parents having

been married three years at the time and William E. Jr. and Cathryn E. being 20 and 19 years of age respectively," she said. Johnson said William and Charlotte were married in Kanawha County on May 11, 1927. By 1940, Mary Jane and her parents were in Washington, D.C. She added that in 1949, Hayes at 5 feet 8 inches tall had entered the Miss America Pageant.

HELLO, HOLLYWOOD

Although unsuccessful at taking home a grand prize in the beauty pageant, the opportunity gave Hayes the chance on local television in Washington before she moved on to Hollywood in 1954. Her first movie was "Francis Joins the WACs" (1954), in which she played the second tier to a mule. Her next role, that of Iloico in "Sign of the Pagan" (1954) opposite Jack Palance was a major role for her, but it didn't get her noticed for better films. When she was filming "Sign of the Pagan," she suffered several broken ribs, and then while filming "Foxfire" (1955), she sued Universal Studios for her injuries; Universal fired her and finished the movie minus Hayes. She went on to sign with Columbia Pictures. In various online reports Hayes said her second film with Columbia was her best,

"Count Three and Pray" (1955), but her co-star, Joanne Woodward was the one noticed. After breaking her arm in a fall from a horse during the filming of "Gunslinger" (1956), Hayes turned to television roles. In 1958, she played the leading role in "Attack of the 50-Foot Woman," a film that didn't bring her any A-list movies, but it did gain a cult classic following. From 1963-1964, Hayes landed the recurring role of Priscilla Longworth in the soap opera "General Hospital," but at this stage in her career, things were ending. Some say she was funny especially when she appeared opposite Dean Martin in "Who's Been Sleeping in My Bed?" (1963), and then with Elvis Presley in "Tickle Me" (1965), however, besides those two appearances, she was not noticed for her comic ability.

TV AND HEALTH ISSUES

Hayes stayed in the TV business and continued having guest appearances on the small screen's "Perry Mason," but she had severe health problems. Some reports state she could walk only with a cane, thus it was hard for her to get to work. She eventually learned the cause of her health problems as acute lead poisoning, from a calcium supplement her physician had prescribed for her. According to some websites, Hayes "began a campaign to have the FDA monitor the sale of dietary supplements, but they remain mostly unregulated." She was only partially successful in getting some imported supplements regulated and her health deteriorated. Known also as a gifted concert pianist and at one time a model for Frederick's of Hollywood, Hayes was eventually diagnosed



with leukemia in 1976. Hayes died in La Jolla at age 46 on Feb. 27, 1977, as the lead poisoning had deteriorated her kidneys, heart, and blood vessels. Hayes is buried at Holy Cross Cemetery in Culver City; her plot is located in the Mother of Sorrows, Lot 681, Section N, Grave 1.

SEE THE FLICK

If you haven't watched the original "Attack of the 50 Foot Woman" starring Hayes from 1958 don't miss her as Nancy Archer, an abused heiress who becomes a giant-sized woman after her encounter with aliens. She decides to get revenge on her cheating husband played by William Hudson and others who annoy her. The 66-minute film was directed by Nathan Hertz and had a budget of 65,000-\$89,000 and brought in \$480,000 in 1958 at the box office.

Little Amal to visit the border, Balboa Park, and Mission Beach

Little Amal, the internationally celebrated 12-foot-tall puppet of a 10-year-old Syrian refugee girl, will be arriving in San Diego on Nov. 3-5 as part of her final stop during her epic 6,000-mile journey across the United States this fall. Throughout the two-month trek, which will span more than 35 U.S. cities and towns for 100-plus events, some of the country's most influential cultural institutions and artists will come together to greet Amal and add their unique color to the rich tapestry of America's story. During her stop in San Diego, the Blindspot Collective, Casa Familiar, City of San Diego, Estudio Teddy Cruz + Fonna Forman, Fundación Regalando Amor, Imagine: Brave Spaces, Jewish Family Service of San Diego, La Jolla Playhouse, San Diego Symphony, Tijuana River National Estuarine Research Reserve, University of California San Diego, UCSD-CASA Community Station, UCSD-Alacran Community Station, and the University of California San Diego Center on Global Justice will create a series of theatrical "events of welcome" for Amal. All events along the route are an open invitation to the people of the towns and cities Amal is visiting. Some organizations and institutions that will share their unique vantage point of the U.S. narrative and take part in the journey include national and local cultural institutions, theaters, community groups, government bodies, arts, civic society, faith groups, and humanitarian organizations. All participating partners are outlined at WalkWithAmal.org/Friends/United-States. Scheduled San Diego events: – Amal arrives in San Ysidro, a border neighborhood in San Diego, at Living Rooms at the Border, 114 W Hall, on Nov. 4 at 11 a.m. to collect a message for migrant families living across the border in Tijuana. She



walks through the UCSD-CASA Community Station welcomed by the local community and a parade of dancers, musicians, and students. – La Jolla Playhouse will take Amal on a joyous adventure in Balboa Park starting near The Old Globe Plaza on Nov. 4 from 2-3 p.m. to celebrate the power of theatre and the city's rich cultural diversity. In partnership with La Jolla Playhouse's Without Walls program. – Exhausted from the day's commotion, Amal is caught between wakefulness and sleep. She can't believe her eyes when magical creatures appear... Is she still dreaming? In partnership with Imagine Brave Spaces, Monarch School Performance Ensemble, Voices of Our City Choir, Majdal Center, and Chicano Park Steering Committee, Amal will visit Chicano Park on Nov. 4 at 5 p.m.

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SCOTT’S PB SPOTLIGHT

Fall in PB:

Hands down, Fall is my favorite season, and Fall in PB and San Diego as a whole is top notch! It starts off in September with “Locals’ Summer,” which is when the kids are all back in school, most of the tourists have left and the weather is still awesome. The water is still warm, the surf is usually firing (not this year!) and if you fish, it’s still usually game on in the ocean, and the freshwater bite is transitioning to a fun fall bite. Football Sundays are here, people are out and about, and it seems everyone is enjoying the good life here in our hometown.



Then we creep into October, and the weather is still amazing, but the nights start to cool off a bit, and the mornings start to have that little bite in the air. The sunsets start to get epic, kids start talking about Halloween costumes, families head down to the pumpkin patch at Garnet and Bayard, fun decorations go up, and we start seeing the onslaught of pumpkin EVERYTHING!!! As a kid in PB, the smell of the carob tree pods in the middle-to-end of October always screamed fall and Halloween time. Then we get to Halloween! Halloween when I was a kid in the early 80’s was always filled with tons of kids out trick-or-treating in North PB where I grew up. There was one lady on Missouri who always gave us pennies and whole walnuts, the guy on Diamond who, more than once, gave out popsicles, the grouchy old guy who would yell at us for running across his lawn and not using the walkway, as well as countless other stories. Now we have the famous haunted house and block party on Opal that started off as just one block and has grown over the years to multiple blocks. We have people giving out whole candy bars and apps that let people map out “candy routes.” Even though my kids are older, I still find it so fun to see the littles come up to my door and say “twick or tweet” in some cute little costume and then run down my walkway screaming to their parents what they just got. So fun!

Then we hit November, obviously the best month of the year since yours truly was born this month. The days are still warm, but the nights are getting a little brisker. The pumpkin frenzy is at full tilt (still waiting for pumpkin toothpaste to come out!), fantasy football players are coming to grips with the fact their team won’t be winning the league this year (shout out to the J4 boys, I will win one of these years I swear!!!), and people start finalizing their Thanksgiving plans. As a kid, this meant a fishing trip to the Colorado River with my dad and a bbq’d turkey with family. As I got older and would come home from college, it was also a time to reconnect with my friends I hadn’t seen in a while and hang out with them. It also is time for our annual Turkey and Pie Giveaway. This year will mark

our 13th year doing this giveaway, and it is one of my favorites of the year. My turkey costume has been retired for a few years, but I’m feeling a little froggy this year, so it might be time to dust it off and put it on to hand out turkeys to the winners like I used to. The month to me culminates with a Thanksgiving feast, pants that fit a little snuggler than they did and an overwhelming feeling of gratitude for how fortunate we are to live where we live.

As we curse growing midsections, we jump right into December and the last bits of Fall. Water is cold, 3/2 full suits are a must, Christmas lists are being made, people are going all out and outdoing their neighbors’ Christmas decorations, and Holiday PB turns into a 70-degree winter wonderland. Crystal Pier tree lighting, Holiday parade and Santa Run, business window decorating contest and a hot apple cider while Christmas Tree shopping, again, at Garnet and Bayard. Then before you know it, Fall is over and Winter is here.

Life is full of ups and downs, joys and struggles and it’s never as simple as we’d hoped. But if you’re reading this, you, like me, are so very fortunate to be living where we do and making the memories we are in our beautiful not-so-little-anymore beach town. My ask of you this Fall is to stop and smell the carob tree pods. Make lasting memories like I have of growing up here and still living here. Be thankful for what we have, not what we want. Sure, I’d have loved a handful of candy from the old lady instead of walnuts and pennies, but would I have remembered her 40 years later? Probably not. I’m thankful for my family, and I’m thankful for all of you and the continued support this community has given me over the years. Cheers!

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FUN FACT

Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland. Back then, however, jack-o'-lanterns were made out of turnips or potatoes; it wasn't until Irish immigrants arrived in America and discovered the pumpkin that a new Halloween ritual was born.