

CLASSIFIEDS

999 Public Notice

SUMMONS (CITACION JUDICIAL) CASE NUMBER 37-2018-00048691-CU-FR-CTL NOTICE TO DEFENDANT:
JONATHAN GISH, an individual; FIDELITY BROKERAGE SERVICES, LLC a Delaware Corporation; and DOES 1 through 50
YOU ARE BEING SUED BY PLAINTIFF:

MAX L. PERLATTI and VICTORIA NEL BAILEY Successor Co-Trustees of the C. Andro Petersen Trust Dated October 14, 2002: **NOTICE!** You have been sued. The court may decide against you without your being heard unless you respond within 30 days. Read the information below. You have 30 calendar days after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts On-line Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these non-profit groups at the California Legal Services Website (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000.00 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court: San Diego Superior Court, 330 W. Broadway, San Diego, CA 92101. The name, address, and telephone number of plaintiffs' attorney, or plaintiff without an attorney, is: Steven E. Boehmer, 8100 La Mesa Blvd., Ste. 200, La Mesa, CA 91942. (619)440-4444



Fit For Sisters
Andrew Loscutt
Columnist

Exercise beats back the winter blues

Winter is here. Short days, and dark mornings mean less sunlight. Cold temps mean getting outdoors is a chore, requiring layers, coverage, trying to stay warm. Roads are littered with ice, cinders, and compromised shoulders. Rivers and lakes are not an option. Much of our beautiful hikes and treks are stifled in snow. In the winter it is not uncommon to feel down, to ruminate on the cold and dark, and to feel sad that most of our enjoyable activities need to wait until next year. One in 15 people suffer from the “winter blues,” also known as SAD (seasonal affective disorder). SAD

is a depressive condition linked to the time of year. Symptoms of SAD include: irritability, fatigue, sadness, trouble sleeping, decreased concentration, low enthusiasm, and guilty thoughts. If this sounds familiar, there are some viable options for treatment aside from pharmaceutical antidepressants. First, part of our environment that’s tied to mood is the amount of sunlight we see daily. There is a benefit to seeing more sunlight. Get outside and try to get in 30 minutes of sunshine when the sun is out. Also, there are devices which emit a very bright light that mimics sunlight. These also have been effective. Light therapy lights with 10,000 lux (a measure of light power) with an exposure of 20-30 minutes are recommended. They can be found online and are not too expensive. The next step in treating the winter blues is to ensure adequate exercise. The recommendations are 40 to 60 minutes at 50 to 85 percent of

heart rate max, three times a week. This intensity can better be described as moderate with a difficulty of 6-7 out of 10. This provides a good stimulus to the aerobic system. Studies have reported that with exercise more than 80 percent of those feeling depression showed improvement, while with drugs alone only 60 percent showed improvement. Exercise’s other benefits of reduced blood pressure, increased positive brain chemistry, and better sleep also coincide with a better mood. BDNF (brain derived neurotrophic factor) is a chemical which strengthens and builds brain cells; when exercising there is a rush of these chemicals, particularly to the hippocampus, the area of the brain which is seen as compromised in depressed individuals. The other master chemical is serotonin. This is a “feel-good” chemical which is also known to be lacking under depression, and many of the drugs prescribed are working to promote

serotonin. This can also be achieved with exercise. Other good advice is to eat healthfully. A clean diet contains micronutrients and energy that the body can use to ward off the depressed inertia of winter. It also can be noted that the psychological momentum of one healthy behavior leads to another which may help promote an exercise or activity habit. If your depression is severe, ongoing and hard to shake, seek medical attention. For many of us, it could be argued that exercise ought to be treated like medicine. However, it’s hard for doctors and psychiatrists to prescribe. They have no way of knowing whether their patients are compliant, and are likely not trained to describe and administer an exercise program. Still, knowing that exercise is effective is a step in the right direction and it ought to be promoted more. This season, fight off the winter blues — and use exercise as the way to succeed.

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