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FRIDAY, JANUARY 5, 2024

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LA JOLLA VILLAGE NEWS
FRIDAY, FEBRUARY 3, 2023

Drunk driver guilty in La Jolla crash that killed two passengers

THAT'S AMORE!
We highlight three La Jolla pies to try on National Pizza Day

Special February Bonus:
Closed for the Big Game on Feb. 12th
Open Tuesday Feb. 14th for Valentine's Day

LA JOLLA VILLAGE NEWS
FRIDAY, MARCH 3, 2023

THIS WEEK
Charles from Monterey has become a 'vibe maker'

GRATITUDE MOVEMENT
AT LA JOLLA COUNTRY DAY

LA JOLLA VILLAGE NEWS
FRIDAY, MARCH 24, 2023

Best-selling author, feminist trailblazer, Village News columnist Natasha Josefowitz dies

IS THE NEW VENDING ORDINANCE WORKING?

LA JOLLA VILLAGE NEWS
FRIDAY, APRIL 28, 2023

THIS WEEK
Celebrate the Craft

CELEBRATE THE CRAFT

LA JOLLA VILLAGE NEWS
FRIDAY, MAY 12, 2023

THIS WEEK
The Shack is Back

Annual Enhance La Jolla Day set for Saturday

LA JOLLA VILLAGE NEWS
FRIDAY, NOVEMBER 10, 2023

THIS WEEK
Little Amal visits

LITTLE AMAL VISITS

Storewide Pre-Holiday Sale
UP TO 65% OFF

YEAR IN REVIEW

Point La Jolla closed for sea lions,
Birch Aquarium celebrates 30 years,
columnist Natasha Josefowitz dies

SEE PAGE 2

LA JOLLA VILLAGE NEWS
FRIDAY, JUNE 8, 2023

THIS WEEK
Trailblazing at UC San Diego

TRAILBLAZING AT UC SAN DIEGO

Female student receives school's first surfing scholarship

LA JOLLA VILLAGE NEWS
FRIDAY, SEPTEMBER 1, 2023

THIS WEEK
Lauau & Legends of Surfing

LAU AU & LEGENDS OF SURFING

Josh Hall 'shapes' up a fresh new era of aloha and ohana

LA JOLLA VILLAGE NEWS
FRIDAY, AUGUST 18, 2023

THIS WEEK
Keep your distance

KEEP YOUR DISTANCE
Sea lions need space at the Cove

Kayak, snorkel and swim near the sharks in La Jolla

LA JOLLA VILLAGE NEWS
FRIDAY, AUGUST 4, 2023

THIS WEEK
Pretty in Pink

PRETTY IN PINK
Opening Day fashion at Del Mar Racetrack

LA JOLLA VILLAGE NEWS
FRIDAY, JULY 21, 2023

THIS WEEK
Triton Pride

TRITON PRIDE

La Jolla Music Society's SummerFest set for July 27-Aug. 26

LA JOLLA VILLAGE NEWS
FRIDAY, JULY 7, 2023

THIS WEEK
Surfing across the Delaware

SURFING ACROSS THE DELAWARE

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YEAR IN REVIEW – De Anza Cove cleanup, Point La Jolla closed, homeless encampments banned, and a popular Beach Bug debuts



Little Amal walks south down Mission Beach on Nov. 4 and stops when she discovers the remnants of cherished belongings that have been washed ashore, thinking about the millions of refugee children across the world, who, like her, are searching for a better life. Little Amal, the internationally celebrated 12-foot-tall puppet of a 10-year-old Syrian refugee girl, made Mission Beach her final stop during her epic 6,000-mile journey across the United States this fall. She then crossed the border to Tijuana and started a new journey through Mexico.

PHOTO BY THOMAS MELVILLE

By DAVE SCHWAB

The coastal communities of Pacific Beach, La Jolla, and Mission Beach saw a lot of changes in 2023 as San Diego

continues to grow and evolve. De Anza Cove was finally cleaned up, Mission Bay Park's Master Plan is coming together, Point La Jolla was closed to the public to keep sea lions safe, Birch Aquarium celebrated 30

years up on the hill, more public art was unveiled, organic waste recycling was implemented, and a Beach Bug was introduced to PB.

City and County governments struggled to cope with rising

homelessness, banning encampments and increasing shelter space, there is an ongoing affordable housing crisis, and rents remain sky-high. Also, there was public pushback on land-use issues like higher densities, height limits, and building more housing near transit stations.

And sadly, we lost a dear friend when our long-time columnist Natasha Josefowitz died in March. She was a best-selling author, feminist trailblazer, university professor, and a force of nature at White Sands in La Jolla. She has been missed.

JANUARY

NEW LAWS

Hundreds of new laws in California that took effect Jan. 1 covered a broad range of concerns, everything from law enforcement to healthcare to wages and salaries which impact people in their daily lives. Law changes in 2023 affected everything from protecting abortion and the rights of transgender individuals to legalizing jaywalking and banning the sale and manufacture of new fur clothing and accessories.

CHRISTMAS FIRE

An early-morning fire destroyed a three-story, multi-unit building under construction in the 1700 block of Hornblend Street, displacing several residents and forcing them to pick up the pieces of their lives in its aftermath. About 115 firefighters and medic crews were called to the scene of the blaze at 1:04 a.m. on Dec. 25. There were no fatalities.

SPACES AS PLACES

A new California Coastal Commission amendment to the City's Spaces as Places program required beach businesses to replace displaced vehicular parking was greeted with mixed reviews by merchants and residents.

GALLERY'S 50TH

Gallery at Lands End in Pacific Beach celebrated its 50th anniversary. Begun in Ocean Beach as a lithography business by Jay and

Vicki Ford in 1973, the business was ultimately sold to employee Thayne Yungman. In 2013, the gallery expanded into showcasing handmade local gifts from some of San Diego's best crafters.

MARINE ROOM REVAMP

La Jolla's Marine Room unveiled a refreshed dining room and a new oceanfront lounge concept. Named "Lounge at The Marine Room," the intimate space offers ocean views from the most desirable tables along with a globally-inspired menu of whimsical small plates, one-of-a-kind dishes, and a curated list of chef-driven cocktails, wine, and beer.

CROWN POINT CAROLING

An old tradition was revived in Crown Point: Christmas caroling. Started by Crown Point resident Pat Walter during the '90s, the community relived that memorable experience over the holidays, renting out Old Town trolleys to go caroling throughout their community.

QR CODE

Shoreline Community Services in PB released a new quick response code to be displayed in local shop windows aimed at helping the unsheltered find services.

CURRYING FAVOR

As its name suggests, World Curry in PB at 1433 Garnet Ave. is a crossroads for lovers of all kinds of cuisine. The eatery is a family affair and a PB institution passed from one generation to the next, having been in the beach community for 27 years.

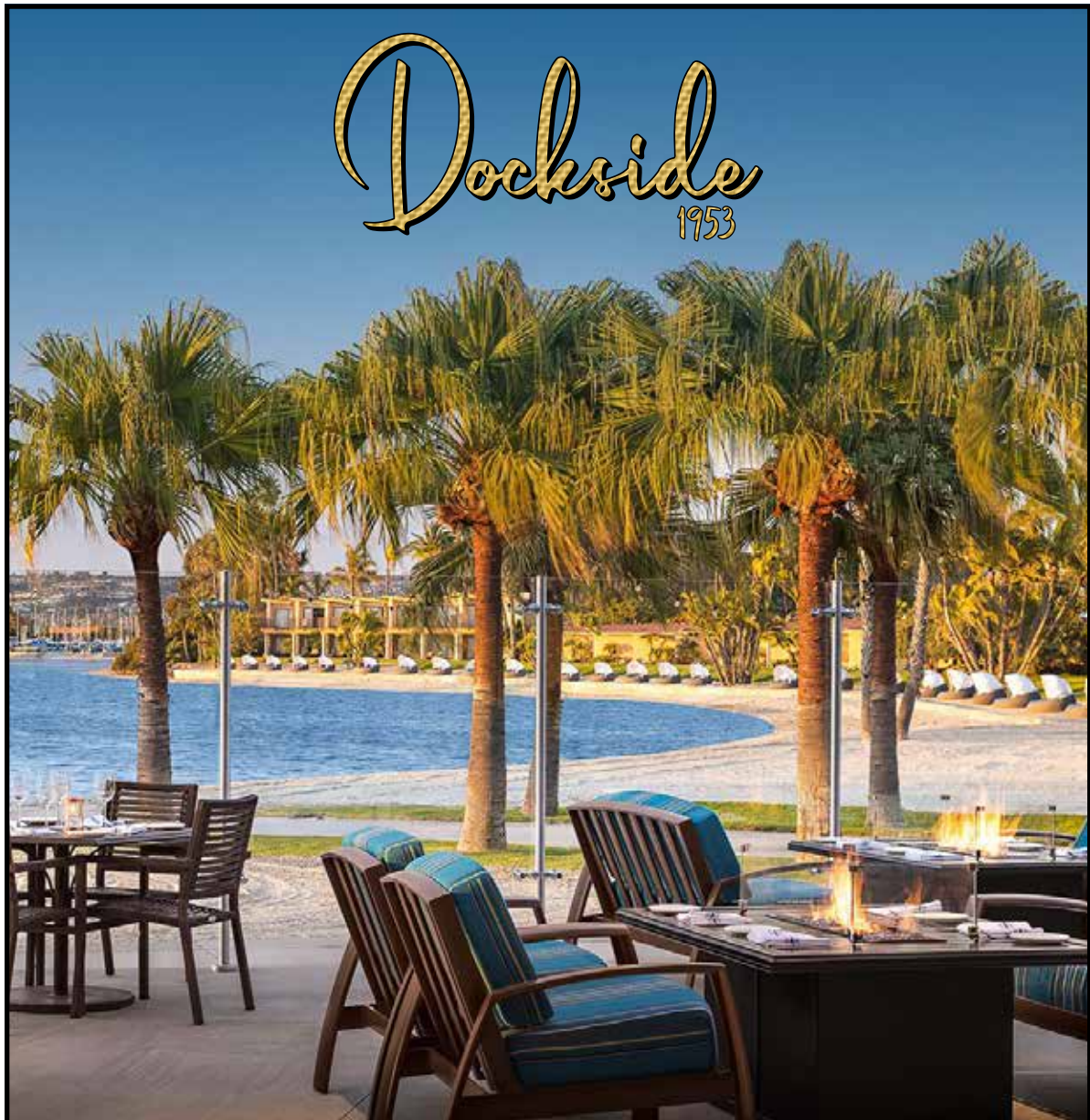
HILLEL CENTER OPENS

Following 20 years of legal challenges, Hillel of San Diego opened the \$18.7 million Beverly and Joseph Glickman Hillel Center for Jewish students and the entire community adjacent to the UC San Diego campus at 9009 La Jolla Scenic Drive North on Jan. 15.

POINT IN TIME

More than 1,600 volunteers countywide took part in 2023's

See YIR, Page 4



Located at the Bahia Resort Hotel | (858) 539-7634
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A backhoe rips down a dilapidated mobile home on Marigold Drive at De Anza Cove on Feb. 15.

PHOTO BY DAVE SCHWAB

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LA JOLLA, VILLAGE AREA Bankruptcy court-ordered sale of vacant lot, just three blocks from beach, immediately across street from Bishop's School in the heart of the village of La Jolla - a developer's dream! Highest & Best Use analysis: 24-30 units, inclusive of underground garage.
1/3 Acre + | 14,637 SF | \$5,898,000



LA JOLLA, LOWER HERMOSA Contemporized behind pair of extra-wide pivot doors for privacy & intrigue. Volume ceilings, open trusses, glass doors show off its everything.
4 BD | 3 BA | 2,829 SF | \$3,700,000-\$3,898,000



PACIFIC BEACH, NORTH PB Charming 2023 remodel nestled in north PB near sun-kissed beaches, tranquil bay & lovely Kate Sessions Park. Build up for views.
Natalie McGhie 619.559.8785 | 2 BA | 1 BA | 959 SF | \$1,800,000



PB, BASE OF MT SOLEDAD Updated mid-century with open stairs & floor plan overlooks breathtaking bay, city & ocean view. Permitted, partial ADU-build in progress.
3 BD | 2.5 BA | 1,717 SF | \$1,530,000



LA JOLLA, VILLAGE AREA Single-story, end unit w/westward views of ocean & beach town. Enjoy fireplace lounge & breezy balconies on cold or warm weather days.
2 BD | 2 BA | 1,359 SF | LP \$1,298,000

YIR»
CONT. FROM PG. 2

Point in Time Count, counting and interviewing unsheltered residents throughout the region on Jan. 26. Led by the Regional Task Force on Homelessness as part of a federal funding mandate, the count helps RTFH learn more about the people experiencing homelessness while raising awareness about the crisis: what’s working, and where opportunities exist.

PBTC GUARD CHANGES

Pacific Beach Town Council held its annual installation dinner on Jan. 21 at Mission Bay Yacht Club, with new board president Charlie Nieto hosting an awards presentation that included naming PB’s Honorary Mayor for 2023.

FEBRUARY

ELECTRIC BEACH SHUTTLE

Pacific Beach Town Council and Pacific Beach Planning Group heard presentations from the City and the San Diego Association of Governments on the launch of a new shuttle pilot to bring visitors from the new Balboa Avenue Transit Station to the beaches and PB business district.

SIDEWALK VENDING ENFORCED

On Feb. 1, the City started fully enforcing the Sidewalk Vending Ordinance in City beach areas after the ordinance became effective in the Coastal Overlay Zone. The ordinance went into effect in June 2022 in all areas outside the Coastal Overlay Zone.

BABCOCK RESIDENCE SOLD

A one-of-a-kind showplace home in South Mission Beach, the Babcock Residence at 2694 Bayside Walk, sold for \$4.95 million. Designed in 1959 by Mission Beach native Kendrick Bangs Kellogg for Russell and Vergie Babcock, who requested an "A-frame" with a copper roof, and constructed in 1960, the home was originally listed at \$5.68 million.

SURFBOARD MOSAIC

The surfboard flower-petal community mosaic mural to revitalize the 65-year-old Pacific Beach Rec



Friends of Windansea members and volunteers re-thatched the Windansea Surf Shack on Saturday, April 29. COURTESY PHOTO

Center was ready to go. But actual installation had to be delayed to comply with new City regulations.

MOTIVATIONAL SPEAKER

On Feb. 23, more than 1,000 students heard motivational speeches from Martin Luther King III, Say It Now founder Walter Green, and others at a special La Jolla Country Day School event highlighting the importance of expressing gratitude now to those who’ve positively impacted people’s lives.

GRAND THEFT DOG

A judge ruled that a man accused of stealing a valuable dog from a family on vacation in Pacific Beach should stand trial later in the year for the felony offense of grand theft dog. Hannah McGuire testified remotely that their Goldendoodle dog, Chanco, was taken out of his crate on Aug. 1 while the family was sleeping in a nearby tent at the Campland on the Bay.

DE ANZA DEMOLITION

On Feb. 15, City and Mission Bay RV Resort officials started the long-awaited clean-up of De Anza Cove at 2727 De Anza Road with the removal of dilapidated homes that have long blighted the De Anza Cove peninsula in Mission Bay Park. The clean-up effort will also result in an improved coastal bike path and 147 family-friendly campsites.

LOVE YOUR WETLANDS

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

Reserve in Crown Point. More than 500 volunteers worked on a variety of projects throughout the morning and afternoon at the marsh collecting nearly 300 pounds of trash.

MISSION + GARNET

A new 4,000-square-foot food court with six eateries under one roof sharing a kitchen, Mission + Garnet debuted in Pacific Beach. The new multi-concept establishment replaced the former Denny’s which was closed in 2018.

MARCH

TAKING THE PLUNGE

Operators of the historic Plunge pool opened its latest attraction, a new course, designed exclusively for Plunge in collaboration with Union Aquaparks, which provides increased space to play, inclusivity for more ages, and increased safety.

CAPTAIN’S QUARTERS

Captain’s Quarters at 910 Grand Ave. in Pacific Beach opened for business accepting online bookings and limited walk-ins aboard its speakeasy-style sophisticated bar offering nightly booze cruises.

EMPLOYEE FUNDRAISER

An employee of Pueblo restaurant in PB, Molly Row, was temporarily incapacitated by a rare auto-immune disorder, and the upscale Mexican eatery held a fundraiser on March 26 on its rooftop deck to aid with her medical bills and recovery.

NATASHA JOSEFOWITZ DIES

Natasha Josefowitz, ACSW, Ph.D., 96, died on March 15. She



Kids Ocean Day, held by I Love A Clean San Diego for elementary students, took place on May 25 in Mission Beach. The students concluded their visit by creating an aerial art message, spanning an impressive 230 feet by 230 feet, which spelled out, ‘Give Nature A Chance,’ along with a jellyfish. COURTESY PHOTO

was a longtime resident of White Sands Retirement Center in La Jolla and had been a columnist for La Jolla Village News. She was a best-selling author, feminist trailblazer, university professor, and best-selling author of 21 books on everything from management textbooks to humorous verse.

CLIMATE ACTION PLAN

San Diego’s 2022 Climate Action Plan included six strategies that set a path toward achieving the City’s interim 2030 fair-share reduction goal and ambitious 2035 goal of net-zero greenhouse gas emissions.

NONPROFIT GRANT

BeautifulPB received a grant in partnership with the San Diego Audubon Society to bring new murals into the heart of Pacific Beach that highlight the important animals and habitats in the neighborhood.

DE ANZA AMENDMENT

The City released a draft of the De Anza Cove Amendment to the Mission Bay Park Master Plan that supports regional recreational needs while restoring natural habitats. The draft De Anza Cove Amendment, titled De Anza Natural, envisions balancing land uses that both serve regional recreational needs and protect natural coastal habitats.

CHARLIE BLANE

After nearly 70 years selling real estate in Pacific Beach, the winning business philosophy of Charlie Blane remains as familiar as it is

straightforward. “Do unto others as you would want them to do unto you,” replied the 92-year-old pioneering PB Realtor, a self-professed “farm boy” originally from Tennessee whose father was a sharecropper.

SAFE BIKING

A full-court press was on to spur the City government to spread awareness of the number of traffic crashes involving bicyclists and pedestrians, calling on Mayor Todd Gloria and the City Council to dedicate more funding toward Vision Zero.

CONCERTS ON THE GREEN

The updated contemporary musical series at the park on Soledad Road continued to expand and improve. The concert stage was moved from the top of the park down to the base of the hill so that the entire hill could be used as a natural amphitheater.

RAQUEL WELSH DIES

The 82-year-old La Jolla High grad and Hollywood actress died Feb. 15. Her career spanned over 50 years with her starring in over 30 films and 50 television series and appearances. The Golden Globe winner, in more recent years, was involved in a very successful line of wigs.

APRIL

BELMONT IN BLOOM

Belmont Park in Mission Beach kicked off its colorful second annual Belmont in Bloom festival from April 1 through May 31. In springtime, Belmont Park flourishes with color, life, and joy through one-of-a-kind photo opportunities and Instagrammable moments including towering flowers, tasty treats, and floral-inspired cocktails at boardwalk eateries.

VENDING ORDINANCE TWEAKED

While the consensus was that it was too early to tell yet if the City’s new Sidewalk Vending Ordinance is going to be effective, a new problem emerged: First Amendment rights. Venus Molina of Councilmember Jennifer Campbell’s office described the difference between people vending and those claiming to be exercising

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YIR»
CONT. FROM PG. 4

their free speech rights as “a fine line.

GREEN EYEWEAR

Enterprising eyeglass designer Tom Kabbash took things to a new level by manufacturing and retailing plant-based eyeglass frames locally made using castor beans. Kabbash’s Saunt Eyewear manufacturing company has been offering his plant-based frames online and at La Jolla’s Open Aire Farmers Market on Sundays.

WOMAN’S CLUB REPURPOSED

The historic building on Hornblend Street in Pacific Beach formerly occupied by the Pacific Beach Woman’s Club was transformed into the California Zoroastrian Center.

STUDENT CLIMATE PROTEST

A fossil-free UC San Diego was what some university students called for on April 19 at a “Walkout For Climate” rally held at Geisel Library on campus, during which protesters called on Chancellor Pradeep Khosla to commit UC San Diego to campus electrification by 2030. The UC San Diego main campus burns fossil gas for electricity generation and heating/cooling, thereby emitting more than 170,000 tons of carbon dioxide per year.

MARSH PERMANENT STRUCTURE

The 50-year-old outdated trailer serving the scientific research and educational needs of Kendall-Frost Marsh in Pacific Beach is to be replaced by a permanent modular structure. But the popular mural on the trailer being torn down this week is not going away. It will become part of the marsh’s new replacement building.

MUSEUM REOPENS

After being closed for four years for remodeling, the Museum of

Contemporary Art San Diego’s flagship La Jolla location celebrated its one-year anniversary. “Since re-opening we’ve welcomed 120,000 visitors to the museum to visit our galleries and see our exhibitions, or who joined us for special events,” said Edie Nehls, MCASD’s chief advancement officer.

PICKLEBALL PROGRESS

Pickleball found a new home at San Diego Mission Bay Resort and it was a “big dill” for players of the fast-growing sport, who are scouring the region to find more places to play. San Diego Pickleball began play on six to eight newly resurfaced, dual-lined courts on April 14 at Mission Bay Resort.

SURF GARDEN

Created by muralist Rob Tobin with the aid of nearly 300 volunteers and 64 donated surfboards, the Pacific Beach Community Surf Garden was installed at Pacific Beach Recreation Center, with a formal dedication. “After four years involving vision, design, review, community input, city permitting, fundraising, structural engineering, patience, and tolerance, the Pacific Beach Community Surf Garden has been approved and installed,” said Brian Curry.

ENVIRONMENT VS. RECREATION

The City Parks and Recreation Board’s informational hearing on a draft amendment updating Mission Bay Park’s Master Plan turned into a scrum between environmental and recreational stakeholders. Recreationalists, in large numbers, expressed fear that updating Mission Bay Park’s Master Plan to create more wetlands would encroach upon and endanger active recreational uses of the park including baseball, soccer, tennis, etc. Environmentalists, who’ve pointed out that wetlands now contained in Kendall-Frost Marsh have dwindled to 1% of their previous extent, argued that maximizing wetlands expansion is critically important to improving water quality,

storing carbon, and preparing for sea-level rise in the future

PET MEMORIAL

The City’s Parks and Recreation Board unanimously endorsed a proposal by Fiesta Island Dog Owners to re-create a pet memorial in the off-leash section of the man-made island on April 20.

SLOW STREETS

In April, City officials updated Pacific Beach Planning Group on plans to make permanent the temporary Slow Street Program on Diamond Street, which was instituted during the pandemic to facilitate non-motorized travel.

COASTAL CONUNDRUM

Some coastal civic leaders and citizens argued enforcement regulations in the City’s new Short-Term Residential Ordinance, which took effect May 1, are flawed. That message came across repeatedly during a community briefing presented by the City’s Development Services Department Code Enforcement Division.

MAY

SANDAG SURVEY

San Diego Association of Governments and Caltrans launched a public survey to assist in the development of the Central Mobility Hub and Connections Comprehensive Multimodal Corridor Plan. The Corridor Plan was one of five priority corridor plans being developed for the study area including the Midway District, Old Town, Downtown, and parts of Point Loma.

ORGANIC WASTE

A new Organic Waste Recycling Program was introduced for all City residents. Representing the biggest change to trash and recycling in San Diego’s history, the new organic waste recycling program supports the City’s Zero Waste and Climate Action Plan goals.

SCHOOL MODERNIZATION

Crown Point Junior Music Academy celebrated the May 12 groundbreaking for its whole-site modernization with speeches, music, and violin performances, and a tribute to the late Stephen Luchs, the school’s violin teacher.

BEACHFEST PROPOSAL

A proposal by Discover PB to fence-in Pacific Beachfest to expand areas for alcohol consumption met resistance. The change for the 2024 annual October community event by Pacific Beach’s nonprofit business improvement district suggested enclosing five blocks within the event’s boundaries to boost attendance while allowing parents the opportunity to enjoy an adult beverage.

GRAFFITI CLEANUP

Pacific Beach Town Council’s 13th annual graffiti cleanup on May 13 was a success. A total of 119 volunteers went out to remove graffiti, and 730-plus tags were removed.



Two students hug during commencement ceremonies at Mission Bay High. The school’s graduating class of 2023 sent nearly 300 students out into the world at commencement ceremonies held on June 14.
PHOTO BY STEVE SIDELL

ENHANCE LJ DAY

The public found out how much the community has been improved by its maintenance assessment district at the third annual Enhance La Jolla Day on May 13. The event showcased the accomplishments of the community’s MAD, as well as introduced people to La Jolla’s several other civic organizations working for community improvement and beautification.

SUMMER TRASH

Some Mission Beach residents wanted the City to begin the second summer trash pickup to combat fly infestation sooner than July 1. The additional summer trash pickup has been done to proactively address fly infestations that have been a perennial problem during the summer months.

See YIR, Page 7



On May 6, Kate Warton, a junior at La Jolla High School, who is the CEO and founder of My Holiday Fairy, was honored with the Padres’ Tony Gwynn Community All-Star Program Award along with a \$5,000 check during a pre-game ceremony at Petco Park last weekend.
COURTESY PHOTO

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POINT LOMA NAZARENE UNIVERSITY

New state laws take effect on Jan. 1, 2024

By DAVE SCHWAB

Of the more than 2,600 bills introduced in 2023 in the state legislature – the most in a decade – Gov. Gavin Newsom vetoed 156 and signed 890. Last year, Newsom vetoed 169 bills, about 14%, while signing 997.

These new laws change the rules in crime, healthcare, housing, schools, workplaces, and on the streets even addressing cultural issues, like lifting the previous ban on “lowriding.” Some of the new legislation hits taxpayers in their pocketbooks.

Here are some of the new state laws signed by Newsom, most of which took effect Jan. 1:

– California’s minimum wage increases to \$16 per hour for all employers.

– AB 1228: Starting April 1, fast-food workers earning minimum wage will get an hourly wage increase of \$4 from \$16 to \$20 an hour. The increase will impact about 500,000 fast-food workers statewide.

– SB 525: Raises the pay for hundreds of thousands of California healthcare workers to a \$25 minimum wage. It means medical technicians, nursing assistants, custodians, and other support staff will see a gradual wage hike.

– SB 14: The new law designates human trafficking of minors for commercial gain as a “serious felony,” resulting in harsher prison sentences and inclusion in California’s “Three Strikes” law.

– SB 848, reproductive loss leave, requires private employers with five or more employees to provide up to five days of reproductive loss leave for qualifying events. Those include failed adoption, failed surrogacy, miscarriage, stillbirth, or unsuccessful assisted reproduction. The five days don’t have to be consecutive.

– AB 1084, gender-neutral toys, requires some California retailers to offer a gender-neutral section for children regardless of whether they have been traditionally marketed for either girls or boys.

– AB 2282, expands the definition of hate symbols to include any symbols or marks with “the intent to terrorize another person,” such as Nazi symbols and nooses. The bill also addresses the need to address hate crimes with symbols against certain minority groups.

– SB 700, off-duty cannabis use and drug test results modify existing law to make it unlawful for an employer to request information from an applicant relating to the applicant’s prior use of cannabis, or to use prior criminal history of cannabis use.

POLAR BEAR PLUNGE



About 300 people participated in the annual New Year's Day Polar Bear Plunge at La Jolla Shores on Monday, Jan. 1, with a quick swim in the ocean. The temperature of the water (61 degrees) was only slightly lower than the air temp, which was a mild 65 degrees.

PHOTO BY DON BALCH

SPONSORED CONTENT

Anne, motivated by the team and her husband, increased her bone density by 3.9% while getting stronger with The Smart Fit Method

Anne, a member of The Smart Fit Method in Costa Mesa, has prioritized her well-being by establishing a new fitness routine with us. Since June 2022, her remarkable achievements include increasing her bone density by 3.9%, reducing her fat mass by 1.54%, and gaining 3.7% lean muscle mass. Obstacles like osteoporosis and knee pain have been overcome, and she has unlocked an athletic lifestyle as a result. Through dedication, support, and consistency, Anne now enjoys skiing and playing pickleball with peers and family at the age of 63.

Beginning a new fitness routine

Initially motivated to come in by her husband’s encouragement, Anne stayed because of the continuous results, atmosphere, and support. **An increase in her overall healthspan** (the period of her life where she feels good) has been her biggest overall result. The atmosphere that keeps her coming back includes an **intimate studio and efficient no-wait 20-minute workouts**. Support has come from her husband as well as from the trainers, especially Kirra, who is with her when she does some of her best work, and David and Kammie, who provide the personal



Anne using the Smart Strength

touch she needs to guide her through challenging yet rewarding sessions. She notes that, “their motivation keeps me striving to do better and better!”

Bone density increases
Anne and her husband celebrated a significant 3.9% increase in bone density after a DEXA Scan in April 2023.

This achievement, within a year of using The Smart Fit Method, astonished her: “Never in my wildest dreams did I think I would get scores like that.”

Welcoming new experiences

While gaining bone, she has also lost fat and increased her muscle mass. **These facts have led Anne to bid farewell to back pain and most of her physical limitations.** Hours of pickleball with

– not her ability.

Courage to care more

Apart from her physical accomplishments, like arms that make strangers stop in the street to inquire, Anne has also embraced more self-care.

She now focuses on diet, prioritizing protein before workouts as well as regular intake of vitamins and supplements. Quality sleep is also a must that enhances her workout performance.

Membership makes these self-care efforts easier because, as a member, she gets nutritional suggestions for every stage of her journey, and scheduling workouts is just a few clicks away in the app.

She encourages other women and mothers to prioritize themselves with a workout routine. **Remember that you come first. She reminds readers that no matter how busy life is, “you have 20 minutes.”** Prioritizing yourself will make you perform better in your everyday life, and it will make you calmer and more attentive in your relationships.

Inspiring others

Anne’s dedication and consistent self-care have turned her into a positive role model, not just for her family and strangers on the street but also for the

entire Smart Fit Method community.

She notes that **although the equipment may seem intimidating, persistence and competing with yourself will allow the studio to become your new best friend.**

For Anne, The Smart Fit Method “really allowed me to get back into working out and to take care of myself, all while giving me a lot of bang for my buck.”

Anne, you inspire us all. Thank you for being a part of The Smart Fit Method community.

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

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peers amidst friendly banter have become her new normal.

“I never thought I’d be back doing a court sport. I thought those days were over.”

Additionally, a ski trip for 2024 is fearlessly in the works. **She can now say yes to new experiences and opportunities, knowing that the only thing holding her back is her choice or preference**

YIR»
CONT. FROM PG. 5

POINT LA JOLLA

Seal advocates lobbied to make a partial closure of Point La Jolla, a sea lion breeding ground, a year-round prohibition. Previously, the California Coastal Commission voted unanimously to grant the City’s request to close Point La Jolla from May 1 to Oct. 31 to protect the marine mammals for the next seven years.

JOURNALIST PODCASTER

Shelby Stanger wrote a book titled “Will to Wild: Adventures Great and Small to Change Your Life.” The San Diego Community Newspaper Group alum is a La Jolla High grad who interned for the Beach & Bay Press and La Jolla Village News in 1999-2000. She said her university professor’s advice to “intern for a community newspaper,” is what set her on her ultimate fulfilling career course.

INDEPENDENT LA JOLLA

Promoting long-sought-after citizenship for La Jolla, the community’s town council meeting on May 11 detailed the latest plans to detach from the City and become an independent municipality. This latest iteration of the incorporation drive, which has been going on in fits and starts for many years, is being shepherded by the Association For The City of La Jolla, a nonprofit group.

JUNE

HOMELESS ENCAMPMENTS

Mayor Todd Gloria backed an ordinance banning homeless encampments in most public places. As proposed, the new Unsafe Camping Ordinance would ban tent encampments in all public spaces “if” a shelter bed is available.

JUNE GLOOMY

Known as May gray and June gloom, the marine layer annually descended like a curtain along San Diego’s coast this time of year was intense in 2023 lasting longer than usual. “We’ve had more cloudy days and had less solar radiation than most Mays,” said meteorologist Brandt Maxwell. The average May cloud cover during the day this year in San Diego was a gray 82.5%. Long-term weather records show San Diego’s overall average cloud cover in May is 63.9%.”

OUTDOOR DINING

Businesses and local government were both scrambling to comply with a new state requirement that coastal restaurants must replace on-street parking displaced by temporary outdoor dining spaces. Created amid COVID, outdoor dining otherwise known as “streetaries” was established to help restaurants stay afloat when indoor dining was prohibited.

COASTAL COALITION

Community beach leaders joined in a loose-knit coalition to address common concerns including street

vending, crime, homelessness, bonfires, and short-term rentals on the coast. The Coastal Coalition is comprised of key community leaders from Mission Beach, Pacific Beach, La Jolla, and Ocean Beach.

DRONEWORKS

La Jolla joined a growing trend of Independence Day celebrations switching from fireworks to drones for entertainment. La Jolla Beach & Tennis Club announced it was hosting a unique show with at least 100 drones on July 4.

SHELTER STRATEGY ADVANCES

City Council members at a June 13 special meeting heard about the new comprehensive shelter strategy, as well as endorsing an ordinance banning most tent encampments in public spaces if shelter beds are available nearby. The new ordinance bars encampments at all times in certain areas including parks, canyons, and waterways, as well as near schools and homeless shelters, and transit stations regardless of shelter capacity.

SURFING HOF

Thirteen individuals and two organizations joined the ranks of local surfing royalty during a San Diego Surfing Hall of Fame induction ceremony at San Diego Mission Bay Boat and Ski Club. The Class of 2023 included Bill Bahne, Tim Bessell, Joey Buran, Pat Curren (in memoriam), Mike Diffenderfer (in memoriam), Jeff Divine, Don Hansen, Dempsey Holder (in memoriam), Richard Kenvin, Julie Klein, Taylor Knox, Don Okey (in memoriam), Hank Warner, Pacific Beach Surf Club, and Pacific Beach Surf Shop.

HOMELESS COUNT

The Regional Task Force on Homelessness released the results on June 8 from the 2023 WeAllCount Point-in-Time Count, a one-night snapshot of the minimum number of San Diegans experiencing homelessness. Overall, the 2023 Point-in-Time Count was sobering, finding no less than 10,264 individuals experiencing homelessness across the region.

RENTALS & HOUSING

PB planner Iain Richardson, debriefing Pacific Beach Town Council in June on the number and location of short-term rentals in the community, made a case for such rentals depleting the housing stock and exacerbating the housing crisis.

JULY

DENSITY PROTEST

A groundswell of discontent was building in beach communities over SB 10, which sought to increase housing in transit-oriented areas that some fear is a veiled attempt to increase housing density and height.

PB ROUNDABOUT

Construction began on the long-awaited traffic-calming roundabout at Foothill Boulevard and Loring Street in Pacific Beach.

The project aims to improve safety by constructing a roundabout and curb extension at the intersection of Foothill Boulevard and Loring Street.

SLOW STREETS VANDALISM

Flexible posts installed by the City earlier on Diamond Street at the intersections of Fanuel and Cass streets in Pacific Beach to protect road users were torn apart and stolen overnight in an act of theft and vandalism.

CANINE CROWDING

San Diego Humane Society faced a critical problem – summer overcrowding. The nonprofit launched an initiative inviting the community to partner with them through Aug. 31 to help reduce shelter overcrowding.

CONCERTS ON THE GREEN

Pacific Beach Town Council launched Concerts on the Green held at Kate Sessions Park. The free, family-friendly concert series spanned four Sundays in July and August offering music, snacks, and beverages from local business vendors.

CLIMATE CASUALTY

Climate change may be claiming another casualty – the kelp beds off La Jolla. “The kelp habitat in La Jolla has been drastically reduced for those animals feeding up in the seasonal water column where the surface water is warmer,” said Ed Parnell, a Scripps Institution of Oceanography researcher.

SAMMY THE SEAL

Lovingly nicknamed Sammy after the popular children’s book “Sammy the Seal,” a seal was frequently seen hopping on surfers’ boards and exhibiting unusually friendly behavior at Tourmaline Surfing Park in North Pacific Beach.

WHALING BAR

Gone for a decade, plans were announced for the return of the historic La Jolla Whaling Bar to La Valencia Hotel in 2024.

AUGUST

FLOAT FESTIVAL DEFLATED

A Festival of Floats event scheduled for the first National Float Day on Mission Bay was canceled by organizers at the last minute. “This event has never been permitted by the City,” said José Ysea, City spokesperson.

AGAINST THE FLOW

The County Board of Supervisors voted unanimously to declare a County-wide state of emergency as pollution and sewage continued to flow across the U.S.-Mexico border, contaminating local ocean water and several beaches. The resolution declared an environmental and public health crisis.

SB 10 REJECTED

The City Planning Commission on Aug. 3 thwarted an initial attempt to make San Diego the first California city to implement SB 10, a bill that could allow up to 10



Gen. George Washington surfing across the Delaware River during the annual Beaumont Avenue Independence Day Parade in Bird Rock. The parade’s theme was ‘Surfing USA.’
PHOTO BY DON BALCH

homes on a single-family lot up to three stories tall near existing or planned mass transit.

PROJECT KUDOS

The Mid-Coast Corridor construction project, responsible for extending the Blue Line Trolley to UTC and expanding transportation capacity in San Diego, was named the best construction project in the country for 2022.

NONPROFIT DONATIONS

The Mission Beach Women’s Club donated \$52,938 this fiscal year to 20 nonprofit groups, which is the mission of the club. The total marks the highest amount given away by the 97-year-old philanthropic group.

SPACES AS PLACES

On Aug. 10, the California Coastal Commission approved the Spaces as Places regulations, allowing the City to start issuing Spaces as Places permits in the Coastal Zone. Spaces as Places is the City’s program to replace the Temporary Outdoor Dining program that was established during COVID-19.

PRESERVATION AWARDS

On the 40th anniversary of its People In Preservation awards, Save Our Heritage Organisation’s 2023 list of honorees included noteworthy La Jollans such as David Goldberg, honored with SOHO’s Legacy: Cultural Stewardship Award.

See YIR, Page 11

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LJHS wrestling: A fertile ground for developing wrestlers

By ED PIPER

The Vikings have a re-turning passel of expert and improving wrestlers — returning individual league weight-class champs, as well as experienced seniors and juniors — plus beginning wrestlers who will enter the dual meet competition this week in defense of La Jolla's 2022-23 Eastern League team title.

Noah Pace and Gus Rinaldi are the big names who will lead ninth-year head coach Kellen Delaney's squad into the busy January slate of tournaments and meets. Rinaldi was a league champ last year and will wrestle at 175 pounds this season. A precise technician on the mat, Gustav looks primed for a great senior season to tactically entrap opponents after competition in the Fourth Annual Granite Hills Tournament on Dec. 2 and the 37th Marauder Invitational at Mira Mesa on Dec. 9.



With all eyes on La Jolla's Gustav Rinaldi, the reigning Eastern League champ, pins his Holtville opponent at 175 pounds in 2:45. PHOTO BY ED PIPER

Pace, he formerly of the Clark Kent mild-mannered look with thick frames off the mat and Superman performance without spectacles on the mat, has slipped into contact lenses this year. The

"new look" athlete is wrestling a weight up as a sophomore at 113 pounds.

During the Granite Hills tourney, right after winning a quarterfinal bout by major decision

(leading his foe by over 15 points), the returning 106-pound Eastern League champ breathlessly dissected his moves: "I was just getting the arm bar, and putting him (Emilio Cordova of Imperial) to his back, and count to three, and then getting back up, and keep on doing it. And also, when he got me on top, I would just reverse and get back on top of him."

Senior returners also include Nerva Mugisha (120 pounds); twins Nick (144) and Abraham (138) Sierra; Anthony Volkov (157); Hayden Worst (190); and Emilio Valencia (215).

On the girls' side, veteran Matisse Pickett, a junior at 120 pounds, returns for her third year. Maddie Quach, a sophomore 105-pounder, proudly wears her black LJ letterman's jacket earned last year. Hannah Kressin, a senior at 125 whose brother, sophomore Liam Kressin, is also competing, and freshman Isabella Itkin, 110, undertake wrestling for the first time.

Quach, after trailing Emily Arai of Valley Center 2-1 in a tough match at the Marauder event on Dec. 9, fought back to win, 8-5. Harry Wilson, one of her coaches, said, "She stayed super mentally tough. The girl she wrestled (Arai) is very good. The other girl kind of tired, so Maddie was still mentally tough the entire match."

Wilson and fellow coach Vinny Iudici were demonstrating to Quach how to swing her weight around behind Arai. What were you showing her? Wilson: "The other girl was hanging on her head a lot, so they were controlling her head. It's exhausting (to have someone hang on your head)—plus it can set up all their moves."

Jayden Williams is a junior veteran 165-pounder who transferred from Samuel Clemens High in San Antonio, Texas. He was effective at the Granite Hills event and against Holtville in a tri-meet at Madison on Dec. 7.

LAWS »

CONT. FROM PG. 6

— AB 587, social media transparency, requires social media companies to publicly post their content moderation policies and semiannually report data on their enforcement of the policies

to the attorney general. The law will only apply to companies that generated more than \$100 million in gross revenues during the preceding calendar year.

— AB 701 will impose harsher penalties for people trafficking large amounts of fentanyl, which is classified along with controlled

substances including cocaine and heroin. As of Jan. 1, those convicted of dealing a kilo or more of fentanyl will face stiffer penalties and sentencing enhancement for dealers.

— SB 616, extended paid sick leave, will allow California workers an additional two days of paid sick leave per year. The new law

expands the definition of sick leave to include caring for a sick family member. The new law also offers paid time off for employees who are victims of domestic violence, sexual assaults, and stalking.

— SB 476, food handler cards, requires employers to pay their workers for all costs associated with obtaining a food handler cards. Previously, all training and testing for the state-mandated certification had been the employee's responsibility.

— SB 2, concealed carry: This law strengthens the state's restrictions on who can carry a firearm in public. It restricts people under 21 from getting a concealed carry permit and also requires all permit holders to have more training, including on how to handle safely, store, and transport firearms.

— SB 43, conservatorship expansion: The new law expands the standards for deeming a

person "gravely disabled" to include people whose mental illness or drug addiction inhibits their ability to keep themselves safe.

— AB 436, cruising ban: This bill lifts the restrictions on low-rider cruising statewide. It also rescinds the ability of cities and towns to impose their cruising bans, which many had in place until recently. The resolution encourages cities to repeal their bans and recognizes that cruising holds cultural significance for many communities.

— AB 28, gun tax: This law adds an 11% state tax on firearms and ammo sold in the state starting in July 2024, making California the only state in the U.S. to have such a tax. This tax is on top of existing federal taxes. Depending on the gun type, the federal tax is either 10% or 11%. Revenue from the tax, estimated by state officials to be about \$160 million a year, will help fund violence prevention programs.



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San Diego Foundation gives grant to UCSD Black Alumni Scholarship Fund

San Diego Foundation announced that it will award the University of California San Diego Black Alumni Scholarship Fund \$500,000 for student scholarships and support of Black students attending the university.

"We deeply appreciate this strong expression of confidence in our continued growth as a program that is providing more opportunities for outstanding, civic-minded Black students to attend and thrive at our great university," said Edward Spriggs, chair of the UC San Diego Black Alumni Scholarship Fund (BASF) at San Diego Foundation. "This gift from the San Diego Foundation means the world to

our current and future students and the BASF advisory board."

Established as a "challenge grant," SDF will award the funding when an equivalent amount of donations are raised, essentially doubling the impact of gifts to the Black Alumni Scholarship Fund. The fund advisors for the UC San Diego BASF, which is housed within the San Diego Foundation, hope to raise \$500,000 in 2024 as the first phase of their campaign to raise \$10 million by 2028 to support 200 additional UC San Diego students each year, which would double the size of the current BASF program at UC San Diego.

READ MORE ONLINE AT sdnews.com

UC San Diego: Mapping the mouse brain reveals what makes us human

Despite all our cells sharing the same DNA, there are thousands of different cell types in the human brain, each with a unique structure and function. One longstanding problem in neuroscience is determining how genes are switched on and off to form the mosaic of different cell types within the brain. Today, scientists from University of California San Diego School of Medicine have published two new studies that bring us closer to solving this mystery.

The researchers analyzed more than 2.3 million individual brain cells from mice to create a comprehensive map of the mouse brain and used artificial intelligence to help predict what stretches of DNA are used to determine a brain cell's type. The researchers also looked at the brains of humans and primates to study the evolution of the processes cells use to turn genes on and off. The findings published Dec. 14, 2023 in a special edition of *Nature*.

"A cell's DNA is like its language," said senior author Bing Ren, PhD, professor at UC San Diego School of Medicine. "Just like there are certain root words that many languages share, there are certain genes and gene expression patterns that are conserved across different

species. Learning to understand and interpret the brain's molecular language can help us learn more about how the brain works in general and about what happens to the brain in neuropsychiatric conditions."

The two new papers are part of a package of 10 studies describing the first complete cell type atlas of a mammalian brain, led by researchers at UC San Diego, the Salk Institute for Biological Studies, the Allen Institute for Brain Science and other institutions. The research is part of the National Institutes of Health's Brain Research Through Advancing Innovative Neurotechnologies Initiative, or the BRAIN Initiative, which launched in 2014 to deepen our understanding of the inner workings of the human mind and improve how we treat, prevent and cure disorders of the brain.

"This work is helping us establish a baseline understanding of what the brain is like at the cellular level," said Ren. "This will make it possible to draw comparisons between our baseline and brains with neurological and psychiatric disorders. Studying the brain this way could help us discover new therapeutic approaches for these conditions."

One of the most ambitious



'Learning to understand and interpret the brain's molecular language can help us learn more about how the brain works.'

- Bing Ren, Ph.D., professor at UC San Diego School of Medicine



projects under the Brain Initiative is the Cell Census Network (BICCN), which seeks to describe human brain cells in unprecedented molecular detail, classifying them into more precise subtypes, pinpointing their locations in the brain and tracking how cellular features change over a lifetime. Earlier this year, Ren and other scientists from the BICCN published a first-of-its kind atlas of the human brain, which identified more than a hundred types of brain cell. Their new atlas of the mouse brain complements this work and expands upon it by drawing comparisons between the brains of different species.

For example, by comparing the brains of mice with those of humans and nonhuman primates, the researchers found that cell-type-specific patterns of gene expression evolve much more rapidly than patterns that are shared across cell types. This could help explain why there are so many different cell

types in the brain.

"Humans have evolved over millions of years, and much of that evolutionary history is shared with other animals," said Joseph Ecker, PhD, a professor at the Salk Institute for Biological Studies who co-lead one of the new studies with Ren. "Data from humans alone is never going to be enough to tell us everything we want to know about how the brain works. By filling in these gaps with other mammalian species, we can continue to answer those questions and improve the machine-learning models we use by providing them more data."

While the BRAIN Initiative and BICCN are still very much ongoing projects, some insights are already proving relevant to human diseases. For example, the researchers found that many of the genetic programs that determine cell type were in parts of the genome that have already been implicated in human diseases, such multiple

sclerosis, anorexia nervosa and tobacco use disorder. This could help shed light on how neuropsychiatric disorders affect the brain.

"The brain isn't homogeneous, and diseases don't affect all parts of the brain equally," said Ren. "Insights from this research and the BRAIN initiative as a whole are helping us better understand what types of cells are affected in specific diseases. We hope this will pave the way for more precise, targeted therapies that can heal diseased cells without affecting the rest of the brain."

Co-authors of the first study include: Songpeng Zu, Yang Eric Li, Kangli Wang, Ethan Armand, Sainath Mamde, Maria Luisa Amaral, Yuelai Wang, Andre Chu, Yang Xie, Michael Miller, Jie Xu, Zhaoning Wang, Kai Zhang, Bojing Jia, Xiaomeng Hou, Bin Li, Samantha Kuan, Zihan Wang, Jingbo Shang, Allen Wang and Sebastian Preissl at UC San Diego, Hanqing Liu, Jingtian Zhou, Antonio Pinto-Duarte, Jacinta Lucero, Julia Osteen, Michael Nunn and M. Margarita Behrens at the Salk Institute for Biological Studies, and Kimberly A. Smith, Bosiljka Tasic, Zizhen Yao and Hongkui Zeng at the Allen Institute for Brain Science.

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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. INCONTRO LOGAN LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/24/2023 Registrant Name: a. INCONTRO LOGAN LLC Officer, if Limited Liability Company/Corporation Title of Signor JENI INCONTRO, 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 912114 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. PITA'NJOY 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023218 Fictitious Business Name(s) a. NATIONAL MOTORS, 5784 MIRAMAR ROAD, SAN DIEGO, CA 92121 Is registered by the following: a. NATIONAL MOTORS GROUP, INC. is conducted by: A CORPORATION The first day of business was: 08/15/2013 Registrant Name: a. NATIONAL MOTORS GROUP, INC. is Officer, if Limited Liability Company/Corporation Title of Signor SHOKO OH ATIGHI, SECRETARY statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 16, 2023 ISSUE DATES: December 15, January 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024276 Fictitious Business Name(s) a. POINT PR COMMUNICATIONS, 1662 PUTERBAUGH STREET, SAN DIEGO, CA 92103 Is registered by the following: a. JOHN B.B. FREEMAN is conducted by: AN INDIVIDUAL The first day of business was: 12/4/2023 Registrant Name: a. JOHN B.B. FREEMAN 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: DECEMBER 04, 2023 ISSUE DATES: December 15, January 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023420 Fictitious Business Name(s) a. COAST HOME REMODELING, 424 15TH ST #2503, SAN DIEGO, CA 92101 Is registered by the following: a. COAST EXTERIORS, INC. is conducted by: A CORPORATION The first day of business was: 08/08/2023 Registrant Name: a. COAST EXTERIORS, INC. is Officer, if Limited Liability Company/Corporation Title of Signor LIZA GOIS, CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 20, 2023 ISSUE DATES: December 15, January 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023554 Fictitious Business Name(s) a. METLA HOUSE CLEANING, 330 13TH STREET, APT 2004, SAN DIEGO, CA 92101 Is registered by the following: a. METLA, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/01/2022 Registrant Name: a. METLA, LLC is Officer, if Limited Liability Company/Corporation Title of Signor ARTSIOM MACHEKIN, MANAGER statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: NOVEMBER 21, 2023 ISSUE DATES: December 15, January 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024824 Fictitious Business Name(s) a. MR BENJAMIN'S 3344 FENELON ST, SAN DIEGO, CA 92106 Is registered by the following: a. MR BENJAMIN'S COTILLION, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/15/1983 Registrant Name: a. MR BENJAMIN'S COTILLION, LLC is Officer, if Limited Liability Company/Corporation Title of Signor PETER G. BENJAMIN, MANAGING MEMBER, statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: DECEMBER 12, 2023 ISSUE DATES: December 15, January 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9023881 Fictitious Business Name(s) a. PACIFIC BROKERAGE, 5638 TAFT AVE, LA JOLLA, CA 92037 Is registered by the following: a. KIRK PATRICK ZURBRIGGEN MR conducted by: AN INDIVIDUAL The first day of business was: 02/07/2019 Registrant Name: a. KIRK PATRICK ZURBRIGGEN MR 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 29, 2023 ISSUE DATES: December 15, January 5, 12 & 19

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00055043-GU-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) RAMOND ERNEST APODOCA III filed a. petition with this court for a decree changing names as follows: Present name: a. RAMOND ERNEST APODOCA III To proposed name: RAYMOND ERNEST APODOCA 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: 02/06/2024 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: 12/08/2023 . JUDGE OF THE SUPERIOR COURT Michael T. Smyth ISSUE DATES: January 5, 12, 19 & 26 Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. If you are a respondent objection to the name change, you must file a written objection at least two court days (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9025053 Fictitious Business Name(s) a. TOWER BEACH CLUB, 1010 SANTA CLARA PLACE, SAN DIEGO, CA 92109 Is registered by the following: a. TOWER PADDLE BOARDS, LLC is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 09/14/2018 Registrant Name: a. TOWER PADDLE BOARDS, LLC is Officer, if Limited Liability Company/Corporation Title of Signor STEPHAN AARSTOL, CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: DECEMBER 14, 2023 ISSUE DATES: January 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024716 Fictitious Business Name(s) a. BURDT & LUCCHETTI INSURANCE SERVICES, 4159 MISTY RIDGE, SAN DIEGO, CA 92130 Is registered by the following: a. LARRY J BURDT is conducted by: AN INDIVIDUAL The first day of business was: 11/06/2023 Registrant Name: a. LARRY J BURDT 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: DECEMBER 11, 2023 ISSUE DATES: January 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024667 Fictitious Business Name(s) a. GRAND WELCOME OF MISSION BAY, 1804 GARNET AVE, STE 373, SAN DIEGO, CA 92109 Is registered by the following: a. KALLIN FRANCHISEGROUP, INC is conducted by: A CORPORATION first day of business was: N/A Registrant Name: a. KALLIN FRANCHISEGROUP, INC is Officer, if Limited Liability Company/Corporation Title of Signor MICHAEL COLE, PRESIDENT statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: DECEMBER 08, 2023 ISSUE DATES: January 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9024802 Fictitious Business Name(s) a. FLIGHT PATH CONSULTING, 9110 JUDICIAL DR #8525, SAN DIEGO, CA 92122 Is registered by the following: a. ALEKSEY ROZHKOV is conducted by: AN INDIVIDUAL The first day of business was: 02/01/2023 Registrant Name: a. ALEKSEY ROZHKOV 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: DECEMBER 12, 2023 ISSUE DATES: January 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9025942 Fictitious Business Name(s) a. LEAH KING REIKI 4901 MORENA BLVD, STE 209A, SAN DIEGO, CA 92117 Is registered by the following: a. LEAH KING is conducted by: AN INDIVIDUAL The first day of business was: 01/03/2019 Registrant Name: a. LEAH KING 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: DECEMBER 29, 2023 ISSUE DATES: January 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2024-000082 Fictitious Business Name(s) a. SD LEAK SPECIALISTS, 2249 CITRUS AVE SAN DIEGO, CA 92154 Is registered by the following: a. ALBERT JAMES FEDERICO is conducted by: AN INDIVIDUAL The first day of business was: 01/02/2024 Registrant Name: a. ALBERT JAMES FEDERICO 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: JANUARY 3, 2024 ISSUE DATES: January 5, 12, 19 & 26

TUMBLEWEED REMOVAL

Want to help get rid of those pesky tumbleweeds that are more and more common in the dog park? Many FIDO members have complained about the increasing number of tumbleweeds and of course fox-tails in the dog park. Join FIDO in its second effort to bring these invasive weeds under control on Saturday, Jan. 6 at 9:30 a.m. FIDO partners with San Diego Audubon Society to remove tumbleweeds from some of the fenced 90 acres. Removing these invasive weeds, which are rapidly proliferating, will make the area more usable and enjoyable for everyone – dogs, native wildlife, and people. For this Audubon-sponsored event, wear long sleeves, long pants and closed-toed shoes (and layered clothing, and bring a reusable water bottle. Work from 9:30 a.m. to 1 p.m. No power tools, pulling or digging up the tumbleweeds and depositing them in a nearby dumpster. To participate, RSVP to San Diego Audubon.

20 years, Gardner, riding a three-wheeled bicycle, hauled supplies and paint as she pedaled to different spots in the beach area to paint over graffiti. She also was a former president of Mission Beach Women's Club.

PBTC INSTALLATION DINNER

Pacific Beach Town Council's annual installation dinner and community awards presentation will be Friday, Jan. 26 at The Catamaran Hotel and Spa, 3999 Mission Blvd. Starting at 6 p.m. with registration and cocktails, followed by dinner and the formal program at 7 p.m. This event is the kickoff for the PBTC's annual activities and projects, such as the PB Graffiti Clean Up, Concerts on the Green, and P.A.E.S.A.N. (Police And Emergency Services Appreciation Night) in September. That event will feature the officers of SDPD Northern Division, many of whom will be in attendance at the installation dinner.

GARDNER PLAQUE DEDICATION

At 9 a.m. on Wednesday, Jan. 10, a plaque honoring the late Maruta Gardner will be placed and unveiled at Maruta Gardner Playground at Bonita Cove at 1100 W. Mission Bay Drive by the City of San Diego Park & Rec Department. Gardner was killed by an intoxicated driver while painting out graffiti in Mission Beach in 2016. Gardner died from a severe head injury in what police called a road rage-fueled hit-and-run crash by a drunken driver as Gardner removed graffiti from a beach wall. Gardner chaired the Mission Beach Town Council's Graffiti Patrol. Before painting over graffiti in the beach area, she would take photos and then send them to the San Diego Police Department's gang unit so officers could identify the gangs to which the graffiti was tied. The police department deputized her and gave her an honorary badge. For more than

YIR »
CONT. FROM PG. 7

TERMINAL CONCESSIONS

The San Diego County Regional Airport Authority Board approved the final group of New Terminal 1 concession leases for restaurants and retail shops that will offer a mix of local, regional, and some national brands.

SEPTEMBER

LIGHTS OUT

A new “Lights Out, San Diego” campaign by the San Diego Audubon Society called on county residents to switch off non-essential lighting at night to help migratory bird species who are threatened by it.

BEACH BUG PLUG

Early returns on the Beach Bug, a new electric shuttle providing easy access around Pacific Beach, showed it to be a resounding success. As of Sept. 11, the Beach Bug had served 10,990 passengers since its July 12 debut in 2023.

MARGARITAVILLE

The Paradise Point Resort on Vacation Isle was set to get a facelift and become a Margaritaville resort but not without a price, as it must first pay the state \$1 million in fines for years of violations of the California Coastal Act. The 44-acre resort was set to become a Margaritaville in 2019, but the pandemic and violation issues caused a four-year delay.

TOP PRIORITIES

Traffic safety was the No. 1 priority for Capital Improvement Projects at a joint meeting between Pacific Beach Town Council and Pacific Beach Planning Group to select a preferred list of community infrastructure projects to be funded in the current year’s City budget. CIP priorities voted on Sept. 20 included building a new North Pacific Beach Lifeguard Tower; installing a traffic circle on Foothill Boulevard at Vickie Drive; installing traffic regulating on Beryl Street between Foothill Boulevard

and Soledad Mountain Road; and installing a crosswalk with pedestrian beacons, a pedestrian refuge island and curb extensions at Soledad Road at Los Altos Way.

POINT LJ CLOSED

The California Coastal Commission approved the City’s plan to seal off Point La Jolla from the public year-round to keep humans and sea lions separated.

OCTOBER

VENDING ORDINANCE APPROVED

District 2 Councilmember Jennifer Campbell’s amendments to the Sidewalk Vending Ordinance were approved by San Diego City Council’s Community and Neighborhood Services Committee on Oct. 5. The amendments include clearer language that protects Constitutional rights while maintaining public order in the City’s public spaces and coastline.

ART & WINE FESTIVAL

The 15th annual free La Jolla Art & Wine Festival returned Oct. 7-8 to Girard Avenue. Nonprofit LJAWF in downtown La Jolla features more than 160 hand-selected juried artists from across the United States and Mexico.

ATTENDANCE RECORD

In its 30th year “on the hill” in 2023, Birch Aquarium at Scripps Institution of Oceanography at UC San Diego celebrated its all-time attendance record with 523,703 guests, surpassing the previous record of 496,651 from 2019.

OCEAN AWARENESS

The second annual Ocean Awareness Day honoring the late oceanographer Walter Munk’s 80-year legacy of exploration and discovery through scientific research, education, and ocean conservation, took place at Kellogg Park in La Jolla Shores.

LOST WEEKEND

May Pang, the late John Lennon’s sweetheart during his separation from his wife Yoko Ono, came to Legends Gallery in La Jolla to set the record straight about their

relationship and the man behind the legend.

NOVEMBER

COMEDY POP-UP

Live comedy “popped up” on Nov. 3 in Pacific Beach with seven performances delivered by up-and-coming comedians brought in special for a YouTube taping. The event was sponsored by Don’t Tell Comedy, a grassroots group producing pop-up comedy shows in unique locations nationwide.

BEACHFRONT HOTEL

Guests at the newly expanded and improved The Wayfarer San Diego surf-chic beachfront hotel in Pacific Beach may not be locals – but will feel like they are. That was the whole idea behind Orange County-based Pacifica Hotels’ recent refit and re-opening of the former Blue Sea Beach Hotel at 707 Pacific Beach Drive.

VETS ANNIVERSARY

The Mt. Soledad National Veterans Memorial marked Veterans Day on Nov. 11 with a ceremony honoring the nation’s veterans and commemorating the 50th anniversary of the Vietnam War at Mount Soledad Memorial Park.

SAFE SIDEWALKS

The City rolled out its Safe Sidewalks Program as part of an effort to improve sidewalks in all communities. This was accomplished by investing resources to fix uneven and damaged sidewalks, while also making it easier for people to make repairs in front of their private property. The City Transportation Department estimated a backlog of 5,000 locations that need letters to be issued to private property owners with problematic sidewalks.

FROGGY’S RESURRECTED

Hop on over to reopened Froggy’s serving up elevated bar food in a convivial atmosphere. Located at 954 Turquoise St. in North Pacific Beach, Froggy’s is a business partnership between consultant Billy “O” Orilio and Michel Malécot, owner/chef of The French Gourmet next store.

VISION ZERO

San Diego Association of Governments, while advancing a safer streets initiative, included the development of the first regional Vision Zero Action Plan. Vision Zero is a strategy to eliminate all traffic fatalities and severe injuries while increasing safe, healthy, and equitable mobility for all. Vision Zero challenges the belief that traffic crashes are inevitable, instead of viewing them as preventable.

DECEMBER

PB HOLIDAY PARADE

The 43rd annual Pacific Beach Holiday Parade turned up the fun with its Ugly Sweater theme with attendees donning their most outrageous, sparkly, and downright ugly holiday sweaters. There were dazzling floats decorated with holiday spirit, from traditional to

uniquely quirky. Spectators enjoyed the beats and melodies of local bands, dance troupes, and performers.

HURRICANE HUNTERS

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

TOYS FOR TOTS

Mission Beach Town Council’s fourth annual Community Toys

for Tots drive coupled with a beach cleanup was held on Dec. 9. Hosted by the nonprofit Don’t Trash Mission Beach, volunteers for the beach cleanup gathered under the tents on the green grass near the restrooms on the parking lot side of Belmont Park.

CHEER ON THE PIER

It wouldn’t be the holiday season in PB without the annual Crystal Pier celebration, which took place Dec. 2 on the pier at 4599 Ocean Blvd. The event kicks off with a tree lighting at sunset illuminating the decorated wreaths. Attendees listened to carolers, drank hot chocolate, and admired the beautiful wreaths on display.

RAIN, WIND, AND FIRE...

“The three menaces to any chimney, fireplace, or stove.”



Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US. Additionally, mold, mildew, pollen, dust and flammable creosote are among the hazards that can build up and collect in the flue of a chimney. A thorough inspection, and cleaning if necessary, will dislodge and remove such build-ups.

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

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SERVING SAN DIEGO COUNTY
FOR OVER 30 YEARS



Pacific BeachFest attendees are served fish tacos from a giant taco at The Local’s booth during the Best of the Beach Fish Taco Contest at the annual event on Oct. 7. Sandbar Sports Grill’s TKO grilled mahi mahi tacos held off the other contenders to win the best taco title. PHOTO BY THOMAS MELVILLE



SUDOKU PUZZLE

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

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

CROSSWORD PUZZLE

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38			39				40
	41				42			43		44			
		45					46		47		48		
49	50		51			52				53			
54		55				56					57	58	59
60					61					62			
63					64				65				
66					67				68				

- CLUES ACROSS**

 - 1. Bleated
 - 6. Snake-like fish
 - 9. Database management system
 - 13. Russian-American violinist
 - 14. Wendy's founder Thomas
 - 15. Ancient Italian-Greek colony
 - 16. Negatives
 - 17. Rescued
 - 18. Self-immolation by fire ritual
 - 19. Assigns tasks to
 - 21. Island nation native
 - 22. Trade
 - 23. Detergent brand
 - 24. Famed NY Giant
25. Before

28. Split pulses

29. Extremely angry; highly incensed

31. Body part

33. American state

36. David __, US playwright

38. Move one's head slightly

39. Secret rendezvous

41. Improved

44. A place to exercise

45. 18-year astronomical period

46. Automobile

48. You can take it

49. A radio band

51. Jaws of an animal
52. Short-billed rails

54. Chinese province

56. Shameless and undisguised

60. Horizontal passage into a mine

61. Adult males

62. Fail to entertain

63. Dried-up

64. City in north-central Utah

65. Southern U.S.

66. German river

67. Oxygen

68. Make law

- CLUES DOWN**

 - 1. Curved segment
 - 2. Wings
 - 3. From pentane (Chemistry)
 - 4. Gradually gets into
 - 5. Commercial document (abbr.)
 - 6. Overhang
 - 7. Christmas and New Year's have them
 - 8. Type of bulb
 - 9. Lacking a plan
 - 10. Tattle
 - 11. Rockers like it "heavy"
 - 12. One who's been canonized
 - 14. Indicate time and place
17. Nobel Prize winner in physics

20. The voice of Olaf

21. Fragmented rock

23. They __

25. Master of Philosophy

26. Backside

27. Landmark house in L.A.

29. An act of undue intimacy

30. From which a later word is derived

32. Equal to 10 meters

34. Neither

35. Computer language

37. Sacred book of Judaism

40. A woolen cap of Scottish origin

42. A way to dedicate

43. Challenges

47. British Air Aces

49. Large, influential bank

50. Portended

52. Cavalry-sword

53. Vaccine developer

55. Napoleonic Wars general

56. Italian Seaport

57. Hip joint

58. __ Clapton, musician

59. Insect repellent

61. Decorative scarf

65. Delaware

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
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61	62	63	64	65	66	67	68	69	70	71	72

Five penguins join Birch Aquarium colony

Just in time for the holidays, five new penguins made their little blue debut at Birch Aquarium. Two of the penguins, Nugget and Meatloaf, arrived from Cincinnati Zoo & Botanical Garden while the other three ventured from Adventure Aquarium in New Jersey.

“These new penguins are such an important addition to Birch Aquarium, especially the females!” said Kayla Strate, Birch Aquarium’s Assistant Curator of Birds. This move is part of a collaborative breeding program to increase genetic diversity and ensure overall colony health within accredited zoos and aquariums. The aquarium hopes these matchmaking efforts will bring a new generation of little blues in the future.

“Cooperative breeding programs are so important because, should wild populations ever come under imminent threat, we have the knowledge and tools to step in and make a difference,” continued Strate.



These new arrivals can be identified by their colorful wing bands – Nugget and Meatloaf are sporting pink/white and purple/red bands, respectively, and the others (which will be named in the future) have yellow/blue, yellow/yellow and purple/blue bands.

Guests can find these penguins waddling about their habitat in Beyster Family Little Blue Penguins. The best time to view them is during Penguin

Feedings which are offered daily at 10 a.m. or during aquarium Penguin 101 Talks at 3 p.m. Double check the Daily Schedule on the aquarium’s website for a complete schedule.

General admission tickets are \$24.95 for adults and \$19.95 for children ages 3-17. Advanced reservations are required. Annual memberships are also available. Visit aquarium.ucsd.edu for more information or to purchase tickets.

ART WALK

The Jewel has always been the art lover’s paradise with its avant-garde and iconic galleries. Get ready to experience the ultimate artistic extravaganza with First Friday Art Walks, with the first one of 2024 on Friday, Jan. 5 starting at 4 p.m. in La Jolla. Participants can muster at 1111 Prospect St. where they can begin to sip, snack, and saunter through 20-plus galleries in the Village of La Jolla. Whether you’re a serious collector, an art enthusiast, or just love soaking in creativity, this free event is for you. Expect a feast for the senses with a new theme every month. Register for the next First Friday Art Walk here and get a free all day parking pass for the Art Walk and an advance copy of the next art walk map.

One of the participants in the First Friday Art Walk will be wildlife photographer Tom Mangelsen’s Images of Nature Gallery at 7916 Girard Ave. from 4-7 p.m. Images is a must-stop for guests free and open to the topic. Mangelsen will not be present but his colorful portraiture of wild animals in their natural habitats is captivating.

SPEAKER SERIES

La Jolla Music Society is teaming up with Changemaker to present a new Speaker Series in its Winter Season. This three-part series will include a lineup of renowned changemakers who have pushed the boundaries in their respective fields and whose work reveals fascinating insights about the planet. Telling their stories live in The Baker-Baum Concert Hall, they present thrilling photos and video on the big screen. Tickets start at \$23.

On Thursday, Jan. 18 at 7 p.m., Peter Hillary will present 70 Years of Everest. His father, Sir Edmund Hillary, made the first ascent of Mt. Everest in 1953 with his climbing partner Tenzing Norgay. That expedition would launch his family on extraordinary journeys

through the Himalayas and around the world, and inspire a life of philanthropy. A true lifetime adventurer, Peter Hillary has been on 50 mountaineering expeditions around the world, including five on Mt. Everest and the other six peaks of the world’s tallest peaks, the “Seven Summits.” In celebration of the 50th anniversary of their fathers’ world-record-setting climb. Peter Hillary went on to create his own firsts, trekking to the South Pole on skis, forging a new route across the sensory-deprived ice plateau of Antarctica.

TIDEPooling ADVENTURES

Starting Jan. 20, nature lovers will have the opportunity to explore tide pools with a naturalist from Birch Aquarium at Scripps Institution of Oceanography at UC San Diego with the return of Tidepooling Adventures. During the 90-minute outing, guests will discover animals that live in the intertidal zone, the rocky area that is exposed during low tide. Guests will also learn to safely navigate slippery rocks and spot the most elusive creatures in this rugged environment. The weekend excursions begin Jan. 20 and run select Saturdays and Sundays through March. Dates and times vary based on tides. Tickets are \$20 for aquarium members, \$25 for the general public and advanced reservations are required. Participants must be at least 3 years old and minors must be accompanied by a paid adult. For more details, visit <https://aquarium.ucsd.edu/events/tidepooling-adventure>.

“Winter is the ideal time for exploring tide pools,” said Cari Paulenich, who leads outdoor programming for Birch Aquarium. “Our local tide pools are home to an amazing variety of animals including snails, mussels, urchins, sea stars, small fish and octopus.”

KING TIDES PROJECT

Find the highest tides at Rose Creek in Pacific Beach on

Thursday, Jan. 11 from 8-8:30 a.m., Friday, Jan. 12 from 8:45-9:15 a.m., or Friday, Feb. 9 from 8-8:30 a.m. Take photos from the Mike Gotch Bridge, the Grand Avenue Bridge, and upstream of the Garnet Avenue Bridge to see how far up the tide goes. The California King Tides Project helps visualize future sea level by observing the highest tides of today. You can help by taking and sharing photos of the shoreline during King Tides to create a record of changes to the coast and estuaries. Explore a map of photos from recent King Tides. Find out what time and how high the King Tides will be near you. Learn how to participate by uploading your photos via a web browser or with a free app. Your photos will be added to a map of this season’s King Tides photos. As always, please be cautious and respect the power of the ocean, and don’t disturb shorebirds that may be much farther upland than usual.

JAZZ AT THE ATHENAEUM

Jazz returns to the Athenaeum at 1008 Wall St. in La Jolla for an annual series of winter concerts in the Joan & Irwin Jacobs Music Room. This series features both Athenaeum favorites and debuts by internationally acclaimed artists. Sunday, Jan. 21, 7:30 p.m., Linda May Han Oh Quintet; Sunday, Jan. 28, 7:30 p.m., Gilad Hekselman Trio; Sunday, Feb. 4, 7:30 p.m., James Francies Trio; Wednesday, Feb. 28, 7:30 p.m., Benjamin Lackner Quartet. Tickets at lathenaeum.org/jazz.

BLOOD DRIVE

San Diego Blood Bank is celebrating National Blood Donor Month throughout January by honoring blood donors who regularly roll up their sleeves and help save lives and inviting those who have never donated before to donate.

READ MORE ONLINE AT sdnews.com

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

By BART MENDOZA

SPOTLIGHT

Singer Allison Adams Tucker (right) celebrates the release of her new album, “Retro Trilogy,” with a special show at Humphrey’s Backstage Live on Jan. 7. “Retro Trilogy” collects Tucker’s recent series of three EPs, each celebrating the music of a decade: 1977, 1988, and 1999. Her jazzy recasting of classic tunes shows that Tucker is as gifted with song arrangements as she is with her vocals. In Tucker’s hands, such songs as Queen’s “You’re My Best Friend” and Paul Simon’s “Still Crazy After All These Years,” are given new life, while “Mr. Blue Sky” comes across like a wonderful mix of Kate Bush pop and Stevie Wonder. With Tucker backed for this concert by the likes of guitarist Peter Sprague and pianist Danny Green, both jazz and pop fans will love every second of this show.

Allison Adams Tucker: Sunday, Jan. 7 at Humphrey’s Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$30. humphreysbackstage-live.com.

RECOMMENDED

It’s an amazing booking. Intimate nightspot, Beaumont’s Eatery, will host rock super-group Hookers & Blow on Jan. 5. Featuring keyboardist Dizzy Reed

of stadium rockers Guns N’ Roses, and guitarist Alex Grossi of iconic rockers Quiet Riot, Hookers & Blow specializes in hard-edged covers of wide range of artists, from The Rolling Stones to the Beastie Boys. The band recently released a self-titled album featuring the best of their covers, all uniformly excellent, but they’re even better live. For fans of either Reed or Grossi’s respective bands, the opportunity to see them in such a small venue as Beaumont’s shouldn’t be passed up.

Hookers & Blow: Friday, Jan. 5 at Beaumont’s Eatery, 5662 La Jolla Blvd. 9 p.m. \$20. beaumontseatery.com.

Hawaiian singer-songwriter Kekoa the Artist brings his island sounds to Moonshine Beach on Jan. 11. It may be wintertime, but Kekoa’s summery mix of reggae, hip-hop, and touches of pop, is the perfect antidote to cold nights in PB. It’s a far cry from Moonshine Beach’s usual country fare, but as Kekoa’s latest album, “Love Addict,” shows, his music has universal appeal, with a set list full of love songs and breezy rhythms. The night’s lineup also includes opening sets from local reggae combos, Indica Stereo, and Cruz Roots.

Kekoa the Artist: Thursday, Jan. 11 at Moonshine Beach 1165 Garnet Ave. 8:30 p.m. \$15.



moonshinebeachsd.com.

Anyone looking to hit the dance floor this month will want to check out Detroit Underground, performing at Tio Leo’s on Jan. 13. One of the area’s longest-running groups, the 9-piece Detroit Underground features both male and female vocals as well as a full horn section, playing hits by the likes of Tower of Power, Stevie Wonder, and Earth, Wind & Fire. The band sticks to tunes meant to get crowds up on their feet moving, offering up a

veritable jukebox of soul, funk, and blues classics, and in the process turning any night out into a party.

Detroit Underground: Saturday, Jan. 13 at Tio Leo’s, 6333 Mission Gorge Road. 7 p.m. \$15. www.tiooleos.com.

Early rising music fans will want to head to the La Valencia’s brunch on Jan. 14 for music from award-winning blues and jazz vocalist, Whitney Shay. Kicking off at 11 a.m. Shay will play a mix of standards and more recent covers,

such as Bonnie Raitt’s song, “Nick of Time,” but keep an ear out for her terrific original tunes as well. Her most recent album, “Stand Up,” hit No. 1 on the Billboard Blues chart, with Shay also picking up five San Diego Music Awards along the way, a testament to both her vocals and songwriting prowess. If you have yet to catch a set from a music legend in the making, this daytime set is the perfect opportunity.

Whitney Shay: Sunday, Jan. 14 at The La Valencia, 1132 Prospect St. 11 a.m. No cover. lavalencia.com.

Now in its 53rd year, the Athenaeum’s free lunchtime concert series continues into 2024 with a performance from jazz pianist Mikan Slatkovich on Jan. 15. A mainstay of the local music community Slatkovich is one of the busiest artists in town, often seen playing with the likes of Gilbert Castellanos, Charles McPherson, Rob Thorsen, and many other top jazz luminaries. However, it’s his solo shows that especially dazzle, with his virtuoso keyboard work at the fore. Fans of Oscar Peterson, McCoy Tyner, or Chick Corea will find much to admire in Slatkovich’s performances.

Mikan Slatkovich: Monday, Jan. 15 at the Athenaeum Music & Arts Library, 1008 Wall St. Noon. Free. lathenaeum.org.



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Winter Wonderland Fashion Show and Luncheon



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ALL PHOTOS BY DIANA CAVAGNARO



GG Connection by designer Debbie Nghiem.



GG Connection by designer Debbie Nghiem.

By DIANA CAVAGNARO

The Winter Wonderland Fashion Show and Luncheon was presented on Dec. 1 at The US Grant Hotel by The Arc of San Diego. The event began with shopping at local boutiques and a chance to bid on silent auction items. The event chairs were Maria Stanley and Cici Drummond, Laura Applegate, and Erica Ram. Dr. Howard and Barbara Milstein were the event's honorary chairs. The guests then retired to the ballroom for the luncheon and fashion show.

Mary Murphy, who you may remember was from the dance competition-reality show, "So You Think You Can Dance," took the stage as the emcee for this event.

She first announced local opera singers Rosario Monetti and Victoria Robertson, whose performance left the audience speechless. The amazing auctioneer, Clint Bell, was the announcer for the live auction. The most sought-after item was: "Be first in line at the valet to leave."

The star-studded fashion show began after the luncheon. Style personality and runway show producer Leonard Simpson created this phenomenal runway show. Emil Gampe was the opening designer showing off his glamorous gowns from his EMILcouture collection. This Australian fashion designer was the winner of Bravo's Reality show "Launch My Line." He designed Beyonce's World Tour outfits and hundreds of other celebrities. Each one of

these gowns took you back to the '60s Hollywood era.

The audience was delighted with more fabulous looks such as the eclectic styles from Satori Designs and the bespoke tailor shop, Zeglio Custom Clothiers. The Rancho Santa Fe Consignment and Boutique, Edit presented some must-have designs. The show concluded with the elegant bridal designs of Winsome Brides and GG Connections by designer Debbie Nghiem.

Proceeds for this event go to The Arc of San Diego. This non-profit charitable organization has provided services since 1951 for children and adults with intellectual and developmental disabilities such as autism, cerebral palsy, and Down syndrome. For more information, visit www.arc-sd.com.



Millinery Diana Cavagnaro, emcee Mary Murphy, and Runway Show producer Leonard Simpson.

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UPCOMING EVENT

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

PB SURF CLUB MAUI DONATION



A partial group photo of the Pacific Beach Surf Club during its annual club Christmas party. Ron Greene, president of PB Surf Club, holds an over-sized check for \$1,500 that was recently sent to Maui Strong – to assist the Maui Lahaina locals during their horrific and awful fire event, which devastated their town, homes and way of life this past August. These funds were generated from the club's 13th Annual Tourmaline Club Classic surf contest in October.

COURTESY PHOTO

SantaCon at Belmont Park – the last great beach rave of 2023



A member of the wonderfully charming Strawberry Disco Circus sprays whipped cream into the mouth of a fan during SantaCon at Belmont Park. PHOTO BY THOMAS MELVILLE



SantaCon attendees could ride all the rides, such as the Giant Dipper, at Belmont Park during the event. PHOTO BY THOMAS MELVILLE

By THOMAS MELVILLE

As the music thumped, thumped, thumped, the young women in short Santa skirts and long boots sashayed and strutted with swagger while the boys tried to keep up – boom, boom, boom – it started early in the afternoon and lasted into the night with a glowing sunset and a joyful grin.

SantaCon at Belmont Park fulfilled expectations with drinks, dancing, and daring dos as attendees rode a Giant Dipper, Beach Blaster, and Bumper Cars while being fed strawberries and cream from an absurd circus act, all while being watched over by a 50-foot-tall Grinch. But no frowns abounded, as only jubilation and smiles infiltrated the seaside park during one of its largest parties of the year – a Yuletide extravaganza created for the perfect demographic of a community that takes these things seriously.

SantaCon the party was a hit. The line – hundreds deep – that wrapped around the amusement park back onto Mission Boulevard at about 6 p.m. proved its gravitas – the last great beach rave of 2023 had arrived.

“Are you with a media outfit?” I asked a young, blonde woman in a tiny Santa-themed dress in the “media lounge” (inside

the Plunge Pool) while taking a break from the crowd and the noise.

“No, just grabbing some drinks (from the cooler overflowing with beers and hard seltzers). “I’m double-fisting right now, don’t tell.”

“I’m all for it; free drinks are the best.”

“I will be DJ-ing at the silent disco at Club Penguin. You should come by... has anyone told you how much you look like Seth Rogen?”

“I’ve heard that,” I said, and then thought, Club Penguin? Where in Belmont Park would that be? Never did find it.

The 99-year-old amusement park has seen a lot in its near century, but in its first event takeover in the landmark’s history, presented by San Diego-born event company Almost Nakey, the beachfront boardwalk transformed into multiple stages of music programming, Christmas-themed bars, and interactive installations on Dec. 16.

The music – mostly DJs except for the wonderfully charming Strawberry Disco Circus – included the likes of Chromeo, DJ Susan, Cherub, RaeCola, and Patricio, and more for the winter wonderland festival.

New York City’s Austin Millz took the beachfront main stage at the Beach House venue, which featured giant LED walls, go-go dancers, and snow cannons, with his

cutting-edge club and dance music, and then SoCal house music icons TCHiLT and MNTRA performed high-energy B2B joined by SubSessions’ NOZU. Further California staple artists such as Max Web, Show Shonna, Stable Boys, Auxana, Golden Girl, and CJ., rounded out the lineup additions.

The second main stage, Santa’s Twerkshop, included sets from acts such as San Diego-grown house DJ and Hood Politics label owner DJ Susan and sister duo Rae Cola.

Aside from the music, SantaCon provided ticketholders with access to all the theme park’s rides and attractions. Attendees had

numerous bars and food stands serving up festive holiday drinks and carnival food classics (burgers, fries, and pizza). The event featured interactive installations, life-sized snow globes with Santa photographers, and a “Whoville.” There was also a costume contest for the chance to win gifts and be crowned by Mrs. Claus.

Almost Nakey, with this year’s massive SantaCon, solidified its reign in the event space, making history as the first company to turn Belmont Park into interactive rave just feet from the waves with a thump, thump, thump, and a ho, ho, ho from Mission Beach. Happy holidays.



A lot of dancing as the DJs played rave music during SantaCon at Belmont Park. PHOTOS BY THOMAS MELVILLE

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The Social Diary – It was a merry 2023, here's to more in 2024!

By MARGO SCHWAB

Things ended up on a very Merry note for many including the members' chic party at the La Jolla Beach and Tennis Club. Superb bites by the Sushi Florist and more flowed with club cocktails and sunset. Among those there are those pictured who exclusively gave the okay for their photos to be published, only in La Jolla Village News, of course. Enjoy!



La Jolla's own Grace Kelly, Lee Clark and Jerry Pikolsky.

PHOTOS BY MARGO SCHWAB



Philanthropists Kristi Pieper and Kathryn Vaughn



Beauties Lisa D'Angelo and Candace Gibbs.



– Sam and Valerie Armstrong, big supporters of the UC San Diego Health's Moore's Cancer Center.



John Armstrong and Michelle Gurnee.



Athlete Darcy Delano Smith and her Dr. Richard Watson.



John Armstrong and Michelle Gurnee.



Sam and Valerie Armstrong, big supporters of the UC San Diego Health's Moore's Cancer Center.

Mercedes McCambridge, Oscar winner, voice of demon in 'The Exorcist'

By JILL ALEXANDER

"Giant," "All the Kings Men," and the voice of the demon in 1973's "The Exorcist" are just some of the films actress Mercedes McCambridge starred in and lent her voice to during her long Hollywood career.

She of the strong and often fierce voice, played manly, cruel-minded women was a 5-foot 3-inch powerhouse who starred with the best of them from Joan Crawford to Elizabeth Taylor.

After many difficulties, McCambridge died at the age of 85 of natural causes in La Jolla on March 2, 2004.

"One of the most destructive things in my life was the kind of parts I played in pictures. I studied Shakespeare and the classics, and I ended up shooting Joan Crawford and killing a horse that Elizabeth Taylor was in love with. I'm serious. I played the worst haridans, the most hard-bitten women, the absolute heavies, and it just about did me in," she said, according to IMDb.

EARLY DAYS

Charlotte Agnes Mercedes McCambridge was born to Irish Catholic immigrant parents on March 16, 1916, in Joliet, Ill. Named Carlotta by her mother, McCambridge would later be known as Mercedes early in her childhood and nicknamed "Mercy."

She attended St. Thomas Apostle High School on the south side of Chicago and after a year at Rosary College, now Dominican



Mercedes McCambridge and Sister Leola, BVM in an undated photo. (Photo credit: Women and Leadership Archives, Loyola University Chicago.)

University, she transferred to Mundelein College as a theatre major.

Mundelein College, founded and operated by the Sisters of Charity of the Blessed Virgin Mary (BVM), provided education to women from 1930 until 1991, when it was affiliated with Loyola University Chicago. She would later donate her papers to the Women and Leadership Archives in her will. The papers were sent to the archives by the executor of her estate, Mark Mandell, on March 14, 2005. (WLA 2006.87).

While at Mundelein she performed in many of the college's theatre productions including "Twelfth Night" and found a mentor and what she described as her "guardian angel" in Sister Mary Leola Oliver BVM.

At the time, the Sister was head of Mundelein's drama department and became McCambridge's "most influential person in her life," the



Scene from Columbia Pictures 'All the King's Men' in an undated photo. (Photo credit: Women and Leadership Archives, Loyola University Chicago.)

actress said in the Women and Leadership Archives archival collection papers at Loyola.

"... She was very petite, and her eyes were the most outstanding feature. They sparkled constantly, and they probed incessantly. She wore over, ... no, underneath the blouse kind of ... her habit, the part that came up from her waist – she always had little notes pinned under her blouse. ... Sister was a, for me, very hard teacher, a taskmaster. But I think my best teachers have always been the ones who have been hardest on me ... Sister made me think that I was something ..."

She looked up to the Sister so much so that when McCambridge won the Academy Award for Best Supporting Actress in "All the King's Men" in 1949 she sent the award to the Sister at Holy Family School in Milwaukee who put it on display at a local theater, according to the archival collection.

Among those oral history papers, she recorded for the Mundelein College archival collection in her home on Oct. 27, 1998, ["Mercedes McCambridge, Solo Interview, 1998," 1998.], McCambridge said during her freshman year when traveling to River Forest, Ill. "... I would think about that dynamic little nun who was in charge of the scholarship examinations there at Mundelein that day. She haunted me I ever were to become a nun, I thought, that's the kind I'd like to be. I would like to be that one ..."

RADIO WAVES

"After being invited to perform on the radio in McCambridge's senior year, the Mundelein College Verse Speaking Choir was signed to a one-year contract to perform weekly on the radio with the Chicago Symphony Orchestra." ("Mercedes McCambridge Papers, 1935-2004, undated - Loyola

University Chicago") They went down to NBC to record one of their poems into the microphones; "... We'd never seen microphones before" ... she surmised in the archival collection of oral history papers.

After the appearance, McCambridge, the choir's soloist, was signed to a five-year contract with NBC. She played parts in radio programs such as "I Love a Mystery" (1939-1953), "One Man's Family" (1932-1950), "Lights Out" (1934-1947), and "Abie's Irish Rose" (1942-1944).

Her performances on radio led Orson Welles to credit her as "the world's greatest living radio actress." After graduating from Mundelein College in 1937, McCambridge moved to New York to further her acting career in theatre.

She starred in plays such as "The Mad Woman of Chaillot" (1948-1950), and "Who's Afraid of Virginia Woolf?" (1962). Later in her career, she had a successful run as the grandmother in the award-winning play by Neil Simon, "Lost in Yonkers" (1991).

HELLO, HOLLYWOOD

Her early stage work led her to Hollywood where as noted, McCambridge won an Academy Award for Best Supporting Actress for her film debut performance in "All the King's Men," which also won the award for Best Picture.

Her filmography also includes a leading role in the cult classic "Johnny Guitar" (1954).

READ MORE ONLINE AT sdnews.com