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Scripps scientists study atmospheric rivers with Hurricane Hunter flights

By DAVE SCHWAB

Hurricane Hunter flights gathering data on atmospheric rivers to improve weather forecasting led by Scripps scientists in La Jolla have resumed for the winter.

Atmospheric rivers are relatively long, narrow atmospheric regions, typically several thousand kilometers long and only a few hundred kilometers wide, that transport most of the water vapor outside of the tropics. They can carry a greater flux of water than Earth's largest river, the Amazon, and have been increasing slightly in intensity over the past century.

When an atmospheric river hits mountains, such as California's Sierra Nevada, it is forced even higher in the atmosphere where cooler temperatures condense its vapor, rapidly transforming it into huge amounts of rain or snow concentrated over one to three days.

To better understand and forecast atmospheric rivers, "Hurricane Hunter" aircraft from the U.S. Air Force Reserve 53rd Weather Reconnaissance Squadron began flights in November over the Pacific Ocean to last through March. It is part of the Atmospheric River Reconnaissance program, led by the Center for Western Weather

and Water Extremes (CW3E) at UC San Diego's Scripps Institution of Oceanography. The program represents a research and operations partnership between science and operational weather forecasting, which ensures that methods and their impacts are continually refined and improved over time.

The "AR Recon" program collects key data on the storms as they form over the Pacific Ocean, in order to improve forecasts of where they will hit landfall and how much precipitation they will bring.

"The AR Recon partnership is a great example of state, federal, and academic collaborative research using emerging technologies to improve California's ability to manage water with increasing weather extremes," said Michael Anderson, state climatologist with the California Department of Water Resources. "This critical research allows for new innovative strategies for water management in a changing climate."

Scripps field research manager Anna Wilson and meteorologist Samuel Bartlett, both of CW3E, talked about the significance of Hurricane Hunter data collection.

"We aren't using unmanned aircraft but aircraft from the Air Force and the National Oceanic and Atmospheric Administration (NOAA) that fly into hurricanes

through the summer and fall," Wilson said. "They drop instruments into the storms themselves that measure temperature, wind, humidity, and pressure from the atmospheric river all the way down to the ocean surface."

Asked what information gathered from the Hurricane Hunters is expected to accomplish, Bartlett said: "Initially it is to gather data on atmospheric river systems for weather modeling for 10-day forecasts. Your weather forecast is only as good as how much data you have. We're basically giving the weather model information on where atmospheric rivers are currently."

"Or hope is to increase the knowledge of atmospheric rivers, what to expect with the storms, and to improve the accuracy for forecasting them," concurred Wilson. "With the data we collect, we think we can make an impact on forecasting and improve outcomes. It's also very important as we are getting more extreme atmospheric river storm conditions



Maj. Sonia Walker, aerial weather reconnaissance officer for the 53rd Weather Reconnaissance Squadron at Keesler Air Force Base, Miss., writes down coordinates after a dropsonde deployment during a flight from Reno-Tahoe International Airport, Nev., Jan. 31, 2021. As an ARWO, Walker oversees the data collection from dropsondes to ensure accuracy before sending that data to forecasters and researchers. (U.S. Air Force photo by Senior Airman Kristen Pittman)

with climate change. Forecasting is really important to save lives and property."

"Forecasting for atmospheric rivers is also important from a big-picture perspective, to study the amount of rainfall and potential flooding from these storms," concluded Bartlett.

Seven atmospheric rivers classified as strong or greater dumped rain and snow on California

during the 2022-2023 rainy season, lifting the majority of the state out of drought conditions while causing disastrous flooding. This duality of promise and peril typifies atmospheric rivers, which are ribbons of water vapor in the sky that can deliver massive amounts of precipitation and make accurate forecasting essential to both water managers and public safety officials.

More international companies investing in coastal communities

By DAVE SCHWAB

Coastal Realtors say high interest rates will likely continue to have a dampening short-term effect on the expansion of commercial retail, office, and restaurant space in La Jolla and Pacific Beach.

But the upside is that, despite tight current financial times, beach commercial real estate will remain a profitable undertaking for investors in the long run.

"Commercial real estate prices have been reduced by 20% to 30% from all-time highs in 2021 and early 2022 when the interest rates were 3% to 4%," said Tony Franco of Franco Realty Group in Pacific Beach. "Now we're seeing deals north of 10%. The result is you are going to see development start to slow down. With all the projects we're looking at now, there is going to be a lag in the economy. Those are the headwinds."

Commercial Realtors Seth Pite and Lev Mizan of Infinity Investment Properties, which covers Pacific Beach and La Jolla, noted the current commercial market has changed from pre-COVID and pandemic times.

"There is going to be a lot more opportunities arising in the upcoming year," was Pite's upbeat prediction. "The market we're in presently is much different than it was 1 1/2 to 2 years ago when low-interest rates and people were being supported by money from the government."

Investor perception of the PB

commercial market is changing too.

"There is beginning to be a bit more of a high-end feel in PB," argued Pite. "We're seeing a lot of investors and players coming into the market from outside the City and even out of the country. We just closed escrow on Australian companies who've invested in The Yard Gym, and a new fitness wear location in the 1400 block of Garnet Avenue. The desirability of the community has increased a lot."

Mizan concurred with Pite's take. "We're seeing these international companies wanting to take advantage of the market here in coastal communities," he agreed. "When you see a rise in interest rates, like we have now, you have a buyer's expectation of their returns going up. Now that interest rates have come up, the government has closed the spigot of cash flow (to fight inflation). With interest rates staying pretty high, prices need to come down."

Besides much higher interest rates today, Franco noted that "the cost of insurance has gone up a lot to do these (development) projects." However, he added there is some compensation in the form of developer incentives the City is giving. He cited an example. "Wasabi Sushi at 2662 Garnet Ave. (near I-5) is going to be redeveloped with 70 units as mostly multi-family and low-income," Franco said.

Franco pointed out another somewhat surprising change in the local commercial real estate

RECENT COMMERCIAL TRANSACTIONS BY FRANCO REALTY GROUP

- 2830 Garnet Ave.** — future development with 75,000 square feet of land on the busiest corner.
- 4617 Cass St.** — leased out an old laundromat to a gym.
- 2912 Mission Blvd.** — sold to a new restaurateur who opened a new coffee shop.
- 3782 Ingraham St.** — sold to a ramen-style restaurant.
- 870 Garnet Ave.** — seasonal Christmas tree lot sold to a developer.
- 5575 La Jolla Blvd.** — sold to a developer.
- 2662 Garnet Ave.** — in escrow. Will have over 60-70 units built.

market. "Office space has been pretty resilient in PB and La Jolla with vacancies getting filled up by small businesses," he noted. "There is a big push on from people getting sick and tired of working from their home. We need to have personal interaction with each other. Working from an isolated and depressed environment is not very healthy."

Mizan is optimistic about the future of coastal commercial real estate noting the "California lifestyle" will always be a big draw. "People want to live by the beach and, naturally, businesses want to be there too, especially retail," he said adding, "That makes it super attractive for investors."

Pite believes the current economic doldrums will eventually turn around. "It's an advantage for some tenants to be patient and look around for other opportunities that arise," he concluded.

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Fundraising for a UC San Diego student recovering from cardiac arrest



Kamarin Mann

By KYUNGMIN MIN

A UC San Diego pre-law student, Kamarin Mann, needs support after suffering a sudden cardiac arrest on Nov. 13. No one expected this to happen, as there have been no known health issues with him.

Mann is a 21-year-old studying math, economics, and political science at UC San Diego, with dreams of becoming a lawyer. Sonida Chan, Mann's older sister, introduced him as a hardworking student who "is always seen with his face stuck in a book if he isn't studying or doing homework." Being a dedicated and intelligent student, Chan sometimes jokingly refers to him as the "prodigy child."

However, he had to pause his journey toward his goal for a while since the incident. His family was afraid of losing him forever. Fortunately, "Kamarin has shown

us his resilience and determination to fight for his life," said Chan.

He is receiving treatment at Scripps Memorial Hospital La Jolla, and his family members are contributing as much as they can. Nevertheless, they need financial aid to cope with the exorbitant medical bills.

With Chan's experience as a nurse, she is doing her best to assist in her brother's recovery. "I have been overseeing medical providers and specialties, ensuring all options/avenues of treatment are considered while dealing with his school, work, and other important commitments," explained Chan.

Mann has made positive strides in his progress. He has come off one of his life support devices and has begun to "wake up, follow commands, and nod/shake his head appropriately."

They are now working hard to enable him to breathe on his own and have initiated treatment for the issues related to his sudden cardiac arrest.

But there is a concern about his condition. "As a complication of one of his life support devices called ECMO, we are seeing a lack of perfusion or blood flow to his lower legs. Unfortunately, his lower left leg has no pulses, and imaging has reinforced that there has not been a restoration of blood flow to the lower left leg. We may

be moving towards amputation," said Chan.

Mann's family doesn't desire much if he can recover and return to everyday life. "I would very much love to hug my baby brother and let him know that his big sister did all she could to save him. I would love to have Kamarin back up and walking so he may resume his journey to law school. I want

him to continue to play golf and basketball with his cousins and friends," noted Chan.

Chan expressed her appreciation to their donors. "My family and I would like to extend our eternal gratitude towards everyone who has donated and shared Kamarin's GoFundMe. We also are very thankful and appreciative of everyone who has sent us words of

encouragement, visited us at the hospital, or has checked in on us in some form."

If you wish to support Mann and his family, join and share GoFundMe. They also accept donations via Zelle at 619-517-0062 under Nay Mann, the father. All funds raised will be directly contributed to Mann's medical care.

State grant allows UC San Diego to expand distracted driving course online

By DAVE SCHWAB

A state grant is allowing UC San Diego to expand a free distracted driving education program online.

A Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego program aims to improve safety for all roadway users, including drivers, pedestrians and cyclists. That is being done with support from a \$360,000 grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Distracted driving is any activity that diverts attention away from their primary task of safe driving, especially talking or texting using an electronic device. A recent report shows 37 percent of sampled drivers reported talking on their handheld cell phone while driving.

The NHTSA estimates there were 42,795 deaths resulting from motor vehicle crashes in 2022 in the United States. This projection is close to the previous year's fatality numbers, which were the highest in 16 years.

To inform and promote safe driving, the UC San Diego Training, Research and Education for Driving Safety (TREDS) provides courses, online training, and written materials designed to equip law enforcement, clinicians and other roadway safety professionals with the knowledge

and tools necessary to educate the public. These free courses cover topics such as impaired driving due to alcohol, cannabis and prescription medications, pedestrian safety, refresher education for older drivers, and prevention of distracted driving.

"Distracted driving is dangerous," said Linda Hill, M.D., M.P.H., Distinguished Professor in the Herbert Wertheim School of Public Health and TREDS program director. "Sending a text while behind the wheel takes your eyes off the road for almost five seconds. At 55 mph, this is the equivalent of driving the length of an entire football field with your eyes closed."

Hill noted the university has been working on countering distracted driving for a decade pointing out the practice is "ubiquitous." In response, she said the university has been "trying to educate the public by delivering educational materials that not only inform people, but also give them some really specific skills on things they can do to avoid distracted driving."

Added Hill: "We know if the phone is right there, it (distracted driving) is going to be really tempting. We tell people, 'Put the phone out of reach or turn your phone off. There are apps now that won't allow you use your own phone. You can also have your passengers manage your phone.'"

Hill noted emphasizing the

TREDS

For more information about the program or to request a training, contact TREDS at 858-534-8386 or email treds@ucsd.edu.

dangers of distracted driving to the public is a priority for TREDS this upcoming year. It's estimated that every 30 seconds in the U.S., there is a crash involving drivers using cellphones. A recent report from NHTSA shows there were 362,415 injuries and 3,552 deaths in 2021 resulting from a driver who was distracted.

TREDS initiated the "Just Drive – Take Action Against Distraction" educational curriculum in 2013, which has been taught statewide by safety professionals in worksites and communities. To expand the reach of the program, TREDS will develop an online version of the educational curriculum this year that can be accessed by anyone at no charge.

"With increased education and awareness, these crashes are 100 percent preventable," concluded Hill adding, "Crashes are not 'accidents,' 95% are due to poor choices made by drivers. With elimination of these risky antecedent behaviors, the roads will be safer for everyone."

TREDS offers additional traffic safety education and training programs, including an online class ("Steer Clear – Decide to Drive Sober") that targets teens to prevent driving under the influence.

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SEAWORLD HOLIDAY FIREWORKS

Starting Saturday, Dec. 9, "A Christmas Wish Fireworks Show" will return and light up the sky above SeaWorld every Friday, Saturday, and Sunday this month. As of Dec. 22, the spectacular fireworks will be daily through Dec. 31. The show begins 10 minutes prior to park close for guests to view and enjoy the festive colors. Special fireworks displays will be held on Dec. 9 to kick off the Mission Bay Boat Parade at 5:30 p.m., and Dec. 31 to celebrate New Year's Eve at 9 p.m. For more information on SeaWorld and to purchase passes and fun cards, visit SeaWorldSanDiego.com.

San Diego Fire-Rescue unveils cutting-edge AquaEye underwater technology for searches

By DAVE SCHWAB

AquaEye, a pioneering technology expected to decrease underwater search times, was unveiled Nov. 22 by District 1 Councilmember Joe LaCava and San Diego lifeguards.

“Councilmember LaCava spearheaded the provision of cutting-edge AquaEye equipment for San Diego Lifeguards,” said Fire-Rescue Chief Colin Stowell. “Upon learning about a generous community member willing to match City funds, LaCava proactively directed D1 Community Projects Programs and Services funds toward the purchase. We now have acquired two AquaEyes, which will save personnel time and fatigue during underwater searches, particularly when compared to conventional search methods in certain incidents.”

In 2022, San Diego Fire-Rescue Lifeguards responded to 8,041 water rescues in coastal waters, Mission Bay, and city lakes. To date in 2023, lifeguards have carried out 2,579 water rescues.

In a recent incident at Mission Bay's South Shores area, lifeguards relied on AquaEye to enhance their underwater search capabilities. The situation unfolded when a vehicle entered the water, raising concerns about potential occupants being thrown from the vehicle.

Lifeguards promptly utilized AquaEye to scour the submerged area for any



AquaEye equipment.

bodies. Fortunately, the search yielded a positive outcome, as no individuals were found in the water.

Pointing out that more than 8,000 water rescues a year by lifeguards averages out to about 22 per day, LaCava noted, “We thought this was a good idea to have those AquaEyes around for use when we have unfortunate tragic events and can do a water rescue and do it safely. Public safety is my highest priority. The lifeguards need all the equipment that we can provide them with.”

At LaCava's request, the City's Department of Finance allocated \$7,639 of District 1 CPPS funding for an AquaEye underwater scanner, after an anonymous donor stepped forward with matching funds to purchase a second AquaEye.

“This is one of the latest tools for the lifeguards and dive teams to use whose boats are limited in shallow water and can't get too close to rocks,” said LaCava adding, “I was approached by an anonymous donor who'd been looking into this technology. They put up a challenge saying, ‘If the City can come up with the money to buy one AquaEye, we'll buy one, and that way we'll have two of these.’ I was able to take some discretionary funds that each council member's office gets to purchase an AquaEye.”

Added LaCava: “Funding the acquisition of the AquaEye is just one part of my commitment to ensuring our lifeguards have the equipment and facilities they need for the safety of everyone who uses our beaches and bay for recreation and exercise. Whether through the budget process, direct funding, or generous donors, I am proud to fight for our lifeguards.”

CPPS is a City Council program awarding funds to nonprofits and public agencies for one-time community, social, environmental, cultural, and recreational needs. Governed by Council Policy 100-061, CPPS funds are awarded at the discretion of each council office and are paid toward the end of the fiscal year.

To learn how AquaEye works, visit youtube.com/watch?v=MhY5gshT-9bc&t=2s. For more information about San Diego CPPS Funds, visit sandiego.gov/citycouncil/cpps.

Man died of stab wound in Mission Beach area, attorneys delay case

By NEAL PUTNAM

A prosecutor said on Dec. 5 attorneys have agreed to delay the Dec. 12 preliminary hearing of a suspect charged with killing a 65-year-old man who was stabbed in the heart and severely beaten in Mission Beach.

Daniel Ruben Martin, 19, of San Diego, has pleaded not guilty to murder in the July 5 death of Michael Shook, whose body was found at 5:30 a.m. at 900 West Mission Bay Drive in Bonita Cove Park.

A 17-year-old boy has also been charged with murder in Shook's death, but his case is being handled in Juvenile Court where proceedings are not public record.

Shook was stabbed three times in his torso, but one wound penetrated his aorta, which was a fatal injury, according to District Attorney records.

He had over 20 fractures to his ribs with burns to his "face and head (which) suggest he was struck with the

(barbecue) grill top when it was hot," according to DA records.

Deputy District Attorney Karra Reedy used info about the death to successfully argue that Martin should remain in jail without bail.

Attorney Amy Balfe filed papers arguing that Martin had no criminal record, and was working and living with his sister. She said the 17-year-old co-defendant "is likely more culpable than Mr. Martin."

"He is widely recognized as a positive and respectful person, who is protective of those he loves, and maintains a good work ethic," wrote Balfe of her client, whom she added has "no prior arrests or convictions."

Balfe wrote that Shook was a transient. She unsuccessfully sought bail before San Diego Superior Court Judge Peter Deddeh.

Reedy said the attorneys have agreed to delay the preliminary hearing to January. Martin remains in the Rock Mountain Detention Facility.

Happy Holidays

from the Chris Love Team and PB eXp Realty Office.

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Drink in the Love: Pet Mugs by La Clochette and Art by Autumn



The Pet Mugs are a collaboration between Pacific Beach neighbors La Clochette and Art By Autumn. PHOTO BY KYUNGMIN MIN

By KYUNGMIN MIN

Café and bakery La Clochette in Pacific Beach has gone to the dogs, and the local furry friends love it. And if you don't like your coffee served in some pawesome mugs, well, you're barking up the wrong tree.

La Clochette started the "Pet Mugs" project early this fall with Autumn Love, the artist who spreads love to the world. Her gallery, Art by Autumn, is located next door to the coffee shop, and they have formed a strong partnership through the project.

Love shared a story about Pet Mugs – the idea, working process,

etc. – on one side of the patio at La Clochette.

"The idea is to celebrate the dogs and share their adorable faces on the mugs so that customers can support the coffee shop and the local dogs," explained Love.

La Clochette is known as a dog-friendly café to the locals, and there are some regular dog customers. On the day when the San Diego Community Newspaper Group met Love, some dogs were lying down on the patio, enjoying the sunshine, even though it was late in the morning – which is not during busy hours.

"They (La Clochette) have dog treats behind the counter. Dogs

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Info: artbyautumn.com.

will come in, and they'll throw treats from behind the counter," Love said.

Love had been selling custom mugs for years before getting involved in the project. She made mugs with animals that customers wanted to see on them, adding one of her paintings as the background – also chosen by customers. "The café saw I was doing that, and they came to me with the idea (to sell mugs with local dogs)," she said.

Seven dogs are on the mugs, including Apollo and Halsey, a famous canine couple in town, and Luna, Libby, Zucchini, Soju, and Marcus. La Clochette chose which dogs would be featured on the mugs among those they see almost every day.

All the mugs are handmade products. When Love receives a photo of a dog from the café, she sketches a rough outline on paper in pencil and then completes the design digitally. The images on the mugs are printed using a sublimation printer, which fuses the image onto the ceramics with high heat.

Pet Mugs don't have bright color backgrounds, like the mugs Love sells, as they focus more on the images of dogs. However, her philosophy, 'love' of course, can still be found in the project through her adoration of animals and creating.

"I love animals so much. Just to be able to draw pets is an act of love. I love creating anything. It was still fun even though it wasn't love-themed," she noted.

She put effort into capturing the essence of the pet during the process. "When the customer gets the mug, I want them to look at it and say, 'That looks just like my dog. That's the same goofy face,'" said Love with a smile.

Love finds her happiness in

discovering customers' joy. "To share the dogs brings so much happiness to people. In that moment of someone holding a cup and seeing this silly little pet, that brings them love," she said.

Love shared a positive message for the next batch of mugs. "It was so fun, it was so successful. People loved it. I'm so grateful the café has got me in," she said. While there are a few more dogs who are regulars but haven't been on mugs, Love noted that new designs could potentially happen.

Find Pet Mugs that will make you smile immediately at La Clochette, and take a moment to check out Love's gallery next door.

Collecting Toys for Tots while cleaning up trash in Mission Beach area

By DAVE SCHWAB

Mission Beach Town Council's fourth annual Community Toys for Tots drive coupled with a beach cleanup will be Saturday, Dec. 9 from 8 a.m. to noon.

Hosted by the nonprofit Don't Trash Mission Beach, volunteers for the beach cleanup will gather under the tents on the green grass near the restrooms on the parking lot side of Belmont Park. Buckets, grabbers, and gloves will be provided.

Volunteers will be treated to snacks from Olive Bakery to enjoy before, during, and after the cleanup. Each beach cleanup participant will also receive one free roller coaster ride ticket from Belmont Park.

Though optional, beach cleanup participants are encouraged to donate a new and unwrapped toy for MBTC's Toys for Tots drive before helping to clean the beach community. Co-sponsor Plunge San Diego at 3115 Ocean Front Walk is also accepting donations of new and unwrapped toys.

MBTC president Larry Webb talked about the origin of the fourth annual dual event. "I have been involved with Toys for Tots for many years," he said. "We thought it would be a good idea to combine Toys for Tots with the beach cleanup. So we talked with Don't Trash Mission Beach about coordinating and combining the events – and we've been doing it ever since."

New this year, said Webb, is that beach cleanup participants donating toys will be rewarded by receiving a free one-day swim pass to the Plunge in Belmont Park. "The Plunge will continue to accept toys until Dec. 20," noted Webb adding "Everything donated goes to a needy family or child."

Don't Trash Mission Beach founder Cathy Ives started the



Santa helped out at last year's Mission Beach Town Council's Toys for Tots drive and beach cleanup. COURTESY PHOTO

nonprofit, along with fellow MB residents Tim and Tony San Felice, to bring awareness and education about the hazards of beach rubbish. The organization also fosters a sense of community pride, advocating for personal responsibility and education through beach cleanup events and art installations.

Ives for years has been picking up trash daily between the MB jetty and Belmont Park, she said it is an ongoing task that never ebbs. "My total for the year is 10 tons for just the one-mile stretch of beach," Ives said adding a Don't Trash pickup last year with about 100 volunteers cleared a ton of garbage.

The volume of beach trash is constant, noted Ives, adding the content of what gets left alters with whatever the latest fad is in beach toys and fashion. "Right now I'm picking up more vape, disposable kites, and Smash Ball stuff," she said adding, "I track everything."

Boogie boards, diapers, and especially dog waste top the list of items that continue to be left on the beach.

READ MORE ONLINE AT sdnews.com

Everything anybody needs for Christmas at City Lights

By DAVE SCHWAB

City Lights is your one-stop shop for all things Christmas holiday and collectibles.

The store is open 361 days a year in 40,000 square feet of space located off Interstate-5 freeway at Sea World Drive at 1212 Knoxville St., just a stone's throw from the Tecolote Canyon Trolley stop.

The year-round business carries nearly everything – artificial trees, lights, ornaments including military and musical ones, full-size Santas, international nutcrackers, snow globes, stuffed animals, clothing, figurines, Nativity scenes, signage, five different village collections and jewelry and earrings – imaginable to decorate your tree, home or to stuff a Christmas stocking with.

The store does not sell live Christmas trees. Nor does it sell wrapping paper or cards because there is no room. “With a rich history spanning over three decades, City Lights, since 1989, has been a steadfast presence in collectibles and holiday décor,” states the company’s website at citylightscollectibles.com. “Our expertise shines through in our enchanting range of Christmas Collectibles.”

Pointed out company founder Brian Young: “Our legacy is not just one of commerce but of family values and a shared commitment to exceptional customer service.



City Lights founder Brian Young with Mrs. Santa Claus in his shop on Knoxville Street.

PHOTO BY DAVE SCHWAB

Our journey is one of experience, dedication, and a shared love for the world of collectibles. Being a family business is something we are incredibly proud of, and we hope to exceed your expectations.”

Young started the San Diego business after retiring in the UK and moving, along with his wife Laura and 12-year-old son Spencer, here from London. But his retirement didn’t last long. Ultimately, he chose to fill his free time by creating a small retail store in a seasonal business that became City Lights.

“We get people from all over Southern California,” said Young,

who remains intricately involved in the family business. “We get them all of the time. We have no competition in San Diego County at all.”

Touring City Lights with Christmas music playing in the background, Young noted this business is “very seasonal the last three months of the year” with collectibles predominating the other nine months. “When it comes to contemporary collectibles, we’re right up there with the leaders in the nation,” he noted while introducing a whole room dedicated to Halloween. Young said Halloween holiday decorating is second only

to Christmas and “still growing dramatically. It grows every single year. We’re very upmarket. We don’t compete with the temporary (pop-up) stores. Everything we do is top quality and small productions. We’re probably the only people in Southern California with these items (Halloween figurines).”

Young noted his collectible merchandise, while not inexpensive, “is going to last for years and years” while pointing out that it “is very different, not stuff you see in the department stores.”

The store tour reveals lots of Disney, Harry Potter, and Peanuts cartoon-strip items, with a host of knick-knacks. There are also religious items including Nativity

sets from Italy. If someone wants an ornament personalized with their name, Young said City Lights will perform that function for them while they wait.

Christmas collectibles stores are rare, said Young, because “you’ve got to be well financed because you’re going to have quiet periods, and if you’re not well-financed you are not going to stay in business. We have 36 full-time employees and this time of year we have up to 50.”

Of his merchandise, Young said: “We sell everything anybody needs for Christmas, all the way down to little packs of hooks for 49 cents. On the collectibles, we ship worldwide.”



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Top-notch repairs and service at Cycle Logical Bikes in Pacific Beach

By DAVE SCHWAB

Cycle Logical Bikes in Pacific Beach is not your standard bicycle sales and repair shop.

"It's a passion project for me. I just love the sport," said owner Antonio Espinosa about the independent bike shop he has owned since 2019 at 2710 Garnet Ave., Unit 105 behind Discount Tires. "This is my first venture in the bike and cycling industry."

An avid cyclist himself, Espinosa comes from the world of finance and investment banking and wanted to develop a sideline business because he saw a niche developing "with people taking better care of their health and cycling becoming a crucial part of people's lives."

On its website, cyclelogicalbikeshop.com, the company describes itself as "a top-notch bike repair shop offering a wide range of services for every type of bike. Whether you need repairs for the bicycle you ride to work every day, or you need a tune-up for your mountain bike before you hit the trails, we can help you. We understand how important it is to have a bike you can rely on, and are proud to offer competitive pricing and a two-to-three business-day turnaround time."



Our goal is to provide efficient and quality repair services so you can get back to riding in no time."

The cycle shop owner also finds bicycle repair to be therapeutic. "Some people find solitude and peace in painting," Espinosa said. "I find solitude and peace in fixing a bike."

Espinosa added it is also nice that he lives near his business so that "I can just stop by as well as create a community for cyclists to get together."

Cycle Logical sells two well-known brands of bicycles, Yeti Cycles and Niner Bikes, both from Colorado. "Those are our bread and butter where we mostly

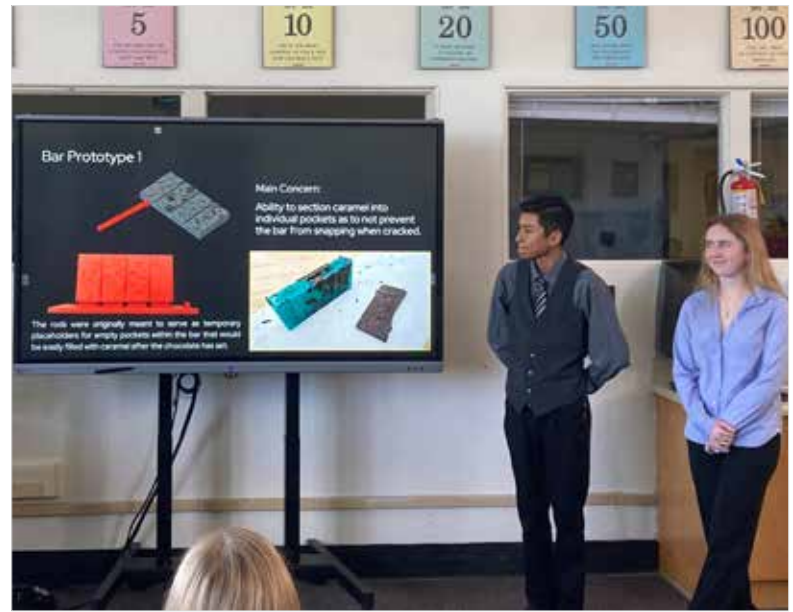
CYCLE LOGICAL BIKES

Where: 2710 Garnet Ave., Unit 105.
Hours: Weekdays 11 a.m. to 6:30 p.m., closed weekends.
Contact: cyclelogicalbikeshop.com, 858-352-6055, @Cyclelogicalbikes.

thrive, though we do all sorts of repairs as well," said Espinosa. "We even work on eBikes, as long as it doesn't involve the electronics (motors)."

"Each bike has a different story as everyone rides their bikes differently whether they be weekend warriors, commuters or mountain bikers," related Espinosa. He added the condition of their bikes is a reflection of "how often you ride and how many miles you put on the bike."

Espinosa added it is also important for riders to do regular proper maintenance with their bikes including lubing their chains after a long ride. "You have to remember that machines



Mission Bay High School junior Sofia M. (right) and her teammate present their chocolate bar concept and design at this year's engineering design and technology competition. COURTESY PHOTO

Mission Bay High students compete for engineering prize

Eleventh-grade students in the design and technology course at Mission Bay High School presented a deliciously sweet final project at this year's engineering competition on Nov. 16. The annual program challenges students to innovate their chocolate bar by completing all components of the design cycle from market research, prototype design, and testing, to wrapper creation, production, and reflection.

Design and technology, a two-year honors-level course within Mission Bay's International Baccalaureate program, teaches students design basics, product development, and professional marketing skills. By the end of the project, students have been given real-world product development experience.

This year's chocolate bar flavors ranged from milk chocolate caramel and peppermint bark to pumpkin-spice Nutella and white-chocolate strawberry cookie crisp. In addition to engineering, the project has a strong element of art and creativity. The teams mold their confection into a unique shape, combine innovative flavors, and include elements of the

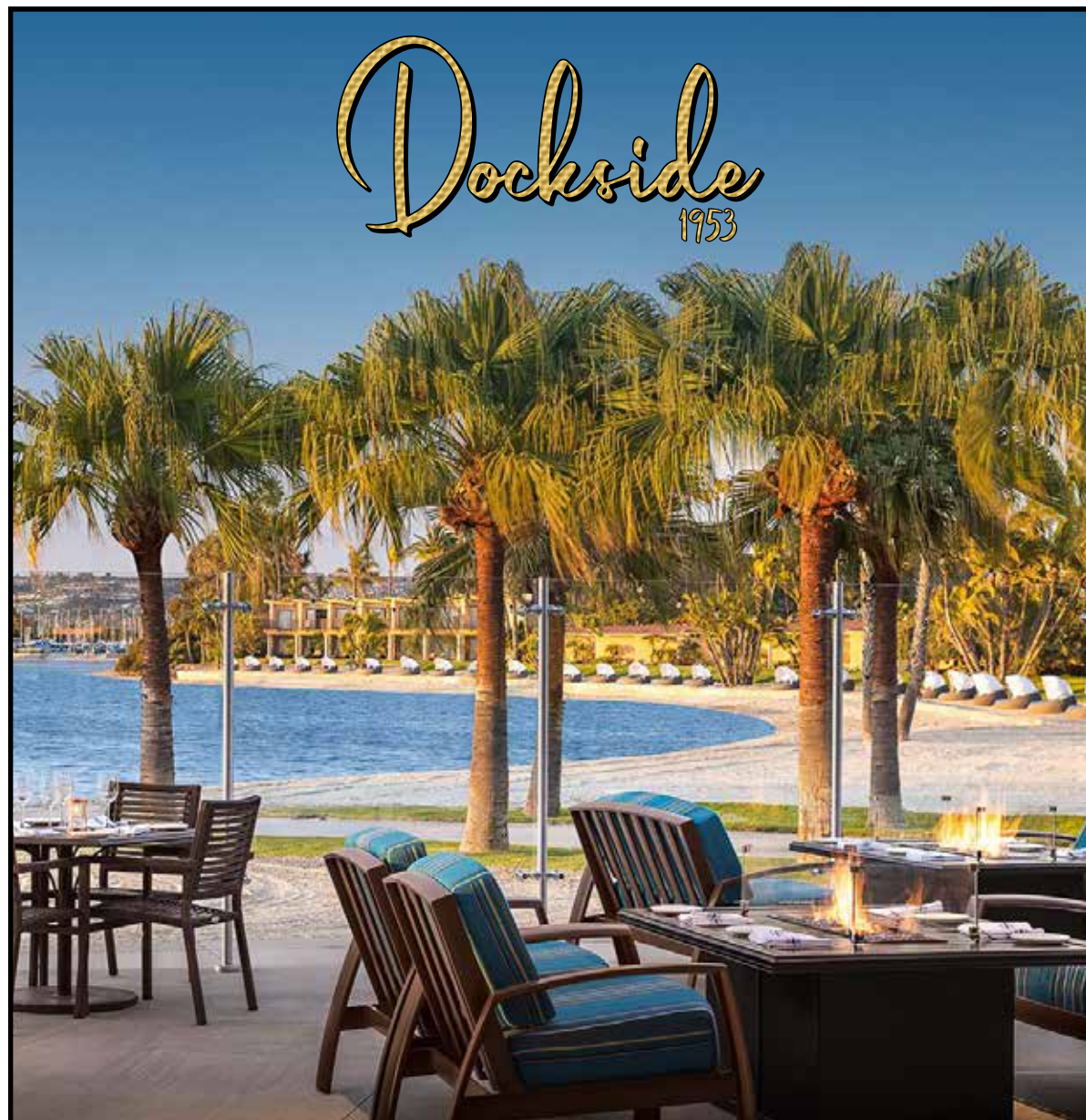
school's identity within the candy bar name and wrapper design.

Student Sofia M. and her team created the Sandbar chocolate bar, a nod to Mission Bay's beachfront location and buccaneer mascot.

"I found a lot of enjoyment in the hands-on nature of the project, particularly in the ability to physically bring our team's ideas to life with the help of the incredible supplies provided by the school," she said. "I now truly understand the learning curve associated with CAD (computer-aided design) modeling and what it takes to translate conceptual designs into tangible objects through 3D printing."

After listening to the presentations and sampling each of the products, judges used a variety of criteria in addition to texture and taste to rate each team. While only one of the ten teams will take home the coveted blue ribbon, all students can walk away proudly from the experience with a full belly and the sweet taste of product development success.

For information on Mission Bay High School or to find out about the District's School Choice program, visit missionbay.sandiegounified.org.



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



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Santa Run and Holiday Parade in PB

Saturday morning the streets in Pacific Beach will run red with ... thousands of Santas jogging down Garnet Avenue for the always-popular Santa Run. Then after all the St. Nicks huff and puff their way off the avenue, about noon, the annual Holiday Parade takes over Garnet heading east to west. Stick around after sunset to watch the Parade of Lights on Mission Bay, another popular annual tradition.

SANTA RUN

You can be part of San Diego's most festive 5K of the year joining a "sea of Santas" in the 11th annual San Diego Santa Run on Saturday, Dec. 9. The 5K Run starts at 8:30 a.m. at 912 Garnet Ave., followed by the kids 1 mile run at 10:30 a.m. and the dog 1 mile kicking-off at 11 a.m. The run precedes the annual PB Holiday Parade at noon. Registration cost is \$45 for the 5K and \$30 for both the kids and dog miles. All 5K runners will receive a sunny Santa suit, sunglasses, chip timing, a custom bib, and a complimentary drink ticket for use at participating post-race partner bars in PB. Additional purchase items include a Santa suit and run T-shirt for \$20, and candy cane socks for \$12. Go to sandiegorunningco.com to register.

PB HOLIDAY PARADE

The 43rd annual Pacific Beach Holiday Parade goes from noon to 2 p.m. on Saturday, Dec. 9 beginning at Garnet Avenue and Haines Street and ending at Garnet Avenue and Bayard Street. This year's parade is turning up the holiday fun with its Ugly Sweater theme. Don your most outrageous, sparkly, and downright ugly holiday sweaters. Watch dazzling floats decorated with holiday spirit, from traditional to the uniquely quirky. Enjoy the beats and melodies of local bands, dance troupes, and performers. Keep an eye out for Santa Claus himself as he makes a grand entrance to the delight of kids of all ages. Bring the whole family for a day of community celebration.

PARADE OF LIGHTS

Another cherished holiday tradition, the annual Parade of Lights



Thousands of Santas will trod over Pacific Beach streets on Saturday morning for a fun 5K before the Holiday Parade.
PHOTO BY THOMAS MELVILLE

returns to Mission Bay on Dec. 9. Visitors to the Catamaran Resort can cozy up bayside on the north lawn from 6-9 p.m. for a perfect vantage point to view the dazzling boat parade, featuring dozens of vessels festooned with lights and decorations. This family-friendly event also features holiday treats for sale such as cake pops and peppermint bark, hot cocoa, and warm winter cocktails.

HOTELS FOR THE HOLIDAYS

Bahia Resort in Mission Beach and Catamaran Resort in Pacific Beach are celebrating the season with sparkling décor, culinary delights, and festivities, including Jingle Belle Cruises. The hotels will have gingerbread house displays in their lobbies, created by the resorts' team members. The Catamaran puts its spin on classic gingerbread houses with decorated Hula Huts, reflecting the resort's island vibe, which includes a Polynesian-style Christmas tree in the lobby adorned with parrots, Tikis, and tropical flower leis. The Bahia brings a touch of nostalgia and whimsy to its lobby with mid-century holiday décor including a retro-style TV set, vintage 1950s aluminum Christmas tree, and a leg lamp from the cult classic holiday movie, "A Christmas Story."

BAY JINGLE BELLS

Gather with friends, family, and Santa Claus aboard the William D.

Evans sternwheeler for Jingle Belle Family Cruises on Mission Bay. Guests can enjoy joyful carolers, photos with Santa, cookie decorating, a balloon artist, a face painter, and tasty holiday treats and libations including hot cocoa and an espresso coffee bar. Cruises depart from the Bahia and Catamaran resorts, Dec. 21-25. Reservations are required. The cost is \$45 per person, with a portion of the proceeds benefiting Mama's Kitchen aiding individuals and families at risk of malnutrition due to critical illnesses.

MINGLE WITH KRIS KRINGLE

Santa Claus journeys from the North Pole to the Catamaran Resort on Saturdays (3-5 p.m.) through December, to meet guests and hear their holiday wishes and to have holiday family photos taken. Throughout the season, Santa's Letter Stations will be set up in the lobby of the Catamaran and Bahia resorts, complete with a festive oversized mailbox, so children can send Santa their wish lists and good deeds for the year.

PB CHRISTMAS TREES

Need a festive tree? Look no further than PB Christmas Tree Country at 870 Garnet Ave. (at Bayard Street), which has served the community for 31 years providing premium, fresh-cut Christmas trees.

READ MORE ONLINE AT sdnews.com



The North Pole blueprint at SantaCon will boast a beachfront main stage – taking the form of Santa's House within the Beach House venue featuring giant LED walls, go-go dancers, and lively snow cannons.

Huge SantaCon Festival to take over Belmont Park on Dec. 16

On Dec. 16, the 99-year-old Belmont Park will see its first event takeover in the landmark's history with the second annual SantaCon Festival. Presented by San Diego-born event company, Almost Nakey, the beachfront boardwalk will be transformed into the North Pole with two stages of music programming, Christmas-themed bars, and interactive installations from 1-10 p.m.

Internationally renowned artists such as Chromeo, DJ Susan, Cherub, RaeCola, Patricio, and more will present next-level alternative and electronic performances, providing a music festival winter wonderland on the sun-soaked shores of Mission Beach.

The North Pole blueprint at SantaCon will boast one beachfront main stage – taking the form of Santa's House within the Beach House venue. Featuring giant LED walls, go-go dancers, and lively snow cannons, the sandy outdoor stage will bring performances from world-renowned Chromeo, Nashville-based electro-indie group Cherub, and LittleFoot, who has closed out the world's best festivals across the world including Shambala, Electric Forest, and more. Joining them will be the Lightning in a Bottle legend, Patricio, founder of the festival's Junkyard stage and the only artist to play Coachella every single year.

The second main stage, Santa's

Twerkshop, will include sets from both acts such as San Diego-grown house DJ and Hood Politics label owner DJ Susan and sister duo Rae Cola. The stage will be featured inside the amusement park with the iconic Giant Dipper roller coaster serving as its backdrop. Two other stages will take the form of a Club Penguin Igloo Silent Disco and a label takeover at the Candy Cane Lane Stage, a candy forest stage, with some heavy-hitting artists to also be announced.

Aside from the music, SantaCon will provide ticketholders with access to all the theme park's rides and attractions including the Tilt-A-Whirl, Tiki Town Mini Golf, Speedway, Krazy Kars, The Sky Ropes, Overdrive Bumper Cars, an arcade, zipline, rock-climbing wall, and more. Attendees can delight in numerous bars and food stands around the venue serving up festive holiday drinks and carnival food classics.

The jam-packed, one-day event will also feature interactive installations including 50-foot-tall inflatable Santas and Grinches, life-sized snow globes, Sit with Santa photographers, and a "Whoville." Attendees dressed in their best Santa outfits will also have the opportunity to enter a costume contest for the chance to win early Christmas gifts and be crowned by Mrs. Claus at the end of the night.

READ MORE ONLINE AT sdnews.com

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By BART MENDOZA

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SPOTLIGHT

On Dec. 15-16, the Baker Baum Hall will present Charlie Brown Jingles & Jazz (above), a special concert celebrating jazz pianist Vince Guaraldi's beloved soundtrack to the 1965 television special, "A Charlie Brown Christmas." Featuring an all-star band led by award-winning guitarist Peter Sprague and featuring Allison Adams Tucker (voice), Beth Ross Buckley (flute), Tripp Sprague (saxophone, harmonica), Mackenzie Leighton (double bass), Danny Green (piano) and Duncan Moore (drums), the night will showcase new interpretations of such evergreen holiday tunes as "Linus and Lucy" and "Christmas Time Is Here." The TV special was about discovering the true meaning of Christmas. Nearly 60 years since its first screening, its message and soundtrack still resonate.

Charlie Brown Jingles & Jazz: Friday and Saturday, Dec. 15 and 16 at The Baker Baum Concert Hall at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 7:30

RECOMMENDED

Fans of swing-era dance tunes won't want to miss A Jazz Big Band Christmas with The Brad Steinwehe Big Band, taking place at Dizzy's on Dec. 7. The 14-piece group, which includes local heroes such as pianist Irving Flores and saxophonist Christopher Hollyday, will play a selection of holiday favorites such as Glen Miller's "Yuletide Medley" and Count Basie's version of "Jingle Bells," with a guest appearance from former KUSI-TV meteorologist, Dave Scott, on vocals. Anyone who enjoys the sounds of the season will love the big band's up-tempo Christmas classics. It's a shame Dizzy's doesn't have a dance floor.

A Jazz Big Band Christmas: Thursday, Dec. 7 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$20. dizzysjazz.com.

The county's only music publication, the San Diego Troubadour, hosts its annual Christmas Party on Dec. 10 at Tio Leo's. "Narrated" by Robert John Hughes with publisher Liz Abbot, the event will

feature an acoustic jam on the venue's outdoor patio, while the indoor mainstage is set to include performances from The Sara Petite Band, The Shenanigans, The Bayou Brothers, The Chuck Schiele Band, Sue Palmer & Her Motel Swing Orchestra and The Mothmen, featuring Ray Brandes and Ron Silva. For fans of the area's thriving music scene, this holiday concert can't be beaten. Only the San Diego Music Awards brings out more luminaries each year, with the holiday spirit making this party a joyous event from start to finish.

The Troubadour Xmas Party: Sunday, Dec. 10 at Tio Leo's, 6333 Mission Gorge Road. 5 p.m. tiroleos.com.

Trumpeter Etienne Charles brings his Creole Christmas show to the Scripps Research Auditorium on Dec. 10. Backed by a five-piece band, Charles' performances are an explosion of rhythms, transforming a song such as classical mainstay "Dance of the Sugarplum Fairy," into a Caribbean-influenced jazz jam, while "Santa Claus is Coming to Town," is a funky big band update. Charles released a Creole Christmas album in 2015, but live is where you want to experience his music. The interplay between Charles and his virtuoso musicians makes each performance fun, unique and inspiring.

Etienne Charles Creole Christmas: Sunday, Dec. 10 at the Scripps Research Auditorium, 10620 John Jay Hopkins Drive. 7:30 p.m. ljathenaum.org.

Classic rock-inspired singer Miss Velvet stops in at Humphrey's Backstage Live on Dec. 14. The Los Angeles-based singer is perhaps best known for her work in her previous band, Blue Wolf, but is now touring in duo format

with guitarist Esay Jones in support of her new album, "Traveler." Velvet's vocals are impressive, with a range that is showcased on excellent cover versions of songs such as Aerosmith's "Dream On." However, it's with original music that she shines. Her new recordings contain elements of blues ("Long Way Home") and progressive folk ("Traveler"), with plenty of melody to spare.

Miss Velvet: Thursday, Dec. 14 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 7 p.m. \$7-\$15. humphreysbackstagelive.com.

La Valencia has become quite the showcase for up-and-coming

singer-songwriters. Such is the case with Perry O'Neal who performs at the hotel on Dec. 30. Best known for his work with the band Fresh Play, for this gig O'Neal is in solo mode, playing keyboards and performing a mix of R&B hits and standards. It's a winning combination, with strong versions of tunes such as Lionel Richie's "All Night Long" and Frank Sinatra's "My Way," in his set. With an early start time of 6 p.m. and no cover, this is the ideal way to kick off a Saturday evening in La Jolla.

Perry O'Neal: Saturday, Dec. 30 at La Valencia, 1132 Prospect St. 6 p.m. No cover. lavalencia.com

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BirdStock Music Festival & Holiday Artisan Market set for Dec. 9

By DAVE SCHWAB

The second annual BirdStock Music Festival & Holiday Artisan Market will be held all along La Jolla Boulevard in Bird Rock on Saturday, Dec. 9 from 10 a.m. to 7:30 p.m.

The event will include local bands and artists, kids activities, merchant raffles, pet adoptions, sidewalk sales, mini golf, a beer garden, and dance performances.

BirdStock started years ago at Bird Rock Elementary before being discontinued for several years. It was revived last year in a brand-new format.

"The Bird Rock Community Council started it and used to do it at Bird Rock Elementary where it was out of the way of the merchants," said Arianna Opsvig, festival co-chair. "But they stopped having it up there. Now we're

doing it back on La Jolla Boulevard, partly to bring business to the boulevard."

Opsvig said last year was the first year BirdStock was brought back for a threefold purpose: As a fundraiser for Bird Rock Elementary, to bring business back to the boulevard, and as a community event bringing the neighborhood and surrounding areas together for a family-friendly day.

"We're going to have live music all day long with all local bands on a big stage at Bird Rock Surf Shop," said Opsvig. "We'll also have local artisans with booths up and down the boulevard for the blocks between Camino De La Costa and Midway Street."

BirdStock 2023 will also feature acoustic musicians playing on the streets up and down the boulevard and on a smaller acoustic stage. There will be a complete kids zone

The main stage line-up at Bird Rock Surf Shop at 5909 La Jolla Blvd.:
10 a.m. – Mark Fisher
11:30 a.m. – Peach Cooler
1 p.m. – Sandcasters
2:30 p.m. – Bird Rockers
4 p.m. Sea Poodle
5:20 p.m. – Rosedale
6:45 p.m. – The Voices
Also featuring DJ sets by Johnny Varsity

with bouncy houses, face painting, and balloons. Festivities are to include pet adoptions.

"We'll have a raffle with a lot of great prizes," noted Opsvig adding, "It's a huge day for the community with something for everybody, and it's entirely free, though there will be things to purchase if you so wish."

Several local establishments will be serving wine, cocktails, and beer throughout the day.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021992 Fictitious Business Name(s) a. DIVINE CLARITY ENERGISTICS, 409 CAMINO DEL RIO SOUTH, SUITE 308, SAN DIEGO, CA 92108 Is registered by the following: a. BROOKE RONNEY business is conducted by: AN INDIVIDUAL The first day of business was: 09/15/2023 Registrant Name: a. BROOKE RONNEY 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 25, 2023 ISSUE DATES: November 17, 24 ,December 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9020699 Fictitious Business Name(s) a. SAFETY KNOWLEDGE SYSTEMS, b. EDUCATION AND DEVELOPMENT, 2305 HISTORIC DECATUR RD, SUITE 100, SAN DIEGO, CA 92106 Is registered by the following: a. JOSHUA KEVIN NYGAARD business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JOSHUA KEVIN NYGAARD 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 09, 2023 ISSUE DATES: November 17, 24 ,December 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022692 Fictitious Business Name(s) a. SPARK & BRIM, 4482 34TH STREET, SAN DIEGO, CA 92116 Is registered by the following: a. SONIA MARTINEZ-DICKERSON business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. SONIA MARTINEZ-DICKERSON 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: NOVEMBER 7, 2023 ISSUE DATES: November 17, 24 ,December 1 & 8

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023-9022944 Fictitious Business Name to be Abandoned: a. MB SBIZZ WIRELESS, INC. The Fictitious Business name referred to above was filed in San Diego County on: 11/30/2019 and assigned File No. 2019-9025356 Fictitious Business name is being abandoned by: MB SBIZZ WIRELESS, INC., 6712 FASHION HILLS BLVD, SAN DIEGO, CA 92111 This business is conducted by: A CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Registrant name: MARISA BERTELSEN, PRESIDENT , Title of officer, if limited liability company/corporation. The statement was filed with Jordan Z. Marks, , Jr. Recorder/ County Clerk of San Diego County on: NOVEMBER 13, 2023 . ISSUE DATES: November 17, 24 ,December 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022199 Fictitious Business Name(s) a. ROOTS AND WINGS CAMP, 5011 DUBOIS DRIVE, SAN DIEGO, CA 92117 Is registered by the following: a. ROOTS AND WINGS CAMP, business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/02/2023 Registrant Name: a. ROOTS AND WINGS CAMP, Officer, if Limited Liability Company/Corporation Title of Signor ROBERTA M ROGERS, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 30, 2023 ISSUE DATES: November 17, 24 ,December 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022975 Fictitious Business Name(s) a. JESS RELAX MASSAGE & WELLNESS b. JESSICA DODGE SERVICES, 2180 GARNET AVE, SUITE 2H, SAN DIEGO, CA 92109 Is registered by the following: a. JESSICA DODGE is conducted by: AN INDIVIDUAL The first day of business was: 12-1-2022 Registrant Name: a. JESSICA DODGE 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: NOVEMBER 13, 2023 ISSUE DATES: November 17, 24 ,December 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022112 Fictitious Business Name(s) a. KAYODE RIVER, 3500 SPORTS ARENA BLVD, SAN DIEGO, CA 92110 Is registered by the following: a. RIVER KAYODE EDWARDS is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. a. RIVER KAYODE EDWARDS 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 27, 2023 ISSUE DATES: November 24 ,December 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022906 Fictitious Business Name(s) a. MOONWOOD MARKETING, b. MOONWOOD EVENTS, 11018 W OCEAN AIR DR, APT365, SAN DIEGO, CA 92130 Is registered by the following: a. MICHELLE MAIELLO is conducted by: AN INDIVIDUAL The first day of business was: 01/31/2021 Registrant Name: a. MICHELLE MAIELLO 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: NOVEMBER 9, 2023 ISSUE DATES: November 24 ,December 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023136 Fictitious Business Name(s) a. NORTH STAR NATURALIST, 1721 REED AVE, SAN DIEGO, CA 92109 Is registered by the following: a. CYPRESS HANSEN is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. CYPRESS HANSEN 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: NOVEMBER 15, 2023 ISSUE DATES: November 24 ,December 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023136 Fictitious Business Name(s) a. FRESYES REALTY GROUP , 1420 KETTNER BLVD #100, SAN DIEGO, CA 92101 Is registered by the following: a. JASON JEROME FARRIS is conducted by: AN INDIVIDUAL The first day of business was: 11/09/2023 Registrant Name: a. JASON JEROME FARRIS 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: NOVEMBER 14, 2023 ISSUE DATES: November 24 ,December 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023373 Fictitious Business Name(s) a. DARYL QUALITY CONSTRUCTION SERVICE, 701 W. BEECH ST #1905, SAN DIEGO, CA 92101 Is registered by the following: a. DARYL V RELEFORD, JR is conducted by: AN INDIVIDUAL The first day of business was: 24 AUG, 23 Registrant Name: a. DARYL V RELEFORD, JR 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: NOVEMBER 17, 2023 ISSUE DATES: December 1, 8 ,15 & January 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023377 Fictitious Business Name(s) a. CONTRACTOR BUILDING PROS, 701 W. BEECH ST #1905, SAN DIEGO, CA 92101 Is registered by the following: a. DARYL V RELEFORD, JR is conducted by: AN INDIVIDUAL The first day of business was: 11/17/2023 Registrant Name: a. DARYL V RELEFORD, JR 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: NOVEMBER 17, 2023 ISSUE DATES: December 1, 8 ,15 & January 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9021710 Fictitious Business Name(s) a. SHOWDOWN, 4821 LANERSHIM BLVD, F556, NORTH HOLLYWOOD, CA 91601 Is registered by the following: a. INCONTRLO LOGAN LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/24/2023 Registrant Name: a. INCONTRLO LOGAN LLC Officer, if Limited Liability Company/Corporation Title of Signor JENI INCONTRLO, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 24, 2023 ISSUE DATES: December 1, 8 ,15 & January 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023417 Fictitious Business Name(s) a. PORCAYO CLEAN UPS, 325 54TH ST, APT 33, SAN DIEGO, CA 92114 Is registered by the following: a. ROMAN PORCAYO HERNANDEZ is conducted by: AN INDIVIDUAL The first day of business was: 11/07/2023 Registrant Name: a. ROMAN PORCAYO HERNANDEZ Officer, if Limited Liability Company/Corporation Title of Signor he statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 24, 2023 ISSUE DATES: December 1, 8 ,15 & January 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9022224 Fictitious Business Name(s) a. FLEUR DE SPA, 12748 MENGIBAR AVENUE, SAN DIEGO, CA 92129 Is registered by the following: a. THE CANTRELL COMPANY, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/11/2023 Registrant Name: a. THE CANTRELL COMPANY, LLC Officer, if Limited Liability Company/Corporation Title of Signor BRIAN CANTRELL The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: OCTOBER 24, 2023 ISSUE DATES: December 1, 8 ,15 & January 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023394 Fictitious Business Name(s) a. PITAJNOY MEDITERRANEAN GRILL, 3425 HANCOCK ST, SAN DIEGO, CA 92110 Is registered by the following: a. SAN DIEGO FUSION FOODS, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/11/2023 Registrant Name: a. SAN DIEGO FUSION FOODS, LLC Officer, if Limited Liability Company/Corporation Title of Signor Alejandro Araujo, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 20, 2023 ISSUE DATES: December 8 ,15 & January 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023402 Fictitious Business Name(s) a. DETAILS SALONSPA, 4933 NIAGARA AVENUE, STE 205, SAN DIEGO, CA 92107 Is registered by the following: a. AIAD GROUP, INC is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. AIAD GROUP, INC Officer, if Limited Liability Company/Corporation Title of Signor AURORA GIL-HOUDROUGE, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 20, 2023 ISSUE DATES: December 8 ,15 , January 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024188 Fictitious Business Name(s) a. CHELSEA BOND, LLC b. LINGERIE LEGGINS c. HEALUNA d. SCHOOL OF ANCIENT WISDOM e. PROHIBITION DANCE , 3035 OLIPHANT ST., SAN DIEGO, CA 92106 Is registered by the following: a. CHELSEA BOND, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. . CHELSEA BOND, LLC Officer, if Limited Liability Company/Corporation Title of Signor CHELSEA BOND, MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: DECEMBER 01, 2023 ISSUE DATES: December 8 ,15 , January 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023671 Fictitious Business Name(s) a. Señorita Smiles, 868 OSAGE ST, SAN DIEGO, CA 92114 Is registered by the following: a. Ana Maria Gallegos is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. Ana Maria Gallegos is Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 27, 2023 ISSUE DATES: December 8 ,15 , January 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023859 Fictitious Business Name(s) a. SCHRIFTY EVENTS, 5763 BEAUMONT AVENUE, LA JOLLA, CA 92037 Is registered by the following: a. SARAH KATHERINE SCHRIFT is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. SARAH KATHERINE SCHRIFT is Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 28, 2023 ISSUE DATES: December 8 ,15 , January 5 & 12

City Ballet’s Nutcracker returns to California Center for the Arts

Pacific Beach-based City Ballet of San Diego’s award-winning production of the classic holiday ballet “The Nutcracker” returns to the stage at the California Center for the Arts in Escondido with five performances Dec. 21-23. Voted “San Diego’s Best Nutcracker” (San Diego Dance Alliance Tommy Award) and described by the San Diego Union-Tribune as “a plum of a Nutcracker,” City Ballet’s 29th annual Nutcracker performs at the California Center for the Arts in Escondido for five performances, accompanied by the City Ballet Orchestra conducted by John Nettles. To embrace holiday traditions, patrons are encouraged to arrive early to hear holiday songs performed by the City Ballet Chorus in the theater lobby. Directors Steven and Elizabeth Wistrich, formerly of the Boston Ballet and Stuttgart Ballet, have created a lavish production with their company of professional dancers. Fashioned after the choreography of the great Russian master, Lev Ivanov, who



created the very first Nutcracker more than 100 years ago, the production is dazzling, with virtuosos dancing complemented by opulent sets and costumes. Children’s roles are performed by talented young dancers from the City Ballet School, the official school of City Ballet.

All programs are subject to change without notice: Thursday, Dec. 21 at 7:30 p.m., Friday, Dec. 22 at 2 p.m., Friday, Dec. 22 at 7:30 p.m., Saturday, Dec. 23 at 2 p.m., Saturday, Dec. 23 at 7:30 p.m. Tickets are \$119, \$99, \$79,

\$59, and \$39, with discounts available for students, seniors and military. The Center offers amenities, including free parking. For ballet tickets or for more information, call City Ballet’s Box Office at 858-272-8663. Tickets may be purchased at cityballet.org or contacting the box office at California Center for the Arts, Escondido at 800-988-4253 or order at artcenter.org. To avoid the Center’s ticket fees, patrons may purchase at the Center’s Box Office in person Monday-Friday from 11 a.m.-6 p.m.

Evergreen love continues at Belmont Village Senior Living La Jolla

By KYUNGMIN MIN

Belmont Village Senior Living La Jolla unveiled its new permanent photography installation, the 'Lasting Love Gallery,' on Thursday, Nov. 30. The gallery showcased photos of nine couples who reside in the community.

As the unveiling began, residents gathered to enjoy the photos. The once-empty lounge turned into a lively banquet hall in an instant. San Diego Community Newspaper Group (SDCNG) talked with two couples featured on the wall.

Marilyn and Edward Rauser have been together for almost 50 years, and Selma Lee and Amnon Ben-Yehuda for over 70 years. SDCNG asked them to share their love story and how they have managed their relationship healthily for this long.

"It was love at first sight," said Edward Rauser.

Marilyn and Edward Rauser vividly remember their first meeting. They first met at a 'Parents Without Partners' meeting. Edward Rauser was one of the co-hosts of the meeting, and when he answered the door for Marilyn Rauser, he thought, "Oh my god, she's here. I've been going to all these different meetings, and I finally met the one that I wanted."



Edward and Marilyn Rauser.

Since she was a new member, she didn't talk much other than to Edward Rauser, and that was the beginning of their connection.

However, they couldn't see each other for another two months after the first meeting because there were other men after Marilyn Rauser. Edward Rauser didn't give up and kept trying to call to arrange another date with her. "He was persistent about it, and I'm glad he was," said Marilyn Rauser. Finally, they could make their relationship exclusive without interference from other men.

They dated for a couple of years and got married in California. Marilyn Rauser had a daughter, and Edward Rauser had a son. Their son was a pre-teen at that

time, so they were worried about whether he would find it difficult to accept a new mother. "About the third day, he came home and said, 'Mom, I'm going running,' and I gave him a big hug, and from then on, I've been mom," said Marilyn Rauser with a big smile on her face.

Selma Lee and Amnon Ben-Yehuda met at the Hillel club while they were in college.

"Selma used to lead an Israeli folk dancing group, and I was creating the music. She had an assignment to go from Berkeley to Sacramento on a certain weekend to lead the group over there, and she needed the music. She called me, and I said, 'Oh, that's nice.' That was our first week together,"



Selma Lee and Amnon Ben-Yehuda.

Ben-Yehuda recalled the memory of their first date.

They got married just after the end of junior year. "In those days, you didn't just move in like you do today. We were in deep love, and we knew we wanted to live together and build our lives together. We said 'Let's get married,'" noted Ben-Yehuda.

He got into the car and drove straight to Los Angeles after his last exam, and that was the springboard of their 72-year marriage.

Maintaining a happy relationship, unlike the fairy tales with perpetually blissful princes and princesses, is no easy feat for two people who may be vastly different. SDCNG sought insights from two couples on the key to the

longevity of their connections.

"Commitment. It is such an important aspect because as we travel through life, there are challenges, and we are two different individuals, and we don't always necessarily are in total sync," said Ben-Yehuda. "And never keep a secret because that is going to eat you up for the rest of your life. It will cause stress and it could shorten your life."

"Try to work out your compromises with equally taking care of things. You don't want to have arguments over stuff you won't even remember what you were arguing about," noted Edward Rauser.

In Belmont Village, loves that blossomed decades ago still bloom in full, refusing to wither away.

Merry Christmas & Happy Holidays

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Summer Angels on the Isle of Mist



Fashion Files

Diana Cavagnaro

Christiann Moore, a La Jolla designer, recently presented her collection at Vancouver British Columbia Fashion Week. They have a worldwide presence and are the second largest Fashion Week in North America runway shows. Since its inception 22 years ago, they have brought international award-winning designers from over 25 global fashion capitals. Moore is originally from the Washington State\Pacific Northwest, which made it even more inviting for her to present there.

The plan was to show in April 2020 but the carpet was pulled



Models on the runway

out from under her. The pandemic shut down everything and she was forced to postpone the trip until now. After waiting three years for this fashion week, she was able to present her collection with 10 styles. Moore used luxury silks, embossed tulle, and sustainable



fibers to create this avant-garde look.

The message she presented was the beauty of the woman's body and femininity through design. The theme of the Spring/Summer 2024 collection was 'Summer Angels on the Isle of Mist.' The Summer Angels represents femininity and the Isle of Mist symbolizes the Pacific Northwest.

After the runway show, she set up a booth and sold her designs. During her time there, she was contacted by the American Consulate. They were eager to take photos because she was one of the two American designers represented there. Moore's press release was picked up and published in the New York Style Guide.

Moore is a women's fashion designer who blends sophistication, simplicity, and comfort reflecting



Line up of models with designer Christiann Moore (seated on the floor).

the lifestyle of La Jolla where she lives. In recent years, she has been in several exhibitions, which include the "Salk Women in Science Inaugural Gala" at the Salk Institute in La Jolla and the "Kimono Reimagined Exhibition" at the Japanese Friendship Garden in Balboa Park.

Moore said her experience in Vancouver was impactful. The journey was exploratory for her and she created a sampling of garments that were sporty, casual, formal, and sophisticated. Completing this collection left her with a better idea of where she is headed in the future and how to move on. She hopes to inspire women to love their bodies and self.

Moore said that since Vancouver, two runway producers have recently invited her to show in New York and Paris. Stay tuned for

more Christiann Moore exciting designs to come down the runway. For additional information, visit <https://christiannmoore.com/>.

UPCOMING EVENTS

Saturday, Dec. 9 – The Black Rac Fashion Show from 7-9:30 p.m. at the Marina Village Conference Center (Bayview). Tickets are \$35 at <https://bit.ly/47zkPbK>.

Sunday, Jan. 28 – Bridal Bazaar-Wedding Expo & Festival located at the San Diego Convention Center from 9:30 a.m.-4:30 p.m. Two fashion shows by Gretchen Productions. Tickets at BridalBazaar.com.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego area. Learn more about our hat designer, teacher and blogger at DianaCavagnaro.com.



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COMPASS

Del Norte defeats La Jolla in CIF Div. II championship game

By CLARK FAHRENTHOLD

Winners of nine straight and playing some of, if not the best, football in San Diego County for the last three months, La Jolla Vikings had all the wind behind their sails heading into the CIF Div. II championship game vs. Del Norte High last week.

Yet, the Vikings title hopes were put on ice as La Jolla fell to Del Norte 31-15. It was a loss for the Vikings that featured several uncharacteristic mistakes, such as drops, missed blocking assignments, and failures to capitalize on opportunities.

"We just didn't play our best game in the big moment, which is always disappointing," said La Jolla head coach Tyler Roach. "We dug ourselves a hole with a bad first quarter. We played pretty well after that, but we couldn't finish and capitalize on our opportunities."

For a team that, all season, had been known for starting fast on offense, the Vikings would come out rather sluggish. Things offensively would start strongly, as Jackson Diehl and Aidan McGill would help the Vikings march down the field on the opening drive. However, things would take a turn when WR Kia Fukuda, who appeared to be heading for the end zone, had the ball jarred free at the 1-yard line, where the Nighthawks would recover.

In their drives following, they would go three and out twice and even fumble a kick-off return that would set up the third TD of the first quarter for Del Norte.

Equally as uncharacteristic as the La Jolla's slow start on offense was the play of their defense. A unit that excelled at both generating takeaways and limiting explosive plays would allow two 50-plus-yard touchdown passes in the first half. The combination of the two would loom large in putting

the Vikings in a 24-0 hole with under two minutes to play in the half.

Before the half, La Jolla would find a sign of life, as with just one second to play in the half, Diehl would connect with Hank Hansen for a 10-yard TD pass, making it a 24-7 game and possibly swaying the momentum the Vikings way.

"That score right before the half swung a little momentum our way, and it made us feel like we had a chance to get back in the game," noted Roach, "But in the second half, we just couldn't punch one in, and capitalize." As Roach noted, the opportunities to crawl back into the game were right there, namely in the team's first two possessions of the second half.

On the first drive out of the half, La Jolla looked poised to tack on another score when Diehl threw to a wide-open Nick Sebro on a crossing route. However, the ball glanced off his fingertips on what would have been a walk-in touchdown. Nonetheless, La Jolla would still drive down the field after the drop inside the Nighthawks 15-yard line. However, they would ultimately be stuffed. Turning the ball over on downs and coming away with zero points.

La Jolla's defense, however, would quickly force a three-and-out, getting the ball back to the offense and giving them another shot to put points on the board. The La Jolla offense would yet again drive into the red zone. But they would be denied again, turning the ball over on downs.

"We felt as a staff that if we got the ball and could punch one in out of the half, that it would put all the pressure back on Del Norte, and they would tense up and play a little differently," commented Roach. "But that first drive we felt we needed to feel like we were truly back in the game and we couldn't take



La Jolla wide receiver Hank Hansen makes a play.
PHOTO BY DAVID FRERKER

advantage. That was the story of the night."

La Jolla would strike for one more late score with less than three minutes to play in the game on a TD catch by Carson Diehl, but it would be far too late.

The loss in the title game is the lone blemish on what was otherwise a remarkable 2023 season for La Jolla. With a final record of 10-3, winners of the Eastern League, and a CIF Div. II runner-up finish, there was still plenty to be proud of.

"I told the guys it's a tough pill to swallow and you should feel some emotion, especially those seniors who may have played their last football game. But it does not take away from what we accomplished as a group this season, how far we came, and how extremely proud I was of the guys," said Roach. "This is a special group, and I'm extremely proud of them, the way they fought, and everything they accomplished this season."



La Jolla Country Day celebrates winning the CIF Div. III title.

PHOTO COURTESY OF LJCD.SREPUSCHOOL.COM

La Jolla Country Day wins CIF Div. III title, falls in regional

By CLARK FAHRENTHOLD

This football season will go down in the record books for the Torreys of La Jolla Country Day. An 11-3 record, and a dominant 73-34 win to secure the CIF Div. III championship, the team's first CIF title since 2016.

However, the historic Torrey's season wasn't quite at its end. Being crowned the champions of San Diego Div. III, Country Day had, in turn, punched its ticket to the CIF Division 5A Regional playoff game to take on Banning High School.

With a win over the Banning Pilots, the Torreys would clinch a spot in the state championship where they would potentially take on Woodland Christian. Sadly for the Torreys, their magical and historic ride came to an end at the hands of the Pilots this past Saturday night as they fell by the final 41-21.

In Saturday night's Regional showdown, the Torreys put themselves in an early hole that proved too large to climb out of. As after a quarter and a half of play, LJCD found themselves in a 21-0 hole to Banning.

The Pilots were one of the rare teams that found themselves able to control the line of scrimmage vs. the Torreys, and as such, they ran the ball with relative ease for most of the night. Even with elite run-stuffers like Isaac Grassi, Chris Hughes, and Gianni Kassab, the Torreys front seven had no answer to the Pilots rushing attack that would go for over 450 yards and six rushing touchdowns on the night.

As for the Torrey offense, it also had its struggles. A large chunk of those issues, though can be traced to an in-game injury to star signal caller Jaden Mangini. The Navy football commit, fresh off a CIF San Diego record 10 TD performance vs. Grossmont, appeared to suffer a finger injury in the first quarter. The injury would significantly hamper the QB's ability to throw and, more importantly, impact Torrey's offensive game plan and ability to move the ball in the air.

Injury and all, Mangini and the LJCD offense would strike before the half, as Mangini would get the Torreys on the board thanks to a 2-yard TD run to make it a 21-7 game. Giving the Torreys possible life heading into the second half.

Yet out of the break, the possible momentum LJCD had built would quickly be swept away by another ground-and-pound TD drive by Banning to extend their lead back to 21 points at 28-7. To La Jolla Country Day's credit, they would again respond with a TD drive that featured a pair of nice catches and runs from Quentin Cesarie and Jack Circuit that would set up another Mangini TD run to draw things close again at 28-14.

The 14-point margin would be the closest the game would be for the rest of the night. LJCD would go on one more scoring drive that was backboned by a fine catch and run by Jordan Cohen, setting up an eventual 1-yard TD pass from Mangini to Circuit, making it a 34-21 ballgame in the fourth.

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SCOTT'S PB SPOTLIGHT

I often get met with surprise when people learn that I grew up here in PB since there aren't too many "locals" anymore. It got me thinking, there's a lot of interesting people and businesses in our community that people may not know about if they are new to the area. So, each month I will be spotlighting someone within our community that I think has an interesting story to share.

Santa Claus: 123 Elf Road, North Pole 88888

This month, I thought I'd interview an old buddy of mine, good ole' Santa Claus. I first met him when I was about 3. He's a big dude with a big beard, and he's surrounded by elves, so I was a little scared. I think my Mom still has a picture of me crying while sitting on his lap the first time I met him. But, when I realized he brought me presents on Christmas, I was pretty stoked and thought he was great! I even had my Grandma make a stuffed version of him for me, appropriately named "Santy," that I carried around for years. We don't stay in touch as much as we used to now that I'm older, but he still always finds time to stop by and drop presents off for my kids every Christmas.



There's much more to Santa (I call him Santy like my stuffed toy of him, which he hates but still lets me call him) than most people know. We know he's REALLY old, but no one knows for sure how old. When I asked him how old he actually was and where he was born, he got a little twinkle in his eye and a smirk on his face and said, "Well, Scott, even though you and I are bros and go back a long way, I can't tell all my secrets, but I'll tell you this, I'm more than 2,000 years old." I'm 44, and my body already is getting aches and pains from a lifetime of playing sports and surfing, so I can't even imagine how he has held up so well and is still at it. So I asked him, "How do you stay so fit after all these years?" He said, "Well, Mrs. Claus doesn't let me eat too many sweets or drink too much hot cocoa, and she makes sure I eat my fruits and vegetables every day. I also keep busy and active taking care of my reindeer, I do yoga 3 times a week and I go for hikes when it's not too cold at the North Pole. I have some other secrets too, but again, can't give up all my magical secrets." Given his bowl full of jelly belly and chubby red cheeks, if you ask me, he sounds like the true and OG inspiration for "Dad Bod." As we kept talking, he let me know that in his younger days he spent a lot of time traveling around the world, helping kids and those in need. A long time later he spent a lot of time with the Dutch in Europe, and he really didn't make it to the United States until the late 1700's. I knew some of this, and I knew it also had something to do with the different names he's been

called, so I asked him about that. He said that his name has always been Nicholas and he was given the name Saint Nicholas a long time ago because of all the good he did for others. When he was hanging with his Dutch buddies for all those years, they gave him the nickname Sinter Klaas, a shortened version of his name in Dutch, which is Sint Nikolass (Saint Nicholas). Then over the years Sinter Klaas became Santa Claus. Once he started delivering gifts to kids on the Nice List here in the US, he said he got REALLY busy and more and more people drew pictures of him, dressed up like him and started using him as a marketing tool around Christmas. Being a super friendly but private guy, he said at first it was a little weird for him, but he loved seeing all the smiles on everyone's face and that made him not mind the attention as much. We all know he's a huge fan of cookies, but he told me he's a HUGE fan of Coca Cola also. He's such a fan and drinks so much of it that in the 1930's, Coca Cola asked him if they could send someone to draw a picture of him and use it in their ads around the holidays, and he said yes. From then on out, his jolly ole face has been plastered on everything and anything during the holidays.

We started to run out of time since, as you can imagine, he's a pretty busy dude this time of year, so we only had time left for me to fire off a bunch of quick questions for him to answer. His favorite reindeer: Dasher since he is the oldest. Favorite food: Cookies, duh. Favorite City to visit: Pacific Beach. Favorite color: Red. Favorite Song: Doesn't have one but loves Johnny Cash, Mozart, Taylor Swift and anything K-Pop (kind of odd for a dude that's over 2,000 years old). What puts kids on the "Nice List": Listening to their parents and teachers, always being kind to others, doing their homework, doing their chores without complaining and just being a good person.

As usual, my time with my longtime pal "Santy" came to an end too quickly, but it was nice to catch up for a bit. His parting words for me were to let everyone know that this is the only time of the year Mrs. Claus lets him eat as many sweets as he wants, so make sure to leave him as many cookies as you can on Christmas Eve! He doesn't start his diet until January 1st. Merry Christmas, everyone!

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HOLIDAY FUN FACT

Two of Santa's reindeer originally had different names. In the 1823 poem, A Visit from Saint Nicholas, which originally introduced the world to Santa's reindeer, two of the flying creatures had slightly different names, according to Syracuse.com. Donner and Blitzen were instead Dunder and Blixem, a Dutch way of referring to "thunder and lightning."