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Renaming PB park
SEE PAGE 7



Moving into Red Tier
SEE PAGE 4



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The City is using a section of Crown Point Park as a staging area for a major sewer and water main replacement project for the next three-plus years. PHOTO BY THOMAS MELVILLE

Residents fed up with sewer construction site at popular park



The entrance of the Crown Point West Project fenced off staging area in Crown Point Park. PHOTO BY THOMAS MELVILLE

By DAVE SCHWAB

Some neighbors claim the City's use of Crown Point Park as a staging area for a major sewer and water main replacement project for the next three-plus years is seriously eroding their quality of life.

The City said the staging area is essential to the ongoing Crown Point West Project, which will replace about 2.45 miles (12,887 linear feet) of existing 8-inch and 12-inch wide water mains with new 8-inch and 12-inch PVC

'Horrendous pollution in the form of noise, dust, and diesel fumes emanates from this area.'

CROWN POINT RESIDENT DOUG DU CARME

pipeline along Riviera Drive, Buena Vista Street, La Cima Drive, Graham Street, La Palma Street, Parker Place, and Pacific Beach Drive.

The Crown Point West Project will also install and relocate approximately 3.92 miles (20,705 linear feet) of new 6-inch to 18-inch wide sewer main pipeline along Riviera Drive, La Cima Drive, La Mancha Drive, Buena Vista Street, Bayonne Drive, Promontory Street, Moorland Drive, Graham Street, La Palma Street, Parker Place, and Pacific Beach Drive.

"The construction zone has taken over a section of Crown Point Park," said neighbor Doug Du Carme in a recent letter to

See PARK, Page 6



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Surfrider seeks volunteers for beach cleanup strike teams

By DAVE SCHWAB

A local nonprofit is seeking volunteers for its elite beach cleanup strike teams.

Surfrider Foundation USA focuses on water quality, beach access, and beach and surf spot preservation while sustaining marine and coastal ecosystems. Its local chapter, Surfrider Foundation San Diego, has been active recently in forming and utilizing beach cleanup strike teams along San Diego's 70-mile coastline.

"We're pretty volunteer-powered," said Mitch Silverstein, Surfrider San Diego chapter manager, about those beach strike teams. He added they are "something new, a program we're just launching for our chapter."

Silverstein said the new program was initiated because "we lost the ability to do public beach cleanups because of COVID's legal and health and safety protocols. So we started throwing ideas at the wall to see what sticks."

The end result was the creation of limited-number, carefully supervised beach strike cleanup teams. Operating under strict health and safety protocols, teams are limited to 30 volunteers or less and wear face masks and gloves while physically distancing at least six feet at all



A Surfrider beach cleanup strike team at Sunset Cliffs.

COURTESY PHOTO

times. Volunteers avoid touching any public surfaces (handrails, benches). Participants are also required to sign a liability waiver, with those under age 18 required to get signatures from their parents/legal guardians.

Silverstein said beach strike teams are merely an extension of his group's ongoing environmental mission.

"For us, beach cleanups have always been the gateway for the general public to get more involved in coastal issues in their

community," Silverstein said. And beach cleanups are doubly important for battling pollution because of their location, noted Silverstein.

"Any pollution, trash, plastic or other that's on the ground, it's all part of the storm drainage system that leads to the ocean sooner or later," he said. "Which is why we've got these community-activated strike teams willing to volunteer to clean our local beaches."

Beach cleanups typically

take just two hours, mostly on weekends, to thoroughly scour a stretch of beach. Each team is supplied with a clean-up kit that includes gloves, a reusable bag or bucket for trash, and a reacher/grabber for picking up waste and to keep volunteers from having to bend over.

The cleanups are also useful in compiling data on beach waste.

"We have an app, a marine debris tracker," noted Silverstein. "It helps us ascertain the big problems, the big cause of beach and

ocean pollution."

Noting the best way to clean the coast is "to prevent beaches from getting trashed in the first place," Silverstein talked about the nature of the waste that turns up.

"The worst offender is single-use plastic pollution and Styrofoam from take-out, all the products we've come to rely on as a society, which we make to use once," he said. "That's 80% of what we find at all our beach cleanups."

The Surfrider leader said Styrofoam is especially problematic because it's non-biodegradable.

"It just keeps breaking down into smaller and smaller pieces over time," he said adding it's still washing up on beaches. "Plastic and Styrofoam pollution are skyrocketing now because of the higher percentage of take-out restaurants have had to rely on during COVID over the last year," Silverstein said.

This brings up another objective of Surfrider's mission: education.

"We strive to make the public literate about plastic pollution issues, and to encourage people to prevent beach pollution by adopting a more reusable lifestyle, not relying on single-use plastics, which create waste and trash the ocean and beach," Silverstein concluded.

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SCOTT'S PB SPOTLIGHT

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

This month's feature: **Limitless Dance Complex**

The owner of Limitless, Mariah Cattey, was born and raised in San Diego. Her dance career started when her mom started her in dance class at the age of 3 and she hasn't looked back since. She attended High Tech High, which at the time didn't have a dance team, so in her junior year she started a dance team club and headed that up through her senior year. She then moved on to studying dance at Mesa College as well as began her career as an instructor. After many years working at other studios, in November 2019 with her and her husband welcoming a new baby and with a clearly defined idea of what she felt a dance studio should be, she opened up her own studio here in PB named Fearless Dance Company. Shortly thereafter, Covid hit, and she wasn't sure if her lifelong dream of owning her own studio would still be possible.



Now, almost a year and a half later, after lots of blood, sweat and tears and a name change to Limitless Dance Complex, she's still here in PB and thriving. Part of the name change to Limitless was a motto of "nothing can hold you back or limit you." As a new small business owner during Covid, she has learned that "not everything has to be a certain way, some things are out of your control so you need to learn how to go with the flow, adapt and move forward." Through everything, she has stayed true to her vision and strived to create a "family" with her students and their families.

A top priority for her and a focal point of her vision was to create "personal connections with everyone, form lasting bonds amongst her and her students and to use dance as a medium to teach her students life skills and to develop character." Having retained all of her students during the difficult last year, as well as increasing the number of students, is evidence that her vision is a sound one, and she's accomplishing what she set out to achieve. When I asked her what she's most proud of so far, her immediate response was, "The family feel of my studio." She's also proud of the bond she has with her dancers and their families, as well as the bond she sees all of the dancers creating amongst themselves. Right before I left her studio, she shared a story with me that I feel exemplifies her, her studio and the character she is instilling in her students. She told me that after a recent dance competition, a dancer from another studio reached out to let her know how awesome the Limitless dancers were. She praised them for how supportive the Limitless dancers were of other dance teams at the event and how they were cheering on the other girls, even the girls they were competing against. In a world with so much polarization, uncertainty and strife, it's refreshing to see acceptance, tolerance, goodness and sound character, being not only taught, but also learned and used in everyday life.

Limitless Dance Complex. 1735 Garnet Ave. San Diego, CA 92109 | 619.254.8821
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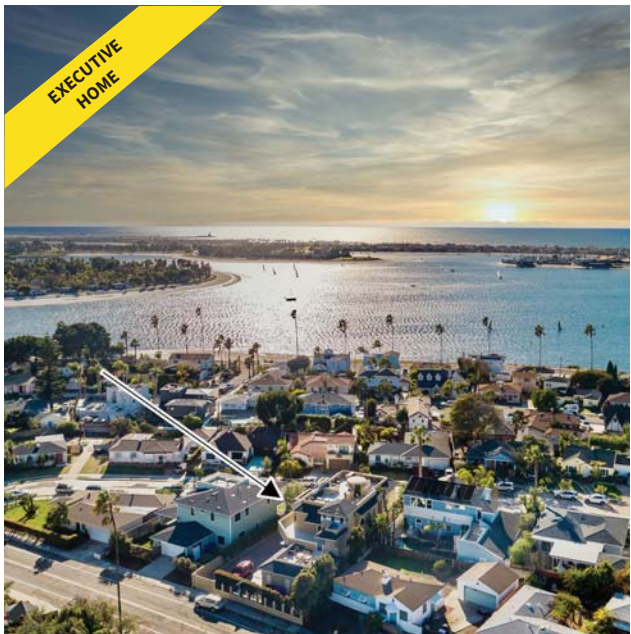
If you know of someone you think has an interesting story, send me an email scott@isellbeach.com with their info and why you think they would be a good person/business to spotlight and will consider them for a monthly spotlight.

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State allows San Diego County to move into Red Tier

Restaurants, gyms, movie theaters and other businesses can open indoors

By KATIE CADIAO

The state has notified the County that it will be allowed to lift some COVID-19 restrictions starting this week, and move from the most restrictive Purple Tier into the less restrictive Red Tier. The change in tiers will allow restaurants, gyms, movie theaters and other businesses to begin moving operations indoors with capacity limits.

Restaurants and movie theaters will be allowed to resume indoor operations at 25 percent capacity, or 100 people, whichever is fewer. Gyms and fitness centers will be allowed to reopen indoor operations at 10 percent of their indoor capacity. Museums, zoos and aquariums will be able to open indoor operations at 25 percent capacity and retail and shopping centers will be able to increase their indoor operations to 50% capacity.

All establishments will still be required to follow social distancing and face covering guidelines for their employees and patrons.

"It is because of the efforts of our community that the County is able to move back into the Red Tier after four months of Purple



Backyard Kitchen & Tap at 832 Garnet Ave. will be able to resume indoor operations at 25 percent capacity. COURTESY PHOTO

Tier restrictions," said Wilma J. Wooten, M.D., M.P.H., County public health officer. "However, the relaxing of restrictions should not encourage San Diegans to let their guard down. We are urging community members to continue to do their part, get vaccinated once they are eligible and take the necessary precautions to avoid getting and spreading COVID-19."

Vaccination Progress:

- More than 1.41 million COVID-19 vaccine doses have been delivered to the region, and over 1.27 million have been logged as administered. This number includes both

County residents and those who work in San Diego County.

- Of those vaccinated to date, over 450,000 County residents, or 16.7% of San Diegans 16 and older, are fully immunized.
- Overall, over 722,000 County residents have received at least one shot of the two-dose vaccine. That's 26.9% of those eligible.
- Those receiving the one-dose Johnson & Johnson vaccine are being added to the total of fully vaccinated San Diegans.
- The difference between doses delivered and those used in a vaccination represents approximately what is expected to be administered in the next seven days and doses still to be entered in the record system.
- More information about vaccine distribution can be found on the County's vaccination dashboard. For details on

groups currently eligible and vaccination opportunities, visit www.vaccinationsuperstation.com.

State Metrics:

- San Diego County's state-calculated, adjusted case rate is currently 6.8 cases per 100,000 residents. The County is allowed to move into the Red Tier tomorrow, March 17.
- Currently, the testing positivity percentage is 2.8%, placing the County in Tier 3 or the Orange Tier.
- The County's health equity metric, which looks at the testing positivity for areas with the lowest healthy conditions, is 4.2% and is also in the Orange Tier or Tier 3.
- While two of the three metrics qualify the County for the Orange Tier or Tier 3, the state assigns counties to the more restrictive tier.
- The California Department of Public Health assesses counties on a weekly basis. The next report is scheduled for Tuesday, March 23.

Community Setting Outbreaks:

- Two new community outbreaks were confirmed March 15: one in a business setting and one in a daycare/preschool/childcare setting.
- In the past seven days (March 9 through March 15), 17 community outbreaks were confirmed.
- The number of community outbreaks remains above the trigger of seven or more in seven

days.

- A community setting outbreak is defined as three or more COVID-19 cases in a setting and in people of different households over the past 14 days.

Testing:

- 8,790 tests were reported to the County on March 15, and the percentage of new positive cases was 3%.
- The 14-day rolling average percentage of positive cases is 2.8%. Target is less than 8.0%.
- The 7-day, daily average of tests is 11,675.

Cases, Hospitalizations and ICU Admissions:

- 257 COVID-19 cases were reported to the County on March 15. The region's total is now 265,906.
- 13,365 or 5% of all cases have required hospitalization.
- 1,627 or 0.6% of all cases and 12.2% of hospitalized cases had to be admitted to an intensive care unit.

Deaths:

- 10 new COVID-19 deaths were reported March 15. The region's total is 3,462.
- Two women and eight men died between Dec. 31 and March 15.
- Three people who died were 80 years or older, five were in their 70s and two were in their 60s.
- All had underlying medical conditions.

More Information:

The more detailed data summaries found on the County's coronavirus-sd.com website are updated around 5 p.m. daily.

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Mayor launches program to help renters facing hardship

As part of his efforts to protect vulnerable San Diegans from the impacts of the pandemic, Mayor Todd Gloria on March 15 was joined by San Diego City Councilmember Vivian Moreno, San Diego Housing Commission president and CEO Richard C. Gentry, and Chicano Federation CEO Nancy Maldonado to announce the launch of the Housing Stability Assistance Program.

More than \$83 million is now available through the Housing Stability Assistance Program to help qualifying low-income residential renters who live in the city of San Diego and are affected by the COVID-19 pandemic pay past-due rent, utilities, and internet service. The application period began today.

"As more San Diegans receive COVID-19 vaccinations, we're getting closer to putting this pandemic behind us, but the financial devastation it has caused for our residents will linger until our economy has fully recovered," Gloria said. "This financial assistance will be an enormous help in getting San Diego renters through this incredibly difficult

time."

Qualifying households may apply for the City's COVID-19 Housing Stability Assistance Program at covidassistance.sdhc.org. Applications are available in English, Spanish and Vietnamese. The first payments are expected to be disbursed in April.

"The economic and social disruption caused by this pandemic has been devastating, and communities within my district – like Logan Heights and San Ysidro – have been some of the hardest hit," said Moreno, who represents District 8 and serves on the Council's Land Use and Housing Committee. "Outreach to these disadvantaged communities is essential to ensure that the populations hardest hit by this pandemic are getting enrolled in the program and receive these critically needed funds."

The program is administered by the San Diego Housing Commission.

"This program will give qualifying families certainty that their past-due rent and utility bills will be paid and the stability of knowing they will not lose their rental

home because of the financial effects of this pandemic," Gentry said. "The San Diego Housing Commission thanks Mayor Gloria and the City Council for their leadership and actions to make this program possible."

Chicano Federation is one of 10 community-based organizations contracting with the Housing Commission to help applicants with their applications, including households that do not have internet access.

"We are proud to once again partner with the City of San Diego and the San Diego Housing Commission to bring much-needed rental relief to some of our most impacted communities," Maldonado said. "This rental assistance will go a long way in relieving the economic pressures that many in our community are facing as a result of this pandemic. As we continue to look forward towards recovery, we need to put equity at the forefront and find permanent solutions to the systematic failures that put our communities at higher risk."

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Working from home has changed the real estate market

It's a good time to be a home seller, agents say

By DAVE SCHWAB

Low inventory is the new normal for the local coastal real estate market today and for the foreseeable future. One thing is for certain right now in coastal real estate: It's a seller's market.

Statistics show San Diego County median home prices have risen 14.4 percent since last year due to low mortgage rates over the past year. Demand remains at an all-time high while inventory is at a low making it a seller's market. In fact, the average home is only on the market for 51 days before being sold.

Andy Nelson, CEO of Willis Allen Real Estate in La Jolla, and Scott Booth of Compass Real Estate in Pacific Beach talked about the state of real estate in 2021.

Noting real estate sales were "decimated" in April and May 2020 at the start of the pandemic, Nelson said that was followed by an "attitude change" as people began spending more time at home.

"A lot of people said, 'You know what, I'm going to need more outside space if I'm going to work from home, or I need this or that,'" Nelson said adding, "We were already short of listings of inventory."

"After the initial shock when COVID hit there was a slowdown, then it picked back up again pretty quickly," said Booth of the post-pandemic market. "Now, with employees working from home indefinitely, if not permanently, we have clients from out of state who bought a second home here who are saying, 'We're just going to stay at our beach house now.'"

Nelson said the demographics of buyers have changed somewhat during COVID. "We have an active buyer base that is a younger group, 35 to 55 years old," he said. "They want instant gratification, a house that is ready to move into."

Booth thinks people working remotely more now will gradually transform the local real estate market.

"For so long people have lived near where they worked with a few who would commute," he said. "Now more people are choosing to live where they want, now that they can work from home. A lot of people also hit the reset button on priorities in their lives. I have some clients now saying, 'We're going to buy a second home that is a quick flight or drive to where we work so we can have a place to enjoy in PB.'"

It's a good time to be a home seller, noted Nelson.

"Homes are being gobbled up within 48 hours if they're priced appropriately," he said warning, "But if you're greedy, it's not going to happen. Buyers are smart. They've looked through



Andy Nelson

the inventory in advance. People know more about the properties available."

Booth talked about the advice he's giving buyers these days.

"We're telling them you need to be patient," he said. "We're also advising our buyers to get pre-approved with lenders. Then they can get aggressive with timelines, do home inspections in two or three days instead of seven to 10 days, and close escrow within 14 to 21 days instead of 30."

Nelson expects the real estate market to pick up the pace as the year advances.

"We normally have a slow January and February," he noted. "As we move on, inventory will still be below while the demand is still there. What will happen as we open up is people will bring new homes to the market as they move out of quarantine. They'll be saying, 'We've been living in 5,000 square feet, and maybe we just need 1,000 square feet.' Maybe those homes will come on the market, and those sellers will



Scott Booth

become buyers of other things."

Looking ahead, Booth foresees "a permanent change as corporate America is working remotely. That's going to have a long-lasting impact on (housing) values. The forecast for 2021 is for homes to have just under a 9% appreciation in value. In 2020 that appreciation was about 5%."

Nelson discussed the advice he's giving clients.

"I'm telling them, 'If you're going to wait 12 to 18 months until the market softens, you're making a big mistake,'" he said. "We don't know what the market will be like in six months or next year. Seize the day. Seize the moment."

"I'm telling sellers they're in the driver's seat, they really get to dictate the (transaction) terms," said Booth of his advice to clients. "And we're telling them, 'By all means, list your property on the Multiple Listing Service, the exposure is much larger.' Let the market tell us what it's going to bear for your property."

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PARK »

CONT. FROM PG. 1

the City. "Life is difficult enough during COVID-19 without having to endure the challenges this noisy, polluting and hazardous construction zone presents.

"Horrendous pollution in the form of noise, dust, and diesel fumes emanates from this area. Additionally, an excessive and seemingly endless parade of heavy equipment, often exceeding speed limits, access and egress this zone all day long," he added.

Another Crown Point neighbor, Jim Marshall, also complained of disruption caused by heavy equipment and trucks hauling dirt away from the site.

"They're dumping the dirt in a huge lot down in Otay Mesa, which is being prepared for some other type of commercial use," said Marshall after following trucks to their new destination. "They are not using the dirt for the purpose they said. It's an abuse, a mess."

"The project is only 9 percent complete, still pretty much in its infancy," City engineer Jaime Fong told the Pacific Beach Planning Group on March 10. "Design on the project was started in 2016 and completed in 2019. Construction is slated to last until early 2025."

"The purpose of the staging area is to eliminate any storage of materials or equipment

from parking in the street," Yoftahe Ghiliamichael, field engineer for the City's Public Works Department, said to PB planners. "An outreach was made to secure that site. The contractor using that staging area is required to remove that at the end of project construction and restore the site to the same or better condition."

"Will that construction last year-round?" asked PB Planning Group member Ed Gallagher.

"Except for summer moratoriums," answered Ghiliamichael.

"Why does it take so long to do this project?" asked retired life-guard Chris Brewster.

"Unfortunately, you can't replace both the water and sewer mains at the same time," replied

Ghiliamichael. "We have to do the deeper sewer lines first, then go back and replace the water mains before doing street restoration.

"There are a lot of different tasks for this project. That's why it takes so long, as well as having a (summer) moratorium, which limits us to what we can do," Ghiliamichael added.

The City has more than 3,250 miles of water pipeline and 3,000 miles of wastewater pipeline providing service to thousands of businesses and residences daily. Some of these lines are more than 100 years old. Many of the City's aging pipelines are being replaced or rehabilitated.

The new pipelines will bring the existing sewer and water pipeline

system up to modern standards, accommodate community growth and reduce maintenance costs while helping prevent deterioration, breaks, and blockages.

Crown Point resident Du Carme sent a letter to District 2 Councilmember Dr. Jennifer Campbell's office asking what could be done to halt Crown Point Park's use as a staging area?

Campbell's office's reply: "The decision on this matter was not taken lightly. The request came from public utilities and was reviewed by multiple levels, including our parks director as well as other Mission Bay Park stakeholders.

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PB Middle students lobby to rename park in memory of Black educators

By DAVE SCHWAB

Two Pacific Beach Middle School students have chosen to promote the renaming of PB Middle Joint Use Field in honor of two pioneering Black educators for their eighth-grade International Baccalaureate community-service project.

Students Nuhamin Woldeyes and Juliniel Woods spoke March 9 before the San Diego Unified School District asking the board to endorse renaming the green space on the corner of Gresham and Felspar streets in Pacific Beach as Fannie and William Payne Community Park.

“PB Middle Joint Use Field is not a real name,” Woods told the school board. “Renaming it after Fannie and William Payne will be giving it some love and care in an actual community park.”

“In 1945, 1,900 PB residents signed a petition to have William Payne, a Black educator, removed from PB Junior High, now PB Middle School, because they felt only Black teachers should teach Black students,” said Woldeyes, who added the purpose in renaming the field is “to show how the Paynes broke down (racial) barriers. Now with your (board’s) help, we can finally give them their rightful recognition as we continue to uncover the history of San Diego.”

Pointing out the drive to rename the joint-use field “is a symbolic gesture that does not remove racism,” Woods noted it was an honorable gesture in “citing two community educators who braved the dark racist side of the 20th century. We have a petition with 3,000 signatures



Pacific Beach Middle School students Nuhamin Woldeyes and Juliniel Woods. COURTESY PHOTO

already for renaming the park, and we hope to get more.”

The IB program focuses on fostering critical thinking and building problem-solving skills while encouraging diversity, international mindedness, curiosity, and a healthy appetite for learning and excellence. IB offers high-quality, challenging educational programs to students ages 3 to 19.

PB Middle School IB coordinator Ashley Hensen said the program encourages “international-mindedness in teaching our kids to think beyond their bubble and to be

good neighbors. We talk a lot about community service, with sixth-graders doing 10 hours, seventh-graders doing 15 hours and eighth-graders doing 20 hours.”

Woldeyes was pleased with her choice of community service projects.

“I feel a sense of pride in getting the information about the Paynes and sharing it with other people,” she said. “This is allowing us in the community to keep his legacy for others in the next generation.”

Woods was pleasantly surprised by the positive reaction their service project has received.

“When I first started doing it (promoting Payne Park), I didn’t think it would get this big,” she admitted. “I was really surprised this many people commented on it. It made me feel really good that people cared this much.”

“This is the dream for students to become part of something like this,” concluded IB coordinator Hensen. “This is a little bit of history. And these girls are part of it. We’re just proud of them.”

Several months ago, San Diego State University administrator Paige Hernandez, and PB resident Regina Sinsky-Crosby, teamed to create a petition drive seeking 1,900 signatures for renaming the recreational space for the Paynes. Their signature drive launched the recreational space’s continuing public-renaming effort.

William Payne started his 25-year career in public schools at Pacific Beach Junior High in 1945 and retired at San Diego High. He was a lecturer and admissions director at SDSU’s College of Education, where he worked from 1970 to 1976. He died in 1986.

Fannie J. Payne arrived with her husband in San Diego in 1942 with a degree from Talladega College in Alabama. In the post-war years, they both became pioneering public school teachers. In 1964, she earned her master’s degree from SDSU.

Fannie Payne retired from teaching in 1979. She received several honors for her exceptional service, including a Woman of Dedication recognition by the Salvation Army. She died in 2008.

PBTC CHALK ART CONTEST

The Pacific Beach Town Council is hosting its second annual PB Town Council Chalk Art Contest from March 20 to April 10. Simply create your chalk art, take a photo, and post it to Facebook or Instagram from March 20-April 10, using the hashtag #PBChalkArt. You could win one of several prizes in these four categories: Best 3D, Best Nature, Best Use of Color, Best Representation of PB. For more information, visit pbtown-council.org/chalkart.

MBHS SCHOLARSHIP

Pacific Beach Woman’s Club is offering a \$5,000 scholarship for a female senior at Mission Bay High School. Club spokesperson Adele Marsh said the size of this year’s scholarship is extraordinary.

“We usually give only \$1,000 and the most we’ve ever given is \$2,500,” she said. “But we have a little more money than usual so we wanted the scholarship to larger than normal this year.”

Marsh said the scholarship is for any post-secondary education, which could include college or a vocational school. Those interested in applying for the scholarship need to fill out an application that is available at pbwomensclub.org/scholarship, or by calling 619-991-4809. The deadline to apply for the scholarship is April 30.

PUBLIC WORKSHOP/HEARING ANNOUNCEMENT

Please join the San Diego County Regional Airport Authority (Airport Authority) for a Public Workshop and Hearing on the 14 CFR Part 150 Noise Compatibility Study Update (Study).

Thursday, April 8, 2021
5 p.m. to 6:30 p.m. – Public Workshop (Information and Questions)
6:30 p.m. to 8 p.m. – Public Hearing (Official Public Comment)

The Study is being conducted to identify and evaluate current and future noise effects caused by aircraft operations at the San Diego International Airport (SAN). The purpose of the Public Hearing is to obtain public comments on the Study.

After the completion of the Public Workshop portion, the official Public Hearing will begin, and all members of the public may submit verbal comments that will become part of the public record. Airport Authority staff and expert consultants will be in attendance to answer questions during the Public Workshop and listen to public comments during the Public Hearing.


Due to the COVID-19 pandemic, this meeting will be held virtually. To attend, please visit the study website below to register and receive the Zoom meeting link.

The Draft document can be viewed on the study website, sannoisestudy.com, or at the Airport Authority’s Liberty Station office at 2722 Truxtun Road, San Diego, CA 92106. Viewing is by appointment only, please call 619-400-2309 to schedule.

In addition to verbal comments at the Public Hearing, members of the public are encouraged to submit written comments via the study website sannoisestudy.com or in writing to:

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PB TROLLEY UPDATE

Pacific Beach Planning Group was updated on the progress of the Mid-Coast Trolley Extension project by the San Diego Association of Governments, the region's transportation planning agency, at the group's March 10 Zoom meeting. "Construction for the project is over 85% complete," SANDAG senior engineer John Dorow told planners. "We're continuing to install landscaping and irrigation, as well as the system that will supply power to the trolley, at all of the stations. We expect testing this summer, at which time you will begin seeing trolley cars running along the new alignment. The project remains within budget and on schedule to begin service in lat 2021."

The Mid-Coast Trolley 11-mile Blue Line Trolley service extension with nine new stations will go from Santa Fe Depot in Downtown San Diego to the University community. The extension will serve major activity centers such as Old Town, UC San Diego, and University Town Centre. Construction on the trolley extension began in fall 2016.

"We have been asking for two years to rename the site as the Balboa Avenue/

Pacific Beach Trolley Station," said PB planner Eve Anderson asking, "How is that going?"

"You will need to talk to the Metropolitan Transit System about that," answered Gia Ballash, SANDAG's public outreach officer. "MTS is the one that designates station names."

"This agenda item has been borderline ignored by the City," said PB Planner Scott Chipman, who successfully moved that the item be placed on the plan group's next agenda in April to get a City representative to explain why Pacific Beach is not going to be listed as the new trolley stop's name, if that is the case.

CANNABIS EQUITY PROGRAM

In keeping with Mayor Todd Gloria's promise to create more equity around City services, the City of San Diego plans to develop a program to promote ownership and employment opportunities in the legal cannabis industry. Recently, the City was awarded a \$75,000 grant that will help fund a cannabis equity assessment and support the development of a first-ever cannabis equity program.

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Avocado Green Mattress offers eco-conscious experience in La Jolla

By DAVE SCHWAB

Joining the growing list of companies providing eco-sustainable and socially conscious products is Avocado Green Mattress in La Jolla. Open since Labor Day weekend 2020 at 7646 Girard Ave., the mattress company's retail "experience" showroom is something to see.

"La Jolla is a perfect community for our brand," said Kris Karuna, Avocado's vice president of business development. "We love the mixture of creative arts, health and wellness, and home goods intermingling in a really authentic way."

Noting Avocado is "concerned about its social impact and the role it plays in our society," Karuna added, "We really want to engage the community with an authentic brand as part of our big nationwide rollout."

A Certified B Corporation and makers of green and eco-conscious mattresses and bedding, Avocado's materials include GOLS organic certified latex, GOTS organic certified wool, GOTS organic certified cotton, and GOTS organic certified kapok fiber.

Their mattresses and bedding products are Greenguard Gold certified by UL Environment for low emissions and are made in California. As a Carbonfree Partner, they offset the emissions



from their factory and product shipping on an annual basis via carbon offsets purchased from Carbonfund.

Avocado's mission is to provide a healthy sleep environment while promoting sustainability and social responsibility. One percent of all revenues are donated to environmental nonprofits per the company's membership in the 1% For The Planet organization.

In 2016, Jeff D'Andrea, Jay Decker, Dan D'Andrea, and Mark Abrials founded Avocado Green

Mattress to bring sustainability to an industry that was largely stuck in the past.

"They were looking for a mattress for their children and they could not find a company that was forthright about the materials that were in their mattresses," noted Karuna. "They got connected to someone who actually made mattresses, and they found a way to make all-natural, organic mattresses that were truly transparent to customers so they would really know what they're

sleeping on."

Karuna pointed out non-stressful sleep is one of the "pillars" of good health. "People have really supported the brand as they've safely stayed home," he said. "When people really invest in sleep with an essential tool such as a mattress, they see a big difference."

Added Karuna: "There are no chemicals in our mattresses, no memory foam, no glues. All the materials are sourced from firms we have a relationship with,

AVOCADO GREEN MATTRESS

Where: 7646 Girard Ave.

Hours: 10 a.m.-6 p.m. daily.

Contact: avocadogreenmattress.com.

rubber-tree farms, cotton and wool from sheep farms, etc. It's essential to the integrity of the supply train to be able to verify these materials are in fact all-natural and high-performance. We enjoy making a great product that people love."

"We really feel great that an ecologically conscious product can really perform extremely well," said Karuna noting the La Jolla showroom is unique.

"It has an interesting facade that is really inviting and lets in lots of light and has really interesting design elements, including a handmade sign out front," he said. "One of those design elements is a maritime rope that pays homage to San Diego's maritime roots."

Concluded Karuna of Avocado's La Jolla showroom: "It's not really a mattress store. It's a brand experience. The hope is that we can engage with the community on a more regular basis. We're excited about getting on the other side of this pandemic, with things opening up more, and really being a part of that reopening."

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Former Village News reporter finds success in podcasting

By DAVE SCHWAB

A local journalist has found a new calling in the developing field of podcasting.

Shelby Stanger, formerly of La Jolla Village News, has made a successful career in podcasting. She recently launched a new podcast, Vitamin Joy, which is being recognized as a top podcast in health and wellness.

A podcast is an episodic series of spoken word digital and audio files that a user can download to a personal device for easy listening. A podcast series usually features one or more recurring hosts engaged in a discussion about a particular topic or current event.

Discussion and content within a podcast can range from carefully scripted to completely improvised. Podcasts may combine elaborate and artistic sound production with thematic concerns ranging from scientific research to slice-of-life journalism.

"Podcasting is old school storytelling in its most pure form," said Stanger, now a full-time podcaster. "I can talk directly to you, or

you can have it play through your car or a speaker. I've loved writing stories, and in-between I've been a marketing consultant for sports companies like Nike and Prana."

The Bird Rock local started her first podcast, Wild Ideas Worth Living, in 2016. It features people who have taken a wild idea, from running across the country to climbing mountains, and made it a reality.

Guests have included everyone from "Wild" author Cheryl Strayed to Alex Honnold, who free soloed El Capitan in Yosemite National Park and won an Oscar, to the world's first outdoor drag queen. Even other La Jolla High grads, like food sensation Samin Nosrat, photographer Eric Wolfinger and Surf Diva owner Izzy Tihanyi, have been featured in her podcasts.

Shelby sold Wild Ideas to mega outdoor retailer REI Co-Op in January of 2020, and they've kept her on as host.

Of her more recent podcasting ventures, Stanger said: "I started Vitamin Joy because I wanted to talk about health with humor.



Shelby Stanger's new podcast Vitamin Joy is a top podcast in health and wellness. COURTESY PHOTO

I've personally tried almost every health hack around – from going vegan and eating only raw foods to fasting, saunas, and breathwork. Laughter has been some of the best medicine I've used."

Having been involved with

outdoor action sports, Stanger noted "I've always viewed the world through the lens and language of sports." She added that, when she started podcasting, "I'd had a lot of marketing and journalism experience but not much

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business experience. But I knew how to talk about the things I'm interested in."

Stanger added Vitamin Joy "presents health information in a way that's easy to access. Like taking a vitamin, it makes you feel a little better through listening expressing the concerns and joys of mental health and what that means."

In looking for new podcasting opportunities, Stanger said she "doesn't play the woman card." She added: "I think brands are really exciting. I just happen to be a woman who not only understands marketing and journalism but is really athletic and fitness-oriented. I don't want to cater to women. Turns out, half my listeners are men."

"I'm making a living doing what I love: podcasting," Stanger said. "It's helped empower me to quit my job, go on adventures."

Of her podcasting future, Stanger said, "I want to create more positive content that's also honest, real, and authentic."

Soroptimist International of San Diego holds Women with Vision event



Fashion Files

Diana Cavagnaro

Soroptimist International of San Diego held their Women with Vision on March 2. This was an online luncheon, awards ceremony, and fashion show that was viewed in the comfort of your own home. Socially distanced watch parties with catered lunches were held throughout the county. The event was chaired by Monica Logan and the honorary chair was Anna Curren. The emcees for the event were Rory Devine of NBC San Diego and TV personality Geni Cavitt.

This amazing event highlights different Soroptimist Live Your Dream award recipients by

awarding cash grants. This event gave a total of \$25,000 in awards to eight different female heads of household. These recipients receive education and training awards providing them with financial support for their families. This gives them resources to improve their education, skills, and employment prospects so that they can live their dreams.

This year, recipients were Amida Tovar, Audriana Ramirez, Johnetta Gipson, Marie Brown, McKayla McGreevy, Misty Todd, Paizlee Davis, and the first-place winner was Colleen Murphy.

A live streamed fashion show began after the awards show. This theatrical fashion show was produced by Gretchen Productions, which incorporated dancing and singing with the latest fashion trends on the runway for a terrific afternoon of entertainment.



Fashion segment with Grazia Bella handbags.

PHOTO COURTESY OF GRETCHEN PRODUCTIONS

Some of the fashion were from local boutiques including Macy's Department Store.

The first segment began with exotic prints such as leopard and zebra. Models all dressed in

white came out with gold masks featuring hand bags by Grazia Bella Handbags. Be Boutique hit the runway with black and white fashions. The Wild Women section showed off fashions by Icons.

Additional boutiques participating were Glamour Girlz, Satori, and Jacqueline B Clothing. Three past Live Your Dream recipients were given the opportunity to model in the fashion show. Gretchen always adds a wonderful selection of music and the backdrop for the runway had fantastic projections on the screen. The finale showed off evening fashions from Macy's. After the show viewers were able to do some fun shopping with participating boutique vendors.

Soroptimist International of San Diego was founded in 1931 and is one of the oldest service clubs. This organization empowers women and girls by providing access to education and training for career opportunities. One of the projects includes the annual educational grants for women which was awarded at this event.

Other projects include support for female residents of a local sober-living home, public awareness in the fight against human trafficking and maintaining a carpet school in Turkey for impoverished women and Syrian refugees. For more information about this organization, visit si-sandiego.org.

UPCOMING EVENT

April 22 – FWSD21 Spring Showcase from 6-9 p.m. More information forthcoming. FashionWeekSD.com.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9002439 Fictitious Business Name(s) a. PENNY REALTY, INC Located at: 4444 MISSION BLVD, SAN DIEGO, CA 92109 Is registered by the following: a. PENNY REALTY, INC This business is conducted by: A. CORPORATION The first day of business was: 10/19/95 Registrant Name: a. PENNY REALTY, INC Title of Officer, if Limited Liability Company/Corporation MARCY FLAHERTY, VICE PRESIDENT Title of Signor. I The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 10, 2021. ISSUE DATES: FEBRUARY 26, MARCH 5, 12 & 19

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9001351 Fictitious Business Name(s) a. THE WINE PUB Located at: 2907 SHELTER ISLAND DRIVE #108, SAN DIEGO, CA 92106 Is registered by the following: a. SAN DYVINE, LLC This business is conducted by: A. LIMITED LIABILITY COMPANY The first day of business was: 06/25/09 Registrant Name: SAN DYVINE, LLC Title of Officer, if Limited Liability Company/Corporation SANDRA HANSHAW, MEMBER Title of Signor. I The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JANUARY 29, 2021 ISSUE DATES: FEBRUARY 26, MARCH 5, 12 & 19

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00006210-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): EMMANUEL RUTCHY RAPHAEL filed a petition with this court for a decree changing names as follows: Present name: a. EMMANUEL RUTCHY RAPHAEL to Proposed name: RUTCHY EMMANUEL RAPHAEL 2. 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 a. Date 04/06/2021 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS/BEACH & BAY PRESS & PENINSULA BEACON. Date: February 17, 2021. JUDGE OF THE SUPERIOR COURT LORNA AKLSNE ISSUE DATES: FEBRUARY 26, MARCH 5, 12 & 19 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT

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SUDOKU PUZZLE

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

CROSSWORD PUZZLE

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54										55						
56							57	58				59				
		60					61					62				
		63					64					65				

CLUES ACROSS

- | | | |
|-------------------------------------------------|--------------------------------|-----------------------------------|
| 1. ... fi: popular genre | 24. Protected | 54. Basaltic lavas |
| 4. Curved shape | 25. Wrestling icon Okerlund | 55. Small shoaling fish |
| 7. Defunct airline | 26. Thailand's former name | 56. Surrendered |
| 10. Beverage receptacle | 27. Muscle weaknesses | 57. Taxi |
| 11. Corporate bigwig | 30. Chooses | 59. Potato part |
| 12. Belong to he | 34. American film studio | 60. Female sheep |
| 13. They cover cuts | 35. Expression of satisfaction | 61. Trouble or difficulty |
| 15. Cost per mille | 36. Mythical winged horse | 62. Put into service |
| 16. Walk into | 41. Ballplayers | 63. Soviet Socialist Republic |
| 19. Power-producing machine | 45. Edible seaweed | 64. 17th letter of Greek alphabet |
| 21. Part of one's character perceived by others | 46. Chinese politician | 65. Type of student |
| | 47. Tested for fertility | |

CLUES DOWN

- | | | |
|-------------------------------------------|-------------------------------------|----------------------------------|
| 1. Frighten | 18. Cool! | 41. Object of fear or alarm |
| 2. Partner to corned beef | 20. Brazilian NBAer | 42. ___ Ladd, actor |
| 3. Parts | 22. NW Pennsylvania city | 43. Sacred place |
| 4. Agrees to a demand | 27. Young dog | 44. A way to express enjoyment |
| 5. Elected official | 28. Mimic | 47. Trigonometric function |
| 6. Navigator's tool | 29. Large truck | 48. A team's best pitcher |
| 7. Relating to heat | 31. The NFL's Newton | 49. Intersecting points |
| 8. Attractive | 32. One and only | 51. Roundishly shaped |
| 9. Wealthy US merchant | 33. Diego, Francisco, Anselmo | 52. Adam's partner |
| 13. Engine additive | 37. Julie ___, actress | 53. God of battle (Scandinavian) |
| 14. A passage with access only at one end | 38. More nourishing | 58. Human hormone |
| 17. Midway between northeast and | 39. Compound | |
| | 40. A small carrier attached to the | |

[illegible]

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

LEGALS >>

CONT. FROM PG. 11

LEAST TWO COURT DAYS (excluding weekends and holidays)
BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Changeage of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. **IT IS SO ORDERED.**

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9002677 Fictitious Business Name(s) A. THE HEALING SHELL
Located at: 4109 IBIS STREET, SAN DIEGO, CA 92103
Is registered by the following: a. SHELBY TAYLOR DOCKER
This business is conducted by: AN INDIVIDUAL. The first day
of business was: N/A Registrant Name: a. SHELBY TAYLOR
DOCKER Title of Officer, if Limited Liability Company/Corporation
Title of Signor. I/The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego
County on: FEBRUARY 17 2021. ISSUE DATES: FEBRUARY
26, MARCH 5, 12 & 19

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00007084-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 13330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): ALISANDRIA ISABEL RAMIREZ filed a petition with this court for a decree changing names as follows: Present name: a. ALISANDRIA ISABEL RAMIREZ To Proposed name: ALISANDRIA ISABEL VILLACAMPA. 2. 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 a. Date 04/12/2021 TIME: 8:30 AM DEPT: 61. b. The address of the court is SAME AS NOTED ABOVE; 3. a. Copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS/BEACH & BAY PRESS & PENINSULA BEACON. b. Date: February 18, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: MARCH 5, 12 AND 19 AT ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court notes conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by email with further directions. IF YOU ARE A RESPONDENT OBJECTING TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9001828 Fictitious Business Name(s) a. PACIFIC WELLNESS
b. PACIFIC WELLNESS CHIROPRACTIC & MASSAGE THERAPY
Located at: 4645 CASS STREET, SAN DIEGO, CA 92109 is
registered by the following: a. ELIZABETH FARRELL WRAY
b. KRISTIN WHITE This business is conducted by: a. GENERAL
PARTNERSHIP The first day of business was: 11/15/15 Register-
d Name: a. ELIZABETH FARRELL WRAY Title of Officer,
if Limited Liability Company/Corporation Title of Signor,
if Corporation The statement was filed with Ernest J. Dronenburg, Jr. Re-
corder/County Clerk of San Diego County on: FEBRUARY 04
2021. ISSUE DATES: MARCH 5, 12, 19 & 26

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9002424 Fictitious Business Name(s) a. REAL TALK MEDIA Located at: 9120 CORNERSTONE COURT EAST STE 200, SAN DIEGO, CA 92121 Is registered by the following: a. LMN SERVICES, INC This business is conducted by: A CORPORATION. The first day of business was: N/A Registered Name: a. LMN SERVICES, INC Title of Officer, if Limitant Liability Company/Corporation Title of Signor, BRETT WARD, PRESIDENT I The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 10 2021. ISSUE DATES: MARCH 5, 12, 19 & 26

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00007952-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): VANESSA ROCHELLE DE LEON I filed a petition with this court for a decree changing names as follows: Present name: a. VANESSA ROCHELLE DE LEON to Proposed name: PRINCESS – SELAH ISRAEL 2. 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 a. Date 04/22/2021 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS/BEACH & BAY PRESS & PENINSULA BEACON. Date: February 24, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKNS IS SHOW DATES: MARCH 5,12,19 & 26 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTING TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO:
37-2021-00007959-CU-PT-CTL SUPERIOR COURT OF CAL-

FORMIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330
 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101;
 BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PER-
 PERSONS: 1. Petitioner (name): EFRAIN DE LEON AND MARISELA
 CAMERENA filed a petition with this court for a decree chang-
 ing names as follows: Present name: a. EFRAIN DE LEON
 to Proposed name: CORNELIUS BEN ISRAEL, b. MARISELA
 CAMERENA PEREZ to Proposed name: ALITZA ISRAEL c. GEN-
 ESIS DE LEON to Proposed name: SUSANNA ISRAEL 2. 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 hearing is sched-
 uled to be heard and must appear at the hearing to show
 cause why the petition should not be granted. If no written
 objection is timely filed, the court may grant the petition
 without a hearing. NOTICE OF HEARING: a. Date 04/12/2021
 TIME: 8:30 AM DEPT: 61. b. The address of the court is SAME
 AS NOTED ABOVE; 3. a. Copy of this Order to show cause
 shall be published at least once each week for four consecu-
 tive weeks prior to the date set for hearing on the petition in
 the following newspaper of general circulation, printed in this
 county (specify newspaper): LA JOLLA VILLAGE NEWS/BEACH
 & BAY PRESS & PENINSULA BEACON. Date: February 24,
 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKANA IS-
 SUE DATES: MARCH 5,12,19 & 26 ATTACHMENT TO ORDER TO
 SHOW CAUSE – Name Change (NC-120) Due to the Covid-19
 Pandemic, and the Court not conducting in-person hearings,
 the following order is made: NO HEARING WILL OCCUR ON THE
 DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court
 will review the documents filed as of the date specified on the
 Order to Show Cause. If all requirements for a name change
 have been met as of the date specified, and no timely written
 objection has been received (require at least two court days
 before the date specified), the petition will be granted with-
 out a hearing. One certified copy of the Order Granting the
 Petition will be mailed to you. If all of the requirements have
 not been met as of the date specified, the court will mail you
 a written order with further directions. If a timely objection is
 filed, the court will set a hearing date and contact the parties
 by mail with further directions. IF YOU ARE A RESPONDENT
 OBJECTING TO THE NAME CHANGE, YOU MUST FILE A WRITTEN
 OBJECTION AT LEAST TWO COURT DAYS (excluding weekends
 and holidays) BEFORE THE DATE SPECIFIED. Do not come to
 the court on the specified Date, you will be notified by mail by
 the Court of a future hearing date. Any petition for the Name
 Change of a minor, that is signed by only one parent, must
 have this Attachment served along with the Petition and Order
 to Show Cause on the other, non-signing parent, and proof
 of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9003234 Fictitious Business Name(s) a. ZOOM2 PARTNER-
SHIP Located at: 617 OVERLOOK PLACE, CHULA VISTA, CA
91914 Is registered by the following: a. JUAN PABLO REYES
b. DEMETRIO CONTRERAS This business is conducted by: C.
GENERAL PARTNERSHIP. The first day of business was: N/A
Registrant Name: a. JUAN PABLO REYES Title of Officer, if
Limited Liability Company/Corporation Title of Signor. I The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: MARCH 3, 2021. ISSUE
DATES: MARCH 12, 26 & APRIL 2

90301393 BUSINESS NAME STATEMENT FILE NO. 2021-
FICTITIOUS Fictitious Business Name(s) a. ZED PIX PHOTOGRA-
PHY Located at: 3335 STERNE STREET SAN DIEGO, CA 92106
Is registered by the following: a. CHRISTOPHER J DYE This
business is conducted by: AN INDIVIDUAL . The first day of
this business was: 11/15/19 Registrant Name: a. CHRISTOPHER
J DYE Title of Officer, if Limited Liability Company/Corpora-
tion Title of Signor. I The statement was filed with Ernest
J. Bronenburg, Jr. Recorder/County Clerk of San Diego County
on: MARCH 2, 2021. ISSUE DATES: MARCH 12, 19, 26 &
APRIL 2

99032529 Fictitious Business Name(s) a. MISSION EYEWEAR
Located at 1001 GARNET AVENUE, SUITE 200, SAN DIEGO, CALIFORNIA 92101
Is registered by the following: a. JONATHAN ADKINS
This business is conducted by: AN INDIVIDUAL. The first day of
this business was: N/A Registrant Name: a. JONATHAN ADKINS
Title of Officer, if Limited Liability Company/Corporation Title
of Signor. The statement was filed with Ernest J. Dronen-
march, Jr. Recorder/County Clerk of San Diego County on
MARCH 3, 2021. ISSUANCE DATE: MARCH 12, 2021 APPL #

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9003421 Fictitious Business Name(s) a. DOTUTOR EDUCATION SERVICES Located at: 1225 WEST SPRUCE STREET, SAN DIEGO, CA 92103 Is registered by the following: a. SAMAN HAKIMMAN This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/01/20 Registrant Name: a. SAMAN HAKIMMAN Title of Officer, if Limited Liability Company/Corporation Title of Signor. 1 The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 4, 2021. ISSUE DATES: MARCH 12, 19, 26 & APRIL 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
0902999 Fictitious Business Name(s) a. COAST TO MOUNTAIN
MEDIA b. COAST TO MOUNTAIN MARKETING Located at:
8288 GILMAN DRIVE # 45, LA JOLLA, CA 92037 Is registered
by the following: a. BRITANY RENEE LODGE / INDIVIDUAL
This business is conducted by: AN INDIVIDUAL. The first day
of business was: N/A Registered Name: a. BRITANY RENEE
LODGE / INDIVIDUAL Title of Officer, if Limited Liability Com-
pany/Corporation Title of Signor. I The statement was filed
with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San
Diego County on: FEBRUARY 26, 2021. ISSUE DATES: MARCH
12, 19, 26 & APRIL 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9002678 Fictitious Business Name(s) a. PIER TO POINT b. PIER TO POINT YOGA & WELLNESS CENTER Located at: 4166 VOLTAIRE STREET, SAN DIEGO, CA 92107 is registered by the following: a. ANNA CHRISTINE FERNANDEZ This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registered Name: a. ANNA CHRISTINE FERNANDEZ Title of Officer, if Limited Liability Company/Corporation/Company of Signer: I The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 17, 2021. ISSUE DATES: MARCH 12, 19, 26 & APRIL 2

303550S BUSINESS NAME STATEMENT FILE NO. 2021-9001435 Fictitious Business Name(s) a. NOAH'S NATURAL PET MARKET Located at: 4431 CASS STREET, SAN DIEGO, CA 92109 Is registered by the following: a. SAN DIEGO PET GROUP, INC This business is conducted by: A CORPORATION
The first day of business was: 2/8/21 Registrant Name: a. SAN DIEGO PET GROUP, INC Title of officer, if Limited Liability Company/Corporation Title of Signor. ALEXANDRA DAMERON, SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 5, 2021. ISSUE DATE: MARCH 19, 26 APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9003987 Fictitious Business Name(s) a. STAYING POSITIVE
TESTING NEGATIVE b. S.P.T.N. PODCAST Located at: 4191
MT EVEREST BLVD, SAN DIEGO, CA 92111 is registered by
the following: a. SHANE WILLIAM CAREW b. EDWIN GERARD
WIDEMANN This business is conducted by: CO PARTNERS
The first day of business was: 01/01/21 Registrant Name:
a. SHANE WILLIAM CAREW b. EDWIN GERARD WIDEMANN Title
of Officer, if Limited Liability Company/Corporation Title of
Signor. The statement was filed with Ernest J. Dronenburg,
Jr. Recorder/Clerk of County of San Diego County on: MARCH 8,
2021. ISSUE DATE: MARCH 19, 26 APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9003654 Fictitious Business Name(s) A. OSS CLEANING SERVICES B. MICHAEL ANDERSON Located at: 3764 JEWELL STREET, SAN DIEGO, CA 92109 is registered by the following: A. MICHAEL ANDERSON B. GEORGINA ANDERSON This business is conducted by: A MARRIED COUPLE . The first day of business was: 9/2/15 Registrant Name: A. MICHAEL ANDERSON Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/Clerk of San Diego County on or: MARCH 6, 2021. ISSUE DATES: MARCH 19, 26 APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-

9003882 Fictitious Business Name(s): A. SOUTHERN FRESH LEMONADE Located at: 3142 CHATELAIN CT, SAN DIEGO, CA 92123 is registered by the following: a. MARSHAUN DERY'L TATUM, JR. SOUTHERN FRESH LEMONADE This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registered Name: MARSHAUN DERY'L TATUM, JR. SOUTHERN FRESH LEMONADE 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 8, 2021. ISSUE DATES: MARCH 19, 2021
26 APRIL 2 & 9

ORDER TO SHOW CAUSE FOR CHANGE OF NAME, CASE NO: 37-2021-00009846-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner name: SAIRA PREET JHUTTY filed a petition with the court for a decree changing names as follows: Present name: a. SAIRA PREET JHUTTY To Proposed names: SAIRA PREET JHUTTY JHORN 2. 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. NOTICED BY HEARING a. Date 04/20/2021 TIME: 8:30 AM DEPT: 61 b. The address of the court is SAME AS NOTED ABOVE; 3. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date of set for hearing on the petition in the following newspapers of general circulation, printed in this county (specify news paper): LA JOLLA VILLAGE NEWS / BEACH & BAY PRESS & PENINSULA BEACON. Date: MARCH 8, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKNE ISSUE DATES: MARCH 19, 26 APRIL 2 & 9 ATTACHMENT TO ORDER TO SHOW CAUSE – A Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (effective at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00009617-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): BRIAN TODD CORN filed a petition with this court for a decree changing names as follows: Present name: a. BRIAN TODD CORN to Proposed name: BRIAN TODD CORN JHORN 2. 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 a. Date 04/20/2021 TIME: 8:30 AM DEPT: 61. b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specific newspaper): LA JOLLA VILLAGE NEWS / BEACH & BAY PRESS & PENINSULA BEACON. Dates: MARCH 5, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKENSE ISSUE DATES: JUDGE OF THE SUPERIOR COURT LORNA ALKENSE DATE: MARCH 22 & 9 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
90302326 Fictitious Business Name(s) a. FLEX CHIROPRAC-
TIC Center Located at: 4259 LOMA DEL SUR, LA MESA,
CA 91941 is registered by the following: a. CHRISTOPHER
ZEITER, DC This business is conducted by: AN INDIVIDUAL
b. The first day of business was: N/A Registrant Name: a.
CHRISTOPHER ZEITER, DC 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 2, 2021. ISSUE DATES: MARCH 19,
26 ,APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9004310 Fictitious Business Name(s) a. MEALS IN MOTION Located at 8607 LEPUS ROAD, SAN DIEGO, CA 92126 Is registered by the following: a. JAMELL SANDERS This business is conducted by: AN INDIVIDUAL The first day of business was: 6/20/2020 Registrant Name: a. JAMELL SANDERS 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 10, 2021. ISSUE DATES: MARCH 19, 26 APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9004184 Fictitious Business Name(s) a. CLIFFS BARBER SHOP Located at: 1781 SUNSET CLIFFS BLVD, SAN DIEGO, CA 92107 Is registered by the following: a. JEAN KAWI This business is conducted by: AN INDIVIDUAL . The first day of business was: 8/23/96 Registrant Name: a. JEAN KAWI 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 9, 2021. ISSUE DATES: MARCH 19, 26 APRIL 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9003992 Fictitious Business Name(s) a. J.P. FALCHI AND ASSOCIATES Located at: 4080 HANCOCK STREET, STE 3501, SAN DIEGO CA 92110 is registered by the following: a. JOHN P. FALCHI This business is conducted by: AN INDIVIDUAL . The first day of business was: 6/12/81 Registrant Name: a. JOHN P. FALCHI Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Drennon, Jr. Recorder/County Clerk of San Diego County on: MARCH 8, 2021. ISSUE DATES: MARCH 19, 26 ,APRIL 2 & 9

San Diego Unified School District preparing for students in April

San Diego Unified School District and educator representatives announced the next steps to prepare for a classroom re-opening the week of April 12. They outlined options to allow for students to safely return to campus full-time, while providing continued robust online instruction for families that do not feel safe returning to campus at this time.

As the district continues to review re-opening preference surveys sent to all families, it will begin working with principals to help set specific models for each school community. Families will receive details from their schools on March 22, asking them to select a specific model when classrooms reopen the week of April 12.

Every family will have the opportunity to choose either an in-person/online hybrid or an online-only model. Those remaining online will continue to receive a robust online experience, while those choosing the hybrid model will see their

live instruction time increase.

Both elementary and secondary students will have the opportunity to be on campus for a six-hour school day. The default school site model is four days per week of in-person instruction with precise schedules to be set based on the number of students who wish to attend in person, available space, and existing health and safety guidelines.

Educators and school leaders also agreed on steps which will make hybrid learning unnecessary in the fall, committing to no layoffs and the creation of a specialized instruction model for students who do not want to return to campus.

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City closes parks, beaches, and trails to discourage gatherings

San Diego Mayor (L. Miguel) and Mayor Pro Tem (R. Frazier) announced the city's decision to close all city-owned parks, beaches, and trails to discourage gatherings.

Read more: [sdnews.com](#)



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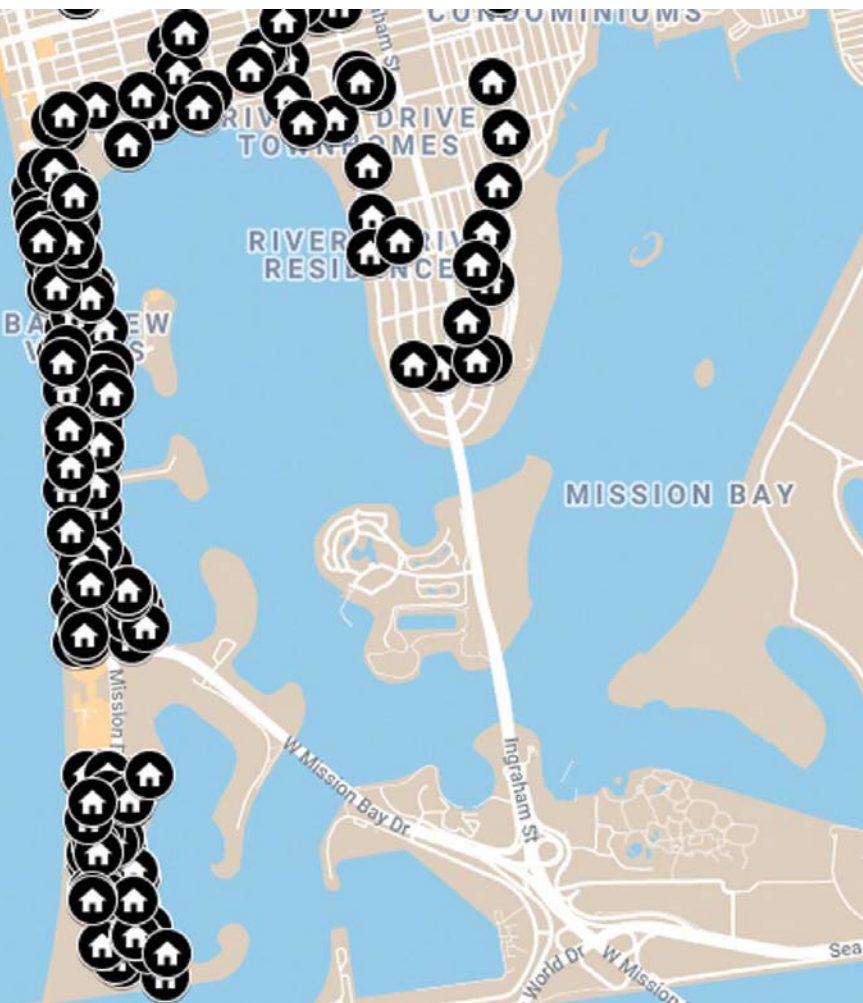
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\$1,650,000
Represented Seller & Buyer |
| 824 Kingston Ct
Sold 2/16/2021
\$1,627,987
Represented Seller | 2990 Bayside Walk
Sold 12/21/2020
\$1,360,000
Represented Seller & Buyer |
| 714 Kennebeck Ct
Sold 2/10/2021
\$2,200,000
Represented Seller | 3663 Ocean Front Walk
Sold 7/29/2020
\$2,050,000
Represented Seller |
| 2605 Ocean Front Walk
Sold 2/10/2021
\$2,830,000
Represented Buyer | 807 San Rafael Pl
Sold 7/27/2020
\$1,500,000
Represented Seller |
| 818 Capistrano Pl
Sold 2/9/2021
\$2,305,000
Represented Seller & Buyer | 721-723 & 725-727 San Fernando
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Ways I have changed, both good and bad, after a year in isolation



Doing it Better

By Natasha Josefowitz, Ph.D.

For more than a year I have not left my apartment except for a couple of medical appointments; also, no one has come to visit. Newspapers recount more frequent instances of depression, anxiety and suicide due to the pandemic's mandates to shelter at home. Teenagers and seniors seem to suffer the most from this lack of contact — for teenagers it is with peers, while for seniors it is with family. Recent research has shown that part of the brain that fires up when hungry for food is exactly in the same area as that which lights up when hungry for human contact.

Living in a retirement community, prior to COVID, I used to have opportunities for multiple contacts throughout the day — meals with friends, small and large meetings, group exercises and outings, family and friends visiting. What I miss the most are the interactions with others, the easy sharing of ideas, of feelings, commenting on the daily news — all these fed me

and often ended within the pages of my columns. I miss this input! The intimacy of good friends meeting together in a predictable routine, like daily breakfast with the same group over the years, creates bonds that can sustain us in times of difficulties. Now all this is gone.

In trying to identify what price I am paying for this lack of human contact, I have noticed that I am slowing down physically. I walk slower and sit too long, thus losing muscle mass even though I exercise via Zoom. The motivation to leave my chair is lacking; the more I sit, the more I want to sit.

As a result of my world having shrunk, I find myself getting more upset at minor glitches. I have become more irritable, especially with technology when it is not responding as it should, which of course happens a lot. Just this morning I could not figure out how to log into a meeting via Zoom; I actually felt my blood pressure rising.

On the other hand, surprisingly, I am finding a new way of living, a new way of being. I have worn the same few comfortable outfits the entire year. What I use in my kitchen is also revelatory. I have several knives hanging

from a magnetic strip, but I use the same favorite knife for everything. I also use the same dish, fork and spoon. My routine does not change from day to day; it feels comfortable in its predictability. So the lesson I am learning is how little I need in terms of material goods. I am aware of having lived in a consumer society and having responded to the urge to buy. The catalogs still come in the mail, but I have no need to look through them.

Many male friends are happy to spend more time with their wives and children since they are working from home. My daughter calls almost every night; it is a treat to share our daily activities or what we had just read or thought. My grandchildren have Face Timed and Zoomed with me more frequently than before the pandemic so I have become privy to the babies' first steps and first words. I have five great-grandsons and see them often in their various stages of development. "Say hi to your great-grandma." I get a smile and a wave via Face Time.

There is also more social media contact with far away friends and extended family members than previously. I enjoy capturing the

minutiae of other people's lives through emails flying back and forth throughout of the day. I have scheduled weekly Zoom meetings with a few friends to try to stay in touch and share our thoughts and concerns. Still it is not the same; I miss the in-person contact, the hug, the hand on the shoulder, the closeness of sitting together.

The question is how much of my old self will I return to? Will I stay in alignment with the lessons learned during the pandemic? The push to return to the former normal may be inexorable at first, but I am aware of having become a different person — more introspective, more reflective, quieter. I always thought of myself as an extrovert — out there, visible — but I have found an introvert within myself, content with the silence. I like this new part of myself that has emerged, and I want to keep it around, even once my old self gets the chance to get back out into the world.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2021. Natasha Josefowitz. All rights reserved.

La Jolla Institute team wins prize for COVID-19 screening test

A team of scientists at La Jolla Institute for Immunology (LJI) has won the XPRIZE Rapid COVID Testing competition. The team developed and successfully implemented a fast, inexpensive, saliva-based COVID-19 screen that allowed the Institute's laboratories to reopen safely in 2020. The team will receive \$500,000 in guaranteed winnings and is eligible to receive \$1 million total as they take steps to make their screening protocol widely available.

The LJI team was led by Suzanne Alarcon, manager of the LJI Next Generation Sequencing Core. Her team members were Hannah Dose, Arturo Hernandez, Kyle Tanguay and Rosalinda Diaz.

"Winning the XPRIZE is validating to the whole team, who have worked extremely hard

throughout this entire process," says Alarcon.

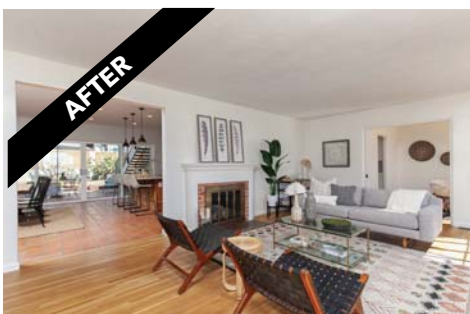
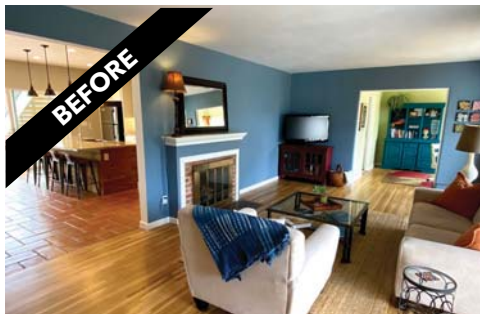
Alarcon and her team took on the project before any COVID-19 saliva-based tests had been approved. She says the approach was a gamble, but LJI needed a COVID-19 screen that would be easier to administer than a blood test or deep nasal swab. A saliva-based screen was the best option.

Once employees submit their saliva sample, the LJI team screens the saliva for very tiny pieces of SARS-CoV-2 virus. The researchers found that looking for the viral particles, as opposed to looking for other signs of infection (such as antibodies), can allow for early detection.

To accomplish this, Alarcon's team performs a one-step RT-qPCR assay to detect genetic material from SARS-CoV-2.

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Here's What We Did for Your Neighbor



We invested our own capital and coordinated all improvements through our Concierge Program including the following:

Created a neutral, appealing feel by painting the interior.

Cleaned up the exterior with some touches to the landscaping.

Replaced bathroom vanity and epoxied shower to make it feel brand new.

Switched out the light fixtures giving an updated feel.

Added epoxy flooring to the garage giving it a fresh clean look.

Transformed the home through high-end, stunning staging.

The Results:

Home Sold for 6 Figures More than Seller Expected

For more details, including how much was invested on improvements and the final sales price, call me directly!

DO NOT SELL YOUR HOME TO A "FLIPPER" THAT WILL EARN THE PROFIT YOU DESERVE!
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BY HELEN SPEAR

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LP: \$1,199,500

RARE OCEAN FRONT



5386 Calumet | La Jolla
Upside Potential | \$3,995,000

BAY FRONT CONDO



1235 Parker Place 3L | Summer 2021
Panoramic Views | \$1,395,000

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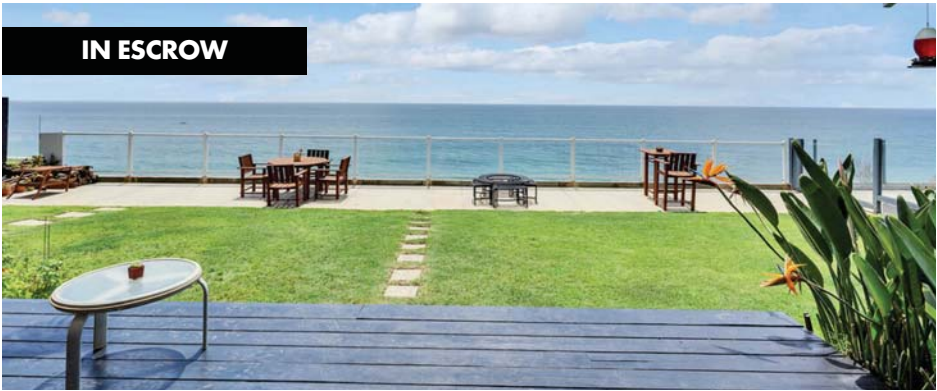
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745 DOVER CT.
 6 BD | 5.5BA | 3,045 sq.ft. **Sold for \$2,250,000**

Gorgeous home in South Mission Beach! This turn key property was built in 2010 and features travertine floors, stainless steel appliances, granite counter tops, AC, 4 car parking and solar. Home has a great rental history with \$177,067 in gross rents for 2019. The property is also condo mapped giving the new owner the option selling as 2 condos in the future.



796 NEPTUNE AVE.
 2 BD | 1BA | 1,147 sq.ft.
Asking Price of \$3,888,450

Charming Beach cottage on a large lot with lower seawall and upper bluff caissons. From the moment you open the front gate you can see the beautiful blue ocean water. This single level home sits on an irregularly shaped lot resulting in almost 60' of frontage on the Ocean which gives you even more panoramic views and a lush grass west yard. The east side yard is spacious, very private, and beautifully landscaped, with room for future home expansion. Only 11 lots to Beacons Beach access. www.796neptuneave.com



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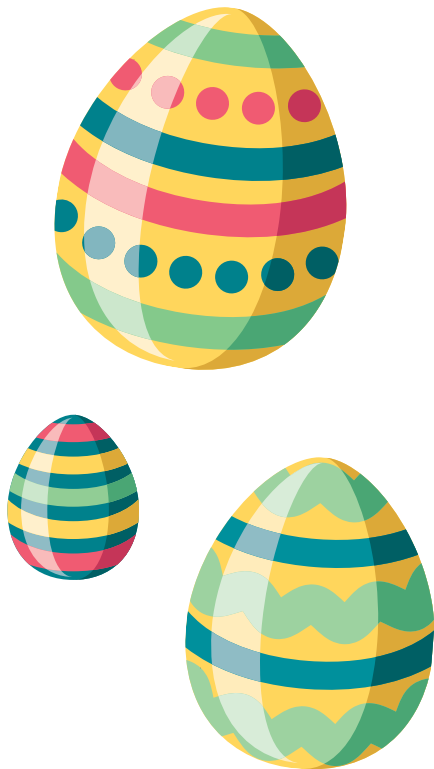
EASTER EGG HUNT

ATTENTION PB RESIDENTS!

We will be hiding 210 eggs throughout North PB on Easter morning filled with candy and prizes! 10 of these eggs will be **JUMBO GOLDEN EGGS** with even bigger prizes. All are welcome to join in on the fun. Tune in to our Facebook and Instagram pages for more details!

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PB Fun Fact:

One of the longest and most interesting topics of debate in PB is how you pronounce the street name Chalcedony. Well, opinions vary on this topic and yes it is a stone that is pronounced a certain way BUT, having grown up on Chalcedony we always pronounced it Chal-sud-ney. Now, some pronounce it Cal-ce-dony, others Chal-ce-dony but take it from someone who has spent over 40 years on that street in some capacity, we pronounce it Chal-sud-ney.