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Live events are back in PB

SEE PAGE 4



New swimwear line launches

SEE PAGE 6



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SAN DIEGO COMMUNITY NEWSPAPER GROUP

HEAD OVER HEELS FOR ROLLER SKATING

SEE PAGE 5

Kara Simpson (@karashredz) performs a handstand at the new Belmont Park skatepark in Mission Beach.

PHOTO BY LANCE LYNN

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Population shifts may cause City Council districts to be redrawn

By DAVE SCHWAB

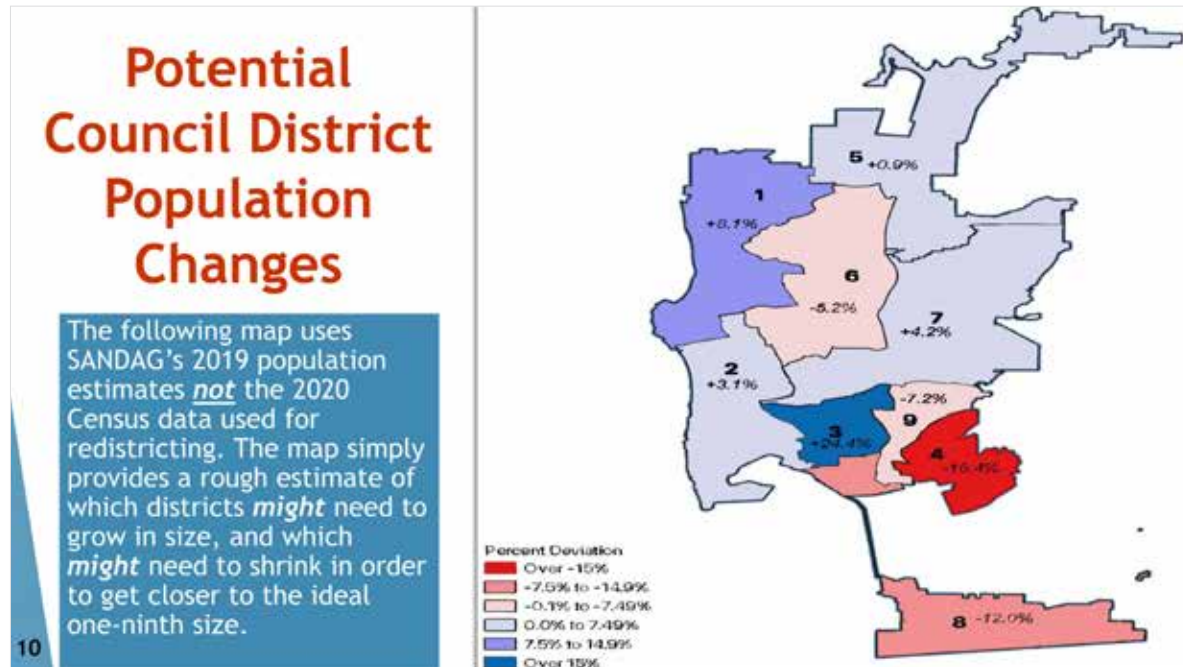
A City staffer and a local planning group chair have been filling community planners in on political redistricting, which will redraw the boundaries of San Diego's nine council districts.

Redistricting is the government-mandated process of redrawing political district lines every 10 years following completion of the U.S. Census, which occurred in 2020. The federal government requires that districts must have nearly equal populations and must not discriminate on the basis of race or ethnicity.

Lora Fleming, chief of staff to the City of San Diego Redistricting Commission, along with Fred Kosmo, chair of Peninsula Community Planning Board, one of nine San Diego independent redistricting commissioners, have been giving slideshow presentations discussing the Decennial Census conducted by the U.S. Census Bureau.

"The Redistricting Commission uses the census data to evaluate the nine City Council districts and to redraw the boundary lines to make sure that each district contains roughly one-ninth of our City's population," said Fleming. "Why do we do this? We're actually mandated by state and federal laws to do so."

"But the commission also



redraws the boundaries because our communities are changing. The redistricting commission has to account for all these changes so that each of the nine council districts averages roughly the same number of residents. This is crucial for fair and equitable representation for all San Diegans."

"From my perspective as a commissioner and resident, District 2 is too big," noted Kosmo, who is on the redistricting commission for a second time.

"So it's going to change a little bit. We really need input from the leaders of the different parts of the community. That's why we're here. Point Loma, Ocean

Beach, and Midway should stay together. The beach communities share a lot of issues in common. But with redistricting there is pressure to move the boundaries of our district, and that could be moving the boundaries toward downtown, or toward Mission Hills or La Jolla."

The California Supreme Court ruled that the California Redistricting Commission should have until Dec. 15 to submit its maps to the California Secretary of State. Due to delays, release of Census data has been pushed back to July 31. But it is expected the Census data won't actually be available until Sept. 30. In that

event, the California Redistricting Commission deadline will be re-adjusted. Local redistricting jurisdictions, such as the nine City Council districts, will potentially receive similar extensions.

Fleming said there are a number of rules to be followed by commissioners redrawing council district lines. "The districts are to be geographically compact and also composed of contiguous territory," she said adding the commission "is a completely independent and non-partisan entity. We're not in communication with the mayor or City staff about how they'd like to see the boundaries drawn."

There are other requirements to be followed as well, added Fleming.

"Obviously, the goal is to have no (population) deviations for each district," she said. "But the total deviation should be no more than 10%. In 2010, there was a total district city-wide deviation of approximately 4.59%."

Noting the redistricting commission is currently relying on San Diego Association of Government's population projections until the Census figures actually come in, Fleming pointed out District 3 in Mid-City is estimated to be as much as 24% over its one-ninth population requirement. By contrast, Fleming said District 4 is projected to have lost as much as 16.4% of its population, meaning its boundaries will almost certainly have to be redrawn.

"The best way to think about it is it's a really big puzzle," said Fleming of redistricting. "And the commission's responsibility is to make it all fit with as few deviations as possible."

The Redistricting Commission website is at sandiego.gov/redistricting-commission. How the public can participate in commission virtual hearings and submit their public input is at sandiego.gov/redistricting-commission/participating.



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City launches small business support services

To support the economic recovery of small businesses and restaurants impacted by the COVID-19 pandemic, the City of San Diego this week launched the new Small Business and Restaurant Assistance (SBRA) Program. Through SBRA, qualified local businesses can access support to easily navigate the City's planning requirements and permitting process, expediting construction projects and improvements that can give businesses a boost and help grow their operations.

Mayor Todd Gloria's "Back to Work SD" budget plan, unanimously approved by City Council last month, provides funding to establish the first-of-its-kind program, operated through the City's Development Services Department.

"This small business concierge service, provided by the SBRA Program, will help equitably jumpstart the City's economy by targeting those that need assistance the most," said Gloria. "Our permitting process is complex and it can be difficult to navigate, especially for new or small businesses."

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LIVE EVENTS ARE BACK!

FROM GOLDFISH RACES TO COMEDY SHOWS TO TRIVIA NIGHTS AND A NEW SKATEPARK IN MISSION BEACH

By DAVE SCHWAB

Live events are gradually rebooting as San Diego's beachfront along with its restaurants and bars returns to something more like normal. What's coming back and what's new?

Goldfish races are back at PB Shore Club at 4343 Ocean Blvd. Mavericks at 860 Garnet Ave. is offering mini golf, and just held a pro wrestling exhibition.

DJs have returned to Firehouse American Eatery & Lounge at 722 Grand Ave. Live music and bar events have returned to Moonshine Beach at 1165 Garnet Ave. PB local at 809 Thomas Ave. "always" has events and activities going on.

And the former Wavehouse in Belmont Park at 3146 Mission Beach Blvd. in Mission Beach has morphed into Club Aqua with its dual offerings: a skatepark with year-round youth programming, along with beach chair/lounger and other surf-related rentals.

"You've got our skatepark,

which is unique to San Diego, that just opened June 28, and on the other side you have the beach rentals on the boardwalk," said Ashleigh Conaway, director of operations at Club Aqua.

"Most skateparks in San Diego are made out of concrete and ours is made out of wood. It's definitely a different skate experience on the wood versus the concrete, as the wood is a lot more forgiving. You get a different handle on the board on the wood, a different response."

People on a late Friday afternoon were in the skatepark space during its debut week. A young woman with all the proper gear was warming up on the park's wooden peaks and dips resembling waves. A pre-teen boy was making some astounding moves on the ramps, while two other young men practiced overcoming obstacles on the course while enjoying their rides.

Just steps away from Mission Beach boardwalk, Club Aqua is open for general admission to



Mavericks Beach Club recently held a wrestlemania-type event at its fenced-in outdoor space. COURTESY PHOTO

skateboarders of all skill levels. The skatepark offers lessons, rental gear, and will soon open a pro-shop stocked with everything you need to get rolling. Also available from Club Aqua are beach rentals of all sorts, everything from beach chairs and loungers to bodyboards, surfboards, stand-up paddleboards, surf mats, giant inner tubes, and swim fins.

"The park here is open to all skate styles so skeet, skateboard scooters, they're all welcome," said Conaway adding, "We're actually talking about possibly hosting some competitions, get some pro skateboarders down here. The other thing we're doing is operating our one-of-a-kind youth programs Monday through Friday to include skating, swimming at The Plunge, and hanging out on the beach and playing. There really isn't anywhere else in San Diego where you can get all those things in one summer camp, which is pretty cool."

PB Local, a few blocks north of Belmont Park, was up to its usual tricks pleasing and entertaining guests. Restaurant/bar spokesperson Lindsay McDermott confirmed that PB local "does" almost always have something going on.

"Wednesday is our karaoke

night with boneless wing specials," noted McDermott. "Thursday we have an incredible trivia night. Saturday/Sunday nights on the front lawn with chef Rico are amazing. We also have DJs Thursdays through Sundays."

A few blocks away and around the corner, Mavericks Beach Club is returning to normal rebooting its always-festive open-air ambiance while rekindling its extensive entertainment options. Those most recently

included a wrestlemania-type event on July 5 in a ring, as well as converting its fenced-in outdoor space for use in other special events.

"We're just fortunate to have so much outdoor space, that truly saved us during the pandemic," said Krista Marcheschi, Mavericks' events and marketing manager. "We turned Mavericks outdoors into a mini-golf course to kick-off our opening weekend following the lifting of COVID restrictions. It was awesome, big fun, and crazy. And the wrestling event was unbelievable, just really silly fun. We're working on a few other things, like turning our lot into a volleyball court and having a tourney. Mavericks is the spot where everyone is welcome and feels at home."

Every Thursday, Mavericks also transforms some of its space into a comedy club featuring an incredible array of headliners. Since launching comedy night a few months ago, it has since taken off and the word has spread to guests and comedians alike that Mavericks is the place to be for live entertainment.

There is also going to be a Drag Me To Mavericks - Post Pride Party on Monday, July 19 from noon to 3 p.m.



A young skateboarder gets some air at the new skatepark at Belmont Park. PHOTO BY DAVE SCHWAB

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Bayan Ghahramani at Belmont Park in Mission Beach.

PHOTO BY SAMUEL SKILLZ EZEH

Roller skating is more than a trend, it's become a lifestyle on wheels

IT'S ALL ABOUT FUN, FRIENDSHIPS, AND ARTISTIC EXPRESSION

By JEN PFEILER

For San Diego roller skaters, roller skating is not just a hobby, it's a life passion, form of exercise, transportation, and an artistic expression. And like a fingerprint, that artistic style is unique to each individual roller skater.

"When I add my own flare it makes it more fun," said Madisson Eaton (@punkygirllsk8s), a Pacific Beach roller skater who has been skating for the last three years.

For Eaton, that flare includes a "flow" type of skating where she can slow down and focus on choreography.

"One of my biggest dreams is to be able to just skate and just not have to worry about hitting anything ... just close my eyes and be in total zen," Eaton said.

Eaton noted she also enjoys working on more technical moves at the skatepark, like trying to do a no-handed cartwheel – also known as an aerial – without touching the wall.

Kara Simpson (@karashredz), who began roller skating in June 2020 and considers herself "strictly an aggressive park skater," said she is working on mastering a variety of flips.

"If you can't already tell, I love

being upside down!" Simpson said. For other roller skaters, like Brie Olsen (@beepbeepbrie), the fun is not necessarily the tricks and techniques, but the outfits she wears while skating.

"I just show up in skates and dress fun," Olsen said.

Olsen began roller skating in August 2020 and is a frequent participant of Sunset Roller Club's (@sunsetrollerclub) themed skates where roller skaters meet up dressed in costumes. The latest themes include dressing like it's prom and impersonating a pop star for the evening.

One of the club's founders, Channon Medeiros (@thehawaiianwerewolf), said he wanted the Sunset Roller Club to offer a community for people amid the pandemic. Medeiros himself began roller skating during COVID-19. With all the gyms closed, Medeiros quickly fell in love with roller skating and even quit his nursing job to give roller skating lessons full time.

A little more than a year later, Medeiros said his goal is to "never stop having fun roller skating."

While some roller skaters enjoy pairing their skates with a fun outfit, others are discovering a more classic combination by

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joining their love for roller skating with lowrider cars. Bayan Ghahramani (@persianskater), who has been roller skating nearly every day since December 2016, said she likes to go to low-rider cruises in Barrio Logan and dance in between the cars during the event. Ghahramani noted she now travels with different car shows across the country and coordinates specific choreographed dances with the drivers.

Ghahramani said she also enjoys connecting to her Persian heritage by belly dancing on her roller skates along the boardwalk in PB and Mission Beach while jamming to any kind of music with a beat.

"Any roller skater when they put roller skates on, at first they find their balance ... then they start incorporating their own personality and culture into it," Ghahramani noted.

While roller skating is an outlet for individual expression, there is also a sense of camaraderie among skaters.

Even if you're new to the roller skating community, Ghahramani said, "The skating community is very accepting... you don't have to know someone to go up to them and say 'hey teach me a move,' you just have to know that you both have skates."

Ghahramani noted that during the pandemic, the number of roller skaters dramatically increased. And while the boardwalk may be slightly more crowded as a result, Ghahramani said she loves seeing new skaters show off their tricks on social media.

"It's really cool that we have so many skaters because we get to learn so many different things from each other," she said.



Madisson Eaton poses on some colorful stairs.

PHOTO BY BOBBY SARMIENTO

See SKATERS, Page 10

Over-The-Line World Championship returns to Fiesta Island July 16-18

By DAVE SCHWAB

Old Mission Beach Athletic Club's Over-The-Line World Championship, the freewheeling, unabashed, fun-loving free-for-all we've all grown to love over the years, will return this year in downsized form.

The 68th installment of the homegrown San Diego event will be on three consecutive days, instead of back-to-back weekends, for the first time. This year, the event will take place July 16-18 at Fiesta Island on Mission Bay.

OMBAC's Over-The-Line chair, Patrick Vaughn, explained the reasoning behind this year's event format change.

"We were not sure we'd be given a permit by the City even though we were hoping and holding out as long as we could," Vaughn said adding OMBAC changed up OTL's format because, "It gave us one more week to prepare, given a lot of people participating have made other plans, and we weren't sure we would be able to make a go of it."

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New swimwear line Goldeneye Swim launches in San Diego



Fashion Files

Diana Cavagnaro

Goldeneye Swim is a newly launched swimwear business in San Diego. Briana Rowe, the founder, began the company after a love of being in the sun and by the sea most of her life.

In her early years, Rowe lived in Mandurah, Australia, on the western side of the continent and known for its dolphins. When she was 6 years old, she moved to the Bay Area and was raised there until she went off to college.

She attended the University of Hawaii receiving a bachelor's degree in fashion design and merchandising. The first year in college she took a job at a big swimwear company and then interned with a bikini company giving her experience in working in this industry.

After graduation, Rowe took all this knowledge and used it to put her dream into a reality. Goldeneye Swim was born.

I asked her how she came up with the name of her business, and she said, "I have always been complimented on my golden eyes and it is a true reflection of what my business stands for, which is living in the golden light."

The Summer 21 Collection has a variety of solids and print bikinis



Goldeneye Swim founder Briana Rowe in a Monokini.

that customers can mix and match. This is important because most people don't have the same size at the top and the bottom.

I wanted to know how COVID influenced her business. She said that it actually helped her start the Goldeneye Swim. Before COVID, the minimums were very high, which made it difficult for small businesses to get started. During the pandemic, they were half of what they normally were, which helped in starting her business.

She was able to do everything without leaving San Diego. From Italy, they sent her swatches of fabric so she could choose the colors. Her manufacturer in Bali helps her source the fabric for the bikinis. This

was a big help because she didn't have to buy a lot of inventory.

Rowe also offers monokinis, which are a woman's one-piece beach garment. This can also be turned into an outfit if you wear it as a bodysuit. Recently, she launched a line of board shorts for men, which come in three styles. They can be worn for surfing or just lounging at the beach.

What lies ahead for her in the future is to begin designing cover-ups with matching hats and hopes to start doing pop-up shops. In the meantime, she will work on branding and creating a global presence with stores around the world.

To celebrate her launch, she teamed up with Flourish Jewelry Hawaii, a jewelry designer from Hawaii, and Shope Everything Palm, a sunscreen company from Florida, to have a summer essential giveaway. For more information about this luxury swimwear, visit goldeneyeswim.com.

UPCOMING EVENTS

July 23-24—La Jolla International Fashion Film Festival at the LOT La Jolla. For tickets, visit <https://bit.ly/34Xv5fL>.

Aug. 12-14: San Diego Swim Week showcases luxury swimsuits and will be located at 1040 7th Ave. For tickets, visit sandiegoswim-week.com.

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



Ricardo Ghionzoli, Jamie Mack, Tom Mack, Lorine Christensen, Leslie Drinco, Dave Drinco, Chip McCarty and Chris Deatrick are all residents in the 800 block of Wilbur Avenue in Pacific Beach who annually demonstrate their independent spirit hosting a block party for the 4th of July. PHOTO BY DAVE SCHWAB

PB JULY FOURTH TRADITION

Residents of the 800 block of Wilbur Avenue in Pacific Beach went all out again in 2021, as they have for years, decking out their homes, trees, sidewalks and their entire block with red, white and blue in honor of our nation's birthday. Banners were strung across the street. A huge American flag in the neighborhood proudly proclaims loyalty and national pride. The annual event is sponsored by a local group of men in the neighborhood who call themselves El Barracho and wear black T-shirts with their group's name.

The Wilbur Street El Barrachos said they started the tradition in 2003 because they all had small children at the time, and the beaches were so crowded July 4th, that it was better to party at home. So they use ladders every year to suspend banners across the street and hang a flag high up between trees.

The El Barrachos said they've done a lot of civic stuff in PB participating in year-end caroling and the holiday parade, as well as celebrating Saint Patrick's Day.

"We're a group that sponsors no one, supports no causes," quipped one El Barracho adding, "By the way, this small group here (barbecuing) has been going on (celebrating) since the third."

FISH SHOPS PARTNER FOR PETS

Fish Shop's locations in Pacific Beach at 1775 Garnet Ave. and Point Loma at 1110 Rosecrans St. have partnered with Pets for Patriots throughout July and August. For every bottle of Tribute, Imagery, and Cupcake wine sold on-premise, a portion of proceeds will be donated by the national non-profit.

Pets for Patriots was created to give the gifts of fidelity, joy, and love to veterans and pets through companion animal adoption. The organization works to build a nationwide network of rescue and veterinary partners, find homes for overlooked shelter animals, reduce the cost of pet guardianship to prevent veterans from returning adopted pets to shelters, and provide ongoing support to nurture the healing bonds between veterans and their adopted companion pets.

BIG TABLE DONATION

Thanks to the communities' support via social media, San Diego's Big Table was officially awarded a \$10,000 donation from San Diego's Mainline Insurance Services which will allow the organization to provide food and housing for up to 120 restaurant and hospitality workers. Big Table is a local organization dedicated to caring for restaurant and hospitality workers in crisis and they are equipped to provide care for all areas of a person's life and usually includes rental and utility assistance as well as food security through gift cards to local grocery stores.

LIBRARIES RESUME IN-PERSON SERVICES

As the San Diego region continues to emerge from the COVID-19 pandemic, the San Diego Public Library (SDPL) is resuming many of its in-person services this week. Patrons at the 26 locations can browse, use computer and printing services, pick up holds and renew their library cards. Select library locations also offer free Wi-Fi, internet access and laptop use through SD Access 4 All. In addition to the sites offering in-person services, four additional locations will be open for contactless pickup service. Book drops are open 24 hours a day, seven days a week at all 36 library locations.

In accordance with the City of San Diego's policy and in keeping with local health guidelines, individuals who are fully vaccinated are not required to wear face coverings inside City buildings. For individuals who are not fully vaccinated, face coverings are required indoors and recommended outdoors when unable to maintain six feet of distance from others.

ADOPTION FEES FOR ADULT DOGS AND CATS REDUCED

San Diego Humane Society is participating in BISSELL Pet Foundation's "Empty the Shelters" adoption event July 9-11. During the promotion, the adoption fee for adult dogs and cats (7 months and older) will be reduced to \$25 per animal at San Diego Humane Society thanks to support from BISSELL Pet Foundation. To view animals available for adoption at San Diego Humane Society, visit sdhumane.org/adopt.

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Every week, we provide video encouragements from our church staff and volunteers, both via email and on our social media pages. Topics include but are not limited to - parenting help, kid's activities, worship, hope, mental health service opportunities and loving our neighbors. So again, head to our website to sign up for those weekly emails and to connect with us at Pacific Life Church. We feel fortunate that we get to serve the community of Pacific Beach and we love our town. We are here for you – you are not alone!



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Volunteers remove 1,457 pounds of trash from San Diego's beaches after Fourth

More than 600 volunteers gathered at six popular beaches yesterday morning to assist with the Surfrider Foundation San Diego's annual post-Fourth of July "morning after" beach cleanup series. In only two hours, Surfrider volunteers had recovered more than 1,457 pounds of trash — the majority consisting of single-use plastics — which otherwise could have washed into the sea adding to the already critical pollution problem devastating the world's oceans.

Surfrider volunteers held four cleanups at Ocean Beach Pier, Crystal Pier, Moonlight Beach, and Oceanside Pier; while the San Diego River Park Foundation held an Ocean Beach Dog Beach cleanup, and I Love a Clean San Diego held cleanups at Mission Beach/Belmont Park. These cleanup sites were chosen because of the high concentration of beachgoers and notorious reputations for post-4th of July trash.



Rhyme, from Tierrasanta, picks up cigarette butts at Mission Beach Park off the boardwalk on July 5.
PHOTO BY THOMAS MELVILLE

TOTAL WEIGHTS BY SITE

Ocean Beach Pier – 223 pounds.
Ocean Beach Dog Beach – 560 pounds.
Belmont Park – 317 pounds.

Crystal Pier – 159 pounds.
Moonlight Beach – 102 pounds.
Oceanside Pier – 96 pounds.

Few holidays generate more trash on San Diego County beaches than the Fourth of July. The "morning after" exemplifies the disastrous consequences that our reliance on wasteful, single-use plastic products wreaks upon our coastal environment. Each year, the San Diego County Chapter and partners host the "morning after" cleanup series to help tackle the mess.

"Many volunteers remarked that the beaches seemed cleaner than in previous years, which is a great sign, but we must not lose sight of the fact that even one piece of trash on the beach is one piece too many," said Mitch Silverstein, Surfrider Foundation San Diego Chapter manager.

"More than anything, we hope our

beach cleanups inspire San Diegans to continue down the path of coastal stewardship, to continue lessening their reliance on single-use plastics, and to start or continue, to hold businesses and governments accountable for the plastic pollution that has no place in our communities, on our beaches, and in our ocean."

The Surfrider Foundation San Diego has a handful of programs working to fight plastic pollution in San Diego. Specifically, the Rise Above Plastics program has been a key player in introducing and passing single-use plastic and polystyrene ordinances across San Diego County. The program uses outreach, education and advocacy to cut down on single-use plastics and cigarette butts before they reach the coast.

For more information on the Surfrider Foundation San Diego, visit surfrider-sd.org.

Unvaccinated San Diegans account for nearly all COVID-19 cases, hospitalizations, deaths

By José A. Álvarez

Almost all COVID-19 cases, hospitalizations and deaths being reported in the region are occurring in San Diegans who are not fully vaccinated.

New data from the County Health and Human Services Agency shows that since Jan. 1, COVID-19 has been primarily occurring in San Diegans who are unvaccinated or partially vaccinated. They represent:

- 99.8% of deaths
- 99.88% of hospitalizations
- 99.1% of cases

"The data shows what we've known all along. The COVID-19 vaccines are very effective at preventing serious illness and deaths," said Seema Shah, M.D., medical director of HHSA's Epidemiology and Immunization Services branch. "If you have not gotten vaccinated or are missing a second shot of your COVID-19 vaccine, do be safe and limit the spread of this virus."

Since Jan. 1, a total of 1,219 COVID-19 deaths have been reported in the region and only three were San Diegans who had

been fully vaccinated. Of the 5,159 hospitalizations that have occurred during the same period, only 10 were in people who were fully immunized. Furthermore, over 106,000 COVID-19 cases have been reported since the beginning of this year and only about 1,000 were in San Diegans who were fully vaccinated.

Vaccination Progress:

- Doses administered: Over 4.1 million.
- Received at least one shot: More than 2.2 million or 78.8% of San Diegans 12 and older.
- Fully vaccinated: Close to 1.9 million or 67.6%.
- The goal: vaccinate **75% of San Diego County residents 12 and older or 2,101,936 people, with at least one dose.**

•To date, 105% of the goal population has received at least one vaccine and 90.1% are fully vaccinated.

•More vaccination information can be found coronavirus-sd.com/vaccine.

Deaths:

- Two new deaths were reported between June 30 and July 6. The region's total is 3,782.

•Two men 80 years or older and with underlying medical conditions died June 19 and June 29.

Cases, Case Rate and Testing:

•102 COVID-19 cases were reported to the County on July 6. The region's total is now 283,376.

•San Diego County's case rate is 2.5 cases per 100,000 residents as of July 6.

•3,621 tests were reported to the County on July 6, and the percentage of new positive cases was 2.8%.

•The 14-day rolling percentage of positive cases among tests is 1.5%.

Community Setting Outbreaks:

•Nine new community outbreaks were confirmed in the past seven days (June 30 through July 6): two in faith-based settings, two in restaurant/bar settings, one in a residence, one in a grocery setting, one in a business setting, one in a fitness/gym setting and one in a retail setting.

•The community outbreaks trigger is more than seven in a 7-day period.

More Information:

Data updates to the County's coronavirus-sd.com website are published around 5 p.m. on Wednesdays.

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Brie Olsen skates with a giant ice cream cone at Belmont Park. PHOTO BY RICK SAA

SKATERS »
CONT. FROM PG. 5

Eaton also commented that there is no specific age demographic when it comes to roller skating. “It doesn’t matter how old you are,” Eaton said. “The boardwalk is for everyone.”

The pandemic and social media connections have played an undeniable role in the uptick in roller skating in recent years, according to business owner and rink hockey player, Christina Stang. Stang opened her Fritz’s Roller Skate Shop at 4150 Mission Blvd. in Pacific Beach during the pandemic. She stated that online orders as well as the shop’s roller

skate rentals have been especially successful, allowing newbies to try skating out on the nearby boardwalk before deciding whether to commit to a new pair of skates.

Stang noted, “It’s cool to see the San Diego community embrace roller skating for fitness.”

Fitness is indeed an important aspect of the activity for those in the roller-skating community. While newbies may feel achy learning to balance on a pair of skates for the first time, Ghahramani noted, “Skating doesn’t become a form of exercise until you gain your balance and you can move in it.”

That’s when the real perspiration begins, according to Ghahramani, who said roller skaters often bring towels to wipe off the sweat while



Channing Medeiros skates at Coronado Ferry Landing. PHOTO BY VALERIE LENOVA

they skate.

“It lets me get out of the house and move,” said Olsen, who added that she’s been tracking her miles

while roller skating since October. Her goal is to get to a thousand miles by her one-year roller skating anniversary in August. Olsen noted she has about a hundred miles left until she reaches her goal.

But unlike taking time out of a busy day to go to the gym and work out, Olsen and Eaton said they both incorporate roller skating into their day-to-day errands. They manage to do this by taking note of which stores allow them to do their shopping on roller skates, and avoid places that don’t.

Aside from the physical benefits of roller skating, roller skaters say the activity has elevated their mental health. Ghahramani noted roller skating consistently helped her overcome anxiety.

“It was my lifesaver and then it started growing into an art-form too,” she said.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9010265 Fictitious Business Name(s) a. SPECIALTY SOLUTIONS OF SAN DIEGO b. BEACHTHERAPY OF SAN DIEGO Located at: 3455 KEARNY VILLA ROAD #445, SAN DIEGO, CA 92123 is registered by the following: a. GARY FAISEL YOUSSEF, JR This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. GARY FAISEL YOUSSEF, JR 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: MAY 24, 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9010265 Fictitious Business Name(s) a. COFFEE DREAMS Located at: 743 EMERALD STREET, SAN DIEGO, CA 92109 is registered by the following: a. CALIFORNIA DREAMS HOSTEL, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. CALIFORNIA DREAMS HOSTEL, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor. ALEJANDRO JAMIE, MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 10 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

NOTICE OF APPLICATION FOR ALCOHOLIC BEVERAGE LICENSE: STATE OF CALIFORNIA, TO: DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL, 1350 FRONT ST, ROOM 5056, SAN DIEGO, CA 92101 (619) 525-4064 File number 626170 DISTRICT SERVING LOCATION: SAN DIEGO FIRST OWNER: CHESWICKS WEST, INC, NAME OF BUSINESS: CHESWICKS WEST , LOCATION OF BUSINESS: 5038 ½ NEWPORT AVENUE, SAN DIEGO, CA 92107, COUNTY SAN DIEGO, IS PREMISES INSIDE CITY LIMITS – YES, TYPE OF LICENSE 48, TRANSFEROR'S LICENSE/NAME 604421 / CHESWICKS WEST, LP LICENSE TYPE 48 – ON SALE GENERAL PUBLIC PREMISES. STATE OF CALIFORNIA, COUNTY OF SAN DIEGO, DATE: MAY 4, 2021, APPLICANT NAME CHESWICKS WEST, INC. ISSUE DATES JUNE 18, 25 & JULY 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9010377 Fictitious Business Name(s) a. AC&Y CAB Located at: 5060 WIGHTMAN STREET #210, SAN DIEGO, CA 92105 is registered by the following: a. AHMED K MOHAMUD This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. AHMED K MOHAMUD 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: MAY 25 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9010804 Fictitious Business Name(s) a. FRANKLYNN WATER PURIFICATION b. SAN DIEGO WATER PURIFICATION Located at: 4539 LEATHERS ST. SAN DIEGO, CA 92117 is registered by the following: a. MARCUS FRANKLIN KELLEY b. ANDREA LYNN KELLEY This business is conducted by: A MARRIED COUPLE The first day of business was: N/A Registrant Name: a. a. MARCUS FRANKLIN KELLEY b. ANDREA LYNN KELLEY 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: JUNE 1 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9012089 Fictitious Business Name(s) a. THREE PILLARS ACUPUNCTURE Located at: 4501 MISSION BAY DRIVE, SUITE D2, SAN DIEGO, CA 92109 is registered by the following: a. PETER LECKE L.A.C. This business is conducted by: AN INDIVIDUAL The first day of business was: 8/17/16 Registrant Name: a. PETER LECKE L.A.C. 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: JUNE 15 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9011093 Fictitious Business Name(s) a. WYLIN Located at: 9675 PASEO MONTRIL, SAN DIEGO, CA 92129 is registered by the following: a. COREY LEE RIHN .This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. COREY LEE RIHN Title of Officer, if Limited Liability

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SUDOKU PUZZLE

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CROSSWORD PUZZLE

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

CLUES ACROSS

1. Sr. enlisted Army member
4. Payroll firm
7. Monetary unit of Macao
10. Cooking vessel
11. Cow sound
12. Hairpiece
13. Spoon-shaped surgical instrument
15. Mother
16. Remove from record
19. Foolish
21. Mailman
23. Unit of data size

- 24. Stirred
- 25. Deceptive movement
- 26. We all have one
- 27. Direct from pasture beef animal
- 30. A person's own self
- 34. Helps little firms
- 35. Deep, red-brown sea bream
- 36. Tumbler
- 41. A short section of a musical composition
- 45. Young woman (French)
- 46. Wings
- 47. Wine bottles

50. Thin layers of rock
54. Opposite to
55. American state
56. Uncertainty about something
57. Basics
59. Indian seaport
60. Owed as a debt
61. Buffer solution
62. Unit of work or energy
63. Soviet Socialist Republic
64. One point south of due east
65. Born of

CLUES DOWN

1. Small stem bearing leaves
2. Female Bacchanalians
3. Mediterranean city
4. Measures electric current
5. Arrived extinct
6. Edible butterfly
7. Causing wonder or astonishment
8. Behaviors showing high moral standards
9. Ancient Irish alphabets
13. Footballer Newton
14. Utilize

17. Sum of absolute errors
18. Opposite of the beginning
20. Shoe company
22. Algerian port city
27. Girls organization (abbr.)
28. Type of cell (abbr.)
29. Swiss river
31. When you hope to get there
32. Fall behind
33. Expresses distaste, disapproval
37. Volume containing several novels
38. Less sharp
39. Food for the poor

- 40. Having made a valid will
- 41. Royal estates
- 42. Relating to wings
- 43. Japanese three-stringed lute
- 44. Taking something through force
- 47. Angry
- 48. Before the present
- 49. Showy ornaments
- 51. Norway
- 52. Comedienne Gasteyer
- 53. Consume
- 58. Founder of Babism

[illegible]

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

LEGALS »
CONT. FROM PG. 11

Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 05 2021. ISSUE DATES: JUNE 18,25 ,JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
 0911585 Fictitious Business Name(s) a. SAVE OUR BEACHES
 CULTURE Located at: 5359 RUETTE DEL MAR, SAN DIEGO, CA 92130
 92130 is registered by the following: a. DAVID SIMMONSON
 This business is conducted by: AN INDIVIDUAL The first day
 of business was: N/A Registrant Name: a. DAVID SIMMONSON
 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: JUNE 09
 2021. ISSUE DATES: JUNE 18,25 JULY 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0911169 Fictitious Business Name(s) a. WHOLESALE FLOWERS b. WHOLESALE FLOWERS SAN DIEGO c. WHOLESALE FLOWERS AND SUPPLIES d. WHOLESALE FLOWERS AND SUPPLIES e. THE FLOWER MART f. SAN DIEGO WHOLESALE FLOWERS g. SAN DIEGO WHOLESALE FLOWERS.com h. WHOLESALE FLOWERS SAN DIEGO Located at 5305 MONTGOMERY STREET, SAN DIEGO, CA 92110 Is registered by the following: a. WWB & S INC. This business is conducted by: A CORPORATION b. WWB & S INC. Day of business was: N/A Registrant Name: a. WWB & S INC. Title of officer, if Limited Liability Company/ Corporation Title of Signor. DANIEL FERRETTI, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 05 2021. ISSUED: JUNE 18,25 July 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0911906 Fictitious Business Name(s) a. b. balance Located at: 4305 GESNER STREET, STE 101, SAN DIEGO, CA 92117 is registered by the following: a. BIRGIT WITHERSPON. This business is conducted by: AN INDIVIDUAL The first day of business was: 02/01/07 Registrant Name: a. BIRGIT WITHERSPON 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: JUNE 12 2021. ISSUE DATE: JUNE 25, 2021 9, 2 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9011863 Fictitious Business Name(s) a. CANNABIS 21+ Lo-
cated at: 1233 CAMINO DEL RIO SOUTH, STE 1299, SAN DIEGO,
CA 92108 is registered by the following: a. LOUD SD, INC. This
business is conducted by: A CORPORATION The first day of
business was: 02/01/07 Registrant Name: a. LOUD SD, INC.
Title of officer, if Limited Liability Company/Corporation Title
of Signor SEAN ST PETER, CEO The statement was filed with
Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego
County on: JUNE 12 2021. ISSUE DATES: JUNE 25, JULY 2,
9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
 9011827 Fictitious Business Name(s) a. HARMONY NATURAL
 WELLNESS b. HARMONY NATURAL WELLNESS OF SAN DIEGO
 Located at: 2348 GALVESTON STREET, SAN DIEGO, CA 92110 is
 registered by the following: a.ANDREW MORGAN HARRISON
 Sr. This business is conducted by: an INDIVIDUAL The first day
 of business was: N/A Registrant Name: a.ANDREW MORGAN
 HARRISON, Sr. Title of Officer, if Limited Liability Company or
 Corporation Title of Signor. The statement was filed with Em-
 nest J. Dronenburg, Jr. Recorder/County Clerk of San Diego
 County on: JUNE 12 2021. ISSUE DATES: JUNE 25, JULY 2,
 & 9 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9011759 Fictitious Business Name(s) A. CHICKENHEADZ LLC
 Located at: 5026 NEWPORT AVENUE, SAN DIEGO, CA 92107
 Is registered by the following: A. CHICKENHEADZ LLC, Title
 This business is conducted by: A LIMITED LIABILITY COMPANY The
 first day of business was: N/A Registrant Name: A. CHICKEN-
 HEADZ LLC Title of Officer, if Limited Liability Company/
 Corporation Title of Signor, MARTIN ROBLES, MANAGER The
 statement was filed with Ernest J. Dronenburg, Jr. Recorder/
 County Clerk of San Diego County on: JUNE 11 2021. ISSUE
 DATES: JUNE 25, JULY 2, 9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0912270 Fictitious Business Name(s) a. COSDAVI Located at 78725 ENGINEER RD #2031 ,SAN DIEGO, CA 92111 Is registered by the following: a. HARANG US INC This business is conducted by: A CORPORATIONThe first day of business was: 6/6/21Registrant Name: a. HARANG US INC Title of Officer: If Limited Liability Company/Corporation Title of Signor. PARK, YOUNGJUN JOHN CHRISTIAN, CHIEF EXECUTIVE OFFICER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 16 2021. ISSUEDATES: JUNE 25 ,JULY 2, 9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0912212 Fictitious Business Name (s) a. PUFF PB Located at: 1544 GRAND AVENUE SAN DIEGO, CA 92109 is registered with the following: a. GRAND MOKOU, INC. This business is conducted by: A CORPORATION/The first day of business was: 01/01/2021 Registrant Name: a. GRAND MOKOU, INC. Title of Officer: a. [redacted] if Limited Liability Company/Corporation Title of Signor. a. [redacted] GRAND MOKOU, INC., SEAN MOKU, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 16 2021. ISSUE DATES: JUNE 25, JULY 2, 9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9012342 Fictitious Business Name(s) A. HAPPY HOLLOW
MOBILE HOME PARK, B. HAPPY HOLLOW MHP Located at: 999
E DIVISION ST, NATIONAL CITY, CA 91950 is registered by the
following: a. HAPPY HOLLOW MHP GP, LLC. This business is
conducted by: A LIMITED PARTNERSHIP The first day of busi-
ness was: 10/12/18 Registrant Name: a. HAPPY HOLLOW
MHP GP, LLC. Title of Officer, if Limited Liability Company/
Corporation Title of Signor, a. KIM EGGLESTON, MANAGER The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: JUNE 17 2021. ISSUED
DATES: JUNE 25, JULY 2, 9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0912354 Fictitious Business Name(s) a. HANALEI OPAL DE SIGNS b. HANALEI OPAL Located at: 853 BROCKTON ST, EL CAJON, CA 92020 Is registered by the following: a. KAHLEA BRAKOWSKI This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: KAHLEA BRAKOWSKI Title of Officer, if Limited Liability Company/Partnership Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 17 2021. ISSUE DATES: JUNE 25, JULY 2, 2021

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO:
37-2021-000019651-CU-PT-CTL SUPERIOR COURT OF CAL-

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 PER-
 PERSONS: 1. Petitioner (name): SOLOMON JUMA AHMAD filed a
 petition with this court for a decree changing names as fol-
 lows: Present name: a. SOLOMON JUMA AHMAD to ABDOU
 RAHMAN JUMA AHMAD 2. THE COURT ORDER that all persons
 interested in this matter shall appear before this court at the
 hearing indicated below to show cause, if any, why the peti-
 tion 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: 08/17/2021 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. Dated
 JUNE 23, 2021. JUDGE OF THE SUPERIOR COURT RICHARD
 G MAINO ISSUE DATES: JUNE 25, JULY 2, 9 & 16 ATTACH-
 MENT TO ORDER TO SHOW CAUSE - Name Change (NC-120)
 Due to 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
 MAKE 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
 if 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-
9012127 Fictitious Business Name(s) a. GLOBAL NATURE AND
ART ALLIANCE Located at 2400 51st AVENUE #440, SAN DIE-
GO, CA 92101 Is registered by the following: a. PAUL DOBBS
b. XINXIAN WANG This business is conducted by: A GENERAL
PARTNERSHIP The first day of business was: 3/1/21 Regis-
trant Name: a. PAUL DOBBS b. XINXIAN WANG 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: JUNE 15 2021. ISSUED
DATES: JULY 2,9,16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0912991 Fictitious Business Name(s) a. 1ST MERIDIAN CONCIERGE NURSING b. 1ST MERIDIAN NURSING CARE Located at 4545 MURPHY CANYON RD #204, SAN DIEGO, CA 92123 is registered by the following: a. FIRST MERIDIAN CARE SERVICE, INC This business is conducted by: a CORPORATION The first day of business was: 02/01/14 Registrant Name: a. FIRST MERIDIAN CARE SERVICE, 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: JUNE 23 2021. ISSUE DATES: JULY 2,9,16 & 23

ORDER TO SHOW CAUSE FOR THE FILING OF NAME: CASE NO. 37-2021-00027551-CU-PT-CTL, SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 3300 WEST BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE TO ALL INTERESTED PERSONS: 1. Petitioner (name): EDWARD ZEVALLOS filed a petition with this court for a decree changing names as follows: Present name: a. EDWARD ZEVALLOS aka EDWARD ZEVALLOS CIRIO aka JORGE EDWARD ZEVALLOS CIRIO to JORGE EDWARD ZEVALLOS 2. THE COURT ORDER 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 08/11/2021 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: JUNE 28, 2021. JUDGE OF THE SUPERIOR COURT LORNA A. ALKSNE ISSUE DATES: JULY 2,9,16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9011086 Fictitious Business Name(s) a. AGINGRAGING
 Located at 1232 SAVOY STREET, SAN DIEGO, CA 92107 Is
 registered by the following: a. KATHERINE KELLY b. AMY
 PEARLMUTTER c. BRIANNE ICE d. CAMERON BUCHANAN e.
 CANDICE LYFORD f. COREY BAKER g. DANIELLE STROUD d.
 DANNA CANNIVINO e. KELLY MARUCIA f. LAUREN LITTKEN
 c. LISA O'CONNOR d. MEGAN GUYOT e. MELISSA SPRADLING f.
 JANENE NOONAN c. NICOLE SANTOS d. REGAN MEDeiros-WIESE
 e. VICTORIA TRAINO This business is conducted by: A
 GENERAL PARTNERSHIP The first day of business was: N/A
 Registrant Name: a. KATHERINE KELLY b. AMY PEARLMUTTER
 c. BRIANNE ICE d. CAMERON BUCHANAN e. CANDICE LYFORD
 f. COREY BAKER g. DANIELLE STROUD d. DANNA CANNIVINO
 e. KELLY MARUCIA f. LAUREN LITTKEN c. LISA O'CONNOR
 d. MEGAN GUYOT e. MELISSA SPRADLING f. JANENE NOONAN
 c. NICOLE SANTOS d. REGAN MEDeiros-WIESE e. VICTORIA
 TRAINO 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: JUNE 05, 2021. ISSUE DATES: JULY 29, 16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9013068 Fictitious Business Name(s) a. VAN DEUTCH APPLI-
ANCE REPAIR Located at: 8642 DALLAS STREET, LA MESA
CA 91942 is registered by the following: a. MOHAMMED R
BENCHEKROUN This business is conducted by: AN INDIVID-
UAL The first day of business was: N/A Registrant Name:
a. MOHAMMED R BENCHEKROUN 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: JUNE 24, 2021. ISSUE DATES:
JULY 2,9,16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9012725 Fictitious Business Name(s) a. HONEST AIR SD Located at: 4344 BLACKTON DRIVE, LA MESA, CA 91941 Is reg-

istered by the following: a. BUNKERS INSPECTIONS, LLC, LLC
This business is conducted by: A LIMITED LIABILITY COMPAN-
NY The first day of business was: 6/10/21 Registrant Name:
a. BUNKERS INSPECTIONS, LLC, Title of Officer, if Limited Li-
ability Company/Corporation Title of Signor: Matthew Bunker
CEO The statement was filed with Ernest J. Dronenburg, Jr.
Recorder/County Clerk of San Diego County on: JUNE 21 2021
ISSUE DATES: JULY 2,9,16 & 23

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 202101091235 Fictitious Business Name(s) a. OFTN FVLED BARBERE/BA
LOUNGE Located at: 844 W MISSION BAY DR, SAN DIEGO CA 92109 is registered by the following: a. JEREMY AUSTIN/THE
MORENO This business is conducted by: AN INDIVIDUAL THE
first day of business was: N/A Registrant Name: JEREMY AUSTIN
AUSTIN MORENO Title of Officer, if Limited Liability Company-
ny/Corporation Title of Signor. The statement was filed with
Ernest J. Drzenburg, Jr. Recorder/County Clerk of San Diego
Cron on: JUNE 21, 2021. ISSUE DATES: JULY 9,16,23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0914230 Fictitious Business Name(s) a. BARE SD Located at 2710 GARNET AVE #106 SAN DIEGO, CA 92109 is registered by the following: a. THERESA HALIK This business is conducted exclusively by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. THERESA HALIK 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: JULY 2, 2021. ISSUE DATES: JULY 9, 2021 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-01912663 Fictitious Business Name(s) a. SUPREME NOBLE HOLDING LIMITED b. MIKA LLC Located at: 7744 LUDDINGTON PLACE, LA JOLLA, CA 92037 is registered by the following: a. JOHN CHEN This business is conducted by: AN INDIVIDUAL: The first day of business was: N/A Registrant Name: a. JOHN CHEN 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: JUNE 23, 2021. ISSUE DATES: July 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
09012248 Fictitious Business Name(s) a.ONYX OFF SITES AND
TRAININGS Located at: 4907 MORENA BLVD, SAN DIEGO, CA
92117 is registered by the following: a. POSITIVE ADVENTURES,
LLC This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: N/A Officer,
-transit Name: a. POSITIVE ADVENTURES, LLC Title of Officer,
- Limited Liability Company/Corporation Title of Signor. RYAN
P SHORTALL, POSITIVE ADVENTURES, LLC, MANAGER The
statement was filed with Ernest J. Dronenburg, Jr. Recorder
County Clerk of San Diego County on: JUNE 16 2021. ISSUED
DATES: JULY 9,16,23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9012576 Fictitious Business Name(s) a. ENDS OF THE EARTH
PUZZLES & MAPS Located at: 3328 BROWNING ST., SAN DI-
EGO, CA 92106 is registered by the following: a.ELIZABETH
BANHAM b. COREY MCCORMICK This business is conducted
by: a. GENERAL PARTNERSHIP The first day of business was
9/3/20 Registrant Name: a.ELIZABETH BANHAM b. COREY
MCCORMICK Title of Officer, if Limited Liability Company/Cor-
poration Title of Signor. The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County
on: JUNE 19, 2021. ISSUE DATES: JULY 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9012899 Fictitious Business Name(s) a. PURE OCEAN ADVENTURES Located at: 12222 POWAY RD #20, POWAY, CA 92064 is registered by the following: a. HELLEM, LLC, This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. HELLEM, LLC, Title of Officer, if Limited Liability Company/Corporation Title of Signor. MICHAEL HELLEM, HELLEM, LLC, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 23 2021. ISSUE DATES JULY 9,16,23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
0914293 Fictitious Business Name(s) a. IDEAL REAL ESTATE
Located at: 6120 AVENIDA CHAMNEZ, LA JOLLA, CA 92037 is
registered by the following: a. DMITRY ITKIN This business is
conducted by: AN INDIVIDUAL The first day of business was
04/03/02 Registrant Name: a. DMITRY ITKIN Title of Officer
If Limited Liability Company/Corporation Title of Signor.
This statement was filed with Ernest J. Dronenburg, Jr. Recorder,
County Clerk of San Diego County on: JULY 6, 2021. ISSUED
DATES: JULY 9, 16, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9014002 Fictitious Business Name(s) a.BURKE CONTRAC-
TORS Located at: 8714 MIENKAR ROAD, SAN DIEGO, CA
92126 Is registered by the following: a. BURKE CONTRAC-
TORS INC This business is conducted by: A CORPORATION
The first day of business was: 06/29/21 Registrant Name: a.
BURKE CONTRACTORS INC Title of Officer, if Limited Liability
Company/Corporation Title of Signor. DANIEL BURKE, BURKE
CONTRACTORS INC, CEO The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County
on: JULY 1, 2021. ISSUE DATES: JULY 9,16,23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0914291 Fictitious Business Name(s) a. PATRIOT AIR AIR CONDITIONING & HEATING Located at: 859 FELSPAR STREET SAN DIEGO, CA 92109 Is registered by the following: a. PATRIOT AIR AIR CONDITIONING & HEATING This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 7/29/16 Registrant name: a. PATRIOT AIR AIR CONDITIONING & HEATING Title of Officer, if Limited Liability Company/Corporation Title of Signor. JEREMY R COFFMAN PATRIOT AIR AIR CONDITIONING AND HEATING, MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder County Clerk of San Diego County on: JULY 6, 2021. ISSUED DATES: JULY 9,16,23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-0913688 Fictitious Business Name(s) a. UNIVERSAL SCALPS Located at: 3500 FIFTH AVE UNIT #309A, SAN DIEGO, CA 92103-1205 Is registered by the following: a. WILLIAM BERNUDEZ This business is conducted by: AN INDIVIDUAL The first day of this business was: 06/22/21 Registrant Name: a. WILLIAM BERNUDEZ. 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: JUNE 29, 2021. ISSUE DATES: July 9, 19, 23 & 30

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-
9012718 Fictitious Business Name(s) a. R&R JETSKI RENTALS
Located at: 4535 WINONA AVENUE, SAN DIEGO, CA 92115 is
registered by the following: a. ARTISS REDMOND b. ARLYN
REDMOND This business is conducted by: a MARRIED COU-
PLE The first day of business was: 06/22/21 Registrant Name:
a. ARTISS REDMOND b. ARLYN REDMOND Title of Officer, if
any: a. Limited Liability Company/Corporation Title of Signor,
if any: The statement was filed with Ernest J. Dronenburg, Jr. Recorder,
County Clerk of San Diego County on: JUNE 21, 2021. ISSUED
DATES: JULY 9,16,23 & 30



668 Canyon Drive Chula Vista

This 4BR/2.5BA home is situated in the beautiful Stonegate neighborhood in Chula Vista. Situated on the edge of a canyon, the super solid steel enforced deck has an outdoor BBQ area and a jacuzzi, an entertainer's dream! There is a master suite downstairs and 3 large bedrooms upstairs. Enjoy the bright light coming through windows that face west along with the vaulted ceilings which gives the rooms an extra spacious feel. The walkability is great, as this home is centrally located close to shops, schools and restaurants. **Offered at \$899,000 Open Saturday 11-2:30**



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Not one realtor or broker believed I could get 3 million for my house except David. They were all trying to convince me to sell it for less to get rid of it. And I mean they were saying in the low 2s and that is not going to happen. He never tried to convince me to settle or take an offer less than what I wanted. When I said no, he listened and told the potential buyers no. He somehow will convince them to give me more money. He strategizes very well. Like he has this game plan on how to get me what I want. He's done it time after time with many of the offers that I have received. We had 10 formal offers between \$2,200,000 and \$3,200,000 and 7 low ball cash verbal offers. I never ever expected David nor has any agents in my past has ever achieve that for me.

Broker David has gotten me offers as high as \$3,200,000. Nobody would believe that happened. He did that not once but twice at \$3,200,000. The buyers of my house did offer \$3,100,000, but dropped to \$3,000,000 because they wanted some concessions. That was fine because as I mentioned before, I really wanted \$3,000,000 and I got what I wanted, so again he got me not once but twice \$3,100,000 offers, that seems to be David's slogan, not once but twice, lol. David has sold over a dozen of the same properties two and three times over. But never in my wildest dream that I would get offers beyond that. David has special skills at negotiating with the buyers/agents. Not sure how he does it but he is the miracle worker. I will be more than happy to refer any of my friends and family to have David R. Indermill represent them. I look forward to David representing me on many more real estate transactions!

Doris Lew 7520 Mar Ave La Jolla Ca 92037

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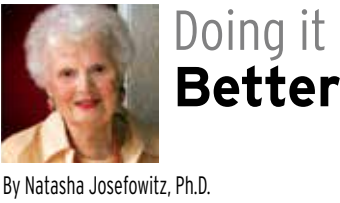
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Flying with the greatest of ease –the daring people on the flying trapeze



By Natasha Josefowitz, Ph.D.

Doing it Better

You swing gently on your trapeze somewhere near the top of the circus tent. It's comfortable and secure, and then you see the next trapeze hurtling towards you. As you gauge the time and the distance, you have to decide when the appropriate moment will come for you to leave the safe bar you're hanging from and leap into the void, arms outstretched to grasp the empty bar as it swings towards you.

While you're hurtling through the void, that moment between the two trapezes, that moment when you could either fall and hurt yourself or grasp the bar and haul yourself onto it for another safe and secure time—in that moment you're in transition. If you stay too long on your comfortable trapeze, you will become sedentary, fat, bored, and eventually depressed. At some point you will have to make the leap. We all have hurled ourselves into outer space, into unknown territories: every time we have changed jobs, gotten married or

divorced, experienced the death of a loved one, given birth to a child, started a relationship, moved to a new location, or changed a lifestyle.

As we grow older, we tend to hang on to the more familiar. It becomes more of an effort to let go of one's trapeze in order to catch the next one. We are less confident of flying in that time of transition, of leaving the known to explore the unknown. We are indeed less nimble, less pliant, more attached to the old ways. Yet, our salvation is to keep jumping, arms outstretched into the new—yes, that leap is our salvation against aging brains, stiff bodies, dull routines, unsatisfying relationships, and diminished lives. It's imperative for us all, as we go through life's stages, to not be afraid of transition—that nowhere place we find ourselves in as we leave the familiar and are not yet acquainted with the unfamiliar.

The pandemic is now giving us this opportunity to leave the safety of our homes and indoor lives that had shrunk to encompass less and less of the outside world. Indeed we will encounter a different world from the one we left fifteen months ago. We will also have to familiarize ourselves with the different

person we have become, having experienced isolation with fewer, if any, stimulating encounters. According to newspaper accounts, more people will now work from home, more children will learn online (either full or part-time), more time will be spent cooking and interacting with one's spouse and children, or simply being comfortable alone. So the leap from one trapeze to the next is really encountering the unfamiliar, the potentially uncomfortable, but also the possible discovery of a more discriminating self who may prefer to be less active, less available, more home-bound. Friends may also have changed in unpredictable ways, which will need a reacquaintance with their new values and behaviors. We may have learned that sitting quietly just thinking is not wasting time; that it may be as productive as non-stop activity.

Our aging processes have also sped up during these months. We may have plateaued for a while prior to the pandemic, remaining the same age for some years, but now suddenly we have grown into our actual and current age. We will need to reassess a possibly less resilient body, a slower step, diminished energy; new eye glasses and hearing aids may now be

a necessity as well as new attention paid to nutrition and exercise in order to ward off disability. Successful aging is determined by lifestyle choices more than by heredity.

We will need to discard old, no longer useful habits and learn new ways of being, of seeing, of feeling, of acting. Our habits will need to change as we meet up with this new world with our different bodies, as we examine opportunities with a new outlook. Do we explore and accede? Or do we retreat and linger longer in uncertainty? This is the period of transition which is by definition uncomfortable. Who are we, less certain of what these new steps will look like, more tentative, and yet leap we must? It may take a while to find comfort. Even if we fall at first, there is always a safety net we can bounce back up on... and so we will fly through the air with the greatest of ease, the daring old people on the flying trapeze.

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.

CHALKUP! SUMMER ART FEST

Building on the success of community chalk art events that sprung to life during the pandemic, the ChalkUp! Summer Art Fest is a family-friendly community celebration of voting rights, community diversity, and the power of "us." The public is invited to add their voices to a community canvas stretching along a section of the La Jolla Bike Path, between Vincente Way and Via del Norte. On Saturday, July 10, from 9:30 a.m. to noon learn about the For the People Act and the John Lewis Voting Rights Advancement Act and write postcards to their U.S. Senators Dianne Feinstein and Alex Padilla.

VETS HONOR KELLOGG

The Mt. Soledad Memorial Association recently honored William Kellogg for his many years of efforts as the association's chair emeritus. Kellogg served as president/chairman of the association from 1989 until 2012. He contributed toward the organization's raising the money to build and operate the new Veterans Memorial Walls at the top of Mt. Soledad in La Jolla. Kellogg's multiple-year effort helped guarantee that the memorial will remain, and he believes it is one of his greatest accomplishments.

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PB Fun Fact:

Mission Bay High School opened in September of 1953 but the first graduating class wasn't until 1955. My mom was class of 71' and I was class of 96'. Go Bucs!!