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SAN DIEGO COMMUNITY NEWSPAPER GROUP FRIDAY, APRIL 29, 2022 **BEACHANDBAYPRESS.COM**









PB Library celebrates 25 years

SEE **PAGE 3**







Two Pacific Beach Middle students, Rex Mehran and Mason Morgan, documented potholes (such as the one above), and other hazards on Ingraham Street for a school project, which they presented before the Pacific Beach Town Council.

Students document damages, potholes on Ingraham Street

BY DAVE SCHWAB

acific Beach Middle School students Rex Mehran and Mason Morgan recently gave a presentation to Pacific

road conditions and potholes on Ingraham Street they documented during a survey they completed for a school project.

"The goal of our project is to

Beach Town Council about have the city finally listen about the true problems of our community, and finally get Ingraham Street repaved," Mehran told Beach & Bay Press after PB Town Council's April meeting. "Not only do we

want Ingraham Street repaved, but we also want this to be a wake-up call to finally fix all the roads in our city."

"I love to see students getting active with their community fast and early," said Marcella Bothwell, PB Town Council president in introducing the middle school pair at the April 20 meeting.

POTHOLES, See page 6



Artist planning new Mother's Day mural on Fresheria building

By DAVE SCHWAB

uralist Hanna Daly recently lost her mom and is dedicating her next artwork in La Jolla as a special tribute to her parent featuring her mom's favorite bird: a peacock.

The new mural, to be painted just in time for Mother's Day on May 8, will replace an existing mural Daly did during the pandemic on the side of the Fresheria building at 627 Pearl St.

"I grew up on a farm and there were peacocks all over the place and my mom loved peacocks," said Daly. "When I was 8 years old, my mom made me a peacock Halloween costume, and she made me a whole tail out of peacock feathers."

Daly plans to paint her Mother's Day tribute mural May 4-6.

"I will be repainting that wall with a piece that tells moms how much we need them, love them and miss them," she said. "I'm not 100% sure what I will paint yet, but my mother loved peacocks, and at the age of 70, she got a Cala Lilly tattoo on her ankle. So I'll probably incorporate those images in addition to the text, 'I love you, Mom."

Daly started her business painting murals in 2005. "It started out super small, I just did kid's rooms," she said adding, "It's ramped up a lot in the last few years."

Asked how many murals she's done since Daly replied: "Over 1,000. I don't count. I never keep track. I



Hanna Daly in front of the pandemic-themed mural on the Fresheria building at 627 Pearl St. Her new mural honoring the memory of her mother will be painted over this mural.

PHOTO BY DAVE SCHWAB

didn't get paid for all of them. I do about 100 a year now."

Daly's murals explore a wide range of topics. Some, as with her upcoming Mother's Day tribute, have serious themes. She recently did one titled "Death Takes A Holiday," memorializing the deaths of those close to her and her wife.

Above all, Daly's murals are colorful.

"I'm a colorful person. I love color, and doing things that inspire people to be a little bolder with their decisions," she said adding, "I can't make everybody happy? But if my work makes people happy when they walk by – that's all you can do."

It's also remarkably clear Daly has a real passion for her work.

"It's exciting. Every day I go to

work I change the world a little bit, even if it is one teeny-tiny corner," she said. "It's really a rad job. I get to meet different, new people, all the time. I also love that I'm working up in Escondido one day, at a school the next day, then in somebody's mansion the next. I love it and I love to travel. It gives me a lot of freedom."

Pointing out she's done murals all over, Daly noted, "I probably

have 10 in Pacific Beach including one on the Nite Owl Cocktail Lounge, 2772 Garnet Ave., that you see when you get stuck in that intersection coming into PB."

Daly couldn't think of a "dream" mural she wanted to paint but talked instead about problematic painting. "I don't like stuff that's really tall. It gets really tiring being up so high," she noted.

Daly discussed her technique.

"I do a loose idea," she said. "I don't measure everything out and make it perfect. I sketch them (murals) in chalk, then paint them using house paint most of the time. It lasts forever. It won't even start fading for 10 years."

Added Daly, "I enjoy the process of 'not' knowing what it's going to look like. And it's weird because: I don't know. A lot of artists start out with a sketch that looks exactly like a mural. My sketch is an overall idea. But it's not going to look like that. I just enjoy changing stuff. It's kind of a surprise to me, too, when I'm finished."

Daly encourages people to pick up a brush and try painting. "It's very therapeutic, about creation, for me," she concluded, adding she likes the fact that painting is "very tangible. I can show people a visual picture of what I did that day. Even if you just pick it (painting) up as a craft, there really isn't a risk. I always encourage people, for whatever is artistic in them, to express that."

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Taylor Library celebrates 25 years of serving Pacific Beach

By DAVE SCHWAB

he Earl and Birdie Taylor Library is celebrating its 25th anniversary this year. The library at 4275 Cass St. in Pacific Beach held its grand opening on May 3, 1997.

Library manager Christina Wainwright, who's been with the Pacific Beach/Taylor Branch since 2007, said she's been "lucky enough to live and work in the community for the past 15 years." She talked about what makes PB's library branch so special.

"Our library is unique in the San Diego Public Library system in that, in addition to our beautiful building and community meeting space, we have the only park that is managed by San Diego Public Library," Wainwright said. "We are able to plan programs inside or outdoors."

Wainwright noted that, in the past year, the PB branch has held community-oriented functions like toddler dance parties and kids' "storytimes" outside on the Taylor Greene. She added outdoor programs will include monthly concerts on the Cass Street Plaza (beginning May 14 at 4 p.m., through September) and a National Night Out event on Aug. 2 that will include a free movie screening in the park.

"Libraries always strive to serve our community's needs," noted Wainwright. "One thing that hasn't changed since the Taylor Library opened in 1997 is that we still connect our customers to knowledge and to each other. How we do it, though, has evolved over the past 25 years."

Added Wainwright: "Even five years ago, I wouldn't have dreamed of being able to check out free wi-fi hotspots to our library cardholders. Yet, we've been offering hotspots through the Access 4 All program since last year."

Janet Yeager, now manager of Carmel Mountain Ranch Library, is the only staff member in San Diego's library system left who worked at PB's library branch when the new location was opened. She shared some memories about being a library assistant II (clerk) at that time.

"I was assigned to the old Pacific Beach Branch Library (intersection of Ingraham and Felspar) as my first full-time position for the San Diego Public Library," said Yeager. "When I arrived, the staff and Friends of the Library were already preparing for the move, which was about a year away. Prior to the move, the Friends sponsored a cocktail party at Crystal Pier in order to raise funds for the new location."

Noting the old PB branch was "lacking the amenities of modern libraries, including a parking lot and a meeting room," Yeager noted: "The community was looking forward to a new location that was much larger in size, would have a meeting room, parking lots, and a



At the grand opening ribbon cutting of the library were Anna Tatar, Mayor Susan Golding, Mary Taylor, and Vernon Taylor.

dedicated book-sale room."

According to Yeager, when the time for the move to Cass Street arrived, then-branch manager Philip Detwiler explained to the staff how to properly pack books into boxes, so that when the boxes were unloaded, they would be in proper order on the shelves.

Recalled Yeager: "The opening day of the new branch was attended by members of the Taylor family and the City Council. Extra staff was called in to help from other library locations in order to assist the large number of patrons who visited."

Added Yeager: "Some of the memories of my first year at the branch include an under-sea mural, which was created for the branch by a local artist. Internet access, as well as access to Microsoft Word and Excel, were relatively new services offered by the library. Staff often helped patrons to save their files on floppy disc drives or explained how to sign up for email access through Hotmail or Yahoo."

PB's library is one of 35 branches in the City of San Diego Public Library system serving the informational, educational and recreational interests of San Diego through its central library downtown, along with the READ/San Diego literacy program as well as maintaining an online presence.

SDPL is a popular destination that connects diverse communities

HISTORY OF PACIFIC BEACH/ Taylor Branch Library

Officially opened in 1997, the Earl and Birdie Taylor Library was built thanks to donations from the Taylor family, library supporters, and early real estate developers in Pacific Beach. The 12,484-square-foot library is walking distance from the beach at 4275 Cass St. on a city block dedicated to the library facility and passive park space.

Architect Manuel Oncina designed the library building to be open and airy, resembling the form of a nautilus shell to incorporate the natural beauty of the ocean. Featuring a large meeting room, projection screen, and grand piano, the library is a destination for community groups and performers. The Pacific Beach community has been home to a library since 1914 when the original library operated from inside the lobby of the Pacific Beach Women's Club on Hornblend Street.

to free educational and cultural resources that will enrich their lives. With 6.6 million visitors, the library is the largest cultural institution in San Diego offering free programming.

SDPL serves more than 1.4 million residents encompassing an area of 342 square miles. The system's collection has more than 5.3 million books, including e-books and audio-visual materials. The collection also boasts 1.6 million government documents, along with more than 265,295 books in 25 languages other than English.



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New principal and vice principal at Mission Bay High School

By DAVE SCHWAB

ew principal and associate principal, Eric L. Brown, Ph.D., and Ali West, respectfully, are leaving their own educational mark on Mission Bay High School.

The new MBHS administrators are both native San Diegans. Brown, a La Jolla High School graduate, played prep football as both a defensive end and fullback.

"We were the largest backfield in San Diego County," he joked, adding he was also a math teacher and a principal at Mountain Empire High School in rural East County. "I was also in the Army for 15 years," Brown added.

West is an alumna of Scripps Ranch High School and went to Cal Poly where she earned a degree in biology. She also graduated from San Diego State University with a master's degree in education leadership.

"I've been a science teacher at different charter schools all around San Diego," West said. "My last job was at a K-12 school where I served as an advisor to families that were fully or partially homeschooled. I also took on additional leadership roles at the school."

A mom of three who has twins, West left education for a while to take care of her children before realizing that "I was dying to get back in the classroom." She also served a stint as a Peace Corps volunteer in Namibia in Africa.

Brown said the high school is back to full-time, in-person instruction. Discussing his school's uniqueness, Brown noted: "We



Mission Bay High principal Eric L. Brown, and vice principal Ali West.

PHOTO BY DAVE SCHWAB

have students coming here from all over the county as part of our open choice program. We also have our International Baccalaureate focus. A large percentage of our students, in the upper 80th percentile, move on to the next level of education at either a two- or four-year school."

Asked about her role as associate principal at MBHS, West said: "It's a mixture of responding to the needs of the teachers, and supporting teachers and students." She added her role also involves some diplomacy.

"I do a lot of mediation work between kids having trouble getting along with each other," she said. "We really try to bring in restorative practices and have kids mend that relationship and come together."

Brown said his role is as diverse as it is clear-cut. "There's a lot of hats that are worn," he pointed out. "My job is to make sure that our teachers have everything they need to serve our students. I figure out how to mix that all up, and deliver it back to them in a positive manner. My job is also to make sure the community is being served by our (school) site."

Brown noted MBHS has been an IB school for eight years. "We're the fourth largest IB program in the state," he said adding the IB curriculum "is more rigorous than AP (advanced placement) classes."

The principal said new changes at the high school include a later 8:45 a.m. start time to allow busy students extra time to get proper sleep. He joked that the later starting time seems to be working.

"We've got 90% of our kids that are supposed to be here and

Grand Ave. is a public high school that is a magnet school with an emphasis on academic studies. Built in 1953, the school sits on a 55-acre site with 84 classrooms, a gymnasium and newly remodeled weight room, a library with two new computer labs, a small theater, a 790-seat auditorium, landscaped green areas, and student and faculty parking lots. A new artificial turf football with synthetic track stadium and other athletic fields were completed under Prop. S construction in April 2015. In 2006, Mission Bay introduced International Baccalaureate courses that students could take to help them get their IB diploma. The Mission Bay High jazz program

Mission Bay High School at 2475

is home to the award-winning and touring Mission Bay Preservationists, as well as the Mission Bay Mambo Orchestra, the only youth-Latin big band in California. The music program has been taught by Jean-Paul Balmat, an MBHS alum, since 2006.

People of note who've graduated from MBHS include Skip Frye, legendary surfboard shaper and world-class professional surfer; late musician Frank Zappa (attended, but did not graduate); and Arian Foster, collegiate football star for the Tennessee Volunteers, and a running back in the NFL for the Houston Texans.

they're here and in class," he said. "I know. I just checked."

Of the high school's feel, West noted, "There is a sense of community pride here at this school. So many of the teachers have graduated from here, or have had kids who've gone through here, or are going through here. You can just feel there is real love for the community."

Former MBHS principal Ernest Remillard moved on to the Poway Unified School District.

Balanced Fitness & Health celebrates first year in La Jolla

By DAVE SCHWAB

alanced Fitness & Health is celebrating its one-year anniversary in La Jolla on May 7.

Owner Rodrigo Iglesias, formerly in the restaurant business, came to a realization several years ago that set him on a new career course.

"In my former life I used to own nightclubs, bars, and restaurants," said Iglesias noting that, six years ago, he did the 12-mile swim across Lake Tahoe. "I had a life epiphany, deciding I wanted to get back into fitness," he said. "Doing that swim you come to such fitness fatigue: It's almost a clarifying moment. I just wasn't as happy anymore. So I had to leave."

There was a place Iglesias had been working out in Downtown San Diego. "The owner was actually selling it, so I went ahead and bought it," Iglesias said. "This is our second location."

Annalena Dickman, marketing and events coordinator for Balance came to San Diego from Oklahoma in 2020 and pounded



Rodrigo Iglesias and Annalena Dickman of Balanced Fitness & Health at 7680 PHOTO BY DAVE SCHWAB Girard Ave.

the pavement for months looking for a job. "I started calling places and I called Balance and they were like, 'Great, we'll give you a try,'" she said. "I just love California and I'm here to stay."

Dickman likes the ambiance of Balance. "It's got a different type of feel, not corporate, it's a family atmosphere," she said. "Everyone's

a name, not a number here, and I really love that."

Located at 7680 Girard Ave., in a two-level space most recently inhabited by 24 Hour Fitness, Balanced Fitness & Health La Jolla offers a plethora of services including personal training, athletic performance, fitness classes, and physical therapy, muscle building, injury rehabilitation, weight loss, and nutrition.

"We are your go-to gym in La Jolla that helps you achieve real results for your real goals with a wide array of gym offerings," says the company's website at balancedfitnesshealthljca.com. "Whether you want to rehabilitate from an injury, receive professional personal training, or get into shape through classes in yoga, spin, Pilates, body sculpting, and more, you've come to the right place. We're proud to offer smallgroup training that increases attention to the individual in a small-group setting."

Iglesias spoke about Balance's business philosophy.

"I felt like gyms had lacked customer services and had become more about sales," he said. "You sign up, and they forget about you. Everything's about a sales platform. So we created something where it was very intimate, where we don't forget about people. We continue to work on their goals. We developed a boutique-style where all the resources are there. We wanted to

make it easy for people."

Iglesias credits his past experience in the restaurant industry for allowing him to successfully reshape his fitness business model. "We don't look at ourselves as owners-operators. We all do the work," he said. "I always call it the 'Cheers' of fitness, where everybody knows your name. The whole concept of Balance is that it's right in front of you. We wanted to teach a lifestyle where less is more. Let's work on the long life goals, as opposed to the threemonth standards that are sold nowadays."

How are Iglesias and Dickman going to be celebrating Balance's one-year anniversary?

"It's going to be a lot of in-yourface, dressed up in a gorilla suit," he said about promotions, adding most of his clientele come from La Jolla Village, which has a somewhat older demographic.

"Walking around La Jolla," she answered. "In May we're going to be doing things. We're spreading the word. We want to invite everyone in."

Pickleball players want more courts, tennis players don't love it

By DAVE SCHWAB

n April 5, Pickleball and tennis enthusiasts crossed rackets in a turf battle over a proposal to convert Robb Field tennis courts in Ocean Beach into 36 pickleball courts.

Both sides, about equally represented, packed Santa Clara Recreation Center volleying backand-forth during Mission Bay Park Committee's monthly meeting. The committee heard both sides out but took no immediate action.

Pickleball supporters contended there is a lack of places to play locally for the rapidly growing sport. Peninsula Tennis Club players, who use Robb Field courts, turned out in large numbers with colorful signs and costumes to argue it is unfair, and inadvisable, to remove existing tennis court space.

Pickleball proponent Stefan Boyland argued Robb Field tennis courts are underutilized and in poor condition, contending tennis players there could be accommodated at nearby Barnes Tennis Center.

"It's a sport we love and hope to bring to Robb Field," said Boyland who, along with Mike Shinzaki, has been lobbying to develop more pickleball courts regionwide. "We advocate for local residents who want more courts in San Diego. We are happy to see tennis folks here because there is a lot of misinformation, and it's good for tennis players to hear our proposal directly



Ann Glazener of Peninsula Tennis Club turned out at the April 5 Mission Bay Park Committee meeting to protest a proposal to turn Robb Field's tennis courts into pickleball courts.

PHOTO BY DAVE SCHWAB

from us."

"We have assessed over 50 candidates (pickleball court) locations and none of them have worked because they're either too small or there is no parking," said Shinzaki during a joint slideshow presentation with Boyland. "A location needs to be away from residences for light and noise permitting. Adding new cement is not a realistic solution. So we must share finite public land. The City asked us to prove local support: We have 4,000 local players on the petition. We have 11,000 letters of support."

Todd Sprague of Peninsula Tennis Club countered that the pickleball side's argument was flawed. He attacked their study of utilization of Robb Field's tennis courts, claiming statistics they used failed to address that tennis courts there are heavily utilized more at certain times than others.

"Peninsula (Tennis Club) is in good standing under its use permit, and parks and recreation does not believe it (Robb Field) is a viable alternative for a pickleball facility," Sprague said. "Tennis is a growing sport. In San Diego, there are about five to six times more tennis players than pickleball players. There's a great need now for more tennis courts."

Added Sprague: "Seventy percent

of tennis is played on public facilities. So the idea of taking any public facilities out of circulation is a real problem for tennis players. This is not to say pickleball isn't growing. It's just to say tennis is growing and actually services a whole lot more people. What we all recognize is that (tennis court) utilization has peaks and valleys. They (pickleball supporters) would like you to believe that's not the case. But it's true."

"Our view is that the public parks are meant for the benefit of the entire community," concluded Shinzaki after the April 5 meeting. "This isn't about which sport is better, but about efficient use of public park space. Right now, 37 combined tennis courts at [Robb Field] plus Barnes combined are hardly used (25% usage, on average). The City should require them to share space, or cede ground, allowing pickleball a chance to exist and grow."

During public comment, more than one person testified that they played both sports, adding the real issue wasn't pickleball versus tennis, but rather finding ways to accommodate both sports and encouraging more active recreation in general.

When asked what their next step would be, Boyland replied, "To get approval for re-purposing Robb Field tennis courts for pickleball, and to get a letter of recommendation so the City can consider this."

City hires new director to lead housing initiatives

The City of San Diego recently announced the hiring of Heidi Vonblum as the City's planning director. Vonblum brings more than 12 years of experience working for the City of San Diego, including as deputy planning director for the last two years.

"Heidi is a visionary leader who has developed innovative planning initiatives to meet the challenges facing San Diego both today and decades from now," said Mayor Todd Gloria. "Her hard work and diligence have earned the trust and confidence of both City leadership and her team in the Planning Department, and I'm excited to continue working with her to meet our climate, housing and equity goals to improve the lives of all San Diegans."

Vonblum and her team in the Planning Department were instrumental in developing the Homes for All of Us initiative that pulls together multiple statewide and City reforms aimed at making it easier to create new homes for all income levels throughout San Diego. Gloria signed into law the first piece of the Homes for All of Us initiative last month.

READ MORE ONLINE AT sdnews.com



POTHOLES »

CONT. FROM PG. 1

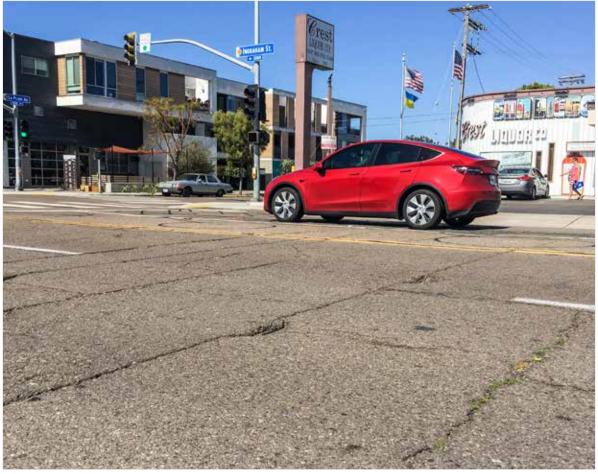
Characterizing Ingraham as "the funkiest road in our community," Mehran told the town council trustees, "I can't even ride my bike on it, even though there are bike lanes, because drivers are swerving to try and avoid the potholes, especially at night, and the big puddles of water during rainstorms."

Mehran also pointed out that 55% of San Diego's roads are considered poor, and that there are 33,000 traffic fatalities in the U.S. annually, one-third of which are caused by poor road conditions.

Mehran said he was prompted to do an Ingraham pothole survey because he's lived on the street his entire life, and noticed how the road's condition impacts everyone.

"I was tired of seeing the road look torn apart every time I walked out of my house," he said adding the road "has also always been an issue for our safety and others around us. Car wrecks have always been frequent, and damage to our vehicles. And this made me think to myself, 'This does not seem like America's finest city."

During the meeting, Morgan discussed how he and Mehran worked to document poor road conditions on Ingraham, going out to collect trash in bags and measure the depth and width of potholes with a yardstick. "It's alarming," he said. "In one of the cracked potholes, we found pieces



Ingraham Street, at the intersection with La Playa Avenue, looks to be coming apart by the seams.

PHOTO BY THOMAS MELVILLE

of metal that were road hazards. We also found dangerous sections of the sidewalk. We found a pothole that was 3-feet wide and 5-inches deep."

Mehran's learned that "you have to be the voice and speak up whenever there is an issue."

He added, "I have also learned that even something small can have the biggest change, and maybe this inspires others to speak up against something they've noticed that is wrong in their community."

Mehran said his main concern, though, "is that hundreds to thousands of people drive on the road every day, and with a road in this state of disarray, more people will suffer the consequences of the dangerous road. Whether it's your

car's alignment, tires, or even getting into wrecks, everyone inside and outside our community is facing the consequences."

Mehran praised Pacific Beach Middle, noting the school "teaches us skills and helps prepare us for our future and success. Since PBMS is an International Baccalaureate school, they have every eighth-grader complete a

HOW TO WITHSTAND POTHOLES?

Pothole-caused vehicle damages can be expensive. Tire replacements cost \$75-\$300, bent wheels between \$50 and \$500, and a suspension system damaged by rough roads can run as high as \$5,000.

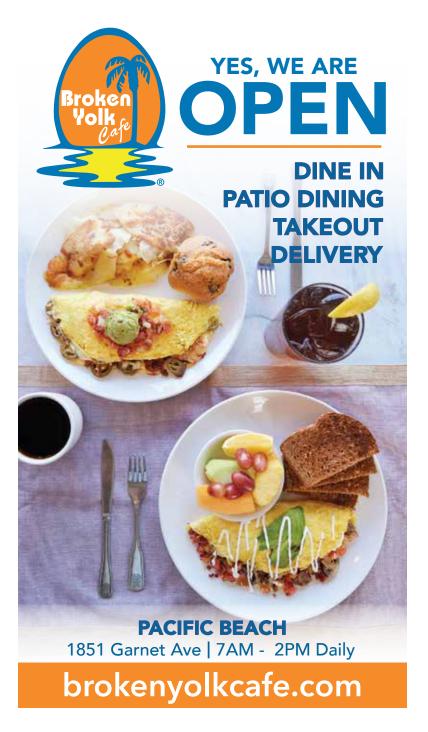
So are all vehicles equally vulnerable to potholes? No, they aren't. Some are designed to withstand rough pavement, and some just have characteristics that favor pothole resilience. Those characteristics include having a heavy body (trucks and SUVs get the advantage), and long-travel suspension. The most pothole-resilient vehicle brands, not including vehicles rated for offroad toughness, are Honda, Toyota, Hyundai, Nissan, Kia, Mitsubishi, Mini, Suzuki, Ford, and Mazda. When it comes to tires, the bigger the sidewalls (the distance between the wheel rim and the pavement) the more likely the tire will survive a pothole hit without the rim cutting into the rubber. Source: Pothole.info

community service project."

Mehran added that PBMS encourages projects like theirs that involve solving issues in the local community. He noted his school's teachers also promote community-service projects.

"I give my thanks to Mrs. Hensen for guiding me through this, and Ms. McElroy for teaching me how to be the best leader." he said.

The efforts of the middle school duo and their pothole survey are paying off. They said District 2 Councilmember Dr. Jen Campbell has sent a message that "she wants to speak to them soon."



PB REC CENTER ART INSTALLATION DELAYED

Installation of a public art project to revitalize the 65-year-old Pacific Beach Rec Center, a mosaic mural using surfboards as flower petals, has been delayed. The project at 1405 Diamond St. has been conducted for several months with volunteer workshops at the rec center under the guidance of muralist Rob Tobin.

"The art installation required a building permit, which we have inhand," said Brian Curry, a spokesperson for Pacific Beach Town Council regarding the community beautification project. "Celebrating the permit, which took several months to get approved, we scheduled an install date. However, we

are now waiting on the City to provide an approved maintenance agreement between the City and PB Town Council."

Noting the Pacific Beach Community Surf Garden was conceived of in March 2019, Curry noted, "We have now been at it for over three years. The good news, we are one day closer to making it happen for the rec center and our community."

Curry added the mosaic-tiled surfboards are done and just need to be installed. "We still need funds and contributions to pay for Phase II of the exhibit, a drought-tolerant landscape plan including boulders, vegetation, ground cover, new irrigation and other features," he said. "Thank you to all that

have donated time and money." Donations can be made at pbtowncouncil.org.

GRAFFITI CLEAN-UP

Pacific Beach Town Council will host its 12th annual Graffiti Cleanup on Saturday, May 14, rain or shine, from 9 a.m. to noon starting at Pacific Beach Presbyterian Church, 1675 Garnet Ave. on the corner of Jewel Street. Free parking will be available around the corner on Hornblend. Materials, equipment and training will be provided onsite. Minors must have a safety waiver signed by a legal guardian. Volunteer work at the event counts towards community service. For waiver forms or more information, visit pbtowncouncil.org.

TEAM PHUN PROMOTIONS

Team Phun headquartered at 5026 Cass St. announced two new internal promotions within its growing team. Jordan De Marzo is the new brand operations manager and Christina Schweighardt is digital marketing manager. Team Phun is a brand-building and promotional products company operating in San Diego and Charleston, S.C. It has been recognized with numerous awards and accolades; recently ranked second fastest growing distributor by Print + Promo Marketing Magazine. Team Phun has also been honored for two consecutive years among the top 10 branding companies in the United States and is a member of the Advertising Specialty Institute.

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Bishop's softball: The local 'Machado-Tatis' connection



Sophomore Reese Cohen (9) of Bishop's delivers an inside pitch to a Francis Parker batter in recent game action.

By ED PIPER

nter Jayla Stafford's world:
"I think I have a pretty good thought process for hitting. I look for a ball up in the zone. I have a yes-yes-no mentality: I'm ready, every pitch, to hit. It's basically seeing and identifying the ball."

Stafford's world, which she happily employs in the service of the Bishop's softball team, is reinforced by her school coach, Al Gomez, with instructions from her travel team coach on the Corona Angels.

The other half of the Knights' stellar Machado-Tatis-like left side of the infield, Jackie Cosio, is 5 feet 2 inches tall to Stafford's 5 feet 8 inches height or so and hits from the port side. Jayla led off the

Bishop's attack against Francis Parker in a recent non-league game at home with a screamer the opposite way — on the first pitch she saw — just inside the right field line for a triple.

Cosio, in the second slot in the order, brought her in with a flare/spinning fly that dropped behind the shortstop. The senior also reached third base, but then was tagged out trying aggressively to steal home. Bishop's eventually eked out a narrow 13-12 win over Parker in the end.

"We're getting better, improving every game," said Gomez, in his fifth year as a softball coach. "We had a nice win at Country Day (a Coastal Conference rival) last week." Gomez serves as a

consistent, steadying influence on his team, which also features two-time CIF water polo player of the year Maggie Johnson at first base, plus other players at varying stages of development.

Against visiting Parker on the Knights' multi-purpose soccer/lacrosse/football practice platform atop the school's parking structure, sophomore pitcher Reese Cohen limited the Lancers early.

The Knights are a virtual United Nations aggregation of identities, with freshmen Oviya Dhinakar, Safina Abraham, Leela Zaveri-Tabb, and Shyla Gupta playing alongside their fellow classmate, Stafford.

Gomez talked about the school's unique combination of demanding academics combined with athletic participation: "Someone is playing the lead in a play; someone comes late to practice because (they have another class commitment). Not all coaches understand that."

"Bishop's has high academic rigor," Gomez said. "I think you have people around the community who understand that. Athletes are students first."

Cosio, the four-year starter at shortstop, shared how her sister Shakira, six years older, played softball at Bishop's and on travel ball as her influence. "I played other sports, but it came down to either soccer or softball."

READ MORE ONLINE AT sdnews.com



Members of the Mission Bay girls beach volleyball team, which finished the season at 3-4.

Mission Bay girls beach volleyball finishes regular season strong

By HECTOR TRUJILLO

Thanks to a strong finish to the regular season, the Mission Bay girls beach volleyball team strengthened their argument to make the postseason as their aspirations to be crowned champions remain alive.

The team, made up of 23 players, finished 3-4 overall leaving them at the cusp of making the playoffs after two important victories to end the regular season.

"This year, we are carrying more girls than ever before," said head coach Brittany Johnson. "The lineup changes weekly based on numerous factors."

The team has had many standout performances and Johnson points to

the top four players, seniors Grace Berryhill and Emily Hernandez, along with sisters Justyne Higman and Jayden Higman, who will be attending USC next year.

After starting out with back-to-back losses to Coronado and University City, the team got its first win of the season on March 17 in dramatic fashion 3-2 over Clairemont. They would take a step back in the following two matches against La Jolla and Cathedral Catholic but would find a way to bounce back once again defeating Academy of Our Lady Peace on April 13, and Scripps Ranch on April 14 for their third win of the regular season.

See VOLLEYBALL, Page 13



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

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Bucket list adventure

Connecting with gray whales in the lagoons of Baja Sur

By DAVE SCHWAB

ife-changing, a wild adventure, awesome, stunning, and intense were a few adjectives used by those who've witnessed gray whales during their annual migration to spawn in the lagoons of Baja California Sur, Mexico.

"It was going beyond just a wild experience, it was a special nature connection for me meeting up in the wild with large mammals in the water," said Point Loma resident Barbara Booth Keiller, Ph.D., a psychologist who recently returned from her sixth Baja whale-watching trip. "It was an adventure open to possibilities. I've always loved the ocean, loved the water. In a lot of ways, it expands your view of the world."

"The whale moms go into the lagoon by the hundreds," noted Dimitri Deheyn, Ph.D., a Scripps Institution of Oceanography research scientist, about the vacation he and his 12-year-old son, Bryce, went on to view the Baja gray whales. The duo wasn't disappointed.

"There were about 1,400 moms and calves in the lagoon," noted Deheyn. "Anywhere you looked you saw whales in very shallow water. You can see these big animals swim under your boat. They like to play and come to touch your boat. They are very curious and, eventually, they come to you next to the boat."

"Mexico was awesome," exclaimed Bryce Deheyn. "The fishing was fantastic. And the whales were stunning."

"I'm still dreaming about whales," said Mary Coakley Munk

describing the Birch Aquariumsponsored, whale-watching excursion she and her late husband, famed oceanographer Walter Munk, took in 2011." Walter summed the experience up best when he said, 'If you didn't have religion before you went – you certainly had some when you came home."

"It is not a myth or legend what it means to look into the eye of a whale," noted Terry Kraszewski, a La Jolla Shores boutique owner who accompanied the Munks on their whale-watching excursion. "The experience does change you forever.

"The fact that, in this lagoon where whales were slaughtered, a mother whale will still bring her baby to meet you. To me, is the ultimate act of forgiveness. I was privileged to be in the company of Walter Munk and other renowned scientists and friends. We were all able to touch whales and gaze into their magical eyes. It was a first for all of us, which made the experience even more remarkable and memorable," Kraszewski said.

One of the lagoons the gray whales migrate to annually, Ojo de Liebre lagoon, is about 533 miles from the San Diego border. It is in the middle of the Baja California peninsula next to the town of Guerrero Negro in the State of Baja California Sur, Mexico. This extensive lagoon is more than 27 miles inland and has an average width of 7 miles. It can be described as a series of intricate, narrow channels separated by shallow sand bars.

Next to this lagoon are Guerrero Negro Lagoon and Manuela Lagoon. All together, they form the Lagoon Complex of Ojo de Liebre. The town of Guerrero Negro,



Whale watchers take photos and reach out to touch a gray whale during an encounter in Laguna Ojo de Liebre in Baja California Sur.

population around 15,000, is lagoon hosts up to 50% of the adjacent. gray whale calves born each year,

The gray whales congregate in the lagoons during winter to mate, give birth, and let their calves grow enough to withstand the long migration north to Alaska. The first whales start arriving as early as Dec. 20 and leave completely as late as April 10. The females have most of their calves inside the lagoon, while the males remain outside. Most babies are born the first week of February.

In mid-February, Ojo de Liebre

lagoon hosts up to 50% of the gray whale calves born each year, or what is about 800 newborn whales. The babies never separate from their mothers more than a couple of feet while in the lagoon.

This spot has the highest density of whales anywhere in the world. And it is a unique and outstanding natural phenomenon that brings incredible opportunities to witness one of the biggest animals on the planet performing incredible displays of strength, speed, and, at the same time, the unbelievable care and delicate touch that they display with their calves and the humans in pangas.

Farther south, gray whales raise their young and hide from orcas in the sheltered and shallow waters of the Bay of Magdalena. In this narrow bay, mothers and calves can be easily spotted just minutes offshore. They are also known to welcome interaction from humans.

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A BLOODY HISTORY

Charles Melville Scammon (1825-1911), one of the most successful 19th-century whalers of his time, became a naturalist and author. He is believed to have been the first to hunt the gray whales of both Laguna Ojo de Liebre and San Ignacio Lagoon in Baja California Sur. The former was named "Scammon's Lagoon" after him.

While his name has become synonymous with hunting and slaughtering gray whales in their Mexican lagoon breeding grounds, Scammon was also one of the most literate men of his time. He was an artist, a self-trained naturalist, and an accomplished writer. Born in Maine in 1825, he settled in California with his wife in 1853. For 10 years he commanded his own whaling vessel all along the Pacific coast, hunting the gray whale from San Francisco.

Scammon began to astonish other whalers by returning to San Francisco with a ship full of whale oil after only being out a short time. He had accidentally discovered a lagoon halfway down the Baja California peninsula that can be entered only through a long narrow mouth. The shallow Ojo de Liebre (Scammon's) Lagoon and the San Ignacio Lagoon are the breeding grounds of the California gray whale. Prior to the discovery by the whalers, there were an estimated 18,000 to 22,000 whales migrating there annually from colder Alaskan waters. After Scammons' "secret"

about Baja's gray whale birthing lagoons leaked out, other whalers headed there in record numbers to fill public demand for whale oil.

Of this human migration and the subsequent whale hunt, Scammon wrote: "The objects of our pursuit were found in large numbers ... the slaughter was exceedingly picturesque and unusually exciting. The stricken animals, in their efforts to escape, can be seen darting in every direction through the water or breaching headlong clear of its surface. The whole spectacle is beyond description, for it is one continually changing aquatic battle scene."

Once the slaughter of the California gray whales began it didn't stop completely until 1937 when Mexico and the United States forced international laws to protect the whales. The international agreement of 1938 protects all members of the species wherever found. The agreement came just in time, as estimates are that the Baja whale population by the 1930s was down to only about 250 animals. The current California gray whale population is now comparable to what it once was 150 years ago.

When Scammon left whaling, he returned to San Francisco and in 1874 published "Marine Mammals of the Northwestern Coast of North America" and "An Account of the American Whale Fishery." His pencil- and water-color sketches and systematic descriptions of marine mammals were used for decades by scientists and researchers.

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LEGALS

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00011836-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): CHRISTIAN STEVEN LAW-RENCE WALLS filed a petition with this court for a decree changing names as follows: Present name: a. CHRISTIAN STEVEN LAWRENCE WALLS to Proposed name: DEKARRI CHRISTIAN FIELDS 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: MAY 12,2022 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 VIL-LAGE NEWS, AND PENINSULA BEACON. Date: MARCH 30, 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: APRIL 8,15,22 & 29 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006749 Fictitious Business Name(s) a. AGING FOCUSED AT EVE MAR, LLC Located at: 6748 LOPEZ GLEN WAY, SAN DIEGO, CA 92126 Is registered by the following: a AGING FOCUSED AT EVE MAR, LLC This business is conducted by: LIMITED LIABILITY COMPANY The first day of business was: 1/1/2022 Registrant Name: a AGING FOCUSED AT EVE MAR LLC. TITLE of Officer if Limited Liability Company/Corporation Title of Signor. REBECCA MONTANO, PRESI-DENT/CEOThe statement was filed with Ernest J. Dronenburg, Jr. Recorder, County Clerk of San Diego County on: MARCH 22, 2022.. ISSUE DATES: APRIL 8 , 15 , 22 & 29

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006750 Fictitious Business Name(s) a. MONTANO CASE MANAGEMENT, LLC Located at: 6748 LOPEZ GLEN WAY, SAN DIEGO, CA 92126 is registered by the following: a. MONTANO CASE MANAGEMENT, LLC This business is conducted by: LIMITED LIABILITY COMPANY The first day of business was: 1/1/2022 Registrant Name: a. MONTANO CASE MANAGEMENT, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. REBECCA MONTANO, PRESI-DENT/CEOThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/ County Clerk of San Diego County on: MARCH 22, 2022.. ISSUE DATES: APRIL 8, 15, 22 & 29

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007270 Fictitious Business Name(s) a. ACCURATE ACCOUNTING Located at: 4592 NEW-PORT AVE, SAN DIEGO, CA 92107 Is registered by the following: a. BRANDI TAYLOR This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. BRANDI TAYLOR 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 8 , 15 , 22 & 29

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006710 Fictitious Business Name(s) a. TITAL POOL ANS SPAS Located at: 3782 1ST AVENUE #303, SAN DIEGO, CA 92103-4075 Is registered by the following a. TODD DAMERON This business is conducted by: AN INDIVIDUAL The first day of business was: 3/21/22 Registrant Name: a. TODD DAMERON 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2021-00053534-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): MARQ CALER HEUSNER filed a petition with this court for a decree changing names as follows: Present name: a. MARQ CALEB HEUSNER to Proposed name: MARQ CALEB ABRAZADO 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: 5/23/22 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: April 7, 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: APRIL 15,22,29 & May 6 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 orde 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 RE-SPONDENT 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

tious Business Name(s) a. DOWNTOWN SMOG CENTER Located at: 765 17TH AVENUE, UNIT B, SAN DIEGO, CA 92101 Is registered by the following: a. DOWNTOWN SMOG CENTER, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/22/2022 Registrant Name: a. DOWNTOWN SMOG CENTER, LLC TITLE of Officer, it Limited Liability Company/Corporation Title of Signor. ANTHONY J MOVELLI-NO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRUL 12, 2022. ISSUE DATES: APRIL 15 22, 29 & MAY 6

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008309 Fictitious Business Name(s) a. FRIENDLYVALLE Located at: 102 SIERRA WAY CHULA VISTA, CA 91911 Is registered by the following: a. EDITH AISPURO GUERRA This business is conducted by: AN INDIVIDUAL The first day of business was: 04/01/2022 Registrant Name: a. EDITH AISPURO GUERRA 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: APRUL 07, 2022. ISSUE DATES: APRIL 15, 22, 29 & MAY 6

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008594 Fictitious Business Name(s) a. WEPARK Located at: 10437 LAKE BREEZE DRIVE, SPRING VALLEY CA 91977 Is registered by the following: a. JAY-DORAN KOCHER MENDOZA This business is conducted by: AN INDIVIDUAL first day of business was: N/A Registrant Name: a. JAY-DORAN KOCH-ER MENDOZA 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: APRUL 12, 2022. ISSUE DATES: APRIL 15, 22, 29 & MAY 6

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9007997 Fictitious Business Name(s) a. LEGACY MEDIA Located at: 10437 LAKE BREEZE DRIVE, SPRING VALLEY CA 91977 Is registered by the following: a. JAY-DORAN KOCHER MENDOZA This business is conducted by AN INDI-VIDUAL The first day of business was: 01/15/2019 Registrant Name: a. JAY-DORAN KOCHER MENDOZA TITLE of Officer,if Limited Liability Company/ Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 12, 2022 ISSUE DATES: APRIL 15, 22, 29 & MAY 6

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO

37-2022-00013766-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIF CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): VANESSA CAMPOS on behalf of a minor filed a petition with this court for a decree changing names as follows: Present name: a. MAITE VERENICE DEL CARMEN-POPOCA to Proposed name: MAITE VERENICE CAMPOS 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: MAY 31,2022 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: APRIL 13 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: APRIL 22, 29 "MAY 6 & 13 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. JE YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (ex cluding 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008683 Fictitious Business Name(s) a. LA JOLLA PB HOMES Located at: 2452 ALTO CERRO CIRCLE, SAN DIEGO, CA 92109 Is registered by the following: a. ROSA A BUETTNER This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2014 Registrant Name: a. ROSA A BUETTNER TITLE of Officer.if Limited Liability Company/Corporation Title of Signor, The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 13, 2022. ISSUE DATES: APRIL 22, 29 .MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008686 Fictitious Business Name(s) a.PECS BAR Located at: 2046 UNIVERSITY AVE SAN DIEGO, CA 92104 Is registered by the following: a. SUNDANCE SA-LOON, INC This business is conducted by: A CORPORATION The first day of business was: 10/22/1987 Registrant Name: a. SUNDANCE SALOON, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ROSA A BUETTNER, CEO The statement was filed with Ernest J. Dronenburg Jr. Recorder/County Clerk of San Diego County on: APRIL 13, 2022. ISSUE DATES: APRIL 22, 29 ,MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008538. Ficti-SAN DIEGO, CA 92107 Is registered by the following: a. THE BLACK STORES INC This business is conducted by: A CORPORATION The first day of business was: 01/02/2022 Registrant Name: a. THE BLACK STORES, INC TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. KURT DORNBUSCH, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 12, 2022. ISSUE DATES: APRIL 22, 29 ,MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008613 Fictitious Business Name(s) a. INTENTIONAL LIVING WITH JODY Located at: 2929 KALIMA STREET, SAN DIEGO, CA 92104 Is registered by the following: a. JODY VINING This business is conducted by: AN INDIVIDUAL. The first day of business was: 12/17/2021 Registrant Name: a. JODY VINING TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 12, 2022. ISSUE DATES: APRIL 22, 29, MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008795 Fictitious Business Name(s) a. THE LASH LOUNGE Located at: 3550 ROSECRANS STREET, SAN DIEGO, CA 92110 Is registered by the following: a. LASHEYE-LOMA, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 01/01/2021 Registrant Name: a. LASHEYE LOMA, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. BAYLOR TRIPLETT, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 14, 2022 ISSUE DATES: APRIL 22 29 MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008714 Fictitious Business Name(s) a. KALOPSIA SUPPLY Located at: 4451 HERMOSA

See **LEGALS**, Page 12

Concerts by the Sea and Cove Swim being revived in La Jolla

By DAVE SCHWAB

a Jolla Kiwanis Club is "inheriting" two popular public events – Concerts by the Sea and the La Jolla Cove (Rough Water) Swim - which were discontinued before the pandemic and are being revived.

"In December 2019, I moved The La Jolla Cove Swim (formerly the La Jolla Rough Water Swim) to the Kiwanis Club of La Jolla because I knew it was the right home for [the swim]," said Judy Adams Halter, who revived the swim after it had been canceled in consecutive years due to pinniped and bird waste buildup.

"Kiwanis Club runs wonderful events for our community and then directs the proceeds to worthy causes in San Diego. They are organized and mission-driven to do good."

The La Jolla Cove Swim will be held on Sunday, Sept. 11 this year with one- and three-mile swims. All proceeds will benefit the Prevent Drowning Foundation of San Diego, plus providing swim lessons for underserved youth, as well as partially funding the return of La Jolla's Concerts by the Sea, a series of outdoor concerts to be held in Ellen Browning Scripps Park above La Jolla Cove starting this summer.

The return of La Jolla Concerts by the Sea, discontinued after its 33rd season in 2016 because of funding problems, is being spearheaded by Howard Zatkin.

"I've lived in La Jolla 55 years and music is a love of mine," said Zatkin, who attended the summer concert series previously. "We've got all the permits needed and the bands together and the sound guy."

Zatkin said both returning public events, the swim and the concert series, are cross-pollinating.

"My neighbor, Judy Adams Halter, was reviving the swim and she knew I was trying to revive the concerts," he said. "So she offered to fund it (concerts)."

Zatkin added that both events

were placed under the umbrella of Kiwanis because of the club's longstanding stability and enduring commitment to community causes.

The bands that had been set to perform when the summer concert series was canceled - Full Strength, The Mighty Untouchables, Sue Palmer and Her Motel Swing Band and The Heroes – are all returning on Sunday afternoons on July 17, 24, and 31, as well as the last concert on Aug. 7.

"I chose well-known, really good bands because we wanted to make sure our first year back was really top-of-the-line entertainment, and it is," Zatkin said adding, "What amazes me is how many people, 60 to 80, come down to the Cove to dance in front of the stage."

A change this time around is that Sunday concerts will be held later in the day, from 3:30-5:30 p.m., to give families more time to get to the events and enjoy them.

La Jolla Concerts by the Sea ran for 33 years starting in 1984, only to go out of business after the 2016 season. The popular summertime event had been in financial trouble, losing money for years, as well as having trouble finding-and keeping-sponsors. Only seven of 2016's final eight summer concerts had sponsors.

Past Concerts by the Sea chair Shirleymae Davis previously said the nonprofit gradually got squeezed over the years by increasing City demands, like doubling the number of portable toilets and requiring them to use their own dumpster, as well as requiring concessions to be sold by vendors, and not the nonprofit putting on the concerts.

The annual high-profile, all-ages swim event held every September, was canceled in 2014 due to construction at the La Jolla Cove Lifeguard Station.

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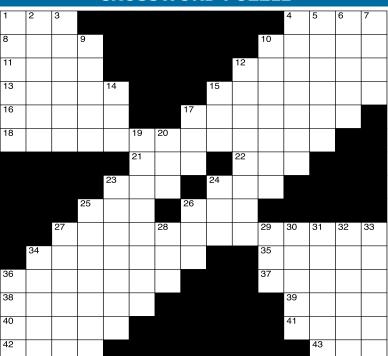
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SUDOKU PUZZLE

2 6 9 3 1 5 4 2 3 3 4 5 2 4

CROSSWORD PUZZLE



CLUES ACROSS

only once in each row column and 3x3 block. Use logic and process

elimination to solve the puzzle.

- 1. A power of perception
- 4. Slotted hinged metal plate
- 8. Popular crop
- 10. Siamese fighting fish 11. Larval crabs
- 12. South American mammal
- 13. Occur as a result of
- 15. Slavic language
- 16. An electric underground railway 17. Transporting
- 18. A direction
- 21. Opposite of start
- 22. Mock
- 23. People love and hate it (abbr.)
- 24. A people of Myanmar
- 25. A Queens ballplayer
- 26 Southern Thailand indigenous ne
- 27. Famed actress
- 34. Thin strips 35. Bluish greens
- 36. Ridiculed
- 37. Having the shape of a cube
- 38. Came down
- 39. Indian religious god
- 40. "Bewitched" actress Moorehead 41. Leak through slowly
- 42. Buzzing insects

27. Found in the sea

0. Citv on the Rhir

32. They're in martinis

36. Lacking brightness

31. Animal disease

33. Get away

34. Wampum

28. A share lost in default (abbr.)

- 43. Midway between south and south-

CLUES DOWN

- 1. Skin condition
- 4. Vomiting
- 5. Go to
- 6. "The Police" frontman 7. Bullfighting maneuver
- 9. Pacific island

- 10. A system of algebraic notation
- 25. Military personnel 12. A room used for the activities of a 26. French and Belgian river
- 17. A barrel of liquid (abbr.) 19. Bound to do 20. Explosive

14. The longest division of geological

- 23. Ridicules 24. Adult male

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San Diego Padres and Petco Park powered by renewable energy

San Diego Community Power (SDCP), the not-for-profit community choice energy program, on April 20 announced the San Diego Padres' decision to opt up to SDCP's Power100 service tier. SDCP will now be providing Petco Park and its affiliated facilities with 100 percent renewable and carbon-free energy.

"The Padres are proud to be a leader in environmental sustainability and energy efficiency in professional sports," said Erik Greupner, Padres chief executive officer. "We are excited to further elevate Petco Park's standing as one of the greenest ballparks in America by becoming a Power100 Champion and utilizing clean, renewable energy through our partnership with San Diego Community Power."

Petco Park will now become the first National League stadium to be powered by 100 percent renewable and carbon-free energy. Petco Park, which continually ranks as one of the top ballparks in the MLB, had the third-highest



The sun sets on Petco Park as the San Diego Padres play the Cincinnati Reds in April. PHOTO BY THOMAS MELVILLE

attendance across all stadiums during the 2021 Padres season.

"The Padres and SDCP make a great team. We couldn't be more excited to build our partnership with the Padres and welcome them as a Power100 Champion," said SDCP board chair Joe Mosca.

This announcement only

furthers the growing partnership between the Padres and SDCP, which also sponsors "Tonight's Lights" at all Padres home games, and will be the game-day sponsor of the Fernando Tatis Jr.'s hat giveaway on June 8.

READ MORE ONLINE AT sdnews.com

LEGALS »

WAY, SAN DIEGO, CA 92103 Is registered by the following: a. KENNEDY IRELAND HOPKINS This business is conducted by: AN INDIVIDUAL The first day of business was: 04/13/2022 Registrant Name: a. KENNEDY IRELAND HOPKINS TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 13, 2022. ISSUE DATES: APRIL 22, 29 ,MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008889 Fictitious Business Name(s) a. HORIZON REAL ESTATE GROUP b. HORIZON REALTY GROUP Located at: 3572 IDEWILD WAY, SAN DIEGO, CA 92117 Is registered by the following: a. BENJAMIN S. SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 04/15/2022 Registrant Name: a. BENJAMIN S. SMITH TITLE of Officer.if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg. Jr. Recorder/County Clerk of San Diego County on: APRIL 15. 2022. ISSUE DATES: APRIL 22, 29 ,MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009116 Fictitious Business Name(s) a. BEAUTY BY ALLIE Located at: 2560 1ST AVE, SUITE 204 SAN DIEGO, CA 92114 Is registered by the following: a. ALAURA SOUKTHAVONG This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ALAURA SOUKTHAVONG TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 19, 2022. ISSUE DATES: APRIL 22, 29 ,MAY

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008978 Fictitious Business Name(s) a. KLEAN SWEEP Located at: 2035 GRAND AVE SAN DIEGO, CA 92109 Is registered by the following: a. DONNA MAE OLEYNICK This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a DONNA MAE OF EYNICK TITLE of Officer if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 18, 2022. ISSUE DATES: APRIL 22, 29 ,MAY

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006992 Fictitious Business Name(s) a. THE STRONGHOLD b.STRONGHOLD KIDS c. STRONGHOLDMOM d. STRONGHOLD JIU JITSU Located at: 2176 CHATSWORTH BLVD, SAN DIEGO, CA Is registered by the following: a. THE STRONGHOLD CCR This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 01/01/2021 Registrant Name: a THE STRONGHOLD CCR TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. RAQUEL CUSI, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 24, 2022. ISSUE DATES: APRIL 22, 29 .MAY 6 & 13

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008426 Fictitious Business Name(s) a. EXP REALTY Located at: 10620 TREENA ST. STE 230 SAN DIEGO, CA 92131. Is registered by the following: a.EXP REALTY OF SOUTHERN CALIFORNIA, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.EXP REALTY OF SOUTH-ERN CALIFORNIA, INC TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. MACIE HAWKES, SECRETARY The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 9, 2022. ISSUE DATES: APRIL 22, 29 ,MAY 6 & 13

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO. 37-2022-00014500-CU-PT-CTL SUPERIOR COURT OF CALIFOR-NIA. COUNTY OF SAN DIEGO: STREET ADDRESS: 330 W BROAD-WAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): ASHLEY DEJANAE JOSHUA filed a petition with this cour for a decree changing names as follows: Present name: a. ASHLEY DEJANAE JOSHUA to Proposed name: ASHLEY DANIELLA BEV-ILACQUAPICKELS 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: 06/06/2022 TIMF: 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: APRIL 20, 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: APRIL 29 ,MAY 6, 13 & 20 ATTACH-MENT TO ORDER TO SHOW CAUSE - Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-perso 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 ob jection 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 mail 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00014496-CU-PT-CTL SUPERIOR COURT OF CALIFOR-NIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROAD-WAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): SHANE DIXON PICKLES filed a petition with this court for a decree changing names as follows: Present name: a. SHANE DIXON PICKLES to Proposed name: SHANE DIXON BEVILACQUA-PICKELS 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: 06/06/2022 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: APRIL 20, 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: APRIL 29, MAY 6, 13 & 20 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 conv 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME: CASE NO: 37-2022-00014606-CU-PT-CTL SUPERIOR COURT OF CALIFOR-NIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROAD-WAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): YULIYA ALEXANDROVNA LUND Filed a petition with this court for a decree changing names as follows: Presnt name: a. YULIYA ALEXANDROVNA LUND to Proposed name: MIA HANSCOM 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: 06/06/2022 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: APRIL 20. 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH IS: SUE DATES: APRIL 29 .MAY 6, 13 & 20 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022 9009369 Fictitious Business Name(s) a. SMART CAB Located at: 10207 BELL GARDENS #6, SANTEE, CA 92071 Is registered by the following: a. SAID YAGEV This business is conducted by: AN INDIVIDUAL The first day of business was: 4-21-2022 Registrant Name: a. SAID YAGEV TITLE of Officer, if Limited Liability Compa ny/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on APRIL 21, 2022. ISSUE DATES: APRIL 29 ,MAY 6, 13 & 20

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022 9009378 Fictitious Business Name(s) a. CLASS ACT CAB Located at: 6055 CAMINO SAN FERMIN #101, SAN DIEGO, CA 92130 Is registered by the following: a. NAJIBULLAH HAMID is conducted by: AN INDIVIDUAL The first day of business was 4-21-2022 Registrant Name: a. NAJIBULLAH HAMID TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorde Clerk of San Diego County on: APRIL 21, 2022. ISSUE DATES APRIL 29 .MAY 6, 13 & 20

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009309 Fictitious Business Name(s) a. MHHS Located at: 15233 PRESILLA DRIVE, JAMUL, CA 91935 Is registered by the following: a. DAN-NY GHAZAL This business is conducted by: AN INDIVIDUAL The first day of business was: 4-21-2022 Registrant Name: a. DANNY GHAZAL TITLE of Officer if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 21, 2022. ISSUE DATES: APRIL 29 ,MAY 6, 13 & 20

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022 9009688 Fictitious Business Name(s) a. CARING HOME CARE b. CARING HOME CARE PROGRAM Located at: 8947 COMPLEX DRIVE, UNIT B, SAN DIEGO, CA 92123 Is registered by the following: a. CLAIREMONT MANAGEMENT SERVICES, LLC This business is conducted by:A LIMITED LIABILITY COMPANY The first day of business was: 4-26-2022 Registrant Name: a. CLAIREMONT MANAGEMENT SERVICES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ZHIKE PRUETT, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder, County Clerk of San Diego County on: APRIL 26, 2022. ISSUE DATES: APRIL 29 ,MAY 6, 13 & 20

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009511 Fictitious Business Name(s) a. REBOUND HEALTH, LLC Located at: 4858 MERCURY ST, STE #103, SAN DIEGO, CA 92111 Is registered by the following: a. REBOUND HEALTH, LLC This business is conducted by:A LIMITED LIABILITY COMPANY day of business was: 4-15-2022 Registrant Name: a. REBOUND HEALTH, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor CHRISTOPHER S. STEFAN, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 22, 2022. ISSUE DATES: APRIL 29

VOLLEYBALL» CONT. FROM PG. 7

"The season has gone as well as could be expected," Johnson added. "Due to the lapse of the pandemic years and the new CIF status, the structuring of the league put us at a disadvantage. Last season was a miniature pandemic but we performed well."

Johnson has been the head coach since the inception of the beach volleyball league in 2014, but the sport has been part of her life and passion since the age of 16. Growing

up in Houston, Johnson and her best friend Laura Strunk made it a point to participate in as many junior tournaments in Galveston, Texas as possible.

"I knew I wanted to end up in San Diego, where I could play daily," Johnson said. "After graduate school at University of Texas at Austin, I made the move in 2010 and never looked back."

The Bucs will find out if they will be taking part in postseason play on April 25, with CIF playoffs going from April 28 to May 7 and finals being held at San Diego Mesa



4767 Ocean Blvd #410

Wake up to spectacular panoramic views of the ocean and coastline from this rarely available condo at Capri by the Sea. This 4th floor unit gives you the ability to watch all the fun on the beach and surfers in the ocean or simply look at only the water. It features two Juliet-style balconies off the living room and main bedroom where you can view incredible sunsets every night and fall asleep to the sounds of waves crashing. The complex boasts a pool, spa, security, and rooftop with BBQ area and 360-degree views. This is the only oceanfront condo complex in North PB right along the boardwalk around the corner from shops, restaurants, bars, and entertainment. The home would be ideal for a vacation rental, 2nd home, or a combination. **\$1,495,000**



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HOTEL RIBBON-CUTTING

A ribbon cutting will be held Friday, April 29 at 11 a.m. for the Cormorant Boutique Hotel at 1110 Prospect St. Cormorant features 26 coastal-inspired guestrooms, private balconies overlooking the ocean, Birdseve restaurant located on the hotel's intimate rooftop terrace, and an upscale marketplace, Prospect Market. Take a tour of the hotel to see the hotel's mid-century modern design and ocean views, the upscale marketplace, Prospect Market, and more. Cormorant's owner and developer, Manoj Chawla, will be in attendance. Taste light

bites from the hotel's restaurant Birdseye. Valet parking available.

LIBRARY GARDEN SEEDS

Growing your own food is a great way to create a more sustainable and healthier lifestyle and the City of San Diego Public Library can help. The library is now offering free seed packets available at all locations offering services. Every library location offers several types of seeds including varieties of carrots, melons and herbs.

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Civility and respect – two words that are no longer in use today



Doing it Better

By Natasha Josefowitz, Ph.D.

here is so much acrimony and animosity in the world today. We are living under circumstances in which even typically rational people are pushed over the edge and act out. While it's easy to see the cultural forces that are eroding civility, this generation is facing rising income inequality, political stagnation, and anxiety about climate change. Civility is much more easily maintained when people feel secure in their basic needs.

This lack of civility in America today has eroded family ties, encouraged unethical business practices, and normalized a new brazen level of dishonesty in politics. Civility is at the heart of civilization, encouraging citizens to control negative impulses and place the common good, or long-term rewards, over instant gratification. Civility is the antithesis of "letting it all hang out;" it is the quest for calm and rationality, as opposed to inflammatory rhetoric. In other words, civility means understanding, and acting on, the fact that personal well-being and the pursuit of personal goals cannot be separated from the well-being and goals of others, whether members of our family, our friends, our organizations, or our country.

If we are to live in a civil society, it will require listening to others with an open mind and responding with an open heart. It will require knowing ourselves: our tendency to manipulate others, to serve our own interests first. Civility is learned at home by example. Children observe how their parents interact with each other, and go on to imitate what they see.

We are not born civil. We are born to grab from others, to hit the child whose toy we want, to have tantrums when we are denied a wish. Parents are the first teachers of civility, then schools continue this education when they use "time out" for unruly behavior in the classroom or on the playground. Civility continues in the workplace, where people ought to be treated with respect up and down the organizational chart.

Today's polarization is not new. The world has always contended with warring parties, whether through arms or verbal abuse. But the internet has allowed for globalized anonymity. We are all vulnerable to slurs. And retaliation does not work; it only increases the tension, potentially escalating a frustrating discussion into a dangerous encounter. We are currently

witnessing the cost of this loss of civility within our immediate environment as well as on the world stage.

There is another word which seems to have disappeared from our vocabulary: "Respect." This word loomed large in my childhood. We used to sign letters, "Respectfully yours." "Respect your elders" was a frequent admonition. I wonder if the decline in this word's usage correlates with the loss of the behavior it represents.

People are expected to behave a certain way in front of others. They rarely have trouble showing respect to people in authority. However, it is equally important to show the same respect to one's colleagues, and especially to one's subordinates. Do we respect our suppliers as much as our clients? Do we show the same courtesy to the new assistant as we do the company president? Can we find a kind word for the hurried waiter or the custodian who comes after hours to sweep up our offices? Our present environment is not conducive for teaching respect. We are not taught to respect other people's religious, political beliefs, or value systems.

Respect is more than polite behavior. It means listening attentively, taking into account the opinions of others, being sensitive to other's feelings. Self-respect is an important component; we must first value ourselves before we can see the value of others, and thus reduce bigotry and discrimination. In order to gain respect from others, we need to show them the same respect we would like to receive.

Civility and respect are signs of true maturity. Let us resolve to remain civil and respectful, no matter what the circumstances. Be aware of what triggers us to spin out of control and to help others to do the same by projecting calm, attentiveness, and thoughtfulness; understanding other points of view, even when we disagree.

The first step toward universal peace starts if and when all of us are willing to accept opposing points of view. There is little we can do as individuals about the present situation in the world, but we can be respectful at home and at work. Hold open a door, give up a seat, listen well, consider the opinions of others, make requests instead of demands, be patient, put yourself in someone else's shoes, say please and thank you.

Make time for these small acts of kindness and considerations, and people will reciprocate, making the world a more considerate, appreciative, gracious and respectful place... starting in our own backyard.

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.

WADDLE BE HIS NAME?

Starting today all penguin lovers will have a chance to name one of the 15 penguins that will move into the Beyster Family Little Blue Penguins habitat when it opens this summer at Birch Aquarium at Scripps Institution of Oceanography at UC San Diego.

"Being able to introduce the community to Little Blue Penguins and foster a deeper connection and understanding of their environment, how important they are to our ecosystems and the survival challenges they face, is truly a milestone worth celebrating," said Jenn Nero Moffatt, senior director of animal care, science and conservation.

So, waddle be his name? That's for the

public to decide! Through May 8 the public can suggest a name along with why they think it's the perfect fit for this penguin on Birch Aquarium's website. This pint-sized penguin needs a name as unique as its species. Birch Aquarium encourages the community to pick a name with ties to San Diego, UC San Diego, Scripps Institution of Oceanography, or Birch Aquarium itself.

"This penguin is one of my favorites because he has a mellow and friendly disposition. He's often seen swimming and spending time with the other males in the colony," said Kayla Strate, lead penguin aquarist. "He's got this beautiful sharp plumage and that characteristic hook on the end of his bill that is a sure giveaway that this is a strong, competitive male."

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1712 OLIVER AVE.

3 BD | 2 BA | 1,014 sq. ft. **SOLD for \$1,210,000**

Cute cloud condo beach bungalow in the Crown Point area that lives like a house. SOLD in 9 days for over the asking price!



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Upgraded condo in Pacific Tower with a spacious balcony. SOLD in 15 days for over the asking price!



840 TURQUOISE ST. UNIT 318

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According to Town&Country Mag, more calls are made on Mother's Day than any other day of the year. Reportedly, 122 million calls are made on the second Sunday of May every year. Happy Mother's Day to all you great moms out there!