

A promotional banner for Cannabis 21+ featuring a green and purple background with cannabis leaf patterns. On the left is the Cannabis 21+ logo, a green circle with a white leaf. The text "CANNABIS 21+" is in large, bold, white letters. Below it, "Powered By" is in a script font, followed by the SDRC logo (a red circle with a white leaf) and "SDRC" in bold white letters, with "SAN DIEGO RECREATIONAL CANNABIS" in smaller white text below. Three white circular callouts contain discount information: "20% OFF FLOWER", "20% OFF VAPES", and "20% OFF DELIVERY* CODE: DELIVERY20". Each callout includes fine print about restrictions and coupon stacking. On the right is a QR code and the text "DAILY TEXT DEALS". The website "CANNABIS21PLUS.COM" is at the bottom right. At the bottom left, the license numbers "C10-0000323-LIC & C10-0000634-LIC" are displayed.

Spring break kicks off busy beach season; lifeguards offer safety tips

Bonfires legal in designated concrete rings; alcohol illegal on beaches; learn the stingray shuffle

By DAVE SCHWAB

San Diego Fire-Rescue Department Lifeguard Division and San Diego Police held a joint press conference this month outside lifeguard headquarters to offer beach-and-bay safety tips for spring break.

"The weather's getting warmer, the beaches are beautiful as always, and with COVID restrictions lifted we're expecting a lot more people to come out," said SDPD Capt. Scott Wahl of Northern Division. "This is just the beginning of the spring and summer season, spring break is the kick-off. We will have additional police officers out in all the beach areas. We want to make sure it's safe for everybody, and we're going to do our part to make sure that it is."

Noting "laws are in place to help keep everybody safe," Wahl said police want to remind people that "there is still an alcohol ban on the beaches and no alcohol is allowed in

cups, cans, or glass."

Added Wahl about fire pits and boats: "Bonfires are only legal inside designated concrete bonfire rings. There are a lot of companies out there that want to sell bonfire equipment including bonfire rings: Those are illegal. We also see a lot of illegal boat rentals, jet skis, types of equipment that are illegal. One rule of thumb, if you're going to an actual brick-and-mortar store to rent a boat or out on a boat dock, that most likely is going to be a legal establishment."

With more than 40 miles of oceanfront and bay shoreline to patrol throughout the City, SDFD lifeguards help keep an average of 17 million visitors safe and conduct an estimated 7,000 rescues at local beaches each year. Additionally, lifeguards manage cliff, scuba, and swift water rescues, enforce boating safety regulations and respond to emergencies involving seafaring vessels and other watercraft.

"We staff up whenever crowds come and all we want is a safe 10 days of spring break," pointed out lifeguard chief James Gartland, offering these beach safety tips: "Always swim with a lifeguard. When you come to the beach, just check in with the lifeguard. All day long they are moving people in and out of rip currents, out of areas of hazard."

Gartland counseled people without strong ocean swimming skills to wear a Coast Guard-approved life jacket or stay waist-deep in the surf.

Regarding Mission Bay, Gartland said: "Safety out there is paramount. We're definitely out there making sure people (boaters) keep their speed at a proper level in proper areas. We also ask that, whatever you pack in to the beach, you pack out. Listen to what lifeguards are telling you to do. We are trained observers and we can see where the rip currents are. We know you're in danger before you're in danger."

Marine safety lifeguard Lt. Lonnie Stephens cautioned newcomers to surfing who are in town that the best way for them to learn how is to take courses from accredited, licensed local surf schools.

"Make sure you're engaging in business with a permitted concessionaire that's been vetted through the City," Stephens said adding those taking surfing lessons should ask a prospective surf company about their instructor's certifications, and make sure they have their business permit.

Stephens reiterated that it's very important to "always swim near a lifeguard in a guarded area. When you're not in a guarded area, lifeguards cannot observe you and prevent any of the hazards you might be in, such as rip currents."

Stephens also suggested that water users do the "stingray shuffle," moving their feet along the shore rather than stepping, in order to avoid getting painfully stung.

"Our first priority is that everyone is educated and understands what the rules are," concluded SDPD's Wahl. "We want to make sure that people are doing their part to stay safe."



Marine safety lifeguard Lt. Lonnie Stephens at a press conference held last week to help get out the message for spring breakers to understand the rules and stay safe. PHOTO BY DAVE SCHWAB

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UPDATE – PB wellness clinic, City working on compromise

By DAVE SCHWAB

Progress is being made on crafting a compromise solution for a Pacific Beach acupuncture and chiropractic clinic claiming an erroneous zoning citation by the City’s Development Services Department could cost them tens of thousands of dollars in extra permit fees and potentially shut them down.

“The mayor got wind of the situation and assigned Kohta Zaiser, who has been amazing working with code enforcement and development services,” said Larry Michel, business manager for

“ ‘Instead of a battle, it now feels more like a collaboration.’
- LARRY MICHEL, BUSINESS MANAGER FOR THE CLINIC ”

Source Empowered Wellness and Habstritt Chiropractic at 4666 Cass St. “He knows the routine and he is about finding solutions that work for the department, as well as the consumer. I am sure that we would be sinking quickly, or possibly closed today if it was not for his support backed by Mayor Gloria.”

Dr. Simone Ressler, the owner of the Cass Street holistic health clinic, noted COVID safety protocols halved their patient treatment space, causing them to expand their facility into an otherwise unusable garage space, which ultimately triggered the City’s citation for alleged zoning violations.

Michel said there’s been a recent attitude adjustment between the businesses he works for and the City. “The first thing that happened was people in the (City’s) departments started to have real conversations with us, rather than just stating their positions,” he said. “They were listening and wanting to resolve things. Instead of a battle, it now feels more like a collaboration.”

“Instead of threatening fines and a hearing, there is a focus on getting quality results for us while still following the intentions of the City’s municipal code. Now we are waiting for the details and

follow-up. Hopefully, we will be moving quickly to resolving the use, getting the new build properly permitted, and we will be back in full swing again.”

The unresolved zoning and permitting issues at the 4666 Cass St. property date back to May 13, 2021. That was when the City issued a citation saying the property leased by Source Empowered Wellness and Habstritt Chiropractic was in violation of San Diego municipal codes, and that the following issues needed to be corrected: unpermitted operating medical, chiropractic, yoga, and massage businesses; converting off-street enclosed parking space into office space to include interior partitions and electrical; and reduction of off-street parking.

“Source Empowered Wellness and Habstritt Chiropractic were being told that their use is not allowed where they have been operating for the last six years,” said Michel previously, arguing the tenants’ use there “fits within the designated services listed, specifically, beauty and personal care services. The City’s Code Enforcement Division is citing the proprietors of the businesses as operating medical, chiropractic, yoga, and massage. They do not do yoga, medical, or massage. They do acupuncture, which is not considered medical services or treatments.”

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Win a house in Pacific Beach

Proceeds benefit families at San Diego's Ronald McDonald House

The 18th annual San Diego Giving Back Raffle benefiting Ronald McDonald House Charities of San Diego is giving ticket holders an opportunity to win a multimillion-dollar home one block from the Pacific Beach shoreline, along with thousands of other prizes.

The Giving Back Raffle is awarding more than \$5 million in exceptional prizes ranging from luxury vehicles, once-in-a-lifetime experiences and desirable home goods and is guaranteeing every participant wins a prize. A list of all available prizes and ticket options is available at sdraffle.com.

Ticket holders may win a house while their contributions support San Diego's Ronald McDonald House in its mission to provide a "home away from home" for more than 15,000 family members each year. Proceeds from the raffle help provide essential funds to enable San Diego Ronald McDonald House to offer lodging, meals, and other services to help keep families close during their child's hospitalization.

This year's grand prizewinner is guaranteed to be awarded at least \$1 million in cash. Subject to a minimum number of ticket sales, the grand prizewinner could have the choice of a multimillion-dollar luxury home in Pacific Beach, \$3 million annuity, or \$1.8 million in cash. The home features five bedrooms, five bathrooms, a studio suite with its own washer and dryer; and an entertainer's kitchen with dual islands, high-end appliances and doors that open to an outdoor patio.

"Our annual Giving Back Raffle is an incredible opportunity for our community to support local families in crisis, while also winning exceptional prizes and once-in-a-lifetime experiences," said Chuck Day, president and CEO of Ronald McDonald House Charities of San Diego. "The support of our community remains critical in ensuring that we can continue to provide a 'home-away-from-home' for families as they manage the unimaginable."

Single raffle ticket prices are \$150, with discounted multi-ticket packages and add-on tickets also available. The earlier participants purchase raffle tickets, the more chances they have to win in the special "early bird" drawings. The first early bird ticket deadline is May 6, and the winner of this drawing receives the choice of a 2022 Mercedes-Benz EQS 450+ sedan, a private air and sail experience in New Zealand for four guests, or \$100,000 cash.

READ MORE ONLINE AT sdnews.com

City officially honors historic Windansea surf shack

By DAVE SCHWAB

It's official, La Jolla's Windansea surf shack is a historic part of San Diego.

The iconic 76-year-old shack was designated historic by the San Diego Historical Resources Board back in May 1998. Now, 24 years later, the City has created an official plaque for the beach structure, fashioned from eucalyptus tree trunks and palm fronds, which was unveiled at a March 20 ceremony.

It was a special occasion as Mayor Todd Gloria also officially designated Sunday, March 20 as "Surf Shack at Windansea Beach Day" in the City.

Melinda Merryweather, one of the founding members of Friends of Windansea, a group of La Jollans dedicated to preserving the area's natural environment, said the shack is emblematic of the community and surf culture.

"It's to remind people to honor the guys coming back from the war in 1946 who built it for shade and aloha (love and fellowship)," said Merryweather. "It honors the people who had the shack designated as historic, including Hanz Newman and myself, and all the people who've managed it over the years."

Added Merryweather: "It is absolutely one of the most important symbols for the surf culture in Southern California. It represents

surfing and surf history. We won a Jewel Award (for exemplary achievements in housing) for it, which is usually given only to historic houses. This is the first Jewel Award ever given to a building without walls, which is pretty impressive."

One of San Diego's oldest and most high-profile beach landmarks, the shack's palm-covered hut was first constructed in 1946 by Woody Ekstrom, Fred Kenyon, and Don Okey. The trio came up with the idea for the shack in 1946 when Okey's wife asked him to build some shade on the beach for their kids. They went to Scripps Hospital and cut down some eucalyptus trees to build it, thinking it could also become a local surf haven. It quickly became a hugely popular venue for social events for surfers up and down the coast.

Destroyed and rebuilt numerous times over the years, the shack earned its reputation as a party hangout for surfers back in the day, as evidenced by the formation, in local surf lore, of the "Mac Meda Destruction Company." Mac Meda was a party-loving underground society of surfers and locals known for its rowdiness and propensity for destruction (hence the name). The group was actually mentioned in "The Pump House Gang," Tom Wolfe's famous chronicle of teenage surfers who hung out at



La Jolla's Windansea surf shack received a historic plaque at a March 20 ceremony. From left: District 1 Councilmember Joe LaCava, Bill Fitzmaurice of Windansea Surf Club, Matt Griffith of the mayor's office, Louis Beacham, George Taylor, Hanz Newman, Congressman Scott Peters, Melinda Merryweather of Friends of Windansea, and Seonaid McArthur of La Jolla High School.

Windansea Beach in La Jolla.

Wear and tear on the shack over time forced it to be moved away from the oncoming waves near shore. It ended up where it is today, back toward the rocks underneath the bluffs of Windansea beach.

In addition to surfing, site-seeing, and Instagram posing, Windansea is famed for its massive swells and shore-break waves. Without a 24-7 lifeguard presence and a very strong south-bound current, this beach is for strong swimmers only. The consistency of massive waves, fueled by a large drop-off in the sand not far from the beach's edge, makes

for an entertaining time at all hours of the day.

"Hanz (Newman, owner of famed Su Casa restaurant) and I worked to get the shack designated as historic, and it was at that point that it went down in a storm," said Merryweather. "The City could have come in and said, 'You can't rebuild it without a permit.' Luckily, Scott Peters (former District 1 City Council member), and Howard Wayne (former State Assembly member), came to our aid."

"It's a treasure, a gift. It's an honor to take care of it. People in our surf community consider it our church," Merryweather said.



From Left to Right: DeAnna Austin from Sessions Elementary and her father Mr. Austin. Jane Nestojko from Pacific Beach Elementary and her father Dan Nestojko. Penelope Dumm from Crown Point Junior Music Academy and her Mother Sarah Dumm and her little sister.

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Ex-cop pleads guilty to assault, may go to Veterans Court

By NEAL PUTNAM

A former police officer has pleaded guilty to felony assault when he pulled out a gun while off-duty in Pacific Beach while standing in line to get inside a bar.

The sentencing of Trevor Sterling, 35, will be in a San Diego County Veterans Treatment Court if he is found eligible because of previous post trauma stress disorder from his military service in

Afghanistan and alcohol abuse.

Sterling may go through an 18-24 month program if he meets certain criteria and the felony conviction could be reduced to a misdemeanor. It could also be expunged from his record.

The program is designed to help veterans avoid jail, but veterans must show a link between the crime and treatment needed after serving in the military.

Sterling was arrested after the July 31, 2021, incident, and was

suspended without pay, but later resigned from San Diego Police. The firearm he pulled out was a personal firearm, and not a service weapon.

Deputy District Attorney Frederick Washington Jr. said if Sterling is found to be ineligible for Veterans Court, he will appear before San Diego Superior Court Judge Rachel Cano for sentencing on April 4.

Several witnesses testified at a Nov. 29, 2021 preliminary hearing that Sterling appeared to be intoxicated while standing in line to get inside

Moonshine Beach on Garnet Avenue before midnight on July 31. They said he pulled out a firearm from his pants, although not everyone saw it.

His attorney, Patrick Griffin, argued at a previous hearing that his client "saw some of the heaviest combat" while as a U.S. Marine platoon leader in Afghanistan. "He saw a lot of friends die," said Griffin, who added that he developed post-traumatic stress disorder.

"His life has been remarkable," said Griffin. "He shouldn't be

defined by this one moment."

Griffin said Sterling didn't point the gun at anyone and was not threatening anyone. He said that moment basically came down to "bragging...here's my toy."

Another judge denied Griffin's motion to reduce the offense to a misdemeanor and he was ordered to stand trial for felony assault with a deadly weapon and exhibiting a weapon in a rude or threatening manner.

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Coastal Dining Guide



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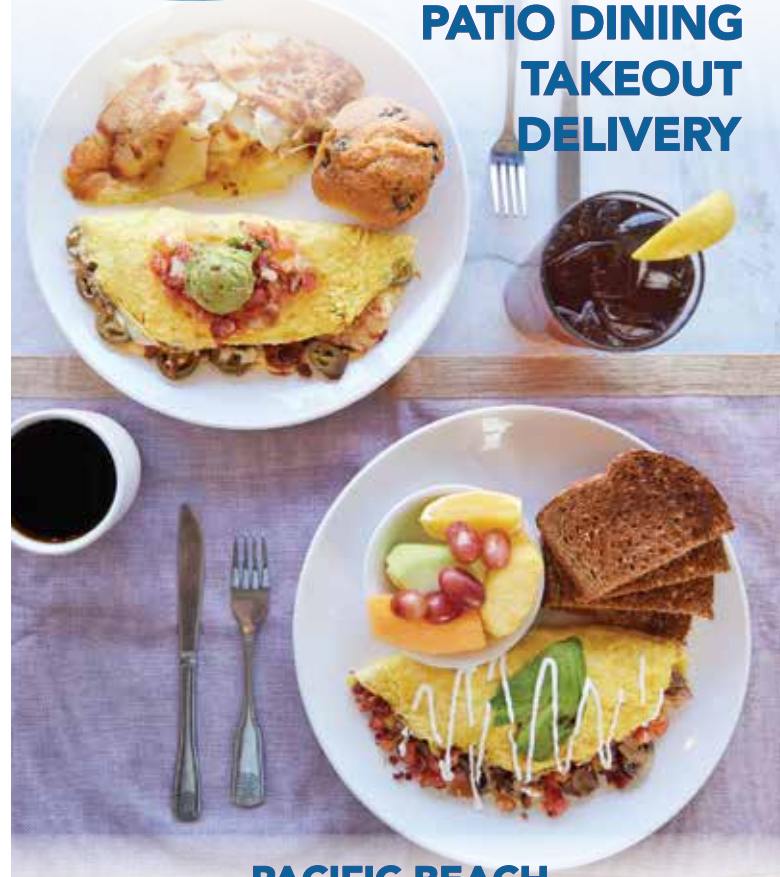


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Long-time La Jolla coffee shop Pannikin may close

By DAVE SCHWAB

With lease negotiations apparently having broken down and an April 9 move-out deadline looming, a GoFundMe page has been created to help the Pannikin La Jolla find new digs.

"Save Pannikin La Jolla," proclaims a flyer distributed throughout La Jolla Village, about the iconic cafe and coffee shop at 7467 Girard Ave.

"Pannikin has served the community for more than 50 years," states the Pannikin flyer. "For many, both young and old, Pannikin provides a simple place to unplug and listen to the birds sing. A place all are welcome to study, enjoy nourishing food, and most importantly, slow down to connect with one another. Please consider donating to Pannikin La Jolla GoFundMe or share the link with friends and family."

As of March 29, \$35,505 from 197 donations had been raised on the Pannikin Go Fund Me page toward a \$75,000 fundraising goal.

"Pannikin, which has been in La Jolla since 1968, is losing its space," said James P. Rudolph,

author of the GoFundMe petition. "This news is devastating for all who love and cherish this institution. Our good friends and neighbors need help with many things, not the least of which is finding a new home."

"This fundraiser recognizes the shock of this sudden news and is meant to assist in the search for a new location," continues Rudolph's petition. "There is no obligation, of course. But please consider helping if you are so inclined. This cafe isn't just part of the community; it 'is' the community. If you feel similarly, please consider supporting this cause."

"I'm not in a space where I am doing any comments at the moment," said Amanda Morrow, a longtime Pannikin employee who purchased the establishment in 2007 and operates the coffee cafe along with partners Gloria Serna and Dan Grunow. "But as soon as that changes, I will happily reach out. I am manifesting a positive outcome."

Rudolph said now is the time to contribute toward saving this 54-year-old community hub. "The owners and operators of Pannikin and the holders of the lease are,



Pannikin La Jolla may lose its lease at 7467 Girard Ave.

PHOTO BY DAVE SCHWAB

from all appearances, at an impasse," he said. "In other words, there's a real risk the lease will not be renewed."

Added Rudolph, "Staying put obviously is the preferred option, both for the operators and the public. But moving, though less attractive as an option, is also on the table."

Rudolph said he started the GoFundMe page for two reasons:

He's a longtime customer and supporter, and because it deserves to be saved.

"This is where people gather, converse and, most importantly, connect," he said. "La Jolla is a more vibrant community when family-owned businesses thrive. I'm hoping the money raised can assist the owners with any possible upfront costs associated with securing a new location."

Pannikin Coffee and Tea was founded by Bob Sinclair. The cafe originally opened in 1968 in the Green Dragon Colony cottages on Prospect Street before moving to its Girard location in 1971, where it has been ever since.

"So the vast majority of Pannikin's rich history has taken place where the store is now located," pointed out cafe supporter Rudolph. "This is why so many longtime La Jollans, reminiscing about the 'good old days' from high school or college, have been shocked and saddened by the news of Pannikin's imminent closure."

Noting there are other "fantastic coffee options" in town, Rudolph pointed out that Pannikin brings something unique and is, therefore, in a sense, irreplaceable.

"Pannikin is a uniquely eclectic 'coffee culture' whose purpose has always been to welcome people from all walks of life," Rudolph said. "This is something worth protecting."

Concluded Rudolph about the Pannikin fundraising drive: "The outpouring thus far has been overwhelmingly positive, and it demonstrates the cohesiveness of this community."

BELMONT IN BLOOM

Belmont Park is bringing all the vibrancy of spring to its first Belmont in Bloom event. Belmont Park will be energized with a lineup of artwork, events, specialty sips, and bites all spring long from April 1 until May 31. Belmont in Bloom will allow guests to celebrate life, community, and the beauty of color that this world and Belmont have to offer. Throughout the next two months, Belmont Park is paying recognition to the talented San Diego art community by showcasing colorful murals, Instagram-worthy sculptures, and floral photo ops created by local artists.

As part of the ongoing activation, Belmont Park will be offering free weekly beach yoga classes every Saturday morning and running clubs held at FIT Athletic every Thursday morning. Guests can also relax and unwind with a day of self-care at Belmont Park at the Waves of Wellness events happening on April 24 and May 22 featuring a workout and cocktails.

PB TACO SHOP CLOSSES

Known for its hashbrown breakfast burrito, Cotija's Taco Shop abruptly closed recently and will be replaced by a branch of 664 TJ Birrieria. Cotija's Taco Shop had been a mainstay in Pacific Beach since at least 1980, then on the corner of Mission Boulevard and Pacific Beach Drive. The fast-casual taqueria eventually spawned multiple outlets around San Diego, which are all now under different ownership.

EGGSTRAVAGANZA AT BIRCH AQUARIUM

At Birch Aquarium at Scripps Institution of Oceanography at UC

San Diego, spring is all about eggs — shark eggs, seahorse eggs, even penguin eggs! During the aquarium's annual Eggstravaganza celebration, guests explore the diversity of eggs in the ocean, create an egg-themed craft, and go on an underwater egg hunt — no basket required! The event takes place April 9-10 and 16-17 from 10 a.m. to 3 p.m. daily. Be on the lookout for baby sharks, seahorses, octopuses, and more while you discover how ocean animals take care of their eggs.

"Springtime brings exciting

changes to the ocean and the animals that live there. Through the exploration of animals — and their eggs and babies — we hope to spark a curiosity and connectedness that allows guests to understand our ocean planet, and how life begins for many of the animals that need protecting," said Cari Paulenich, program manager of public engagement.

Advanced reservations are required for all guests, including members.

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Lorraine Ann Lukas

January 21, 1930 - March 15, 2022

Lorraine Ann Lukas passed away peacefully on March 15 at age 92, surrounded by her longtime caregivers, Megan Gruey and grandson Stephen Lukas. Lorraine was born near Wilkes-Barre, PA and attended Penn State University—where she met and married Benjamin Lukas in 1951. They raised five children, residing in San Diego since 1962. Lorraine was active at church and a kind, supportive mother — She enrolled at USD in her 40's and earned her Bachelor of Science degree in 1972. She worked for Sharp Hospital, Mesa College as an Admissions Officer; and, a travel agent. Travel took her to many places including, Denmark, Hawaii, Iceland, London, Paris. She hosted over 24 foreign exchange students. She enjoyed ballroom dancing and playing the organ. Preceded in death by her parents Ann and Peter Rekus; her sister Geri Titus (Bob), her husband Benjamin Lukas, son William; and second husband, Nelson Hinchee. Lorraine is survived by her children Robert (Linda), Paul (Denise), Suzanne Gabrielle and John (Fiorenza); her brothers Rick Rekus (Nancy) and Roy Rekus; grandchildren Stephen, Richard (Leilani), Patrick (Amanda), Carina, Ashley, Francesca; and great-grandchildren Warren, Quinn, Kyle, and Mykayla.

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Easter and Good Friday Previews: Pacific Life Church's Good Friday Service is April 15th @ 6:30pm. We'll be holding this service in the PB Community Room - 2050 Pacific Beach Drive (look for the PLC banners) Pacific Life Church's Easter celebration is April 17th: @ 9am. Join us on the large grass area at Crown Point Shores North, Mission Bay. Invite your family and friends to join us for this special outdoor service!

Our Online Easter service is still @10:30am (pre-recorded)

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Dissatisfied with Zoom, Mission Bay students build a better experience

By DAVE SCHWAB

Mission Bay High School senior and his classmates were dissatisfied with the videoconferencing platform being used for their online instruction. So they created one better. And they've since succeeded in turning their school club project named Alattis into a student-led business.

"During the beginning of the pandemic, a couple of my friends and I created a videoconferencing platform built by students, for students, in order to combat some of the issues we were seeing with Zoom and other video-conferencing platforms," said James Ward, one of five MBHS students involved in the project.

"Alattis' novel features — table groups, student analytics, and one page to access all of your classes — simplified learning for our classmates," Ward said. "In light of the recent teacher shortage, as we exit the pandemic, we've shifted the focus of our platform to giving schools another option when lacking sufficient students or teachers to run their classes."

Alattis' five-member team consists of Leah Markworth, data scientist; Jacob Mandel, hardware specialist; James Ward, co-owner and chief operations officer; William Olsker, co-owner and chief technology officer; and

Patrick Sanchez, web marketer. Ernie Remillard, former MBHS principal, and now a Poway Unified School District principal praised the efforts of Ward and his student crew.

"I appreciate James and his team because as we transitioned to virtual schools in the spring of 2020, they quickly realized there were challenges for both students and teachers," said Remillard. "They began to design a better educational product for the staff and students at MBHS."

"I was fortunate to meet with the team as they developed the first version of their product. They listened to feedback from myself, MBHS teachers, and students. The second time I met with the team, I quickly called my vice principal into the meeting."

"The three of us were blown away at the product changes and the empathy the students had to create a project that was super user friendly and could easily be used for learners at any level," continued Remillard. "Over the last year, I have appreciated how the team has continued to receive feedback, make adjustments, and create a product that could change the virtual experience for schools."

The genesis of Ward and his development team's "better mouse-trap" project started out in Mission Bay High's Entrepreneurship Club.

"Within that club, we were



From left: Leah Markworth (data scientist), Jacob Mandel (hardware specialist), James Ward (co-owner and chief operations officer), William Olsker (co-owner and chief technology officer), and Patrick Sanchez (web marketer). COURTESY PHOTO

developing different projects," noted Ward adding they realized, once online learning began, that a lot of the platforms being used weren't designed for education, but for more of a general purpose.

"So we developed our own program, and used it in a couple of our classes," said Ward. "We wanted to change from Zoom to what we have now. From that came table groups, which allow students to switch between talking to the class, and talking to their peers, with a click of a button. Teachers can also monitor all the of the students, whether they're having group or class discussions."

Ward said Alattis can be adapted to fit any school, anywhere, which he said their team is working on. "We have a few solutions that we're trying to help educational institutions," he said. "Our more innovative solution is distributed

learning, which allows different students from different school districts to be merged so they can all take a class together. We're also developing solutions for hybrid (in-person and online) classes."

The sky is the limit for their new school teleconferencing program, said Ward.

"Right now we're talking with charter schools in districts around the state trying to implement our distributed learning program," he said. "We're also starting to test our new program with global learning, which will allow students from different parts of the world to connect with each other."

But the Alattis crew may have to wait a while — at least until they're out of high school.

"We can turn this into a profit-making business," enthused Ward. "But for now, it's free for educational institutions to use."

MBHS UPDATES

Mission Bay High School was closed March 28-April 1 for spring break. School resumes on Monday, April 4. Masks are still encouraged, but no longer mandated starting April 4. Students (and staff) will be required to wear a mask in the health office at all times. Masks will also be required in the COVID testing room on testing days. Masks will be available in the office at anytime.

ACES offers tutoring in all subjects on Mondays through Thursdays in the library from 3:30-5 p.m. There is specialized university tutoring in math and science on Mondays and Wednesdays, and support in Spanish on Tuesdays and Thursdays.

ASB is holding a Spring Dance on April 30 from 7-10 p.m. Activities will include laser tag, video game truck, and outdoor party games, desserts, photo booth and DJ. Tickets on sale outside the Gear Shop. Students will need a dance contract to buy a ticket (available in the ASB room or on the school website). Tickets are \$25 with an ASB card and \$30 without.

The following students have had their artwork selected for the annual district art exhibit: Dani Bowyer, Jade Foulks, Samantha Tafoya, Hunter Bryant, Casey McGee, Mkenna McGlathery, Sophie Jetzer Gagneux, Megan DeGrasse.

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005109 Ficti-
tious Business Name(s) a. NIEVERIA DE GARFARRA ARTESANAL Located at:
6675 LINDA VISTA RD, APT 4, SAN DIEGO, CA 92111 Is registered by the following:
a. JUAN CARLOS MORALES This business is conducted by: AN INDIVIDUAL The first
day of business was: 2/27/22 Registrant Name: a. JASON OTT TITLE of Officer,if
Limited Liability Company/Corporation Title of Signor. The statement was filed with
Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 01,
2022.. ISSUE DATES: MARCH 11, 18 , 25 & APRIL 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005222 Ficti-
tious Business Name(s) a. A.N. CLEARING HOUSE, LLC Located at:4240
KEARNY MESA RD, STE 120 #1039 SAN DIEGO, CA 92111 Is registered by the following:
a. A.N. CLEARING HOUSE, LLC This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: 04/01/21 Registrant Name: a. SPORTS
WELLNESS AND CHINESE MEDICINE, LLC TITLE of Officer,if Limited Liability
Company/Corporation Title of Signor. ERICA CHAO, CEO The statement was filed with
Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 02,
2022.. ISSUE DATES: MARCH 11, 18 , 25 & APRIL 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9004205 Ficti-
tious Business Name(s) a. SPORTS WELLNESS AND CHINESE MEDICINE b. SANCTUARY
OF ART AND HEALING Located at: 4410 LAMONT ST, SAN DIEGO, CA 92109 Is registered
by the following: a. SPORTS WELLNESS AND CHINESE MEDICINE, LLC This business is
conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/01/21
Registrant Name: a. SPORTS WELLNESS AND CHINESE MEDICINE, LLC TITLE of Of-
ficer,if Limited Liability Company/Corporation Title of Signor. ERICA CHAO, CEO
The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San
Diego County on: FEBRUARY 18, 2022. ISSUE DATES: MARCH 11, 18 , 25 & APRIL 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005583 Ficti-
tious Business Name(s) a. 619 AUTO LLC Located at: 765 17TH ST, SAN DIEGO, CA
92101 Is registered by the following: a. 619 AUTO LLC This business is conducted by:
A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a.
619 AUTO LLC TITLE of Officer,if Limited Liability Company/Corporation Title of Signor.
MARIA DE LOURDES TORRES DOMAEL, CEO The statement was filed with Ernest J. Dronenburg,
Jr. Recorder/County Clerk of San Diego County on: MARCH 7, 2022. ISSUE DATES:
MARCH 11, 18 , 25 & APRIL 1

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00008731-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): ANTHONY THOMAS GASPAR-PIAZZA filed a petition with this court for a decree changing names as follows: Present name: a. ANTHONY THOMAS GASPAR-PIAZZA to Proposed name: ANTHONY THOMAS GASPAR 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: APRIL 20,2022 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: MARCH 8, 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: MARCH 11, 18 , 25 & APRIL 1 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. 2022-9004270 Ficti-
tious Business Name(s) a. FOR THE LOVE OF LEMONS Located at: 3415
MISSION BLVD, SAN DIEGO, CA 92109 Is registered by the following: a. 4
THE LOVE OF LEMONS This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: 2/17/22 Registrant Name: a. 4
THE LOVE OF LEMONS TITLE of Officer,if Limited Liability Company/
Corporation Title of Signor. MARIELA DESTOUT, PRESIDENT The statement
was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego
County on: FEBRUARY 18, 2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9004787 Ficti-
tious Business Name(s) a. FASHIONJADE Located at: 21151 S. WESTERN
AVE, TORRANCE, CA 90501 Is registered by the following: a. ESSEN-
TIAL LIFESTYLE, LLC This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: 2/17/22 Registrant Name: a. ESSEN-
TIAL LIFESTYLE, LLC TITLE of Officer,if Limited Liability Company/
Corporation Title of Signor. TINA BERRY, PRESIDENT The statement was filed
with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
FEBRUARY 24, 2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005707 Ficti-
tious Business Name(s) a. 3 WATCHMEN b. THREE WATCHMEN Located at:
17249 EL MIRADOR, RANCHO SANTA FE, CA 92067 Is registered by the following:
a. THREE WATCHMEN, LLC This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: January 20, 2022 Registrant Name: a.
THREE WATCHMEN , LLC TITLE of Officer,if Limited Liability Company/Corporation
Title of Signor. YUSEFF CHERNEY, MANAGER The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 8, 2022.
ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005847 Ficti-
tious Business Name(s) a. MONARI MOBILE NOTARY SERVICE Located at:
3235 OLD BRIDGEPORT WAY, SAN DIEGO, CA 92111 Is registered by the following:
a. LUCAS MONARI This business is conducted by: AN INDIVIDUAL The first day of
business was: 03/09/2022 Registrant Name:

a. LUCAS MONARI TITLE of Officer,if Limited Liability Company/Corpora-
tion Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr.
Recorder/County Clerk of San Diego County on: MARCH 9, 2022. ISSUE
DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005925 Ficti-
tious Business Name(s) a. BB CAB Located at: 3200 PASEO VILLAGE WAY,
APT # 1543, SAN DIEGO, CA 92130 Is registered by the following: a. BJAN
TAVOUI This business is conducted by: AN INDIVIDUAL The first day of
business was: 03/10/2022 Registrant Name: a. BJAN TAVOUI TITLE of Officer,if
Limited Liability Company/Corporation Title of Signor. The statement was filed
with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
MARCH 10, 2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005436 Ficti-
tious Business Name(s) a. OCEAN BEACH IMPROV Located at: 5009
SARASOTA AVE, SAN DIEGO, CA 92107 Is registered by the following: a.
JASON OTT This business is conducted by: AN INDIVIDUAL The first day of
business was: 2/27/22 Registrant Name: a. JASON OTT TITLE of Officer,if
Limited Liability Company/Corporation Title of Signor. The statement was filed
with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
MARCH 04, 2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006245 Ficti-
tious Business Name(s) a. ROAD PLANET EQUIPMENT b. ROAD PLANET
EQPT Located at: 1118 REED AVE, SAN DIEGO, CA 92109 Is registered by the
following: a. ENRIQUE GARCIA GONZALEZ This business is conducted by:
a. AN INDIVIDUAL The first day of business was: 3/15/22 Registrant
Name: a. ENRIQUE GARCIA GONZALEZ TITLE of Officer,if Limited Liability
Company/Corporation Title of Signor. The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 15,
2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006142 Ficti-
tious Business Name(s) a. LAYERS BY LINDSAY Located at: 6515 LA JOLLA
BLVD, SUITE 12, LA JOLLA, CA 92037 Is registered by the following: a.
LINDSAY JEAN JOHNSON This business is conducted by: AN INDIVIDUAL
The first day of business was: 3/14/22 Registrant Name: a. LINDSAY JEAN
JOHNSON TITLE of Officer,if Limited Liability Company/Corporation Title of
Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: MARCH 14, 2022. ISSUE DATES:
MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005860 Ficti-
tious Business Name(s) a. NECTAR BLENDS Located at: 860 TURQUOISE
ST #232, SAN DIEGO, CA 92109 Is registered by the following: a. CRAIG
ROSS b. JONATHAN RILEY This business is conducted by: A GENERAL
PARTNERSHIP The first day of business was: SEPT. 14, 2014 Registrant
Name: a. CRAIG ROSS b. JONATHAN RILEY TITLE of Officer,if Limited
Liability Company/Corporation Title of Signor. The statement was filed with
Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on:
MARCH 9, 2022. ISSUE DATES: MARCH 18, 25 APRIL 1 & 8

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006703 Fic-
titious Business Name(s) a. SAN DIEGO MOBILE BAR b. SAN DIEGO MO-
BILE CATERING c. SAN DIEGO MOBILE PIZZA Located at: 8919 LADDIE
LANE, SAN DIEGO, CA 92123 Is registered by the following: a. SAN DIEGO
MOBILE BAR , LLC. This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: 01/10/22 Registrant Name: a.
SAN DIEGO MOBILE BAR, LLC. TITLE of Officer,if Limited Liability Company/
Corporation Title of Signor. MARKO PAVLINOVIC, PRESIDENT / OWNER The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk
of San Diego County on: MARCH 21, 2022. ISSUE DATES: MARCH 25
APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006687 Fic-
titious Business Name(s) a. J+J GLOBAL MECHANICAL, LLC Located at:
1968 S. COAST HWY, LAGUNA BEACH, CA 92651 Is registered by the
following: a. J+J GLOBAL MECHANICAL, LLC b. WES HARRELSON This
business is conducted by: CO-PARTNERS The first day of business was:
01/10/19 Registrant Name: a. J+J GLOBAL MECHANICAL, LLC b. WES
HARRELSON TITLE of Officer,if Limited Liability Company/Corporation Title
of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/
County Clerk of San Diego County on: MARCH 21, 2022.. ISSUE DATES:
MARCH 25 APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005947 Fic-
titious Business Name(s) a. L. LANE HAIR Located at: 1939 MISSOURI
ST, SAN DIEGO, CA 92109 Is registered by the following: a. LINDSAY N.
MCDERMOTT This business is conducted by: AN INDIVIDUAL The first day
of business was: 3/1/22 Registrant Name: a. LINDSAY N. MCDERMOTT
TITLE of Officer,if Limited Liability Company/Corporation Title of Signor.
The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County
Clerk of San Diego County on: MARCH 10, 2022.. ISSUE DATES: MARCH
25 APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9005719 Fic-
titious Business Name(s) a. OAKS BAR AND GRILL b. CARLTON OAKS
CATERING c. CARLTON OAKS GOLF AND COUNTRY CLUB d. CARLTON
OAKS BAR AND GRILL e. CARLTON OAKS EVENTS f. CARLTON OAKS BAR
g. CARLTON OAKS GRILL Located at: 9200 INWOOD DRIVE, SANTEE, CA
92071 Is registered by the following: a. KEANU, LLC. This business is con-
ducted by: A LIMITED LIABILITY COMPANY The first day of business was:
5/15/2017 Registrant Name: a. KEANU, LLC. TITLE of Officer,if Limited
Liability Company/Corporation Title of Signor. LINA CHEN, PRESIDENT The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk
of San Diego County on: MARCH 08, 2022. ISSUE DATES: MARCH 25
APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006618 Fic-
titious Business Name(s) a. NU AGE BROKERS Located at: 12932 PEP-
PERGRASS CREEK GATE, UNIT 59, SAN DIEGO, CA 92130 Is registered
by the following: a. WILLIAM B. GLASSMAN This business is conducted by:
AN INDIVIDUAL The first day of business was: 03/15/2022 Registrant
Name: a. WILLIAM B. GLASSMAN TITLE of Officer,if Limited Liability
Company/Corporation Title of Signor. The statement was filed with Ernest
J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH
18, 2022.. ISSUE DATES: MARCH 25 APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006652 Fic-
titious Business Name(s) a. SALT AND PEPPER DIAMONDS b. S AND P
DIAMONDS Located at: 4551 POMONA AVE, LA MESA, CA 91942 Is regis-
tered by the following: a. GALACTIC, LLC. This business is conducted by: A
LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant
Name: a. GALACTIC, LLC. TITLE of Officer,if Limited Liability Company/
Corporation Title of Signor. SHAWN BLAZE, PRESIDENT The statement was
filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego
County on: MARCH 18, 2022. ISSUE DATES: MARCH 25 APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006803 Ficti-
tious Business Name(s) a. GOVI INC DBA WIGO SOLUCIONES INDUSTRIA-
LES Y AMBIENTALES Located at: 9006 JAMACHA RD, SPRING VALLEY, CA
91977 Is registered by the following: a. GOVI, INC This business is con-
ducted by: A CORPORATION The first day of business was: 01/01/2022 Regis-
trant Name: a. GOVI, INC . TITLE of Officer,if Limited Liability Company/
Corporation Title of Signor. JOSE GONZALO BADILLA, VICE PRESIDENT The
statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk
of San Diego County on: MARCH 22, 2022. ISSUE DATES: MARCH 25
APRIL 1, 8 & 15

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006886 Fic-
titious Business Name(s) a. ROSEVILLE BARBER COMPANY Located at:
2180 CHATSWORTH BLVD, SUITE A, SAN DIEGO, CA 92107 Is registered
by the following: a. HAIR BY ZALYN, LLC This business is conducted by: A
LIMITED LIABILITY COMPANY The first day of business was: 06/13/2020
Registrant Name: a. HAIR BY ZALYN, LLC . TITLE of Officer,if Limited Li-
ability Company/Corporation Title of Signor. ZALYN BULLARD, CEO The state-
ment was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San
Diego County on: MARCH 18, 2022. ISSUE DATES: APRIL 1, 8 , 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006815 Fic-
titious Business Name(s) a. GPS TRACKER Located at: 1344 CORTE DE
LAS PIEDRAS, EL CAJON, CA 92019 Is registered by the following: a. AUTO
TITLE LOANS SAN DIEGO, LLC This business is conducted by: A LIMITED
LIABILITY COMPANY The first day of business was: N/A Registrant Name:
a. AUTO TITLE LOANS SAN DIEGO, LLC TITLE of Officer,if Limited Liability
Company/Cor-
poration Title
of Signor.

Mission Bay softball building on strong first half of season

By HECTOR TRUJILLO

The Mission Bay softball team

wrapped up the first half of their season with a 6-5 record and look to close their remaining schedule

strong as they are set to enter league play. The team was able to bounce back from a shaky start

where it lost three of the first four games in which the Bucs won their opener against High Tech

4-2, but then lost three in a row to Coronado, La Costa Canyon, and Escondido High.

"This year's team has shown a lot of fight and resilience," said head coach Vincent Ichihara. "They pull for each other, root each other on, and are looking to do whatever they can to help the team."

Mission Bay was able to end the three-game skid thanks to their offensive explosion on Feb. 28 when they defeated Chula Vista High 14-8. Unfortunately, the team was not able to build off that momentum in their following match against Santana losing in dramatic fashion 12-11.

That defeat would springboard them to a four-game winning streak starting in impressive fashion with a 17-7 blowout victory in a rematch against High Tech. They would follow that up with back-to-back shutouts over Valley Center and Sage Creek and topped it off with a hard-fought 6-4 win against Southwest SD High School. Mission Bay's winning streak would end last Thursday after falling to Central High School from El Centro 5-3.

"Last year, we were really young and had a lot of young players who were expected to contribute," Ichihara added. "This year we have a couple of freshmen who are contributing, but now last year's players have experience and are playing with confidence after being in our system for a year."

The remaining 11 games left on the regular-season schedule will have an added advantage since seven of those will be at home starting with their next one on Tuesday, April 5 against Point Loma. The team then kicks off its league schedule with back-to-back road games against Scripps Ranch and Patrick Henry before returning home to take on Cathedral Canyon on April 20.

"Looking forward to seeing this team compete for the rest of the year and grow as a team," said Ichihara. "It's a great group that I'll go to battle with any day."

Mission Bay closes off the league and regular season play on May 13 on the road versus University City.



NIKE TENNIS CAMPS at University of San Diego

Come join the fun and get better this summer at the Nike Tennis Camps at University of San Diego. Veteran director, Bill Scott, joined by USD Head Women's Tennis Coach, Sherri Stephens, and Head Men's Tennis Coach, Ryan Keckley have

another amazing summer lined up with fun both on and off the court! With six weeks of junior overnight and day camps for boys & girls ages 9-18 of all ability levels, tournament training and high school players, there is a camp option for everyone! Highlights include: 5-6 hours of daily on-court instruction, a Nike Tennis Camp t-shirt and fun evening activities for overnight campers.

Camps run throughout June and July, registration is currently open. See you on the courts this summer! Call 1-800-645-3226 or USSportsCamps.com/tennis

Join Junior Theatre in person this summer and experience the wonderful world of Performing Arts!

Campers will participate in acting, dance, singing & specialty classes during week-long sessions all summer in beautiful Balboa Park. Musical Theatre intensives and Pre-Professional conservatory camps are also available. To register or for a list of camp dates, descriptions & pricing, visit juniortheatre.com or email info@juniortheatre.com.

Rock Academy Summer Camps

May 31 – August 5
Fun, Friends, and Learning for ages 5-12!
Extended Care at No Extra Charge
7:00am – 5:30pm

Are you ready for an incredible summer of adventure, fun and learning? Here are some of the exciting activities planned:

Art Exploration – Dance, Acting, Digital Arts, Ceramics, Drawing and Painting

Fitness & Fun – Games & Exercises as campers learn to develop a healthy lifestyle

Science Geeking – Build Robots, conduct Chemistry Experiments, and catapulting physics activities

Rock Sports – Broaden your skills in football, volleyball, soccer, basketball and more

Game On – Gaming & Thinking Skills, Puzzle Solving, Video & Board Game Tournaments

Wild Water Days – Having fun by getting wet and crazy

LEGO-Mania – What incredible creations will your child come up with?

Media Madness – Create videos, movie trailers, and news broadcasts

NIKE SPORTS CAMP

UNIVERSITY OF SAN DIEGO
PEPPERDINE UNIVERSITY
IRVINE VALLEY COLLEGE
CATE SCHOOL
CLAREMONT McKENNA COLLEGE
MISSION VIEJO CC

SCAN TO SECURE YOUR SPOT TODAY

Questions? Call us! 1-800-NIKE-CAMP

US SPORTS CAMPS
www.USSportsCamps.com

To be a part of the May Camp Section call:

858.270.3103

SUMMER ADVENTURE AWAITS!

Fun, friends, and learning for ages 5-12.

rockacademy.org/camp

May 31 - Aug 5 - 7:00am-5:30pm - Starting at \$298/week

ROCK ACADEMY SUMMER CAMPS

SAN DIEGO JUNIOR THEATRE PRESENTS

SPEND THIS SUMMER LEARNING TO ACT, SING, AND DANCE WITH THE NATION'S OLDEST YOUTH THEATRE PROGRAM!

IN PERSON • BALBOA PARK

SUMMER CAMPS

JUN 13 - AUG 26, 2022

ENROLL TODAY!

Register at JuniorTheatre.com or Call 619-239-1311, ext 221



Sophomore pitcher Edén Jamarillo (23) earned the save in the win over Sage Creek.
PHOTO BY STEVE SIDELL



SUDOKU PUZZLE

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

CROSSWORD PUZZLE

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		58						59						
60	61							62	63				64	
65						66							67	
68						69							70	

- CLUES ACROSS**

1. One who regrets

5. Time zone

8. Subway dweller

11. Bend in a river

13. Alias

14. Isodor __, American Nobel physicist

15. Very (music)

16. Zero

17. Phil __, former CIA

18. Competitions

20. Unwell
21. Puts in place

22. Gets rid of

25. Allows light to pass through

30. Climbed quickly

31. We all have it

32. There's a North & South

33. Emaciation

38. Supervises flying

41. Very dark colors

43. Unwanted

45. Grants

48. Three visited Jesus

49. Wife of Amun
50. Broadway actress Daisy

55. A Spanish river

56. I (German)

57. French opera composer

59. Six (Spanish)

60. Last letter

61. Spiritual leader of a Jewish congregation

62. A curved shape

63. Make a mistake

64. Tall plant

- CLUES DOWN**

1. Computer memory

2. "Et __": "And wife" (Latin)

3. Ancient Syrian city

4. College army

5. Cassava

6. Talented

7. Capital of Estonia

8. Finger millet

9. In a way, assists

10. Men's fashion accessories

12. Misery

14. Skin disorder

19. Selling at specially reduced prices
23. Good friend

24. Stationary portion of a generator

25. Expression of disappointment

26. The 17th letter of the Greek alphabet

27. Where birds fly

28. Midway between north and north-east

29. Chaotic states

34. Comedic actress Gasteyer

35. Kids' dining accessory

36. Snakelike fish

37. Midway between S and SE

39. Assign lifelike qualities to
40. One who cites

41. Midway between E and SE

42. North wind

44. One or the other

45. Cavalry sword

46. Of the Hungarian language

47. Life stories

48. Flat tableland with steep edges

51. Swiss river

52. Plant that makes gum

53. French cleric

54. One point east of northeast

58. Free from

V	L	E	S	C	N	A	S	E	T	R	E	W
O	O	T	E	N	E	R	S	V	O	R	D	
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3	7	6	5	8	1	2	4	9
8	4	7	3	9	6	1	2	5
6	9	1	7	5	2	3	8	4
2	3	5	4	1	8	9	6	7

New cancer screening and diagnostic center opens

Exact Sciences Corp. recently opened a new cancer screening and diagnostic testing center in Torrey Pines.

"We are thrilled to expand Exact Sciences' presence in San Diego, a biotechnology hub with a deep talent pool," said Kevin Conroy, chairman/CEO of Exact Sciences, whose new facility is on N. Torrey Pines Road. "Our initial focus for this state-of-the-art research and development facility will be to develop next-generation cancer diagnostics to help patients and physicians make better treatment decisions and more effectively monitor disease recurrence. We plan to double the number of our San Diego-based employees."

Exact Sciences plans to use this additional laboratory space to advance early detection, minimal residual disease (MRD) cancer recurrence monitoring, therapy selection testing, and design of the company's proprietary blood collection tubes.

This effort includes the expansion of Exact Sciences' research and technology initiatives of cancer detection driven by biomarker discovery and advanced technology assessments, as well as the development of MRD tests capable of detecting residual disease from whole blood.

MRD tests are used for monitoring of circulating tumor DNA (ctDNA) to allow for earlier detection of recurrence as compared to digital imaging. Customized to identify a patient's specific tumor, MRD tests hold the potential to answer critical questions such as, "Did treatment remove all cancer?" and "Has cancer returned?"

Exact Sciences is best known for its noninvasive colorectal cancer screening test, Cologuard. Since its approval by the FDA in 2014, Cologuard has been used more than 7.5 million times to screen people for colorectal cancer.

Exact Sciences is working to bring similar advancements in technology and ease-of-use pioneered with Cologuard to other forms of cancer. Through growth and acquisitions, Exact Sciences



Exact Sciences Corp. held a ribbon-cutting ceremony for its new cancer screening and diagnostic testing center in Torrey Pines. COURTESY PHOTO

EXACT SCIENCES R&D FACILITY
Where: 11085 N. Torrey Pines Road.
Info: exactsciences.com.

now offers cancer screening and diagnostic tests for patients and health care providers along the cancer journey – before, during, and after a diagnosis.

Exact Sciences is collaborating with Mayo Clinic, Johns Hopkins University, and the Translational Genomics Research Institute to develop novel detection technologies for disease detection along the cancer care continuum.

In addition to Cologuard, Exact Sciences' additional products include:

- **Oncotype DX** – A portfolio of breast, colon, and prostate cancer tests that apply advanced genomic science to reveal the unique biology of a tumor to help optimize cancer treatment decisions. With more than 1.5 million patients tested in more than 90 countries, the Oncotype DX tests have redefined personalized medicine by making genomics a critical part of cancer diagnosis and treatment.
- **Oncotype MAP Pan-Cancer Tissue** – A rapid, comprehensive tumor profiling test to aid therapy selection for patients with advanced or metastatic cancer. Results are provided within 3-5 business days using patient specimens as small as 3mm2 of tissue,

about the size of a grain of rice.

- **GEM ExTra** – A comprehensive genomic test capable of detecting damage in genes and providing a complete biological picture of certain refractory, rare, or aggressive cancers.

The GEM ExTra test provides physicians, academic medical centers, and biopharma researchers with vital interpreted information to help understand changes to a patient's genomic tumor profile and recommend therapeutic treatment plans.

Based in Madison, Wisc., Exact Sciences' national and international offices now consist of more than 15 locations and six clinical laboratories, along with four research and development facilities. The San Diego site will support some of the company's most critical tests aimed at helping patients who have been diagnosed with cancer.

Exact Sciences has earned a reputation for relentlessly pursuing smarter solutions providing the clarity to take life-changing action, earlier. Building on the success of Cologuard and Oncotype tests, Exact Sciences is investing in its product pipeline to support patients before and throughout their cancer diagnosis and treatment.

Exact Sciences unites visionary collaborators to help advance the fight against cancer. For more information, visit exactsciences.com.

LEGALS »
CONT. FROM PG. 10

SOHRAB ALBORZIAN, MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 22, 2022. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007030 Fictitious Business Name(s) a. TUNAVILLE MARKET & GROCERY Located at: 4904 N. HARBOR DR, SUITE 102, SAN DIEGO, CA 92106 Is registered by the following: a. CELEBRITY SEAFOOD, INC This business is conducted by: A CORPORATION The first day of business was:11/1/2009 Registrant Name: a. CONTOUSSAHARA, INC TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. MITCHELL CONNIFF, PRESIDENT/ CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 24, 2022. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007156 Fictitious Business Name(s) a. SPLIFF CAPITAL Located at: 1968 S. COAST HWY #5021, LAGUNA BEACH, CA 92651 Is registered by the following: a. SPIN CAPITAL, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The

first day of business was: 03/25/2022 Registrant Name: a. SPIN CAPITAL, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. CHRISTOPHER CONNER, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 25, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9002727 Fictitious Business Name(s) a. TEE'S BOOTCAMP Located at: 938 EMERALD ST, SAN DIEGO, CA 92109 Is registered by the following: a. TEREASA CHARMANE PARRISH This business is conducted by: AN INDIVIDUAL The first day of business was: 10/01/2007 Registrant Name: a. TEREASA CHARMANE PARRISH TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 28, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007277 Fictitious Business Name(s) a. JOHN P MARTIN CONSTRUCTION Located at: 4629 CASS ST #236, SAN DIEGO, CA 92109 Is registered by the following: a. JOHN P MARTIN This business is conducted by: AN INDIVIDUAL The first day of business was: 1-1-2018 Registrant Name: a. JOHN P MARTIN TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 28, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007159 Fictitious Business Name(s) a. READY NOW TRANSACTION MANAGEMENT b. READY NOW TRANSACTION COORDINATION Located at: 11625-4 COMPASS POINT DR N, SSAN DIEGO, CA 92126 Is registered by the following: a. D. FORTAKOFF TRANSACTION MANAGEMENT, INC. This business is conducted by: A CORPORATION The first day of business was: 03/25/2022 Registrant Name: a. D. FORTAKOFF TRANSACTION MANAGEMENT, INC. TITLE of Officer, if Limited Liability Company/

Corporation Title of Signor. DIANE FORTAKOFF, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 25, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007028 Fictitious Business Name(s) a. SCREENCUTS Located at: 1324 HORNBLEND STREET, SAN DIEGO, CA 92109 Is registered by the following: a. BRIAN LUBERTS This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. BRIAN LUBERTS TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 24, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006569 Fictitious Business Name(s) a. ENCUESTRO CAFE b. EL ENCUESTRO Located at: 3941 MASON ST, SUITE #5, SAN DIEGO, CA 92110 Is registered by the following: a. TEPUY, LLC This business is conducted by: LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. TEPUY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. LUIS MIGUEL VARGAS, MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 18, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007395 Fictitious Business Name(s) a. OLDNEWFILMS Located at: 202 W. SAN YSIDRO BLVD, APT 3, SAN YSIDRO, CA 92173 Is registered by the following: a. SUSAN MAGDALENA TORRES PUENTE This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. SUSAN MAGDALENA TORRES PUENTE TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 29, 2022.. ISSUE DATES: APRIL 1, 8, 15 & 22

**NEW VICE PRINCIPAL
AT MISSION BAY**

Ali West has joined the team at Mission Bay High School in the role of vice principal. She is a native San Diegan and a product of SDUSD. She has been an educator in San Diego for 12 years teaching middle school and high school science.

Prior to teaching in San Diego, West served for two years as a teacher volunteer in the United States Peace Corps in a rural village in Namibia, Africa. West also spent a semester during college studying abroad in Brisbane, Australia as part of her undergraduate course work. West holds a master's of arts in educational leadership (K-12) and an administrative credential from San Diego State University, as well as a bachelor of science in biological sciences from Cal Poly State University, San Luis Obispo.

She is a mother to three elementary-aged daughters (two of which are twins). When West is not at school, she enjoys traveling, stand-up paddleboarding in Mission Bay, practicing yoga and doing fun outdoor activities in the sunshine or water with her daughters.

UKRAINE BLOOD DONATIONS

San Diego Blood Bank is joining blood banks across the country in providing financial assistance to those who have been impacted by the violence in Ukraine. For every blood donation made at a San Diego Blood Bank donation location or mobile blood drive through April 5, San Diego Blood Bank will make a financial contribution to UNICEF on behalf of the donor to support Ukrainian civilians who desperately need help. Eligible donors who would like to donate in support of this effort can register with the donation code UKRN at check-in. To be eligible to donate blood, you must be at least 17 years

old, weigh at least 114 pounds, and be in general good health. Eligible blood donors are encouraged to schedule an appointment at SanDiegoBloodBank.org or calling 619-400-8251.

TEAM PHUN HIRE

Team Phun announced the promotion of Brittany Aanestad to brand sales manager. Aanestad joined the Team Phun San Diego crew in 2020 as a brand consultant, bringing over 13 years of hospitality and 10 years of sales and marketing experience. With the promotion, Aanestad is "excited to see the new levels that I will be pushed to professionally, as well as building on the invaluable partnerships with our customers and operational partners." Team Phun is a brand-building and promotional products company operating at 5026 Cass St. in Pacific Beach.

VEGAN SANDWICHES

Gatherer Sandwiches, an all-vegan sandwich shop, has landed on 3864 Mission Blvd. where it replaces Soulshine cafe. Owner Jacob Russell started out as a dishwasher at Alvarado Hospital and quickly discovered a knack for hospitality. He went on to work front and back of house for restaurants like Denver's iconic Watercourse Foods and was most recently the manager of Donna Jean in Bankers Hill, a vegan restaurant.

CONCOURS KICK-OFF WEEKEND

The La Jolla Concours d'Elegance presented by LPL Financial and Pacific Sotheby's International Realty celebrates its 16th year of automotive excellence with packed weekend of events Friday, April 22, Saturday, April 23, and Sunday April 24.

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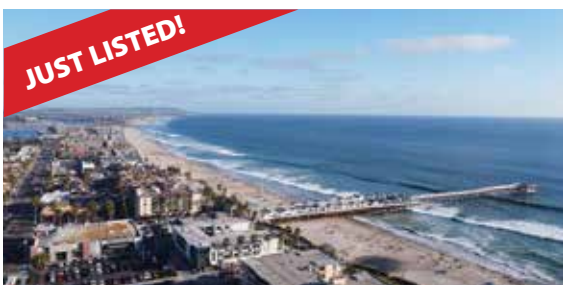
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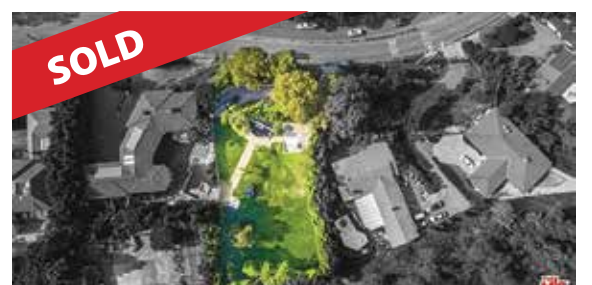
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I wish I had a dog, I'm glad I don't have a dog, but I do have teddy bear



Doing it Better

By Natasha Josefowitz, Ph.D.

A few days ago, a friend came to visit me with her new puppy, a 9-month old mini-Australian shepherd. After the puppy finished exploring my apartment and drank some water, he jumped in my lap and licked my face; I was smitten. All my nurturing instincts reawakened. I wanted, needed a dog. Of course, at 95, any dog would become an orphan within a very few short years; not fair for the dog. No, I am not getting one.

What is interesting that during the pandemic animal rescue centers saw a surge of demands for adoptions. People were isolated and needed something to take care of, needed companionship. During that time there was also an increase of plant sales, again the need to take care of something alive. This caring propensity shows itself early, as early as early as 4-6 months of age in children. Children hug their stuffed animal and cry when separated from it. In 1995, Donald Winnicott introduced the term "transitional object" describing the intense attachment children develop to an object. This attachment, part of a healthy ego development, is necessary to differentiate self from others as well as an early phase of independence from parents. The child is learning to sooth him or herself by gaining emotional support from the stuffed animal. The toy industry recognizes this and provides clothes and furniture for dolls fulfilling the child's need to care for an inanimate object, pretending it's real. Stroking the soft fur, holding a stuffed animal close, and cuddling it can reduce the stress coming from facing an unfamiliar situation or an unfamiliar care taker. The sense of security provided by the stuffed animal cannot only soothe a child, but can give the child courage to face new situations.

Most people have personal possessions that are treasured and serve as extensions of oneself. These cherished possessions may be connected to memories of important events or have belonged to a well-loved person. This is why it is often hard for people to move from a familiar home to a smaller apartment or retirement community. This move entails loss of objects too large to take or too cumbersome to keep.

Some people are able to easily discard some no longer used objects while others hold on to a variety of items that have no longer real use in their lives, only the memories attached to them.

Extreme object attachments may be a way to compensate for a lack of inter-personal attachments, or may be a symptom of a hoarding disorder. The diagnosis of hoarding disorder is based on the rating of intensity of emotions when imagining the loss of the object. In addition, the identity of the horded object may be significant. Holding on to years of old newspapers or discarded containers is different from holding on to a collection of travel postcards or ceramic figurines. As people age and experience physical, emotional, and cognitive changes, the attachment to objects also shifts. For some it intensifies; for others it is the reverse, they care for nothing any more.

Some people hold on to lucky charms or something hand-made that may have reflected a labor of love. Retaining golf clubs or a tennis racket in old age may be a reminder of an active past life. It is also difficult for widows/widowers to discard objects worn by their deceased partner. I still have a teddy bear donning a Navy uniform reminding me of Herman serving in the Navy.

As people age, one factor in senility is the return to childhood including the need to hold on to a stuffed animal. Many caregivers have reported that giving their older patients a stuffed animal has increased calmness and reduced agitation and anxiety in these patients. There has been a positive impact in giving a robotic pet to dementia patients. The robotic pet can respond verbally to comments and questions. They bring comfort and lower stress in preventing loneliness. By allowing the seniors to interact with these robotic pets also reduces depression and improves socialization and communication.

It is interesting to note that the need to nurture, to care for something, the need for companionship does not lessen with age. Even in dementia the human propensity does not diminish. The results of this new field study provides innovative insights to help improve better mental health in our aging population.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022. Natasha Josefowitz. All rights reserved.

Weitzman was invited to deploy as part of Greater Good Charities greatergood.org response to the Ukraine crisis. Greater Good Charities is already on the ground assisting with the humanitarian effort.

"As soon as the war broke out in Ukraine, we started looking for ways to support people with pets and animals left behind by this tragedy," said Weitzman. "When we learned that our partner, Greater Good Charities, was seeking additional veterinary support, we immediately offered to help. Our goal is to make an impact for animals and people in this tragic crisis."

Once on the ground in Przemyśl, Weitzman intends to provide daily updates with videos and photos.

SD HUMANE SOCIETY PRESIDENT HEADS TO POLAND TO HELP UKRAINIAN PETS

San Diego Humane Society president Gary Weitzman, DVM, has deployed to Przemyśl, Poland on a 10-day mission to provide veterinary care, help set up a border crossing veterinary clinic and make arrangements for additional San Diego Humane Society veterinarians and animal care staff to support pets impacted by the war in Ukraine.

Weitzman left San Diego Humane Society's campus on Sunday, March 27, after loading veterinary supplies to bring to the ADA Foundation in Poland. Supplies included antibiotics, medication, syringes, and gloves.

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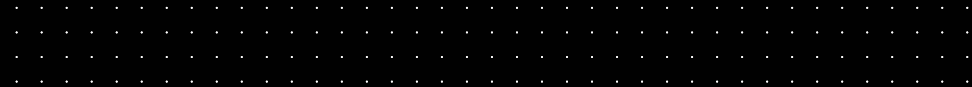
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April Fools Fun Fact:

Some historians speculate that April Fools’ Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d’avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.