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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, MAY 4, 2018

THIS WEEK

Mid Coast Trolley Project

SEE PAGE 2

Wayfarer Bread and Saffron Thai:

New restaurants open up in town

SEE PAGE 8

Nikita Nair, Charlie Mossy: High School Athletes

SEE PAGE 14

PEBBLE PERSPECTIVE

A rock-tumbling water wall surges into La Jolla Cove.

DON BALCH/VILLAGE NEWS

Judge rejects Greatrex attorney's motion for dismissal

By NEAL PUTNAM | LA JOLLA VILLAGE NEWS

A judge turned down a request Friday to dismiss the embezzlement case against Cindy Greatrex who is accused of stealing \$67,935 from the La Jolla Park & Recreation Inc. Board while she was its president.

San Diego Superior Court Judge Michael Groch also denied the request by Greatrex's attorney, Sharon Appelbaum, that an enhancement on the grand theft charge be dismissed because it has been repealed.

Appelbaum argued the enhancement that specifies the amount of loss has been repealed as of Jan. 1. If a jury finds the enhancement true as to the amount of loss, it could add one year to a three-year prison term if Greatrex was convicted at trial.

Groch said the enhancement language that specifies the amount of loss is no longer part of cases after Jan. 1, but it is still valid on cases filed before then.

"I do find she should be held to answer to that code section," said Groch. Greatrex, 51, is set for trial on June 27. She has pleaded not guilty.

Appelbaum told Groch that Greatrex should not have been ordered to stand trial because she did not consent to have an unin-

SEE GREATREX PG. 6

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Balboa Trolley expansion stop renamed, expect overall project completion in 2021

By DAVE SCHAB | LA JOLLA VILLAGE NEWS

Pacific Beach Planning Group recently renamed the Balboa Avenue Trolley Stop Balboa/Pacific Beach, while a board member questioned whether the project will provide sufficient non-vehicular access to and from the site.

The future trolley stop on the border between Pacific Beach and Clairemont is located in a heavily trafficked corridor off Garnet Avenue at I-5. More than three miles from the beach, the project presents logistical challenges for future users.

"There is very little collaboration to ensure safe pedestrian-, bicycle and disabled-access into Pacific Beach," said PBPG board member Kristen Victor. "Currently the plan is to direct all non-car centric and car-centric movement down the same path of Balboa/Garnet Avenue - Mission Bay Drive into one of the city's most traveled intersections and a (dangerous) Vision Zero Corridor into Pacific Beach."

La Jolla community planner Dan Allen expressed similar access concerns about trolley stops planned with the extension of the Mid-Coast line continuing north from PB.

"Travel patterns for transit users are bound to change when the Mid-Coast Trolley is completed," said



Construction continues near UC San Diego. BLAKE BUNCH/VILLAGE NEWS

Allen adding, "Metropolitan Transit System is planning to address feeder routes to and from the trolley beginning later this year. That is what the recently formed ad hoc subcommittee of La Jolla Traffic & Transportation Board (T&T) will be involved with."

There are nine planned stations for the Mid-Coast Trolley project extending Blue Line service 11 miles from Santa Fe Depot downtown to University City. Ending at Westfield UTC transit center, the route begins

just north of Old Town Transit Center traveling in existing railroad right-of-way and alongside I-5 to Gilman Drive.

The route crosses to the west of I-5 just south of Nobel Drive, continues to the UC San Diego campus, then crosses back to east of I-5 near Voigt Drive to serve the UC San Diego east campus and Scripps Memorial Hospital.

SEE TROLLEY PG. 5

Man found guilty of sexual assault, could face 100 years in prison

By NEAL PUTNAM | LA JOLLA VILLAGE NEWS

A man who sexually assaulted a woman in her University City apartment at gunpoint was found guilty late Tuesday of four sex charges and other counts that could lead to a prison sentence of 100 years to life.

The six man, six woman jury deliberated 6.5 hours over two days before convicting Jeremiah Ira Williams, 26, of two rape charges, forcible oral copulation, and digital penetration of the young woman on Aug. 13, 2016 after he followed her through a garage to her home.

They also convicted Williams of robbing the woman, making a criminal threat, burglary, and false imprisonment.

They also found that Williams was armed with a gun at the time, and that the victim was kidnapped, and suffered great bodily injury. The enhancements add years to the sentence.

The jury also convicted Williams of felony assault, making a criminal threat, misdemeanor battery and misdemeanor assault of a second woman in a Grantville motel the next day.

They acquitted Williams of forcible sodomy of the second woman.

San Diego Superior Court Judge Kenneth So set sentencing for May 30. Williams remains in the Vista Detention Facility without bail.

"The jury worked very hard and reviewed all the evidence and did a very good job," said Deputy District Attorney Trisha Amador on Tuesday.

Amador said both women testified in the trial that began April 19. Closing arguments were presented Monday, and Williams did not testify.

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Health and Safety Tips for Your BBQ Grill

San Diego is home to the best weather in the country. Even during our chilliest days, we love to grill - it's a way of life in sunny southern California. What we don't love is the clean-up. It's messy and takes us away from game-time and family time. If you are like most people, your grill could use some serious attention. Grease drippings are not only a safety hazard; they can cause unhealthy grilling conditions and other health hazards.

Most of the time the grill goes uncleaned far beyond the point of health and safety guidelines. I mean really cleaned. Scraping off the most offensive bits of build-up really doesn't count. Don't ignore the warning signs:

- Flame-ups charring your perfect steak
 - Old grease making your food taste old
 - Dried out meats and vegetables
- You know the drill. How many times do you throw food out due to bad grilling? A clean grill will improve the quality and flavor of food plus save you time and money.

Following a few basic safety rules is the key to successful grilling. So before you bust out the spatulas and tongs this weekend, take some time to learn about grill safety with these tips:

1. Know Your Grill

You should always keep the instructions for your grill handy. Even if it's not your first barbecue, occasionally reviewing the manual will remind you of how to operate your grill correctly.

2. Clean Your Grill

A clean grill is a safe grill for several reasons. There have been reports that metal bristles from some scouring brushes can break off and get left behind on the grill and ultimately end up in the food. Some people who have ingested these bristles have ended up in the hospital.

There is some medical evidence that the charred particles left on the grill rack contain cancer causing agents.

Having your grill cleaned regularly will extend the life of your grill. It is absolutely worth it in the long run.

3. Location, Location, Location

While you're deciding what to grill, don't forget to consider where to place the grill itself. The location of your barbecue grill makes a big difference in terms of grill safety.

- Always grill outside in an open space. Never grill in garages, tents, trailers or on balconies, you run the risk of carbon monoxide poisoning or setting fire to the structure.
- Place all grills on a non-flammable surface, such as a concrete patio.
- Make sure the grill is a minimum of ten feet from the house, deck, eaves and tree branches.

4. Prepare for the Worst

Always be prepared for grilling mishaps so you can keep them from becoming grilling tragedies. There are several ways to keep a bad situation from becoming worse:

- Keep a fire extinguisher close by when you're grilling.
- Control grease fires by tossing baking soda on them.
- A bucket of sand can be used to put out errant fires.
- Have a water source, such as a garden hose, nearby. Any one or more of these will help to keep a fire under control or extinguish it entirely. Always have the fire department number on hand.

Grill safety really comes down to using common sense. Make sure your grill is in good working condition. Clean-up after your cookout only takes a few minutes - about the same amount of time it takes a fire to get out of control.

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Birch Aquarium's 'Oddities: Hidden Heroes of the Scripps Collections'

Oddities is created in partnership with the team from the Scripps Oceanographic Collections, where millions of specimens allow scientists to understand some of the amazing adaptations marine creatures have developed to survive. From super vision and invisibility to protective armor and the ability to create electricity to zap prey, real marine creatures do amazing things every day that stretch even the wildest imagination.

include examples of some of the most unique creatures from all depths and highlight how they have inspired everything from cinema and pop culture to medicine and engineering. Guests will learn what it takes to collect scientific samples and have the opportunity to test out some of these unique adaptations through creature cosplay.

Oddities opens June 29 and will be on display through Spring 2019. The exhibit replaces the Mexican Seas and Feeling the Heat exhibits. Oddities is included in aquarium admission, which is \$18.50 for adults and \$14 for children. Annual memberships are also available. Visit aquarium.ucsd.edu for more.



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Neighbors Serving Neighbors since 1974

La Jolla Parks and Beaches revisit what do with dockless bikes: Branded bike racks?



A Limebike is parked off to the side of the Mission Beach Boardwalk. Though representatives from the bike-sharing companies say they 'have not launched in La Jolla,' residents and merchants may disagree.

THOMAS MELVILLE/VILLAGE NEWS

By DAVE SCHAB | LA JOLLA VILLAGE NEWS

In April La Jolla Parks and Beaches, Inc. once again grappled with the issue of dockless bikes.

Dockless bikes, accessible by a smart-phone app, have been infiltrating San Diego neighborhoods, including the Jewel. However, all four existing dockless companies — Bird, Mobike, Limebike and Ofo — say they haven't actually launched their business models yet in La Jolla.

The sudden appearance and proliferation of dockless, however, has led to safety fears and calls from some to halt their spread until they're properly regulated.

LJPB board member Bill Robbins offered a suggestion on how best to deal with the vexing issue.

"The easiest thing to do would be to have La Jolla-branded bike racks, and ask the city to install them on a consistent basis throughout La Jolla," he said.

Robbins has been meeting with other La Jolla civic reps to develop a joint resolution on dockless bikes, which might lead to adopting standardized regulations governing their

safe use.

"None of us actually knows the answer yet," pointed out Robbins. "We want to get on the same page working for consistent regulations and a cost-effective approach."

Robbins noted it seems strange that the four dockless companies in town "all claim to be competitive, yet they all showed up in town all at once."

Noting he is not "anti-bike," Robbins reiterated that dockless companies should be required to be properly licensed, pay their own way and their fair share of taxes, and that they shouldn't be publicly subsidized.

"I've asked the dockless companies questions about [required] taxes, and they didn't know the answers," Robbins said.

"The trick is to get together a list of best practices, and we're late in the game," said LJPB president Ann Dynes.

"Shouldn't the City be collecting taxes on the use of them?," asked LJPB board member Judy Halter. "The City should have the opportunity to generate revenues."

"If they're for sale it would be taxed, but not for rentals," answered Robbins.

Colleague John Shannon said there is a great deal of venture capital money behind the launching of dockless bikes in San Diego.

"Birds cost \$400 apiece and, with their business model, they make three times that per year per scooter," he said. "These are extremely lucrative."

Dynes made a resolution stating that, "We want to see proper regulation of these forms of personal transportation."

"We should suggest our concerns about sidewalk safety and clutter," noted board member Mary Ellen Morgan. "Now we are being asked to react to this [bad] behavior — which really isn't fair."

"That would certainly be a part of it," agreed Dynes adding, "We're not here to develop these [regulatory] rules."

Dynes said she would send the group resolution calling for tighter regulation of dockless bikes to Councilmember Barbara Bay and Mayor Kevin Faulconer's office.

Teen leaders host activism conference on May 6

Drawing inspiration from waves of student-led activism and protests across the nation, Jewish Family Service of San Diego (JFS) will host a free event designed to encourage local youths to take action through lobbying and advocacy. Your Voice: An Activism Conference for Teens Who Want to Change the World,

will take place on Sunday, May 6 from 10 a.m. to 3 p.m. at Farmer and the Seahorse in La Jolla.

Teens of all backgrounds and faiths are invited to learn about the process of lobbying and engage with issues related to education, environment and climate change, gender equality, and hunger and food insecurity.

Keynote speakers Rep. Susan A. Davis and council president pro-tem Barbara Bry, will talk to teens

about the challenges of growing up in today's world and explain how young people can use their voices to make a difference.

The day's activities will include mentor-led mock-lobbying sessions, hands-on service projects and networking opportunities. Attendees will also have the chance to speak with representatives for Rep. Scott Peters, assemblymembers Lorena Gonzalez Fletcher and Shirley Weber, as well as Myrtle Cole.

City Council waives fees to accelerate ‘granny flats’ construction



San Diego City Council recently waived red tape to make it easier for homeowners to build secondary units on their property.

PHOTO BY MURRAY DESIGN BUILD AND REMODEL

With the goal of increasing San Diego's housing supply for low- and middle-income San Diegans, the City Council April 30 adopted an additional strategy that supports Mayor Kevin L. Faulconer's "Housing SD" plan and makes it easier and more affordable for homeowners to build secondary units on their property.

The City Council voted unanimously to waive development impact fees, facility benefit assessment fees and general plan maintenance fees for the construction of "companion units," otherwise known as accessory dwelling units or "granny flats."

Faulconer also directed \$100,000 to the Public Utilities Department to cover the cost of Water and Sewer Capacity Fees for the remainder of fiscal year 2018. The proposals were brought forward by Councilmember Scott Sherman and supported by Faulconer.

More than 70 percent of San Diegans can't afford to buy a home at the county's median home cost of more than \$550,000 – making San Diego one of the least affordable markets in the country. Granny flats have become an increasingly popular option for cities looking to spur the development of housing and provide a more diverse stock of affordable and low-cost units.

Last year, the City changed the municipal code to implement state mandates reducing requirements for parking and permits as well as further changes to help spur production. The City also created an

easy-to-use manual to help homeowners decide whether to build a granny flat in their yard or above their garage, provide them with cost estimates and suggest how to find tenants.

"One of the fastest and least expensive ways we can increase affordable housing in San Diego is to make it easier to build granny flats," Faulconer said. "With these new incentives, we're removing barriers to encourage the construction of new units that San Diegans can actually afford. This will be another tool we'll use to tackle our housing needs."

A recent study found granny flat permits in San Diego increased by 71 percent between 2016 and 2017. While this increase is encouraging, regulatory costs remain a significant barrier to increasing production. Fees for new construction average between \$30,000 and \$49,000 for a single companion unit.

The City has taken a number of additional steps over the past year to spur construction of low-income and middle-class housing, speed up the development review process, direct funding toward affordable housing and encourage growth in transit-priority areas.

Since June 2017, the City has adopted strategies including:

- Affordable Housing Density Bonus Program – Updated the program to incentivize developers to increase the production of smaller and more affordable units.

- 11th Code Update – Made code changes to streamline the develop-

ment process, remove unnecessary barriers to development and increase production.

- Affordable/Sustainable Expedite Program – Revised the program to encourage development near transit and improve service delivery where qualifying projects can have their discretionary and ministerial permits expedited.

- Companion (Second Dwelling) Unit Production – Changed the municipal code to implement state mandates reducing requirements for parking and permits as well as further changes to help promote the construction of Accessory Dwelling Units.

- Streamlined Environmental Review – Developed a checklist and compliance document to simplify use and ensure consistency in application of the California Environmental Quality Act Guidelines section 15183, which allows a streamlined review process for public and private development projects that are consistent with the densities established by existing zoning, community plan or general plan policies for which an Environmental Impact Report was certified.

In addition to the fee waivers and alternative funding, Faulconer plans to commit an additional \$300,000 in the fiscal year 2019 budget to cover the cost for additional fee waivers designed to increase granny flat supply.

TROLLEY >> CONT. FROM PG. 2

The route ultimately transitions into the median of Genesee Avenue before culminating in Westfield UTC mall.

Allen said La Jollans are preparing for the opening of the Mid-Coast extension. "The La Jolla Community Plan has called for shuttle bus service to and from the trolley when it finally gets done," he said. "That would presumably be a bus between the Village center and the nearest trolley stop. But what that means is not clear."

Allen pointed out distances can be deceptive.

"The closest trolley stop as the crow flies is not necessarily the nearest in time traveled," he said adding, "The closest stop appears to be the Nobel Drive station (behind California Pizza Kitchen). Analysis by experts will hopefully

give us the optimum service. The MTS experts will tell also whether it will be faster to get to downtown San Diego by way of the new trolley, or by going as we presently do on the Route 30 bus."

Freeways and arterials in the Mid-Coast Corridor are generally congested and traffic congestion is projected to increase as the region grows. Population in the entire corridor is forecasted to increase 19 percent and employment is forecasted to increase 12 percent by 2030.

The Mid-Coast Trolley extension will expand transportation capacity in the corridor to accommodate existing and future travel demand, particularly for peak-period commute trips.

City senior transportation engineer Pete D'Ablaing said construction on the Balboa trolley extension segment is scheduled to start in October with project completion expected sometime in 2021.

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Simple tips to get every penny out of your home sale

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GREATREX »
CONT. FROM PG. 1

errupted preliminary hearing.

The hearing started on Nov. 14 by Judge Amalia Meza, but then recessed because her first attorney, Paul Neuharth, had a pre-paid vacation planned.

Greatrex was ordered to stand trial on Nov. 30 after the hearing resumed.

A declaration from Neuharth was filed and he wrote she waived her right for an uninterrupted hearing. Groch noted there was no objection by Neuharth to interrupt the hearing.

Greatrex testified for five hours over two days in her Nov. preliminary hearing. She said the checks she wrote to herself as well as some cash advances were to reimburse her for the grant writing services, insurance costs, and other expenses such as payments to vendors that she had paid with her own funds.

"It's clear to me Judge Meza rejected the defense testimony," said Groch.

One of the issues at trial will be



Cindy Greatrex.

whether a Chicago company, which received \$40,000 in grant writing services, actually exists. At the earlier hearing, Deputy District Attorney Chandelle Konstanzer presented testimony that the Chicago address is only a mail drop box and they could not find the man who wrote the grants.

Greatrex said the Chicago company had more than one employee and a different person signed a contract to do grant writing services.

She maintains she paid vendors and others out of her own pocket and later wrote checks to herself for reimbursement.

Greatrex remains free on \$70,000 bond.

La Jolla Playhouse names Mike Lew and Rehana Lew Mirza as Artists-in-Residence

La Jolla Playhouse announces that married playwrights Mike Lew and Rehana Lew Mirza have been named the Playhouse's newest Artists-in-Residence beginning in April, 2018. During their residency, they plan to continue work on their Playhouse-commissioned trilogy: "The Colonialism Project," as well as a new musical, "Bhangin' It."

"The Artist-in-Residence program reinforces the Playhouse's mission to serve as a supportive and profound home for artists," said Playhouse Artistic Director Christopher Ashley. "Mike and Rehana both possess riveting new voices in the theatre, and it is deeply gratifying to be able to offer them this joint residency to develop new projects together and immerse themselves in the day-to-day operations of the Playhouse."

A co-commission from La Jolla Playhouse, "The Colonialism Pro-

ject" is an ambitious time-spanning trilogy about colonialism and its aftermath. Through three interconnected full-length plays that together comprise an epic evening of theater, this work seeks to trace the scars of colonialism across nations and centuries, from British Raj in India, to plantation labor in the Caribbean, to the ripple effects of colonialism in America today. One of the plays in the trilogy, "Child of Colonialism," had its first reading as part of the Playhouse's DNA New Work Series in 2017.

"Bhangin' It," featuring a book by Rehana Lew Mirza and Mike Lew with music and lyrics by Sam Willmott, draws inspiration from the high-stakes world of intercollegiate competitive bhangra – a traditional Indian folk dance morphed into a good ole American dance-off. The story follows a biracial student, Mary, who gets kicked off her bhangra team for not being "Indian

enough." When she forms a team of her own, cultural authenticity and cultural pluralism are set on a collision course in this brash, intoxicating and gripping new musical.

This multi-month artist residency program is designed to give artists the freedom to focus on their ongoing body of work, while becoming fully immersed in all aspects of the institution, from the stage to the boardroom to the classroom.

Previous appointees have included Tony Award-winning actor and writer BD Wong, acclaimed scenic designer and UC San Diego graduate and current faculty member Robert Brill and MacArthur "genius" Grant recipient Basil Twist.

Mike Lew's acclaimed play, "Tiger Style!" was part of the Playhouse's 2016 to 2017 season.

READ MORE ONLINE AT sdnews.com

SANDAG report says regional crime statistics among lowest in country

The San Diego region remains one of the safest areas of the country compared with the United States overall, with 2017 reflecting the fourth lowest violent crime rate since 1980 and the lowest property crime rate ever, according to the San Diego Association of Governments (SANDAG) Criminal Justice Bulletin, released April 20.

Titled "Thirty-Eight Years of Crime in the San Diego Region: 1980 Through 2017," the bulletin tracks four violent crimes (homicide, rape, robbery and aggravated assault) and three property crimes for each jurisdiction by year and over time. It also examines trends in domestic violence, hate crimes, arson and violent crimes against seniors.

"While we should be proud of the overall safety of many areas in the San Diego region, it is important to remember that we know from victimization surveys that not all crime is reported to law enforcement and that some crimes, such as identity theft, are not included in these statistics," said Cynthia Burke, director of SANDAG's criminal justice research division.

"That is also the reason," Buke added, "why the increase in violent crimes against seniors is important to note. According to national sources, older adults may be less likely to recover from and to report their victimization. With the jump in the number of violent crimes against seniors and an aging population, it is important that we work

together to bring attention to this issue as well as how this group may become property crime victims."

Below are selected highlights from the bulletin:

- Compared with 2016 national figures, the most recent annual statistics available, the San Diego region had lower violent and property crime rates than the nation as a whole.
- Property crime rates were at a 38-year low in 2017, with decreases in the number of burglaries, larcenies, and motor vehicle thefts.
- In 1980, there were 38,752 burglaries in the San Diego region. This dropped to a record low in 2017 of 9,120, a 76 percent decline, even though the population increased an estimated 77 percent.

- There were 80 homicides in the San Diego region in 2017, a decrease of 21 percent from the 101 documented in 2016. Homicide was the only violent crime to decrease in number. Arguments were documented as the primary motive for approximately half of the homicides.

- There were increases in each of the three other violent crime categories of rape, robbery and aggravated assault.

- The 3,013 robberies reported in 2017 represented the largest one-year increase (8 percent) in any of the crime categories. Almost one in five (18 percent) of the robberies reported in 2017 involved the use of a firearm.

- Violent crime against seniors

was up in 2017. Since 2013, the population of those 60 and older has increased by 20 percent, but the number of violent crime victimizations has gone up by 41 percent.

- Domestic violence incidents were up 4 percent from 2016, and hate crime events were up 13 percent from the previous year.

- From 1980 to 2017 the number of larceny thefts dropped 42 percent, with the biggest decline over the past year in the number of shoplifting incidents.

- In 2017, the most common type of larceny was motor vehicle theft (40 percent).

Study to explore whether cannabis compound eases symptoms of autism

Researchers at University of California San Diego School of Medicine are preparing a first-of-its-kind, multidisciplinary investigation to determine if and how cannabidiol (CBD), a non-psychoactive compound found in the cannabis plant, provides therapeutic benefit to children with severe symptoms of autism spectrum disorder (ASD).

The study, scheduled to launch in approximately one year, is funded by a \$4.7 million gift from the Ray and Tye Noorda Foundation, in partnership with the Wholistic Research and Education Foundation. It represents the largest known

private gift to date for medicinal cannabis research in the United States.

Based at the UC San Diego School of Medicine's Center for Medicinal Cannabis Research (CMCR), the study will involve a team of physicians and scientists employing clinical assessments, coupled with basic and translational research, across a cohort of patients, to better understand how CBD interacts with or alters neural activity and if it effectively and safely alleviates some of the more problematic symptoms of ASD, such as aggressive behaviors, repetitive or self-injurious behaviors,

hyperactivity and social and communicative deficits.

"We clearly need more treatment options for children with moderate to severe autism, those who suffer the greatest impact and who need the most help," said Igor Grant, MD, CMCR director and chair of the Department of Psychiatry at UC San Diego School of Medicine. "It is becoming more apparent that CBD has a number of effects on the central nervous system that may be relevant to autism and there are anecdotal reports suggesting CBD treatments may improve functioning in an ASD child.

"Investigating the effects of cannabidiol on autism has been a long-term goal for CMCR. We are excited to begin this clinical trial and unlock additional, evidence-based knowledge of how cannabis and cannabinoids can be used as medicines, not only for autism, but in the future for other neurodevelopmental and neuropsychiatric disorders."

ASD affects an estimated one in 68 children in the United States, primarily boys. The neurodevelopmental disorder is complex, with multiple known or suspected causative factors, from inherited genetic

mutations to environmental conditions to metabolic dysfunction. A major consequence is abnormal development and functioning of connectivity and communications between brain cells and among neural networks, resulting in many of the observed social and cognitive impairments in persons with ASD.

For more information about the cannabis/autism study and to register for additional updates, visit cmcr.ucsd.edu.

Spring & Summer Camps

NIKE TENNIS CAMPS at University of San Diego

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Veteran director, Bill Scott, joined by USD Head Women's Tennis Coach, Sherri Stephens, and Head Men's Tennis Coach, Ryan Keckley have another amazing summer lined up with fun both on and off the court! With six weeks of junior overnight and day camps

for boys & girls ages 9-18 of all ability levels, tournament training and high school players, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt, and fun evening activities for overnight campers. Camps run throughout June and July, registration is currently open. See you on the courts this summer! Nike Tennis Camps at University of San Diego. 1-800-645-3226 or go to www.USSportsCamps.com/tennis

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gpsd.org
858-461-9118



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ming, climbing, crafts, canoeing, and more. **YMCA Raintree Ranch** is a wonderful, small camp dedicated to western horseback riding. Thirty-eight horses, multiple instructional arenas, and miles of trails all provide an excellent learning environment. **YMCA Camp Surf** is a spectacular, ocean-front camp just south of San Diego. This 45-acre offers one & two-week sessions filled with surfing, bodyboarding, and traditional camp activities. Our camps add laughter, lead-

ership, and lifelong memories to a host of activities. For more ymca.org/camps

German Language Summer Camps

Does your child speak German? How about a German language camp at German Pacific School San Diego? GPSSD offers four weeks of very creative, imaginative camps with many hands-on projects. This year's topics "Princesses, Knights and Dragons" (a fairy tale journey through Europe), an "Artist's workshop" and "European Children's Book Characters". (See detailed plan on website.) GPSSD, a nonprofit school with four locations in La Jolla, Clairemont, Carmel Valley, and Poway, also offers classes on Saturdays and on weekday afternoons. The younger students learn German by playing, singing, theater, stories and games. Later the students focus on reading and writing. During their time at GPSSD students take different exams which lead to the AP exam and the German Language Diploma (DSD I and II). The DSD II exam is proof of the language proficiency for students applying at German universities. Registration for Summer camps is now open! More info: gpsd.org 858-461-9118 or emailgermanpacificschool@gmail.com

San Diego Junior Theatre

Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, and singing. Musical Theatre, Acting, Performance and Advanced camps available in Balboa Park. To register or for a list of dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.

Teen Art Workshops Spanish Village Art Center-Balboa Park

Ceramics and Painting. 2 career artist/teachers will work with you for a week. Small classes. Individual attention. Outside studio in Balboa Park. Ceramics: 3 days for clay sculpture and the potter's wheel, add handles, learn trimming, carving and glazing techniques. Teacher, Elizabeth Woolrych Painting: 2 days to work in watercolor, improve your composition and color blending with an impressionist style, while painting in Balboa Park. Walk to different locations of historic Balboa Park to create your paintings. Teacher, Michelle Gonzalez www.fineartamerica.com Price \$175. Per Week Date: June 18-22, 2018 Classes are for grades 6 and up. Time 9:30-12:30 Registration Information: 619-236-8997 Elizabeth www.ewoolrychpottery.com

Best Summer Ever in the "Y" Summer Camp

The YMCA is again hosting a summer filled with fun day camps for kids ages 5-17 starting June 15. Whether you child loves sports, the arts, animals, science or even Legos – the Y has a camp that will help them build confidence, meet new friends and make memories that will last a lifetime! Plus, with camps available in convenient locations include Point Loma, La Jolla, Pacific Beach and University City there's definitely a camp that will fit into your schedule and lifestyle! To ensure that everyone has the chance to go to camp, the YMCA also offers camp scholarships to those in need. Learn more at ymca.org/peninsula or ymca.org/lajolla.

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- for ages 7-17
- 1 & 2 Week Sessions

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ymca.org/camps

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Casa del Prado, Balboa Park

Half-Day Creative Play Camps for PreK-K
1-Week Sessions for Grades K-12
2-Week Advanced Acting and Musical Theatre Camps

Wayfarer Bread & Pastry to open in Bird Rock this summer

By **BLAKE BUNCH** | LA JOLLA VILLAGE NEWS

While the community of Bird Rock is well-known for its scenic stretch of La Jolla Boulevard, replete with roundabouts, restaurants and boutique stores, one thing seemed to be lacking – a bakery. Come mid-summer, however, the charming coastal community will see the genesis of Wayfarer Bread & Pastry, an artisan bakery, pastry shop and meeting locale. Although an exact date is yet to be pinned down, locals are hopeful that date will fall in June – per the permitting process.

The bakery will take the place of Cali Street Tacos, located at 5521 La Jolla Blvd.

Crystal White, proprietor of the forthcoming bakery, has been perfecting her craft over the past 17-plus years. Originally from the Bay Area, White says she “worked in every bakery around Napa until attending the Culinary Institute of America. Shortly thereafter, she co-founded Proof Bakery in Los Angeles, which is still in business after becoming a “cult darling.” White then spent the next five years at Tartine Bakery in San Francisco.

Throughout this continued learning experience, White expressed that “it was always an eventuality that I would open my own bakery, the main question was ‘Where?’”

Initially attracted to San Diego for its culture, close proximity to Mexico and eternal sunshine, White took the big leap and around May 1, 2017, due to friends’ encourage-



Wayfarer’s delectable assortment of croissants. If you’d like to try them at an upcoming pop-up, come early to beat the crowd - they sell out quickly.

ment, began holding pop-ups at IronSmith Coffee Roaster in Encinitas and Tribute Pizza in North Park, utilizing the oven at the latter to execute her menu. Wayfarer can still be found at both OB Beans in Ocean Beach (Fridays) and IronSmith (Sundays) until sold out.

White expressed that after collecting funding from a successful Kickstarter campaign, she still found it

difficult to enter a bidding war against major restaurant groups with endless financial backing.

“I’m the sole owner, so when I’d find a location, it was easy for them to outbid me,” she said. “Also, I thought entering the North Park area, where there are already so many options, would be pretty tough. I got super lucky in finding this location in Bird Rock. So far,

everyone I’ve talked to has been super excited, since there isn’t a bakery in Bird Rock proper.”

Which brings us to her menu. White has ultimately used her past experience to create a time-tested menu of classic rustic sourdough, multi-seed and olive loaves. On a sweeter note, Wayfarer croissants are offered as a classic, chocolate, savory ham and cheese, strawberry

WAYFARER BREAD & PASTRY

Where: 5521 La Jolla Blvd.

Website: wayfarerbread.com

Opening mid-summer

pistachio, cinnamon bun and tangerine cream bun. Also, we will be looking to offer wholesale options to local restaurants.”

“We’re still waiting for the City to finish the permitting process, but we do have our beer and wine license,” White said. “We’ll provide the classic Wayfarer menu, but will also offer fresh baguettes [baked daily], fried egg sandwiches and IronSmith coffee.

When prompted about whether she had any cooking experience outside of baking, White admitted to having spent time on a line in the past.

“I have been told that cooking is like painting, in that if you mess something up, you can correct it. On the other hand, baking is like photography. Once it goes in the oven, there’s no correcting it,” White said.

And what does she like about the San Diego restaurant and bar scene?

“I really love Tribute Pizza, Little Lion Cafe and Royale in Ocean Beach,” she said. “Also, I’m a sucker for the tiki-bar scene. Nothing beats being on the Bali Hai deck watching military maneuvers go down across the harbor.”

After 33 years as SD staple, Saffron Thai finally arrives in La Jolla



By **DAVE SCHWAB** | LA JOLLA VILLAGE NEWS

A bit of the East is coming to the Jewel, as Saffron Thai will open a second location this summer near the Village in La Jolla.

After 33 years in Mission Hills on India Street, the new Saffron Thai is expected to open this June at 1055 Torrey Pines Road.

“I’m thrilled to expand Saffron to La Jolla,” said restaurant founder Su-Mei Yu, herself a La Jollan who is excited to be creating a new eatery

in her own backyard. “Customers have been asking me for years to add more locations, but I haven’t found the right opportunity until now. I look forward to delighting my neighbors on this side of San Diego with the cuisine, convenience and affordability of Saffron.”

The restaurant’s award-winning menu is both affordable and nutritious. Saffron is known for its use of the freshest, in-season ingredients, as well as its sauces and broths made daily from scratch.

Opened in 1985, Saffron was San

Diego’s first Thai restaurant. Yu’s unique approach involved using healthy Thai cooking techniques to create delicious dishes, which earned her national acclaim and a loyal customer base.

An accomplished cooking instructor, Su-Mei Yu is also an Emmy-nominated TV personality. Yu writes frequently for food magazines including Food & Wine, Fine Cooking and Gastronomica. She is also the author of Asian Grilling and the award-winning cookbook Cracking the Coconut.

Born in Thailand to Chinese parents, Yu was sent to boarding school in the United States, and became a social worker and an assistant professor before opening Saffron.

The Saffron expansion comes a year after Yu joined forces with San Diego hospitality firm Karina’s Group. Yu is now affiliated with other popular dining establishments like Karina’s Mexican Seafood, Savoie Italian Eatery and Karina’s Ceviches & More.

Karina’s Group will be providing design and operational expertise for

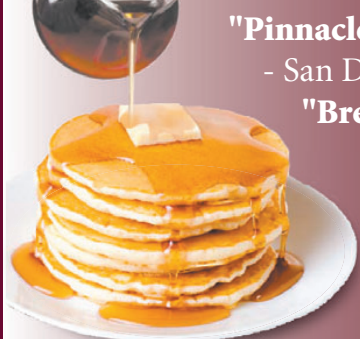
the new Saffron Thai, along with the capital needed for its expansion.

The new space which Saffron is moving into, which formerly was inhabited by Chipotle, will undergo a facelift.


SAFFRON THAI

Where: 1055 Torrey Pines Rd.


Contact:
saffronsandiego.com. or call
619-574-7737.



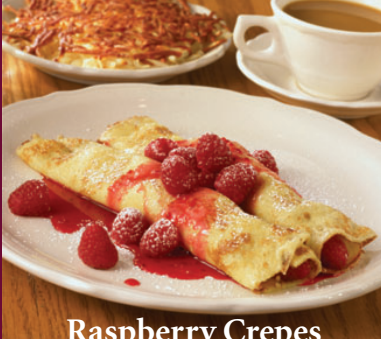
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Fashion files: ‘The Grand Reveal’ presented by SD History Center and Mesa College



The San Diego History Center and Mesa College School of Fashion & Design presented “Fashion Redux: Grand Reveal” at the History Center on April 26. This sold-out event began with a cocktail reception followed by a fabulous fashion show. The models began on the second floor and gracefully came down the staircase to the crowd awaiting them below, continuing on the runway throughout the entire exhibit. The garments worn were history-inspired from the textile collection by Mesa College fashion students.

Guests were given the opportunity to vote for their favorite design. This most desirable People’s Choice Award was announced during the award ceremony. First place went to Jocelyn Saucedo and she also won the People’s Choice Award. Anna Acosta received the second-place award and third place was a tie with Christiann Moore and Brooke Druen. Best Costume was awarded to Nathaly Torre-Buenos. All the winners will receive a year’s pass to the San Diego History Center and a gift certificate to JoAnn’s Fabric.

The evening concluded with a lecture on 90 years of fashion by professor Susan Lazear. Lazear took us through the different decades which included the impact of the Great Depression, women’s right to vote, beatniks, hippies, punk, and grunge. She also commented on the trends and influences of fashion including world events, movie stars, and models. It was an entertaining and educational evening.

This annual event usually picks one decade in history to be used as the inspiration for the students’ work. “Fashion Redux: 90 Years of Fashion in San Diego” celebrates the 90th anniversary of the History Center and has been turned into a

special exhibit from March 3 to June 29. This amazing exhibit has added 90 years of fashion from the textile collection in addition to the Mesa College history-inspired garments. Visitors are able to read about the student’s journey from beginning to the completion. Samples of the fabrics are available to touch and feel.

This year they have added live fashion demonstrations to the exhibit. Check out the website for all the upcoming demonstrations that include draping, electronics, millinery, beading, and fashion sketching. There are also hats on display from the 90 years of fashion. This is a fun interactive learning space so visitors can try hats on and become familiar with the different decades.

Admission to this exhibit is free and you are given the opportunity to the Give Forward admission. Lazear will give another presentation on May 17: Art, Culture, and What We Wore: 90 Years of Fabric. The San Diego History Center is located at Casa de Balboa at 1649 El Prado, Ste. No. 3 in Balboa Park. For more information, visit sandieghistory.org.

Upcoming events

May 17- “Art, Culture, and What We Wore: 90 Years Of Fabric” from 6 to 7:30 p.m. located at the research archives at the San Diego History Center in Balboa Park. Tickets cost \$5 SDHC members; \$10 general admission. Visit sandieghistory.org.

March 3 to June 26- “Fashion Redux: 90 Years of Fashion Exhibition” at the San Diego History Center in Balboa Park. Showcases local students from San Diego Mesa College with a Fashion Show on April 26 and lecture by Susan Lazear. For more information, visit www.sandieghistory.org

July 19 to July 21- Ninth annual La Jolla International Fashion Film Festival. This is the World’s largest gathering of fashion filmmakers.

Learn more about our hat designer, teacher and Blogger at DianaCavagnaro.com.



Anna Acosta (left) with model wearing her winning design. PHOTOS BY DIANA CAVAGNARO/VILLAGE NEWS



Nathaly Torre-Bueno is handed winning costume award by Levar Johnson, president of the San Diego Mesa College Fashion Club.

Best of the Best 2017

READERS CHOICE AWARDS



The Readers Choice Awards of 2017 is your guide to top-rated businesses in every category, from dining and shopping to services, entertainment and more, making it a special section to remember. Here are just a few of the many Readers Choice Winners voted on by our readers. You can be sure you're experiencing the best our community has to offer! Support your local businesses!

Best Breakfast

Richard Walker's Pancake House

TOP 25 RESTAURANTS IN SAN DIEGO

Highlight Reviews— "Great selection of 'not just breakfast' items. Very unique. Highly recommended. Fun for the whole family." "Great breakfast, large tasty portions, fast service and good coffee — you just can't ask for more." "The apple pancake was fantastic!" "Believe the reviews, this place is amazing!"

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Best Men's Apparel (Formal)

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cont'd on page 11



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Reader's Choice winners were selected by the readers of the La Jolla Village News by a ballot in the paper and online over a 3 month period.

Bellissima Sea Spa's grand opening in La Jolla Cove

Bellissima Sea Spa, formerly of Coronado, held its grand opening Thursday, April 26, 4 to 8 p.m. at their new location at 1250 Prospect St., next to George's at the Cove. Bellissima is a luxury day spa, offering facials, massages and other specialty beauty and body treatments. Barbara Bry cut the ribbon for the new spa, officially opening Bellissima for its more than 3,500 customers across San Diego.

"We are delighted to be moving to La Jolla Cove, and already love our ocean view and our small business and restaurant neighbors," says Teresa Buenaflor, owner and master aesthetician. Buenaflor expanded the spa twice in Coronado before deciding to make the leap to La Jolla.

"As a military family, we started with a modest dream. We are heartened by our customers' faith in us, and it's a dream-come-true to land on Prospect Street," she added.

While La Jolla has its share of medical spas, Bellissima brings top-notch beauty, massage, and body treatments to its clients, staffed by Licensed Master Aestheticians and Holistic Healing Practitioners. "Different from a hotel spa, we develop

long-term relationships with our clients, assessing their needs for ongoing anti-aging therapies, as well as pain and stress relief for the body," Buenaflor says. Indeed, Bellissima becomes a bargain for "spa members" who receive two treatments (typically a facial and a massage) each month for \$169 (with a year-commitment) and reap additional discounts.

Bellissima is an elite Phytomer spa, harnessing the power of sea and science, the French company has developed its transformative skin-care products. The spa also offers its own signature botanical line and an organic specialty line, Om4 Men.

Bellissima offers HydraFacials, Oxygen Infusion Facials, as well as pumpkin and other chemical peels. Massage therapies include Swedish, deep tissue, lava sea shell or salt rock, pregnancy massage, as well as the rare and exquisite Hawaiian Lomi Lomi and Ashiatsu techniques. The spa also features lash extensions, waxing and BFF pain-free hair removal, makeup application, cellulite reduction, and many other services.

BELLASSIMA SEA SPA

Where: 1250 Prospect St.

Contact: 858-454-2355

Website:
bellassimaseaspa.com.

The grand opening celebration will feature bubbly, appetizers, music, chair massage and product demos, as well as raffle giveaways. Deeply discounted spa services will also be booked. On an ongoing basis, La Jolla locals will enjoy 10 percent off services (except the already deeply discounted spa membership) and active-duty military receive 15 percent off. Monthly specials are also featured.

Buenaflor encourages customers to follow the spa on Facebook and look for grand opening goodies and specials to come.

Call to book a self-care spa treatment at 619-454-2355.



Teresa Buenaflor and Councilmember Barbara Bry cut the ribbon at Bellissima Sea Spa's opening event on April 26.



A Better Deal Tuxedo
369 Bird Rock Ave.
(858) 551-6044
abetterdealtuxedo.com

Best Steak Donovan's of La Jolla

The views at Donovan's of La Jolla are inspiring and there is no bad seat in the house, so sit back and enjoy your favorite cocktail with the USDA Prime beef, the eatery's star attraction. If steak isn't in the plan, pork and veal chops and succulent seafood will satisfy the most discriminating of palates. And at Donovan's, fresh seasonal vegetables and your choice of potato are included with each entrée.

Donovan's of La Jolla
1250 Prospect St.
(858) 450-6666
donovanssteakhouse.com

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Nail Salon

Nancy's Nail Salon

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If You Are A Readers Choice Winner And Would Like To Advertise In This Section

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From my garden: Kangaroo paws are hopping into San Diego gardens

By LINDA MARRONE | LA JOLLA VILLAGE NEWS

When Green Gardens Nursery planted kangaroo paw plants (*Anigozanthos*) in their gardens, I realized that these eye-catching plants stay in bloom with little care from early spring and until the weather begins to cool in the late fall.

Mainly planted in front of the 1909 "painted lady" bungalow, known as the Corey Cottage (the home and office of La Jolla's first female doctor), the earth-toned colors of the kangaroo paw flowers compliment the low-water gardens, as well as the organic color schemes of all three historic homes.

Considered a perennial plant, since it blooms for several seasons, the kangaroo paw is native to the western coast of Australia, which has a similar climate to Southern California.

Named for its flower's resemblance to the "paws" of kangaroos, there are 11 different species of the plant and their color and size varies between the different species. The flowers color comes from the velvety fuzz that covers it and the most common colors and varieties are red ('Big Red'), yellow ('Harmony') and orange ('Cross.' Newer hybrids offer shades of white ('Bush Diamond'), pink ('Pink Joey') and lavender ('Landscape Lilac').



Rusty red and yellow kangaroo paws.

LINDA MARRONE/VILLAGE NEWS

There are tall varieties that can produce flower spikes over 4 feet tall and dwarf varieties that only grow up to 2 feet tall.

Plant kangaroo paws in well-drained soil and in a sunny warm

location. Even though some varieties state that they can tolerate some shade, here along the coast they need to be in full sun in order to thrive. Considered to be a water-wise plant, the kangaroo paw plant

grows from rhizomes, which are like horizontal underground stems with roots that store water and nutrients for the plant. They require low-to-moderate water during warmer months and it is best to water them

during early-morning hours. In the winter during their dormant months they need to stay relatively dry.

When the flowers are finished blooming the flower stalks need to be pruned back to encourage new growth and flowers. When the weather begins to cool, prune back the entire plant vigorously and remove all the fading sword-like leaves, but leave any new green growth undisturbed.

These plants are not heavy feeders and do not like strong fertilizers, especially those with phosphorus (the second number listed on fertilizer containers). Feed them lightly at the beginning of the growing season with a mild, preferably liquid organic fertilizer such as Jungle Flora or Eleanor's VF-11.

Hummingbirds will thank you for planting kangaroo paws in your garden and they will flock there to feed on the nectar-rich flowers. Plant them near a window and enjoy the show the hummingbirds will put on as they dart in and out of the flowers.

These lovely plants also attract slugs and snails and you will need to keep the areas around them bailed with snail bait, such as Sluggo, which can be used for organic gardening and are safe to use around pets and wildlife.

ArtSpot: A 'Sgt. Pepper's' dance tribute, SD symphony and more

By MARTIN JONES WESTLIN | LA JOLLA VILLAGE NEWS

Igor Stravinsky

Igor Stravinsky and Arnold Schoenberg were the towering classical figures of the 20th century's first half, separated by compositional method, aesthetic direction and personal style. They found themselves in Los Angeles at the same time, two great composers in the flood of expatriates driven from Europe by Nazism.

"This scene may never have happened," muses La Jolla Symphony and Chorus director Steven Schick, "but I have often imagined them on opposite sides of Sunset Boulevard facing off across the traffic the way they had done across the chasm of artistic difference in Europe."

At 7:30 p.m. Saturday, May 5 and 2 p.m. Sunday, May 6, the Symphony presents a program that examines and celebrates the twin heroes. San Diego Symphony associate conductor Sameer Patel guest conducts. Symphony venue Mandeville Audi-

torium is located at 9500 Gilman Drive on the UCSD campus. For more, see lajollasympphony.com or call 858-534-4637.

'Sgt. Peppers' dance group

You'd think time would have dimmed the acclaim that fueled the mythical Sergeant Pepper onto the world stage. You obviously haven't met choreographer Mark Morris of the Mark Morris Dance Group, hailed as the most successful and influential choreographer alive. Under the auspices of La Jolla Music Society, he's returning to San Diego's Civic Theatre at 8 p.m. on Saturday, May 12, with *Pepperland*, a dance tribute to the 50th anniversary of The Beatles' "Sgt. Pepper's Lonely Hearts Club Band" album.

A chamber music ensemble of voice, soprano saxophone, trombone, keyboards, and percussion will explore and elaborate on Sgt. Pepper's non-rock and roll roots. The Civic is located at 1100 Third Ave. downtown. Learn more at 619-

570-1100 or markmorrosdancegroup.org.

Kalabash

At first glance, "clawhammer" and "banjo" don't seem to belong in the same sentence, but there really is such a thing. It's a strumming style that puts the emphasis on the banjo's capacity for melody versus rhythm, and banjo/fiddle duo Richie Stearns and Rosie Newton wrote (one of) the book(s) behind the method and its philosophy.

They've also been at music awhile, with Richie having started banjo at 14 and Rosie throwing herself into classical piano at 8.

Kismet would eventually see them playing with acts like Pete Seeger and Joan Baez—with collaborations like those, their first-rate take on the bluegrass environment is guaranteed. Go to Kalabash School for Music and the Arts on Wednesday, May 16 at 6:30 p.m. You'll come out a believer.

Kalabash is located at 5725 La

Jolla Blvd. More information is available at 858-456-2753 or kalabasharts.com.

San Diego Symphony

San Diego Symphony's month-long salute to Leonard Bernstein's centennial kicks off Sunday, May 6 at 2 p.m. with one of Bernstein's great early successes, his music to the ballet "Fancy Free."

And Simone Lamsma, one of the leading young violinists in the world, will perform Bernstein's unusually scored "Serenade," inspired by Plato's famous Symposium on the subject of love. The concert closes with a couple of richly textured suites from the lively opera/operetta worlds of Richard Strauss and Jacques Offenbach.

The nod continues Tuesday, May 8, at 7:30 p.m. with a program featuring the compositions of Bernstein and Beethoven and featuring guest pianist Orli Shaham.

Copley Symphony Hall is located at 750 B. St. downtown. Further

information is available at sandiegosymphony.org or 619-235-0804.

'Carmina Burana'

It's Manhattan Island, New York City, 1929. Bankers and brokers swing their chorus girls to the lively jazz band as their wives raise their children at home. The world premiere of Geoffrey Gonzalez's "Carmina Burana," based on these true events, will transport the audience to a tragic moment in American history, the end of the roaring '20s and the beginning of the greatest financial crisis of the 20th century. At 8 p.m. Friday and Saturday, May 11 and 12, and at 2 p.m. Sunday, May 13, City Ballet of San Diego will dance to composer Carl Orff's 1936 look at the fickleness of wealth and the ephemeral nature of life's pleasures and perils.

For more information, call 858-272-8663 or see cityballet.org.

Charlie Mossy, Bishop's lacrosse defender and football lineman

By ED PIPER | LA JOLLA VILLAGE NEWS

To hear long-time Bishop's lacrosse coach Steve Sepeta tell it, defender Charlie Mossy is tough and aggressive anchoring the Knight defense along with teammates Oscar Hertz and Dom Haley, in front of goalie Nathan Huynh.

"He's a great kid," says Sepeta, in his 17th year coaching at Bishop's, but, "You can't be soft and be a good defender. He has a tough side to him. He's not afraid to get in there."

The sophomore, who is big already at 6-feet-3-inches-tall, 220 pounds, and growing bigger, immediately moved into the starting line-up last year as a ninth-grader and did well. "At Bishop's, we're a small school," says Sepeta, "so it's not unusual for an underclassman to be starting. Charlie stepped in and was effective."

"He has matured on and off the field this year," continues his coach. "His play this year has gone beyond the typical underclassman."

Mossy, amiable and easily approachable, has a close bond with Haley, who he plays on the offensive and defensive line with on Coach Joel Allen's Coastal League champion football team. Wearing uniform number 60 to Haley's 55, Charlie

says, "I played next to Dom on every play" through the Knights' 9-1 season that took them to the CIF Division III title game.

The way Mossy explains it, he and others kind of coaxed Haley into playing on the lacrosse team, in exchange for teaming up with him on the football team. "It's some convincing," he chuckles. "We're like, 'Hey, you're playing [lacrosse].' It's not even convincing, it's, 'You're playing.'"

Mossy, 16, who enrolled at the private school as a freshman, thrives on the competitive and physical nature of lacrosse. He acknowledges the advantage of being the "hunter" as a defender in pursuit of the "hunted," but he insists offensive opponents even things out when they get a chance. "You've been pounding on them, so they do that back to you," he says. Boys lacrosse is a very different sport from girls lacrosse: boys' rules allow defensive players to use their stick repeatedly on opponents' padded shoulders and helmeted heads, theoretically "going for the ball," while girls are whistled when their stick approaches attackers' head or neck areas.

"I like the long stick" he gets to use as a long-stick defender, an exclusive position, admits Mossy. He

follows in a line of siblings who played lacrosse: Travis, who was an offensive midfielder; John, a former goalie; and Blake. John and Blake played for Bishop's rival Santa Fe Christian.

Danny Mitchell, the Knights' offensive coordinator in football, positively gushes over Mossy's skills on both sides of the ball. He led the team in 2017 in sacks on the defensive side, with five. He was second in TFL's (tackles for a loss) behind his close friend Haley. He had 31 total tackles. The offense averaged 53 points a game, leading to nine straight wins, and the left guard was an unheralded part of that.

Says Mitchell, who teaches sixth-grade physical education and ninth-grade health, "As a freshman, his first start was the state championship game. He was a wide receiver and had scored a touchdown. We were short (on the line) and put him on the offensive line, and he played super well in the state championship game" (though Bishop's lost the contest, after 14 straight wins in 2016).

"He's such a good athlete. He played himself onto the line," says the offensive coordinator.



Charlie Mossy, a Bishop's dual-sport threat.

ED PIPER/VILLAGE NEWS

Nikita Nair, inspired by childhood movie, becomes La Jolla Country Day School fencing ace

By ED PIPER | LA JOLLA VILLAGE NEWS

Nikita Nair, a fencer for La Jolla Country Day School, didn't really want to be a princess. But she did become interested in sword-fighting because of the movie "Princess Bride."

"I've always been interested in fairy tales," says the 16-year-old sophomore. "Not necessarily the princess side, but the knight side." She was intrigued by the competitive aspect.

When she enrolled at LJCDs as a

seventh-grader, she says she asked about fencing as a class. She was told about the three-month-a-year program through coach Tedd Padgitt, and now, three years later, she fences year-round.

"It's like chess," she says of the sport, which is included in Olympic competition. "You're analyzing your opponent the whole time. You want to know your opponent's move before he does."

Demonstrating a parry riposte on the cement walk outside the Torrey gym on a recent school day, the

articulate Nair ('Nair,' 'nye-er', rhymes with 'fire', she explains) blocks her opponent's attack, then attacks back.

She explains right of way in foil fencing, the type of fencing she practices: The combatant who was moving first is rewarded with a hit, even if her opponent stabs back and records an electronic hit first.

"Fencing is beautiful," the 5-foot-4-inches tall Nair explains, "but not beautiful like ice skating or gymnastics. It's aesthetic. The sport is intellectual, because it is all about

thinking what the other person is going to do."

It's the mental game within foil, and the competition that fascinate Nair, who is the middle daughter of three: Ankita, 19, Nikita, and Eshi, 13. Nair is the runt of the litter, the shortest one, so she says there is a joke among them: "When my younger sister turns 21, there's a bet whoever is the tallest wins \$50. But I'm already out of the running."

Mom and dad, Kusum Sharma and Anoop Karippot, are both doctors born in India. Nikita's name

("Have you heard of Nikita Khrushchev, the Russian Cold War leader?" "Yes") means "unstoppable" and "victorious" in Hindi, and the compact fencer seems intent on making that be true as she pursues her sport.

Evincing a maturity beyond her years, Nair is an able ambassador for foil, which uses the smallest guard on the sword's handle of the three Olympic fencing sports, foil, saber, and epee. Fencing has its background in France, when duels of honor were to the death. "Later, duels changed to only drawing first blood," she relates. In foil, attacks in vital organ areas receive points, while in saber a fighter can gain points by hitting a wider range of body surfaces.

"From a watching standpoint," Nair says, "all you see is the two combatants. There aren't words exchanged. Each person is analyzing the other. Everything happens quickly."

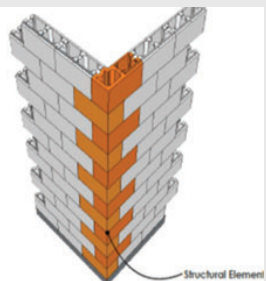
"Someone said (I read a fun fact) the point of the foil (sword) is the second-fastest moving object in the Olympics. The fastest is a bullet (in the rifle events)."

Asked her strengths in foil, she says, "I've been told on the offense I'm very aggressive toward the opponent."

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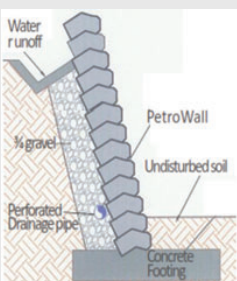
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NOTICE OF PETITION TO ADMINISTER ESTATE OF (IMAGED FILE) TELFORD MANE QUON, deceased CASE NO. 37-2018-00014091-PR-LA-CTL. To all heirs, beneficiaries, creditors, contingent creditors, and persons who may otherwise be interested in the will or estate, or both, of: Telford Mane Quon. A PETITION FOR PROBATE has been filed by: Allison D. Henry in the Superior Court of California,

County of SAN DIEGO. THE PETITION FOR PROBATE requests that Alison D. Henry be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act with full authority. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on 05/08/2018 at 11:00 am in Dept. 504 located at 1100 UNION ST. SAN DIEGO CA 92101 CENTRAL COURTHOUSE. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice (DE154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. Attorney for Petitioner: Kenneth G. Coveny, Esq. 4180 La Jolla Village Dr., Ste. 530 La Jolla, CA 92037. Telephone: 858-623-4240. ISSUE DATES: APRIL 12th 20th, 26th and May 3rd

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9007176 Fictitious Business Name(s) a. WESTERN MARINE SERVICE LLC b. DBA SAN DIEGO DIVE ACADEMY. Located at: 2500 SHELTER ISLAND DR, SAN DIEGO, CA 92166. Is registered by the following: WESTERN MARINE SERVICE LLC. This business is conducted by: LIMITED LIABILITY COMPANY. The first day of business was: 01/15/2005. Registrant Name: WESTERN MARINE SERVICE LLC. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: MARCH 14th, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009267 Fictitious Business Name(s) MITCHELL MANAGEMENT BOOKKEEPING. Located at: 3971 CHIPPEWA CT, SAN DIEGO, CA 92117. Is registered by the following: PENNY

MITCHELL. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/05/2018. Registrant Name: PENNY MITCHELL. Title of Officer, if Limited Liability Company/Corporation, Title of Signor OWNER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 5th, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9008931 Fictitious Business Name(s) MATT ROBINSON GLOBAL. Located at: 1461 MISSOURI STREET, SAN DIEGO, CA 92109. Is registered by the following: JOSEPH MATTHEW ROBINSON. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/01/2018. Registrant Name: JOSEPH MATTHEW ROBINSON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 3rd, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9008758 Fictitious Business Name(s) DAVILA'S PRO ELECTRIC. Located at: 1541 SATURN BLVD #105, SAN DIEGO, CA 92154. Is registered by the following: RAMON DAVILA. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/02/2018. Registrant Name: RAMON DAVILA. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 2nd, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009392 Fictitious Business Name(s) a. PROMAX TANKLESS WATER HEATERS & PLUMBING INC. b. PROMAX PLUMBING. Located at: 1440 HOTEL CIRCLE N #201, SAN DIEGO, CA 92108. Is registered by the following: PROMAX TANKLESS WATER HEATERS & PLUMBING INC.. This business is conducted by: CORPORATION. The first day of business was: 02/20/2018. Registrant Name: DANIEL KOLEV. Title of Officer, if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 6th, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009580 Fictitious Business Name(s) M&B BODY SHOP. Located at: 13368 TORREY MEADOWS DR #36, SAN DIEGO, CA 92129. Is registered by the following: MEHRDAD BAHARI. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/01/2018. Registrant Name: MEHRDAD BAHARI. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 9th, 2018 ISSUE DATES: APRIL 12th, 19th, 26th, MAY 3rd 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009631 Fictitious Business Name(s) NRJ ARCHITECT. Located at: 4459 CAPE MAY AVE, SAN DIEGO, CA 92107. Is registered by the following: NANCY RICK JONES. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/01/2018. Registrant Name: NANCY RICK JONES. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 10th, 2018 ISSUE DATES: APRIL 20th, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009721 Fictitious Business Name(s) ODAA.CAB. Located at: 5222 TROJAN AVE #206, SAN DIEGO, CA 92115. Is registered by the following: ABDU MOHAMMED ALI. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/10/2018. Registrant Name: ABDU ALI. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 10th, 2018 ISSUE DATES: APRIL 20th, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-900972 Fictitious Business Name(s) LIDETA CAB. Located at: 6470 EL CAJON BLVD #115, SAN DIEGO, CA 92115. Is registered by the following: DANIEL TESEMA. This business is conducted by: A INDIVIDUAL. The first day of business was: 04/10/2018. Registrant Name: DANIEL TESEMA. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 10th, 2018 ISSUE DATES: APRIL 20th, 26th, MAY 3rd and 10th 2018

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ACCOUNTING

HEATHER HUMBLE (x120)

Reasons We Procrastinate. (5 Ways to Succeed!)

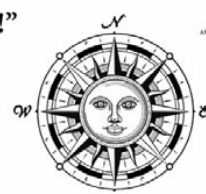
- 1) Lack of Structure:
- 2) Unpleasant Tasks:
- 3) Delayed Reward:
- 4) Fear of Failure:
- 5) Lack of Confidence:

Get or make a plan! *Work. That. Plan!*
Shift your focus... Example - "Whistle while you work!"
Promise yourself a treat upon completion of a task.
Jump in! Focus on *doing*. Forgive past failures.
Rephrase internal dialog - "I choose!" not "I must!"

Time is one of our most precious resources. Make the most of your time.
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Women with hair loss can have thick and healthy hair and look years younger!

Volume is the most requested service of all clients. Thick, healthy hair is never out of style! Even with all the excellent professional volumizing products available, nothing compares with the real thing: thick, healthy human hair!

The unique patented process used at Judy's salon attaches a protein bond of real human hair to a small section of your own hair. The bonds are so discreet you can style your hair anyway you choose. This unique application process makes it the only system that does not further damage your hair

Most women who want this service suffer from thin, weak and damaged natural hair, but once this application process has been applied, you will be amazed at the transformation that occurs, not only in your hair, but also in your outlook!

How do you match extensions to a clients existing color?

If you are blending colors choose extensions that are the same level of color as the clients own hair. If you are changing the level of the client's hair choose a shade that works well with the skin tone.

A coloring process can be done to the natural hair 48 hours prior to application and extensions can be matched to that also.

How do you customize extensions for a client with thinning hair?

Use an extension with a smaller attachment bond and a single strand application process so the hair is not damaged and can hold the weight of the extension. This will give natural looking volume and length to thinning hair.

Hairstyling is very similar to how you style your hair without extensions. Contact Judy in La Jolla today for answers to any more of your hair extensions questions.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9008982 Fictitious Business Name(s) CT SCAPES. Located at: 3730 LOTUS DR, SAN DIEGO, CA 92106. Is registered by the following: CHARLES HUNTER TRACHT. This business is conducted by: A INDIVIDUAL. The first day of business was: 11/02/1995. Registrant Name: CHARLES HUNTER TRACHT. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 3rd, 2018 ISSUE DATES: APRIL 20TH, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009679 Fictitious Business Name(s) ORO-GOLD GLENDALE. Located at: 1525 HORNBLEND ST, SAN DIEGO, CA 92109. Is registered by the following: FOREVER FLAWLESS INC. This business is conducted by: A CORPORATION. The first day of business was: 04/01/2018. Registrant Name: FOREVER FLAWLESS INC. Title of Officer, if Limited Liability Company/Corporation, Title of Signor-PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 10th, 2018 ISSUE DATES: APRIL 20th, 26th, MAY 3rd and 10th 2018

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2018-9009763. Fictitious Business Name to be Abandoned: OUTLIER CROSS FIT. Located at: 6332 RIVERDALE ST, SAN DIEGO, CA 92120. The Fictitious Business name referred to above was filed in San Diego County on: 11/01/2014 and assigned File No. 2014-028919. Fictitious Business name is being abandoned by: CKR FITNESS LLC. 6621 ARCHWOOD AVENUE, SAN DIEGO, CA 92120. This business is conducted by: A LIMITED LIABILITY COMPANY. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Registrant name: BRYAN CLINT RUSSELL. Title of officer MANAGER if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: April 11th, 2018. Issue Dates: APRIL 20th, 26th, AND MAY 3rd, 10th, 2018

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO NORTH COUNTY DIVISION, 325 SO MELROSE DRIVE, VISTA, CA 92081-6627, CASE NO: 37-2018-00017953-CU-PT-NC FILE DATE: APRIL 12th, 2018 10:53 P.M PETITIONER OR ATTORNEY, JESSICA M VELADEZ-GONZALEZ. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: JESSICA M.VELADEZ TO JESSICA MARISOL VALADEZ. The Court orders that all persons interested in this matter shall appear before this 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 TO BE HELD ON MAY 29th, 2018 TIME: 8:30 AM, DEPT- 26 AT NORTH COUNTY DIVISION 325 S MELROSE DR, VISTA, CA 92081. 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: The Peninsula Beacon & La Jolla Village News. ISSUE DATES: April 20th, 26th, May 3rd, and 10th, 2018

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO NORTH COUNTY DIVISION, 325 SO MELROSE DRIVE, VISTA, CA 92081-6627, CASE NO: 37-2018-00016187-CU-PT-NC FILE DATE: APRIL 3rd, 2018 12:12 P.M PETITIONER OR ATTORNEY, AARON E FRENED SCHULTZ. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: AARON E SCHULTZ TO AARON E FRENED RETHWISCH. The Court orders that all persons interested in this matter shall appear before

this 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 TO BE HELD ON MAY 15th, 2018 TIME: 8:30 AM, DEPT- 26 AT NORTH COUNTY DIVISION 325 S MELROSE DR, VISTA, CA 92081. 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: The Peninsula Beacon & La Jolla Village News. ISSUE DATES: April 20th, 26th, May 3rd, and 10th, 2018

SUPERIOR COURT OF CALIFORNIA CENTRAL DIVISION, COUNTY OF SAN DIEGO 330 W. BROADWAY, SAN DIEGO, CA 92101, CASE NO: WFILE DATE: April 9th, 2018, PM 12:53 PETITIONER OR ATTORNEY, Abraham Lopez. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: ABRAHAM LOPEZ TO ARCHER GREGORY CADOGAN. The Court orders that all persons interested in this matter shall appear before this 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 TO BE HELD ON MAY 24TH, 2018 TIME: 09:00 AM, DEPT- 903 AT 1100 UNION ST, SAN DIEGO, CA 92101. 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: Beach & Bay Press. ISSUE DATES: APRIL 20th, 26th, MAY 3rd, AND 10th, 2018

SUPERIOR COURT OF CALIFORNIA CENTRAL DIVISION, HALL OF JUSTICE, COUNTY OF SAN DIEGO 330 W. BROADWAY, SAN DIEGO, CA 92101, CASE NO: 37-2018-00016711-CU-PT-CTL FILE DATE: April 5th, 2018, PM 1:09 PETITIONER OR ATTORNEY, Francisco Chinol Jr.. HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: a. FRANCISCO CHINOL JR. TO RICARDO MENDEZ. b. SARA GUADALUPE CHINOL TO SARA GUADALUPE MENDEZ. c. SARAH CHINOL MENDOZA TO SARAH MENDEZ MENDOZA. The Court orders that all persons interested in this matter shall appear before this 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 TO BE HELD ON MAY 24TH, 2018 TIME: 09:00 AM, DEPT- 903 AT 1100 UNION ST, SAN DIEGO, CA 92101. 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: Beach & Bay Press. ISSUE DATES: APRIL 20th, 26th, MAY 3rd, AND 10th, 2018

SUMMONS ON FIRST AMENDED COMPLAINT. Notice to Defendant: WILL DONALD GARDNER. You are being sued by Plaintiff: THE PENSION PEOPLE, INC DBA COAST CONSULTANTS. 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 ONLINE 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 NONPROFIT GROUPS AT THE CALIFORNIA LEGAL SERVICES WEB SITE (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 OR MORE IN A CIVIL CASE. THE COURT'S LIEN MUST BE PAID BEFORE THE COURT WILL DISMISS THE CASE. Case Number: 37-2017-00020546-CU-CL-CTL. The name and address of the court is: SUPERIOR COURT, 330 WEST BROADWAY, SAN DIEGO, CA 92101. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney is: TIMOTHY J. GALVIN, 1951 CABLE STREET, SAN DIEGO, CA 92107. (619)222-0503. DATE 06/07/2017, CLERK, BY V BAHENA, DEPUTY. Notice to the person served: Issue Dates: April 20th, 26, May 3rd AND May 10th, 2017

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009826 Fictitious Business Name(s) GOLDEN STATE GREENS. Located at: 3452 HANCOCK STREET, SAN DIEGO, CA 92110. Is registered by the following: GSG PL, INC. This business is conducted by: A CORPORATION. The first day of business was: 09/07/2016. Registrant Name: GSG PL, INC. Title of Officer ADAM KNOPF., if Limited Liability Company/Corporation, Title of Signor PRESIDENT. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 11th, 2018 ISSUE DATES: APRIL 20TH, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009380 Fictitious Business Name(s) a. CRYPTO LINK CAPITAL b. CRYTOLINK Located at: 5701 EL CAMINO REAL, CARLSBAD, CA 92008. Is registered by the following: CRYTOLINK CAPITAL LLC. This business is conducted by: A LIMITED LIABILITY COMPANY. The first day of business was: 02/09/2018. Registrant Name: CRYPTO LINK CAPITAL, LLC. Title of Officer KYLE MIHOLICH. if Limited Liability Company/Corporation, Title of Signor MANAGING MEMBER. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 06, 2018 ISSUE DATES: APRIL 20TH, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9009865 Fictitious Business Name(s) a. CATALINA REALTY AND PROPERTY MANAGEMENT. b. PENINSULA REAL ESTATE & PROPERTY MANAGEMENT. Located at: 909 CATALINA BL, SAN DIEGO, CA 92106. Is registered by the following: ROBERT JACKSON. This business is conducted by: A INDIVIDUAL. The first day of business was: NOT APPLICABLE. Registrant Name: ROBERT JACKSON. Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 11th, 2018 ISSUE DATES: APRIL 20TH, 26th, MAY 3rd and 10th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010356 Fictitious Business Name(s) a. SEASIDE COMMERCIAL REAL ESTATE. b. SEASIDE CRE Located at: 2672 POINSETTIA DR, SAN DIEGO, CA 92106. Is registered by the following: SEASIDE COMMERCIAL REAL ESTATE. INCORPORATED This business is conducted by: A I CORPORATION The first day of business was: NOT APPLICABLE. Registrant Name: SEASIDE COMMERCIAL REAL ESTATE. INCORPORATED Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest

J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 11th, 2018 ISSUE DATES: APRIL 26TH, MAY 3rd 10th 17th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010361 Fictitious Business Name(s) a. NICO'S MEXICAN FOOD. Located at: 4918 NEWPORT AVENUE SAN DIEGO, CA 92107. Is registered by the following: JOSE CARREON This business is conducted by: AN INDIVIDUAL The first day of business was: 04-18-18. Registrant Name: JOSE CARREON Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 18, 2018 ISSUE DATES: APRIL 26TH, MAY 3rd, 10th 17th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010111 Fictitious Business Name(s) a. SALON NOVELLO Located at: 863 HORNBLEND SAN DIEGO, CA 92109. Is registered by the following: CONNIE MARIE NOVELLO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A. Registrant Name: S CONNIE MARIE NOVELLO Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 18, 2018 ISSUE DATES: APRIL 26TH, MAY 3rd, 10th 17th 2018

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO CENTRAL DIVISION CASE NO: 37-2018-00018648-CU-PT-CTL FILE DATE: APRIL 5th, 2018 PETITIONER OR ATTORNEY, EMMANUEL RUTCHY RAPHAEL HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: EMMANUEL RUTCHY RAPHAEL TO RUTCHY EMMANUEL RAPHAEL. The Court orders that all persons interested in this matter shall appear before this 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 TO BE HELD ON JUNE 7 th, 2018 TIME: 9:00 AM, DEPT- 903 AT THE CENTRAL DIVISION HALL OF JUSTICE 1100 UNION STREET, SAN DIEGO, CA 92101. 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: The Peninsula Beacon & La Jolla Village News. ISSUE DATES: APRIL 26TH, MAY 3rd, 10th, 17th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010570 Fictitious Business Name(s) a. E'BETH GOAD WERDROBE STYLIST / FASHION BLOGGER. Located at: 1208 BREAKAWAY DRIVE SAN DIEGO, CA 92057. Is registered by the following: ELIZABETH FISHER GOAD This business is conducted by: AN INDIVIDUAL The first day of business was: N/A. Registrant Name: ELIZABETH FISHER GOAD Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 19, 2018 ISSUE DATES: APRIL 26TH, MAY 3rd, 10th 17th 2018

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO CENTRAL DIVISION CASE NO: 37-2018-00019871-CU-PT-CTL FILE DATE: APRIL 23RD, 2018 PETITIONER OR ATTORNEY, JONATHAN DERREL GLOVER aka JONATHAN DERREL ODOM HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: JONATHAN DERREL GLOVER aka JONATHAN DERREL ODOM TO JONATHAN DERREL ODOM. The Court orders that all persons interested in this matter shall appear before this 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 TO BE

HELD ON JUNE 14TH, 2018 TIME: 9:00 AM, DEPT- 903 AT THE CENTRAL DIVISION HALL OF JUSTICE 1100 UNION STREET, SAN DIEGO, CA 92101. 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: The Peninsula Beacon & La Jolla Village News. ISSUE DATES: APRIL 26TH, MAY 3rd, 10th 17th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9008868 Fictitious Business Name(s) a. CRA LOGISTICAL PROCUREMENT SERVICES Located at: 654 BRAEMAR TERRACE FALLBROOK. Is registered by the following: MATTHEW R LERMAN This business is conducted by: AN INDIVIDUAL The first day of business was: 03-29-18. Registrant Name: MATTHEW R LERMAN Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 26, MAY 3rd, 10th 17th, 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010565 Fictitious Business Name(s) a. STEEN Located at: 2526 CHATSWORTH BLVD SAN DIEGO, CA 92106. Is registered by the following: KRISTINA CAROLINA MOURITZEEN & ROSICELA MOURITZEEN This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 04-17-18. Registrant Name: KRISTINA CAROLINA MOURITZEEN & ROSICELA MOURITZEEN Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 19 2018 ISSUE DATES: MAY 3rd, 10th 17th, 24TH 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010938 Fictitious Business Name(s) a. AGL YACHT SALES b. AGL YACHTS Located at: 1880 HARBOR ISLAND DRIVE #200 SAN DIEGO, CA 92101. Is registered by the following: LEILANI ANNE WALES This business is conducted by: AN INDIVIDUAL The first day of business was: 04-21-96. Registrant Name: LEILANI ANNE WALES Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 24 2018 ISSUE DATES: MAY 3rd, 10th 17th, 24th 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010417 Fictitious Business Name(s) a. EUROFOOD DEPOT Located at: 6640 LUSK BLVD, SUITE A107 SAN DIEGO, CA 92121. Is registered by the following: FRENCH GROCERY STORE, LLC This business is conducted by: LIMITED LIABILITY

COMPANY The first day of business was: 10-09-14. Registrant Name: FRENCH GROCERY STORE, LLC Title of Officer, if Limited Liability Company/Corporation, Title of Signor Franck VEGA. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 18 2018 ISSUE DATES: MAY 3rd, 10th, 17th, 24TH 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9011052 Fictitious Business Name(s) a. CASA BOTANICA b. CASA BOTANICA DESIGN Located at: 7638 TOPAZ LAKE AVENUE SAN DIEGO, CA 92119. Is registered by the following: CASA BOTANICA This business is conducted by: LIMITED LIABILITY COMPANY The first day of business was: N/A. Registrant Name: LINDSAY PASCAL Title of Officer, if Limited Liability Company/Corporation, Title of Signor LINDSAY PASCAL. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 25 2018 ISSUE DATES: MAY 3rd, 10th 17th, 24TH 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010917 Fictitious Business Name(s) a. INTELLIGENTCLICKS LEGAL CONSULTING SERVICES Located at: 3033 QUIMBY STREET, SAN DIEGO, CA 92106. Is registered by the following: KETHYA TELUK AND DENNIS RAMIREZ This business is conducted by: A MARRIED COUPLE The first day of business was: 03-01-09 Registrant Name: KETHYA TELUK AND DENNIS RAMIREZ Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 24 2018 ISSUE DATES: MAY 3rd, 10th, 17th, 24TH 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010842 Fictitious Business Name(s) a. BAREFOOT PODIATRY, INC Located at: 2345 E 8TH STREET, SUITE 105 NATIONAL CITY, CA 91950. Is registered by the following: BAREFOOT PODIATRY, INC This business is conducted by: A CORPORATION The first day of business was: 04-20-18 Registrant Name: BAREFOOT PODIATRY, INC Title of Officer, if Limited Liability Company/Corporation, Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 24 2018 ISSUE DATES: MAY 3rd 10th 17th, 24TH 2018

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2018-9010957 Fictitious Business Name(s) a. MAJU HERBS Located at: 1455 FRAZEE ROAD, SUITE 500, SAN DIEGO CA 92108. Is registered by the following: MAJU SUPERFOODS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04-20-

18 Registrant Name: MAJU SUPERFOODS, LLC Title of Officer, if Limited Liability Company/Corporation, Title of Signor RYAN RIGNEY. The statement was filed with Ernest J. Dronenburg, Jr., Recorder / County Clerk of San Diego County on: APRIL 24, 2018 ISSUE DATES: MAY 3rd, 10th 17th, 24TH 2018

SUPERIOR COURT OF CALIFORNIA CIVIL DIVISION, COUNTY OF SAN DIEGO CENTRAL DIVISION CASE NO: 37-2018-00019204-CU-PT-CTL FILE DATE: APRIL 18TH, 2018 PETITIONER OR ATTORNEY, ROSARIO STEPHANIE CHAVEZ HAS FILED A PETITION WITH THIS COURT FOR A DECREE CHANGING PETITIONER'S NAME FROM: ROSARIO STEPHANIE CHAVEZ TO STEPHANIE CHAVEZ. The Court orders that all persons interested in this matter shall appear before this 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 TO BE HELD ON JUNE 14TH, 2018 TIME: 10:30 AM, DEPT- 903 AT THE CENTRAL DIVISION HALL OF JUSTICE 1100 UNION STREET, SAN DIEGO, CA 92101. 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: The Peninsula Beacon & La Jolla Village News. ISSUE DATES: MAY 3, 10, 17 & 24 2018

NOTICE TO CREDITORS OF ANCILLARY ESTATE OF MARGARET M. SHEEHAN Case #: 37-2017-00049996-PR-PW-CTL SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO Notice is hereby given to the creditors and contingent creditors of the above-named decedent, that all persons having claims against the decedent are required to file them with the Superior Court, at 1100 Union St. San Diego, CA 92101 and mail a copy to Marcus Palkowith, Personal Representative, at 2552 E. Alameda, Unit 53, Denver, CO 80209, within the later of four months after May 3, 2018 or, if notice is mailed or personally delivered to you, 30 days after the date this notice is mailed or personally delivered to you. A claim form may be obtained from the court clerk. For your protection, you are encouraged to file your claim by certified mail, with return receipt requested. Dated May 1, 2018 Marcus Palkowith 2552 Alameda, Unit 53 Denver, CO 80209 Issue Date: May 3rd, 10th, and 17th, 2018

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How liking green bananas can lead to better health and longevity



Doing
it
Better

By Natasha Josefowitz, Ph.D.

This is the story of a green banana.

I like green bananas, not so green that they taste bitter, but not so yellow that they are mushy. When I came into our dining room this morning for breakfast at 6:45 a.m., which is when a small group of us congregate on a regular basis, I was greeted with "Natasha, good news: We have green bananas!" Why is that important?

First, because it shows that there are people here who know me well enough to remember that I like green bananas. Second, there are people here who care enough about me to announce this as good news; they want me to be happy.

I am both known and cared for. (Maybe cared for in spite of being that well-known!) This interaction this morning made me feel good because it sent dopamine, the feel-good hormone, coursing through my blood. Dopamine is known to relax arteries and increase the ease of blood flow. Relaxed arteries contribute to longevity.

So not only will I live longer because I have friends who care for me, but they will also live longer because they too get a surge of dopamine for the pleasure felt by providing good news.

This is an example of the reason studies have shown that people who live in communities are not only healthier, but live seven and a half

years longer than people who are isolated. This is also the reason that people with pets live longer. It is not only because you go out more to walk your dog, it is because when your dog looks at you with loving eyes and wags his tail or your cat gently purrs on your lap, you get a surge of dopamine.

The benefits to your immune system depend on the number of people you encounter in a 24-hour period. In a community environment, just by walking down a hallway, I am greeted with "Hi Natasha? How did your meeting go yesterday?"

Someone knows and cares; another small surge of dopamine is released. What is important is that this goes both ways. My asking someone if they liked the play last night—in other words, knowing they went and caring enough to ask about their reaction also gives me a small shot of that feel-good hormone.

The small shot becomes a big shot when you extend yourself in rendering some kind of service, being helpful, being compassionate, being loving.

It is amazing how much in control we are of our own well-being by just being appreciative of every gesture given and received. In addition, it is surprising how much control we have in increasing the blood flow in the arteries of others just by caring.

However, there is an issue that impacts the older population. Some of us lose our filters. What this means is that the part of our brains which controls the expression of our feelings gets atrophied and we blurt out exasperation at the string beans being under-or over-cooked

and yell at the hapless waiter who also forgot the gravy. We get impatient in a way we would not have been a few years ago. Although retired, we suddenly get upset at having to wait—to be seated, to be served.

We forget that the young waiter is a college student in his first job or a slightly older waitress who got up at 4 a.m., took care of her family and drove a long distance with the rising gas prices undercutting her minimal wage pay.

Then when she finally serves us, after setting the tables and organizing the buffet, she gets berated because "oh horrors"—the most terrible thing just happened: the coffee is lukewarm.

This matters more than you might think because negative interactions release a dose of cortisol, the stress hormone, which narrows your arteries as well as hers. Repeatedly being impatient and feeling put upon can lead to a heart attack or a stroke.

Go ahead, get mad and die young! Well, not really young; it is too late for most of us seniors to die young. What we need to learn is to respond with patience, understanding, and respect.

So become aware of your failing filters and exercise some control over your aging brain. If you're not going to be kind because you're basically a good person, then you can be kinder, gentler and more compassionate because it will make you healthier and live longer.

Natasha Josefowitz is the author of more than 20 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2018. Natasha Josefowitz. All rights reserved.

Food & Wine Festival, Kentucky Derby celebration

Get your seersucker suits and big hats ready. On Saturday, May 5, the Junior League of San Diego will welcome 1,200 guests to its 18th annual Food & Wine Festival, taking place from noon until 5 p.m. at Ellen Scripps Browning Park above the picturesque La Jolla Cove.

This must-attend annual event offers attendees the ultimate culinary experience with tastes and sips from local restaurant and beverage purveyors, as well as live music and a festival party with a televised viewing of the 144th Kentucky Derby.

The festival experience will feature more than 50 of San Diego's finest vendors, including We Olive, Viewpoint Brewing, Truluck's Seafood, The Oceanaire Seafood Room, Quady Winery, True Food Kitchen,

Fallbrook Winery, Farmer & the Seahorse, La Valencia, and many more.

San Diego Cetacean Society educational event

On May 9, at p.m. The San Diego Chapter of the American Cetacean Society is pleased to have Tom Norris, founder, resident, and chief scientist of Bio-Waves, Inc., present on "Acoustic Methods for Research and Monitoring of Cetaceans."

Norris will talk about some of the passive acoustic methods and technologies that his company has developed and uses to research, monitor, and conduct mitigation of human activities on marine mammals. The presentation will be held at Sumner Auditorium at Scripps Institution of Oceanography, 8595 La Jolla Shores Drive.

La Jolla Solar Experience

Join your community forum for a powerful Q&A with nationally certified energy practitioners and non-profit experts. Learn the latest technologies, how solar works, if solar will work for your home, battery storage and integration, available state and federal incentives and much more. Held May 5 from 11 a.m. to noon, at the La Jolla Community Center, 6811 La Jolla Blvd. Complimentary lunch provided.

Learn how solar works If solar will work for your home's latest technologies, battery integration with solar, how much solar and batteries cost financing options available incentives and how to choose a solar provider seminar. Following the seminar, join in for a solar home tour and check out a system and battery up close.



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Tolan Shaw will be playing at Herringbone on May 12, starting at 3 p.m.

MUST HEAR >>

There are lots of singer-songwriters in town, but Tolan Shaw is a cut above. Appearing at The Herringbone on May 12 (3 p.m.) he has a terrific set of covers in his repertoire, a bit of everything from JJ Cale's "After Midnight" to Michael Jackson's "Billie Jean," might show up in his set list.

But just as good are his originals. Shaw has an impressive sense of melody, with a voice and guitar techniques to back it up. Refreshingly, his sound covers some ground, from uptempo indie pop/rock numbers like "Change The World" to more reflective ballads such as new single "Believe in Me." Shaw is a major talent ripe for discovery on a national level.

Tolan Shaw, Saturday May 12 at Herringbone 7837 Herschel Ave. 3 p.m.; herringboneeats.com.

Roman Palacios at La Valencia

Specializing in the music of Sinatra's Rat Pack, singer Roman Palacios and pianist Tommy Gannon are a wonderful musical time warp. With a repertoire of classic songs such as "I've Got You Under My Skin," "Can't Help Falling In Love," and "My Way," the pair play at numerous venues around town, but it's their Wednesday night residency at The Manhattan where they really shine, the intimate room is the perfect match of venue and artist.

The music is well played and sung, but what puts the pair over the top is Palacios' easy going charm, humor and stage manner, resulting in a performance that's the perfect way to get through the mid-week blues.

Saturday, May 5, 6 p.m. to 10 p.m. La Valencia Hotel 1132 Prospect Street,

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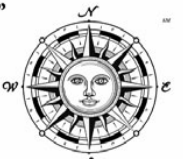


Reasons We Procrastinate. (5 Ways to Succeed!)

- 1) Lack of Structure: Get or make a plan! *Work. That. Plan!*
- 2) Unpleasant Tasks: Shift your focus... Example - "Whistle while you work!"
- 3) Delayed Reward: Promise yourself a treat upon completion of a task.
- 4) Fear of Failure: Jump in! Focus on *doing*. Forgive past failures.
- 5) Lack of Confidence: Rephrase internal dialog - "I choose!" not "I must!"

Time is one of our most precious resources. Make the most of your time.
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Sun 12-5pm7569 Herschel Ave3BR/4BA \$2,350,000Bobby Graham • 619-379-9668
Sun 1-4pm7411 Hillside Drive4BR+1/6.5BA \$4,390,000Greg Whitney • 858-456-3282
Sat 12-3pmCall /corner lot/R2 zoning3BR/1BA \$1,695,000Greg Whitney • 858-456-3282
Sun 1-4pm5737 Waverly Ave3BR/2.5BA \$1,760,000.Barbara Leinenweber • 619-981-0002

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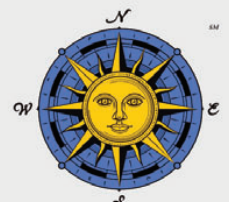
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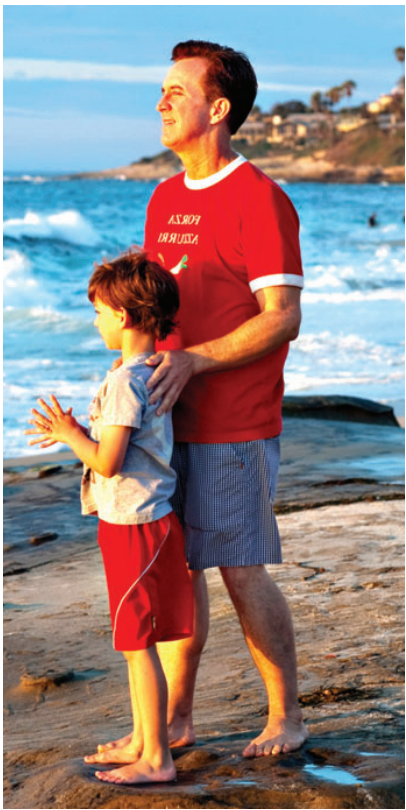
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