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FRIDAY, SEPTEMBER 17, 2021

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FINS TO THE LEFT,
FINS TO THE RIGHT

LEOPARD SHARKS RETURN TO SHORES OF LA JOLLA
SEE PAGE 7



Many locals and visitors go out and swim or snorkel with leopard sharks during the summer in the coastal waters off La Jolla. PHOTO BY JOHN O'NEILIO, @johnonelio

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MBHS senior earns national award for volunteering at Cabrillo National Monument

'I've always been a huge advocate for women's rights.'

— SITA ANTEL, MISSION BAY HIGH STUDENT

By DAVE SCHWAB

Mission Bay High School senior Sita Antel has won a national award for her volunteer work at Cabrillo National Monument honoring the centennial of the 19th Amendment granting women voting rights.

Bestowed by the National Park Service, the George and Helen Hartzog Awards in various categories honor park volunteers' hard work while drawing attention to their skills and contributions. Each year, nearly 300,000 volunteers across the NPS donate more than 6.5 million hours of service, for a value of more than \$185 million.

On Aug. 25, Antel was named the 2020 national award winner in the youth service category for creating an exhibit "picket garden." She researched, prepared text, and created original artwork, as well as assisting with setting up the exhibition on women's suffrage that was made available to the public both in-person and online.

The 19th Amendment in-person exhibit reached thousands of visitors at the park while it was on display, and, since its publication, the online fully-accessible exhibit has reached more than 500,000 through the park website and

social media series.

"Thanks to Sita's work on the exhibit, the park was able to highlight diverse under-told histories of women," said Elizabeth Skinner, Cabrillo's chief of interpretation. "Additionally, the picket garden she created sparked relevant and engaging conversations between visitors and staff about voting rights in the United States."

The Hartzog Awards are given annually to recognize the exemplary contributions NPS volunteers make to their park and to their community. George B. Hartzog Jr. served as the director of the NPS and created the Volunteers-In-Parks program in 1970. In retirement, he and his wife, Helen, established a fund to support the program and honor the efforts of volunteers.

An avowed history lover, Antel was thrilled to participate in a historic exhibition at a historic local monument. "The Point Loma Lighthouse built in 1854 was in itself a landmark of women's rights," she said pointing out, "The assistant lighthouse keeper position was often held by women, and was the first equal pay for equal work job for women under the U.S. government."

Noting it was great to be able



Mission Bay High School senior Sita Antel won a national award for her volunteer work at Cabrillo National Monument. COURTESY PHOTO

to showcase women's history at a historical landmark, Antel enjoyed dressing up in period garb and doing historical interpretation for guests.

But being rewarded for her work wasn't anticipated.

"I wasn't expecting to win an award at all," Antel said. "I'm really surprised." Though she never applied for or knew she was even nominated for an award, Antel is proud that she "ended up winning on a national level in the youth category."

The 19th Amendment exhibit at Cabrillo National Monument was also visually stunning. "They illuminated the lighthouse in gold and purple, the colors of the suffragette movement," Antel noted.

Antel added: "I wrote the signs that were along the walkway and made the picket signs that were in the lighthouse garden. I did research on national and diverse women, not just Susan B. Anthony. The most important thing is these women's voices were being heard out there. That's what they

deserved."

"I plan to get a history degree," said Antel adding, "I've always been a huge advocate for women's rights."

Antel would also consider a career in parks.

"I would be happy working in Point Loma or a smaller park, getting my hands dirty, doing a lot of things," she said. "I really love museums, interpretation, and education. I want to do something in the community that I enjoy, and that makes a difference."

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Why do leopard sharks return to shores of La Jolla?



Locals and visitors check out the leopard sharks in the waters off La Jolla.
PHOTO BY JOHN O'NEILL, Instagram: @johnonellio

By DAVE SCHWAB

For years it's been a mystery as to why leopard sharks return every summer in massive numbers to the coastal waters of La Jolla. Turns out the sharks, harmless to humans, are mostly female and mostly pregnant.

"What I surprisingly found while snorkeling is that the sharks weren't doing anything other than swimming," said Andrew Nosal, Ph.D., a marine biologist, and professor with the University of San Diego's Environmental and Ocean Sciences Department who has studied leopard sharks since 2007.

So Nosal took the next logical step to find out what they actually were doing.

"Watching them was not going to be enough," he noted. "So we started to track these sharks by attaching acoustical tags to them

and following their movements. We had eight tagged sharks with depth and temperature sensors that we followed in a boat for 48 hours.

"We found the shark's movements were confined to just in shore off La Jolla's submarine canyon. And the reason they were there was that the canyon produces small waves with low-wave energy, so the waters are calmer."

But that's not the only reason why leopard sharks were there, pointed out Nosal.

"Calmer waters mean they are also warmer waters," he said. "On average, this zone was a degree or two warmer than the surrounding areas."

Nosal talked about deciphering the "other part of the puzzle," which is why leopard sharks return to La Jolla annually in large numbers.

"We found that 97% of the sharks in La Jolla are mature females," he

WHERE TO FIND LEOPARD SHARKS

The best spot to find the La Jolla leopard sharks is from the Marine Room beach. This site, in a secluded strip of the ocean, is about a mile south of Scripps Pier on the east end of the marine park. Once you enter the water, begin heading to the west, away from the shoreline.

said. "We very rarely saw or captured any juveniles. On top of that, we noted the sharks are mostly pregnant and would give birth eventually."

So what were mature pregnant female leopard sharks doing in La Jolla's waters?

"Our ongoing hypothesis concluded that these pregnant females were incubating their developing embryos in the warmer, calmer waters," said Nosal. "Like mother birds sitting on their eggs, these (cold-blooded) sharks were keeping their embryos warm occupying the warmest available water along the coastline, where they were accelerating the embryo's development and shortening their gestation period, which for leopard sharks is 10 to 11 months, longer than humans."

Nosal added a non-lethal examination of the contents of leopard shark's stomachs revealed they were going down into La Jolla's submarine canyon to feed at night, mostly on squid spawning in the canyon's shallows.

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A. L.

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The Social Diary – ‘Queen’ May Z living the ‘Dolce’ life, the Positive Movement, and rock star happenings at Beaumont’s in Bird Rock

By MARGO SCHWAB

Fondly known as “Queen” May, May Zawaideh creates quite a royal stir wherever she goes. Whether it’s Elton John’s Castle for an AIDS benefit, or recently in this case to Venice, Italy for the very over-the-top Alta Moda three-day extravaganza of fashion and parties hosted by Domenico Dolce and Stefano Gabbana aka Dolce & Gabbana to you and me. A very coveted invite indeed as only 450 were extended worldwide!

And so off May and her husband Emad Zawaideh went for a whirlwind venture of dinners, fashion shows, one had a bit of hail storm, and some all-night club action. All night, wearing what else, custom Alta Moda Dolce & Gabbana!

May’s favorite moments were with newlywed Lady Kitty Spencer, who would be the late Princess Diana’s niece, Jwana Karim, Manuel Arnaut, Shaun Wheeler, of course, the designers Domenico Dolce and Stefano Gabbana, and her Emad.

Meanwhile locally, the Positive Movement Foundation held a fundraiser on McKee Street

downtown to the tune of 200 people and \$150,000 raised. All with the mission of educationally empowering San Diego’s most vulnerable youth with school supplies, computers, tutoring, mentoring to promulgate a better future.

“Our team is dedicated to the betterment of San Diego’s greatest at-risk children,” said Positive Movement Foundation

founder and president Omid Sabet. How cool is it that the Positive Movement Foundation has its own day too now in San Diego, Aug. 28!

Of ‘note’ in La Jolla was the upcoming band Classless Act performing at Beaumont’s Restaurant. This signed band will be touring next year with Mötley Crüe, Def Leppard, Poison, and Joan Jett. On hand

was Kristi Pieper, the proud rock momma of guitarist Dane Pieper. Dane and his bandmates Griffin Tucker, Franco Gravante, Derek Day, and Chuck McKissock have quite the following of PYT, pretty young things, and quite the future!

‘Til next time!

Margo Schwab is the owner and publisher of The Social Diary. She has produced TV segments, acted, and is currently filming a documentary ‘Wild for Versace,’ which will include elements of her passions, animals and fashion. For event coverage inquiries, Margo can be contacted at mschwab@san.rr.com.



May Zawaideh with Lady Kitty Spencer – Venice.



Domenico Dolce with May Zawaideh – Venice.



Bella Tumini and Rachel Roe – Positive Movement.



Judy and Peter Corrente – Positive Movement.



Alex Yanke, Diva Betch, and Emily Waitt – Positive Movement.



May and Emad Zawaideh – Venice.



Board members accept proclamation from County of San Diego naming Aug. 28 The Positive Movement Foundation Day, left to right, Dan Fulkerson, Councilmember Raul Campillo, Hailey Waitt, Omid Sabet, Geena Aguilar – Positive Movement.

Take a little piece of Dame Zandra Rhodes home from IKEA



Fashion Files

Diana Cavagnaro

Dame Zandra Rhodes just launched a new collection called KARISMATISK in collaboration with IKEA. This collection includes 26 statement-making pieces and is available in IKEA stores globally.

When you visit IKEA in San Diego, you will first go up the stairs and to your surprise, the first thing you see is the new launch of Zandra Rhodes. It is very exciting to see this fabulous collection of long-time resident and supporter of many San Diego charities. After much planning, the IKEA team came up with a collection reflecting her aesthetics. They used the five dimensions of democratic design, which are form, function, quality, and sustainability at an affordable price. This means that everyone can now afford to take a little piece of Rhodes home with them.

Rhodes' inspiration comes from organic material and nature. Her prints are inspired by travel such as the chevron stripes from Ukraine and the symbols of the Native North Americans. She is also inspired by Japanese flowers, calligraphy, and shells. Using these

patterns along with the power of color they have made products that will add character or charisma to the home. They have used recycled material wherever possible and the focus is less is more.

This eye-catching KARISMATISK Collection makes a statement. It says "Here I am!" You can have so much fun with these home furnishings by mixing and matching cushions, rugs, and textiles. They also have cut fabric in two different designs, which you can make into something unique or this material is perfect for all the quilters out there.

"It's the sort of collection that people can just take one piece of and it can brighten up their lives or they can take several pieces," says Zandra Rhodes.

For those who are not familiar with Zandra Rhodes, she was one of the new wave of British designers who put London at the forefront of the international fashion scene in the 1970s. She is famous for her use of vibrant colors and fearless prints and has been a revolutionary force in the fashion and textile worlds for over five decades and author of many books.

This collection is a manifesto for fearless self-expression at home. During these uncertain times using color helps uplift the spirit. KARISMATISK encourages all color lovers to "be bold, be fabulous, be you!"

My favorite quote from this international fashion designer is, "Colour makes people happy and happy looks good on everyone." For more information, visit zandrahodes.com.

UPCOMING EVENTS

Saturday, Sept. 25 – The Show Must Go On... So Strut! Vista Hill and A New PATH Fashion Show at the Sheraton San Diego Hotel and Marina. Boutique shopping, luncheon, and theatrical fashion show presented by Gretchen Productions. For more info, call 619-670-1184.

Saturday, Oct. 2 – FWSD21 Designer Runway Shows from 6-9 p.m. at U4RIK Spirits Distillery and Event Space in San Marcos. For tickets, visit fashionweeksd.com.

Saturday, Oct. 2 – 35th Annual Fur Ball Gala at the San Diego Humane Society from 6-11 p.m. at 5500 Gaines St. Dogs and humans dressed in the finest attire. For more information, visit sdhumane.org/furball.

Sunday, Oct. 3 – FWSD21 Designer Trunk Show and Awards from 10 a.m.-2 p.m. at Spirits Distillery and Event Space in San Marcos. For tickets, visit fashionweeksd.com.

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



Dame Zandra Rhodes' KARISMATISK Collection at IKEA.

PHOTO BY DIANA CAVAGNARO



PHOTO COURTESY OF ZANDRA RHODES



PHOTO BY DIANA CAVAGNARO



PHOTO COURTESY OF ZANDRA RHODES

LJCDs cross country: Team uninterrupted

By ED PIPER

"This year is definitely looking up," says Alyssa Vo, a sophomore cross country runner at La Jolla Country Day who is embarking on her first real fall sports season after the "athletics interrupted" COVID mess of a year ago.

Sure, it's trite, but to run two informal running events last fall on the beach against local rivals and to not even have the meets worthy of recording on Athletic.net is to lose a year and to yearn for a season that's going to count. "I kind of ran last year," Vo, as she warms up for today's team workout, says somewhat apologetically. She also plays right fullback on the Torreys girls soccer unit.

As Alyssa and her Torreys teammates prepare for another meet this week, you can hardly detect there was a missed season

in 2020 unless you ask individual runners, while coach Scott Sanders walks (curious phrase) them through times, pacing, going out too fast or slow at the Raven Invitational last week. Vo, who enjoys studying Spanish and science, follows along quietly in the back of Room 102 on campus.

"We have younger and older (runners)," Sanders, in his 21st year as head coach, tells a reporter beforehand. So many of the athletes are enjoying recording times and finding out where they are in training and competition after the "interrupted" year.

Paul Criado ran 17:11.60 over three miles at the Canyon Crest meet Sept. 4. Other senior boys are Jake Needle (17:15.17), Eisa Al Mazrouei (18:04.55), Varun Singh (18:37.63), and Aidan Ideker (18:57.71). David Thorpe recorded a time of 20:04.60,

while Jacob Walter came in at 20:11.96, and Ricardo Cervera 20:57.81. Seven run as a team, the five fastest count toward the team finish.

"I've never been the fastest," says Cervera, one of the eight senior males out of 24 boys and three girls on the squad. But he seeks to get better, and he values the friendships. "I've been running for four years. It's good exercise. I have a lot of friends on the team. There are workouts that are at 'conversation' speed. We have a chance to talk a good 45 minutes."

Ricardo is named one of three LJCDs athletes of the Raven meet, breaking a seven-minute-per-mile pace. Sareena Perez, a freshman, is another, running "by far her fastest race" in 11:52.69 in the 1.5-mile frosh/soph girls event. William Cleaves, a fellow



La Jolla Country Day cross country team.

PHOTO BY ED PIPER

ninth-grader, is the third honor-ee, with 9:56.18 over 1.5 miles.

Audrey Brewer, a sophomore, is an LJCDs "lifer" (attending since kindergarten). "I'm a very creative person," she says. "I love mixed media, combining several different materials." Brewer ran two years in middle school.

Dylan Zou-Schepp, a junior, says, "It's cool (being on a team

of 24 guys). It's kind of weird being one of the older runners now (with the missed 2020 season). Into business and economics, "I'm taking AP Microeconomics," he reports. He likes the "energy" of running in regular meets.

Eisa (pronounced EE-sa) Al Mazrouei says, "I love running. I've run for four years, including track. I run much faster now."

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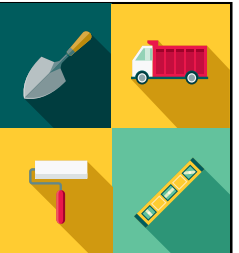
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CLASSIFIEDS/LEGALS

ANNOUNCEMENTS 100

PUBLIC NOTICES

Pacific Beach Parking Advisory Board of The City of San Diego

NOTICE OF ELECTION AND GEN-ERAL MEETING

Pacific Beach Community Parking District (PBCPD) The PBCPD will serve as the Advisory Board to the Parking Management District and will function as the place to discuss and implement parking programs. Dis-cover Pacific Beach will provide administra-tive support, financial management, logis-tics, office space, staff support and other services as needed to meet City Council Policy 100-18.

PACIFIC BEACH AREA BUSINESS LI-CENSE HOLDERS AND RESIDENTS ARE INVITED TO RUN FOR ELECTION AS A MEMBER OF THE PBCPD BOARD OF DIRECTORS. NOMINATIONS ARE CURRENTLY BEING SOLICITED FOR FOUR (4) AT LARGE SEATS ON THE THIRTEEN (13) MEMBER BOARD.

There shall be four (4) at-large members from the four quarters of the community as divided by Garnet Street and Ingraham Street. At-large delegates must be a resident or business owner within the Pacific Beach Community Plan Boundary and the quartile of the neighborhood they wish to represent and must submit to the committee a petition signed by fifteen residents, businesses or property owners inside their respective quad-rant, accompanied by sufficient contact information, from with the Pacific Beach Community Plan Boundary. THE NOMI-NATION PETITION MUST BE SUB-MITTED TO THE PBCPD AT THE NEXT MEETING TO BE HELD OCTO-BER 12, 2021 AT 5:30 PM EITHER IN PERSON (AT 1503 GARNET AVENUE) OR BY EMAILING SUN-NY@PACIFICBEACH.ORG AND AT-TENDING THE ZOOM MEETING. PLEASE EMAIL SUN-NY@PACIFICBEACH.ORG FOR MORE INFORMATION AND TO RECEIVE THE PETITION AND THE ZOOM LINK. THE NEXT MEETING OF THE BOARD OF DIRECTORS IS SCHEDULED FOR OCTOBER 12, 2021 AT 5:30PM. AT DIS-COVER PACIFIC BEACH OFFICE, 1503 GARNET AVENUE. NEWLY ELECTED MEMBERS OF THE BOARD OF DI-RECTORS WILL BE INDUCTED, AND THE BOARD WILL CONSIDER ANY OTHER ITEMS PLACED ON THE AGENDA BY THE BOARD OF DIREC-TORS. A MAJORITY OF THE CUR-RENT BOARD OF DIRECTORS SHALL CONSTITUTE A QUORUM FOR A MEETING OF THE BOARD OF DIREC-TORS AND MEETING OF THE DELE-GATES FOR THE OCTOBER 12TH MEETING.

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LEGALS

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2021-9017968 Fictitious Business Name to be Abandoned: a. SPECTRUM AUTO Located at: 3200 FOURTH AVE, #101, SAN DIEGO, CA 92103. The Fictitious Business name referred to above was filed in San Diego County on: 11/4/20 and assigned File No. 2020-9018983 Fictitious Business name is being abandoned by: LAKA-FCM, INC. 3200 FOURTH AVE, #101, SAN DIEGO, CA 92103.. This business is conducted by: A CORPORATION. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.) Registrant name: LAKA-FCM, INC Gianni Tao, MANAGER This of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: AUGUST 16, 2021. ISSUE DATES: AUGUST 27 ,SEPTEMBER 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018368 Fictitious Business Name(s) a. CANDID AUTO SALES b. CANDID AUTO GROUP Located at: 2348 RUSSELL PARKWAY #439, SAN DIEGO, CA 92108 Is registered by the following: a.ABDULRAHMAN ABDALLA This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. ABDULRAHMAN ABDALLA This 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: AUGUST 19 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018391 Fictitious Business Name(s) a. THE PALMS HAIR STUDIO b. THE PALMS SALON Located at: 4275 MISSION BAY DR #235, SAN DIEGO, CA 92109 Is registered by the following: a. KOAST INVESTMENTS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: a. KOAST INVESTMENTS, LLC This of Officer, if Limited Liability Company /Corporation Title of Signor MALLORY GARY,MANAGER, KOAST INVESTMENTS LLC The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 19 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018579 Fictitious Business Name(s) a. DIGITAL NATIVES Located at: 2727 MORENA BLVD UNIT 102, SAN DIEGO, CA 92117 Is registered by the following: a. SALT & SAND CONSULTING, INC This business is conducted by: A CORPORATION first day of business was: 05/01/18 Registrant Name: a. SALT & SAND CONSULTING, INC This of Officer, if Limited Liability Company /Corporation Title of Signor BRIANNA FITZPATRICK, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 20 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00036769-CU-PT-CTL. SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): CANDIDA MARIE SEIM filed a petition with this court for a decree changing names as follows: Present name: a. CANDIDA MARIE SEIM To Proposed name: CANDIDA MARIE GRASSO 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018379 Fictitious Business Name(s) a. J AND A MARINE SERVICE Located at: 1062 FLORIDA ST, IMPERIAL BEACH, CA 91932 Is registered by the following: a. JORGE ARTURO RAMIREZ TAPIA This business is conducted by: AN INDIVIDUAL first day of business was: 06/21/21 Registrant Name: a. JORGE ARTURO RAMIREZ TAPIA This 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: AUGUST 19 2021. ISSUE DATES: AUGUST 27 ,SEPTEMBER 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9017439 Fictitious Business Name(s) a. PICNIC PARTY SD Located at: 4015 CROWN POINT DRIVE #306, SAN DIEGO, CA 92109 Is registered by the following: a. JEANETTE REITZ This business is conducted by: AN INDIVIDUAL first day of business was: 08/01/21 Registrant Name: a. JEANETTE REITZ This 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: AUGUST 10 2021. ISSUE DATES: AUGUST 27 ,SEPTEMBER 3, 10 & 17

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00036296-CU-PT-CTL. SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): KATHLEEN MARY MANNELLY filed a petition with this court for a decree changing names as follows: Present name: a. KATHLEEN MARY MANNELLY, To Proposed name: KATHLEEN MANNELLY BERTASI, 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: 10/13/21 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, AND PENINSULA BEACON. Date: August 26, 2021. JUDGE OF THE SUPERIOR COURT LORNA ALKSNE ISSUE DATES: SEPTEMBER 3,10,17 & 24 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. 2021-9018864 Fictitious Business Name(s) a. SAN DIEGO FIRE DOOR INSPECTION Located at: 2535 FRANKFORT ST, SAN DIEGO, CA 92110 Is registered by the following: a. MARK ROMANOWSKI This business is conducted by: AN INDIVIDUAL first day of business was: 08/24/17 Registrant Name: a. a. MARK ROMANOWSKI This 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: AUGUST 24 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018368 Fictitious Business Name(s) a. CANDID AUTO SALES b. CANDID AUTO GROUP Located at: 2348 RUSSELL PARKWAY #439, SAN DIEGO, CA 92108 Is registered by the following: a.ABDULRAHMAN ABDALLA This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. ABDULRAHMAN ABDALLA This 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: AUGUST 19 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018391 Fictitious Business Name(s) a. THE PALMS HAIR STUDIO b. THE PALMS SALON Located at: 4275 MISSION BAY DR #235, SAN DIEGO, CA 92109 Is registered by the following: a. KOAST INVESTMENTS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY first day of business was: N/A Registrant Name: a. KOAST INVESTMENTS, LLC This of Officer, if Limited Liability Company /Corporation Title of Signor MALLORY GARY,MANAGER, KOAST INVESTMENTS LLC The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 19 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2021-9018579 Fictitious Business Name(s) a. DIGITAL NATIVES Located at: 2727 MORENA BLVD UNIT 102, SAN DIEGO, CA 92117 Is registered by the following: a. SALT & SAND CONSULTING, INC This business is conducted by: A CORPORATION first day of business was: 05/01/18 Registrant Name: a. SALT & SAND CONSULTING, INC This of Officer, if Limited Liability Company /Corporation Title of Signor BRIANNA FITZPATRICK, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 20 2021. ISSUE DATES: SEPTEMBER 3,10,17 & 24

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00036769-CU-PT-CTL. SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): CANDIDA MARIE SEIM filed a petition with this court for a decree changing names as follows: Present name: a. CANDIDA MARIE SEIM To Proposed name: CANDIDA MARIE GRASSO 2. THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below

Pacific Beach's Zach Svajda turns heads, and lives his dream at U.S. Open

By MICHAEL J. LEWIS

The new realities of his life are slowly starting to sink in for Zach Svajda, an 18-year-old born and raised in Pacific Beach.

He was in the main draw of the U.S. Open for the second time, and this time won one match before bowing out in a tough four-setter to world No. 13 Jannik Sinner.

He's getting recognized more, being stopped for autographs, all the trappings of imminent fame. And he's taking it all in stride.

But still, there are some things you are never really prepared for.

Like when Novak Djokovic and his camp ask you to practice with him at the U.S. Open.

The world's No. 1 player and owner of 20 Grand Slam titles, here in New York seeking a calendar Grand Slam, asked Svajda to practice with him two days before the start of the U.S. Open.

It was, safe to say, a mind-blowing experience.

"Hitting with Novak, that was ... an incredible thing," Svajda said on Thursday, right after he lost to Sinner. "I was nervous. Really, really nervous. But he was really nice and gave me some tips about staying calm, and breathing during changeovers. It was such a thrill to hit with him."

Svajda's thrills on the tennis court have been coming more and

more lately. After starting out at the Pacific Beach Tennis Club at age 2, under coach Matt Hanlin, Svajda has risen through the junior tennis ranks quickly.

Standing 5-foot-9 but possessing a powerful forehand and outstanding all-court game, Svajda won the USTA National 18s in Kalamazoo, Mich., the most important junior tournament for Americans, in 2019 and got the coveted U.S. Open wild card that came with it.

He lost in five sets to former Top 50 player Paolo Lorenzi in that match, but Svajda showed he had

the potential to hang with top pros.

"That was so big for me, because I didn't know I could last five sets, against a great player, and that showed me I could do it," Svajda said. "It definitely motivated me to train harder and gave me hope."

After missing several months of 2020 with a heart-related issue due to contracting COVID (he said he's fully recovered now), Svajda has been playing pro tournaments in 2021 and repeated as champion at Kalamazoo in August.

Then here at the Billie Jean King National Tennis Center, he won scores of fans by beating

former French Open semifinalist Marco Cecchinato in four sets in the opening round. Then against Sinner, with hundreds of fans crowding Court 10 cheering for him, Svajda blew a 5-2 lead in the second set, came back to win the third set in a tiebreaker, saving two match points in the process, before losing in four sets.

"To have the crowd screaming for me, and I raised my hands for more noise when I won the set and have them scream louder, that was awesome," he said.



Zach Svajda

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CROSSWORD PUZZLE

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- CLUES ACROSS**

 - One of the four Vedas
 - African volcanic crater
 - Part of (abbr.)
 - At the peak
 - Broad volcanic crater
 - Expression of satisfaction
 - Yankees’ ace
 - Belittled
 - A baglike structure
 - Utah Jazz coach Snyder
 - Actress Tomei
 - Explosive
 - Formal for “on”
- Cruelties
 - Country singer Brad
 - Make very happy
 - Binary compound of hydrogen with a metal
 - Albanian currency
 - Subatomic particle
 - Type of salt
 - 007’s creator
 - Emerging
 - Railroad flare
 - Observed
 - Capable of reproduction
- Indicates adjacent to
 - Legendary Notre Dame coach
 - Not wide
 - An embarrassing mistake
 - Pearl Jam’s debut album
 - Denotes passerine birds
 - Stumble
 - Midway between east and south-east
 - W. Indian trees
 - You
 - Pigpen
 - Be aware of

- CLUES DOWN**

 - Crease
 - “Honey” actress Jessica
 - Broad volcanic crater
 - Product safety watchdog
 - Southern Colombian city
 - Part of a church
 - Perceptible by touch
 - Pronounce not guilty of criminal charges
 - Hairpiece
 - Variety acts
 - “Mystic River” actor Sean
- Remove salt
 - Went out with
 - Type of bread
 - Popular Eagles song
 - Philosophy degree
 - Yes vote
 - Passports and licenses are two
 - No seats available
 - Pounds per square inch
 - A way to launch an attack on
 - The lowest cardinal number
 - Popular Miller beer
 - Pokes holes in
- Closest to
 - Folk singer DiFranco
 - Rivne’s former name
 - Flat ruler
 - Lacking the means to do some-thing
 - Cockatoo
 - Dred Scott decision deliverer
 - Explosion exclamation
 - Canadian flyers
 - Houston university
 - At some prior time
 - Red, swollen mark

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	12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SOLD 2 TIMES

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SOLD

7520 Mar Ave La Jolla CA 92037
\$3,000,000 Cash Represented Seller \$201,000 over asking price



OFF MARKET SOLD

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SOLD

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BUCS ROUT RED HAWKS

Mission Bay defeated Mountain Empire 49-0 at home on Sept. 10 to improve their record to 2-1. Buccaneers' junior Ethan Silber (above), who contributed a rushing touchdown, is hit by a Red Hawks defender during the game. Mission Bay QB Clash Orsborn threw for 393 yards and five touchdowns, and the Bucs' defense held the Red Hawks to 52 total yards during the win. At 7 p.m. on Friday, Sept. 17, Montgomery will visit Mission Bay. PHOTO BY STEVE SIDELL

MISS EARTH USA CLEAN-UPS IN PB AND LA JOLLA

Miss Earth USA Marisa Butler will help lead the clean up of Rose Creek in PB and La Jolla Cove during World Clean Up Day on Sept. 18. Butler also conducts weekly clean-up events via her nonprofit organization We Clean Trails. "This year, we will be tackling Rose Creek, where we have removed between 700-1,000 pounds of litter in the past. We will also be teaming up with the San Diego Seal Society to assist them in a cleanup at La Jolla Cove," said Butler.

LJ KIWANIS PANCAKE BREAKFAST

The club's annual pancake breakfast will return for its 57th year on Saturday, Sept. 18 outdoors from 7:30 to 11 a.m. at the La Jolla Recreation Center, 615 Prospect St. Tickets are \$15, which includes buffet-style unlimited pancakes and sausages along with orange juice and coffee. Children 10 and under admitted free with a paid adult.

The event includes a disc jockey and

an inflatable play structure and pony rides for kids. Tickets can also be purchased for raffle prizes and guests can bid on auction items like a two-night stay at the Inn by the Sea at La Jolla, gift cards for dental services and Botox at local clinics. The fundraising event benefits La Jolla Kiwanis Club's grants to needy local and youth-oriented groups such as La Jolla High School and the San Diego Humane Society.

LJ POP-UP ART GALLERY

Krista Schumacher has opened an art gallery in the heart of La Jolla at 1113 Wall St. Gallery business hours are Wednesdays through Sundays from 10 a.m.-6 p.m. This pop-up gallery will end on Jan. 31, 2022. Visit kristaschumacherart.com for more information.

PIER WALKS RETURN

It's been more than a year and a half since Birch Aquarium at Scripps Institution of Oceanography at UC San Diego has held any of its outdoor adventures, but that will change this fall when the aquarium hosts a series

of Sunset Pier Walks. Guests will join Birch Aquarium naturalists on an exclusive walking tour of the Ellen Browning Scripps Pier — which is normally closed to the public — and learn about research conducted at Scripps Oceanography through interactive experiences including a plankton investigation, squid dissection, and more.

Pier Walks are priced per group of up to six people and are \$135 for members, and \$150 for the public. Guests must be ages 9-plus and minors must be accompanied by a paid adult. Face coverings are still required during Sunset Pier Walks for all guests, regardless of vaccination status. Visit aquarium.ucsd.edu for more information.

VOIGT DRIVE BRIDGE REOPENED

The Voigt Drive Bridge has reopened. A full closure of the bridge went into effect in October 2020 for crews to widen the bridge and make improvements to UC San Diego sidewalks.

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Unnecessary equivocation: Taking the risk of expressing our opinions



Doing it Better

By Natasha Josefowitz, Ph.D.

In our society, we are often afraid to speak honestly and directly. We don't want to upset, offend, or step on someone's toes. We fear being seen as aggressive, pushy, opinionated, demanding, or critical so intensely that we often pussyfoot around and avoid what really needs to be said. And while I applaud our new-found sensitivity to other people's feelings, effective communication is often needlessly sacrificed.

We start our sentences with qualifications ("I may be wrong, but..." or "You may disagree, but...") and end our statements with questions ("Right?" "Yes?" "Okay?"). If we're so unsure of what we're about to say, why should anyone else listen? People often use a lot of unnecessary words such as: "whatever," "it's like," "I mean," or "you know," and that takes away from the strength of the message. This ineffective manner of expression is far too prevalent.

There are times when we do feel genuinely tentative, but this kind of "waffling" is indicative

not of the uncertainty of our words, but more often of the fear of being judged negatively. No one can tell what it is we know for sure and what we don't. Sentences starting with "Isn't it true that..." or "You must agree with..." are often strong opinions or accepted facts, but they are misleading when couched in this tentative a form. "Could you have this done by Thursday?" may be a genuine question, but it is often a demand disguised as a request, the more honest statement would be: "I need this by Thursday, if it's a problem, please let me know."

Responding with slippery statements such as "Great" or "Interesting" does not let the person know what we really think. Ambiguous or insubstantial responses are not helpful. Only specific revelations about what we liked and disliked and the reasons why will allow people to understand if they have been successful and improve.

One of the biggest difficulties most of us have is clearly saying, "No," "I won't," "I can't," "It won't work," "I disagree," etc. Instead, we say "Not now, maybe later," "I'd love to but..." or "I wish I could." This, of course, makes people believe that you will do what they ask next time; and so, the game continues until either they give up in disgust or you do it out of guilt.

This sort of dodging comes from our fear of speaking honestly. Newcomers to a group or anyone outside the dominant culture will often use tentative language until they feel accepted. If we're unclear, then we can't be pinned down to an opinion or decision. If we're uncommitted in our language, then we can't be blamed if anything goes wrong. Communication is watered down to ineffectual levels. When people protect themselves by not speaking out, not asking important questions, not making suggestions, or not disagreeing when necessary, they rob their organizations, families, and relationships of a valuable resource — their minds. To people of older generations, having been raised to use "courtesy language" and never disagree, speaking directly feels like confrontation and is uncomfortable.

So for people to become communication risktakers, the group or organization must recognize and value forthright comments even when the advice does not turn out as well as expected. If only positive results are allowed, then nothing new, original, or creative will be attempted. Some organizations value harmony and agreement at any cost. If going along with the boss or the prevalent opinion is rewarded, then no one will take a chance on expressing a contrary opinion or suggest

a different way of dealing with an issue.

Soliciting different points of view and insisting on straightforward, direct communication are essential to success when working with others. It encourages productive communication between coworkers, friends, and family members. The most fruitful conversations are those that include a variety of divergent opinions. It may feel good to have everyone in agreement, but nothing new will be learned.

In these days of polarization we take the risk that what we are saying could start an argument which may escalate into a verbal fight; each protagonist adhering ever more loudly to their opinion. Not willing to antagonize, we flip into avoidance of certain volatile topics. It may be a wise move in some circumstances; however, what is lost is trying to understand why and how the other person has come to these beliefs. Listening without judging is important, but difficult to maintain.

Language is a "power tool." Learning to use it is one of our most important life skills. Communication is indeed a two-way street.

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.

GIRL SCOUTS EVENT AT KATE SESSIONS PARK IN MEMORY OF ASHLEY HEFFINGTON

In remembrance of Ashley Heffington, a fourth grade student at St. Paul's Lutheran School, and a member of the Pacific Beach Girl Scouts, an event will be held on Sept. 25 from 1-4 p.m. at Kate Sessions Park.

In 2009 on New Year's Eve, 9-year-old Ashley Heffington and her mother Cindy were both involved in a motor vehicle accident that took place on West Point Loma Boulevard and Sports Arena Boulevard. While stopped at a red light, Ashley and her mother were struck from behind by a motorist under the influence of chemicals found from computer keyboard cleaner cans. Ashley suffered severe brain injuries and died 13 days after the crash, on Jan. 12, 2010.

Since then, Cindy Heffington has been working with the local Girl Scout troops to spread awareness and hold educational and engaging events in memory of Ashley, a devoted Girl Scout who enjoyed giving back to her community. Cindy was also able to work with local Girl Scout troops to raise money and dedicate a plaque and a picnic table at Kate Sessions Park in memory of her daughter.

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