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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, MAY 13, 2022

sdnews.com

THIS WEEK

Fashion Week SD holds Spring Showcase

SEE PAGE 8

Animal rescue and rehabilitation at SeaWorld

SEE PAGE 4

The Social Diary: Jule's BBQ on the beach

SEE PAGE 8

MUTT STRUT IN LA JOLLA

Bulldogs George, Daisy, and Charlie, owned by Kristi and Kristan Morrill, walk and ride along the Mutt Strut route. The event on May 7 was The Foundation of La Jolla High School's spring fundraiser. The strut started with a 1-mile dog walk on Draper Street from La Jolla High to the Rec Center on Prospect Street. The walk ended with a dog party at the Rec Center from 10 a.m. to noon.

PHOTO BY DON BALCH

Center for Civility fostering connections in divisive times

By DAVE SCHWAB

The nation's first Research Center for Civility was launched last May in San Diego to explore society's deepest divisions. The National Conflict Resolution Center and University of California San Diego have teamed to create the Applied Research Center for Civility at UC San Diego, which officially opened last year.

The new center draws from NCRC's groundbreaking work to conduct cutting-edge research into the dynamics of

society's most pressing issues, including racial injustice and mass incarceration, workplace harassment, and freedom of expression on college campuses.

"Civility in our public life as we know it is on life support," claimed Steven Dinkin, NCRC president. "The breakdown of civil discourse has exacerbated our country's deep political polarization and incited violence. The collaboration with UC San Diego will look at best practices for navigating entrenched divides, synthesizing them into comprehensive models for national

distribution and discussion."

"Hatred and intolerance are at the heart of many societal issues from racial injustice to mass incarceration," said UC San Diego Chancellor Pradeep K. Khosla. "But NCRC and UC San Diego are here to help. As one of the nation's top 15 research universities, we consider it our responsibility to partner with the top conflict resolution practitioner in the nation to create a more just, humane future for America."

See CIVILITY, Page 9

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The Compass Station opens as a new resource center for the unsheltered

By DAVE SCHWAB

SERVICES PROVIDED AT THE COMPASS STATION, A DROP-IN RESOURCE CENTER FOR UNHOUSED NEIGHBORS TO GET CONNECTED, CARED FOR, AND SUPPORTED:

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- Family reunification
- Mail acceptance
- Phone/device charging
- Veteran's services, and
- Housing options

The center at 1004 Chalcedony St. is open weekdays 10 a.m.-4 p.m. The Compass Station is a program run by Shoreline Community Services and donations can be made at shorelinecs.org.

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God's Garage in Pacific Beach has transcended into The Compass Station, a resource center for the unhoused offering numerous services under one roof.

The new all-purpose center, a collaboration between nonprofit Shoreline Community Services and two Pacific Beach churches – Christ Lutheran Church, and St. Andrew's By-the-Sea – was officially dedicated with live music, a cake cutting, and an open house at 1004 Chalcedony St. on April 27.

With the accompaniment of a bluegrass band recruited to play that day, SCS executive director Caryn Blanton outlined the new center's mission.

"It is a new season for Shoreline," noted Blanton. "One of our social media hashtags is 'harnessing the power of community relationships.' We're growing, adapting to the expansion of our programming. We cannot do it without [the public]. We're all in this together. And together, we can make changes that are needed in our neighborhood."

Blanton pointed out the creation of a new hands-on service center for the unhoused has evolved from initially providing meals at local churches, then connecting guests with other wrap-around services. The Compass Station,



The Compass Station's opening in Pacific Beach was well attended.

PHOTO BY DAVE SCHWAB

added Blanton, is also a way to personalize the services offered.

"We're learning the names, and stories, of our guests, finding out what they need, and building trust and relationships," she said adding "connecting them to the appropriate services has been rewarding."

Shoreline has a volunteer outreach team that goes out into the community in a van to "meet people where they are and to create

relationships on the street and positive outcomes," noted Blanton adding, "This confirmed what we have known for some time: Our community needs a physical space where people can come to meet with community partners and get the resources and services they need to get off the street and work toward self-sufficiency."

"I was homeless for a little over six years and I worked with Caryn as one of her team leaders on the

Street Guardians (homeless clean-up crews)," said Eric Gaylord, who has successfully transitioned out of homelessness with SCS's help. "[Compass Station] is a good thing, and I'm really grateful."

"This is a great day," said David Nagler, president/CEO of Christ Lutheran Church pointing out the former God's Garage site was originally "a youth building where Boy Scouts met and did paper drives here for 40 years. And then it just became a space where people got their lives back together by getting sober. Now it's going to be both."

Nagler noted that 12 Steps Alcoholics Anonymous programs will continue to be held in the mornings and evenings with homeless services sandwiched in-between at The Compass Station adding, "It's going to be available for everyone."

County Supervisor Terra Lawson-Remer presented Blanton and SCS with a proclamation honoring the new humanitarian one-stop center. "This is just an extraordinary achievement and moment for our community," she said noting she went to La Jolla High and learned how to surf at Law Street in PB. Pointing out that homelessness has become more problematic in recent years, Lawson-Remer said: "It's all our problem, and we need to be part of the solution. I've been told by the unhoused in our beach communities that they previously had to go downtown to get services. The County has finally stepped up and taken leadership, having founded a Department of Homeless Solutions. From my perspective, what you're doing is cutting-edge. It's leading the fight."

Mother Mary Lynn Coulson, the rector at St. Andrew's by-the-Sea Church, concluded the grand opening of The Compass Station with a blessing. "We're dedicating this space, which has been a center for spiritual growth and healing for many years," she said. "Know that it will continue to be that in an evolving way. Just this moment, right now, is a blessing."



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Animal rescue and rehabilitation – the other side of SeaWorld

SAN DIEGO THEME PARK HAS HELPED MORE THAN 21,000 ANIMALS SINCE 1965

By DAVE SCHWAB

SeaWorld has rescued more than 40,000 injured, sick, and orphaned animals

combined at its other major U.S. marine mammal parks since it first rescued a beached Dall's porpoise in 1965. More than 21,000 of those animals were rescued by SeaWorld San Diego.

Surpassing that milestone underscores the never-ending

need to help distressed animals, which SeaWorld's Rescue and Rehabilitation teams accomplish on call 24/7/365.

Seaworld Parks and Entertainment headquartered in Orlando, Fla., owns and operates 13 U.S. recreational destinations including eight theme parks and five water parks. The company partners with multiple government agencies, including conservationists, stranding networks, zoological facilities, and others to rescue and help needy animals. The park's goal is always to rehabilitate injured animals, then return them back to the wild.

Such is the case with SeaWorld San Diego's Rescue and Rehabilitation team, which divides its time between nursing pinnipeds and other marine mammals, along with rehabbing many local seafaring birds.

Jeni Smith, supervisor of SeaWorld San Diego's Rescue Department, discussed the park's procedure for rescuing distressed animals.

"We get the description of the animal, why they're calling and their location, and we also try to get a photo so we can look at what we're dealing with," Smith said, adding that recovered wildlife are then retrieved for rehab using the park's four-wheel-drive, sand-capable rescue truck. "Of the 40,000 rescues, more than half of them have been birds."

"Jeni had an exciting morning (May 6) actually returning eight (rehabbed) sea lions back to the ocean by boat," noted Tracy Spahr of SeaWorld public relations.

"A lot of them were dehydrated, one had a shark bite," noted Smith of those repatriated pinnipeds, referencing a chart on the outside wall of the park's critical-care unit tracking animals brought in for rehab and return. "These are our up-to-date numbers since April 27," she said pointing to the wall chart, which totaled 232 animals including 35 California sea lions, one harbor seal, one northern elephant seal, eight fur seals, and 187 birds.

"Our teams are responsible for the care and well-being of thousands of animals – both those rescued and in residence – and while we'd much rather live in a world where wildlife doesn't need our help to thrive in healthy abundance, that's not today's reality," said Dr. Chris Dold, chief zoological officer for SeaWorld Parks and Entertainment.

"Rescue and rehabilitation can save the lives of individual animals, and in some cases supports the preservation of endangered and threatened species. That is why we do this work, and why it is so important for accredited zoos and aquariums like ours to continue efforts to help animals that cannot survive on their own."

The number of animals being rehabilitated by SeaWorld at any given time can change dramatically. In 2015, there was a major die-off of San Diego sea lions when

their usual food sources temporarily left. The cause was believed to have been a rapid change in ocean temperature. Park staff literally force-fed animals brought in to keep them from starving.

"Sometimes they (pinnipeds) have to re-learn how to eat and how to swallow," said Smith of how serious rehabilitating rescued animals can sometimes become, which generally takes about two months, depending on the species and circumstances involved.

On the other side of the park in the bird rescue area, Nick DeNezzo, marine wildlife rescue and rehab specialist, was busy tending his flock of sick and injured seabirds.

"There's a lot of variety," he said admitting he's become especially fond of waterfowl having worked closely with them. "Mammal side was cool because sea lions are very interesting and unique. But what I like about birds is that we have over 500 different bird species that either live or pass through San Diego, so there's a lot of different things we can work with here."

Added DeNezzo: "Each case is completely different. Some birds have broken wings. Some have parasite or stomach issues. There are entanglements (fishing lines), and oiled animals. It's a lot of problem-solving, which I like, the variety and the challenge of it. Our rescue total can be 500 to 1,000 birds each year."

Right now, DeNezzo said SeaWorld's dealing with injured pelagic (offshore) birds washing up onshore due to storms or other conditions. "Sometimes they're just weak," he said adding, "With a sea bird, their plumage is one of the most important things keeping

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- Rescue and rehabilitation are a vital first step in species preservation.
- Dozens of species, including many threatened and endangered animals, have been helped by SeaWorld since 1965.
- One of the largest marine animal rescue organizations in the world, SeaWorld has rescue and rehabilitation operations located at each of its three parks.
- SeaWorld is a professionally accredited zoo and expertise from 50-plus years of animal care and study is what makes successful rescue and rehabilitation possible.
- Providing critical and specialized care to rescued animals provides knowledge that cannot be replicated by the study of animals outside of human care alone.
- SeaWorld provides long-term care in its parks to rescued animals deemed non-returnable by wildlife authorities.
- A portion of proceeds from SeaWorld tickets and in-park purchases goes toward funding rescue and rehabilitation operations.
- The more than 40,000 animals rescued span diverse species such as aquatic birds, pinnipeds, turtles, manatees, whales, dolphins, otters and a wide range of other mammals and fish.

them waterproof. And if they're not waterproof, they can't live out on the water.

"So we have a lot of birds where their feathers, whether it's a nutritional issue or something else, are not doing well. So we're trying to get them waterproofed. We're trying to troubleshoot to keep them healthy without pushing them too hard and stressing them out. They can't talk to us and tell us what's going on. So we have to figure it out."



Nick DeNezzo, marine wildlife rescue and rehab specialist, nurses sick sea birds back to health at SeaWorld San Diego. PHOTO BY DAVE SCHWAB



This pelican was rescued and rehabbed by SeaWorld and then returned to La Jolla. COURTESY PHOTO

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The Mission Bay boys lacrosse team.

PHOTO BY DALE EDWARDS

Mission Bay lacrosse teams wrap up regular season

By HECTOR TRUJILLO

The Mission Bay lacrosse teams wrapped up their respective regular seasons as they gear up for CIF postseason competition that's right around the corner.

The boys' team is 7-9 after falling to Point Loma on Monday, May 2, while the girls' team (15-3) finished on a 12-game win streak and the most victories since the 2017 season.

"Their enthusiasm and willingness to improve is something that is going to drive continued support and success for this program in the years to come," said Mission Bay boys lacrosse coach Seth Whittenberg.

Despite this year being his first

leading the squad, the boys' team has already seen a marked improvement under Whittenberg considering the 1-9 record from last season with the lone win coming against Hilltop High School.

"They have welcomed me in and brought a lot of great energy and excitement for the game," Whittenberg added.

The boys started off this season on the right foot with a convincing 14-3 victory over Mater Dei Catholic High before dropping the next two matches versus Francis Parker and Army & Navy Academy. The team proceeded to win three out of its next four games defeating Olympian, Monte Vista, and Otay Ranch with their only loss during that stretch coming at University City on March 16.

The Bucs then suffered a three-game losing streak to Point Loma, Mission Hills, along with dropping the rematch to Army & Navy Academy. Mission Bay was able to bounce back by once again winning three out of its next four with two wins against Canyon Hills and the other versus Preuss UCSD. After losing to San Diego High in its previous match, the Bucs look to close strong with a victory at Point Loma.

"I hope to see them continue to have fun ultimately, that's why we come out to play and compete," Whittenberg added. "I want to see them improve as both players of the game and individuals. We want to always be looking to progress and work toward achieving both our team goals and individual goals."

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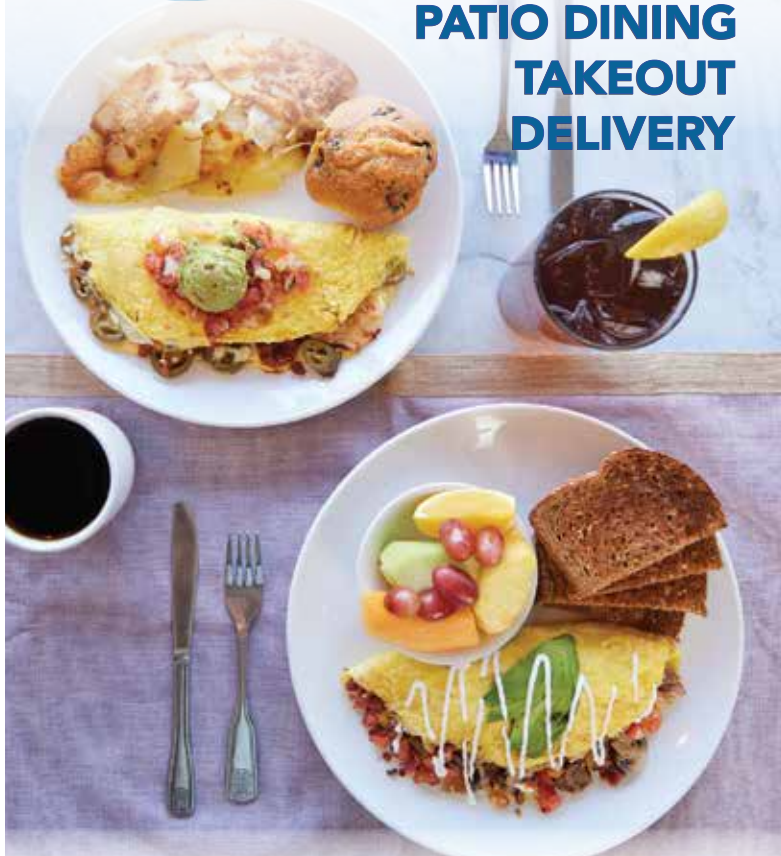
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Fashion Week San Diego held its Spring Showcase



Fashion Files

Diana Cavagnaro

Fashion Week San Diego featured a Spring Showcase to announce the FWSD2022 designers on April 23 at the Hotel Republic. First, they introduced a new community sponsor night featuring established fashion

brand sponsors.

Sierra Mitchell, who is the current top designer, showed and Territa Torres, who won first and second place in prior years, also featured designs from their current inventory. The additional designers announced were the women's wear brand called ODD Bird Designs by Brittany Arriola, Dorothea by Janelle Arnold, MOTIV by Marco Champion, Needles & Spines by Grace Spath, designer Nina Cicolo, Elegantie by Farah Shamoun, Jumpball Apparel by Danny Essix, and Bliss and Bles Apparel by Lindsey Bles.

Look for these designers at the FWSD22 designer runway shows. The event will take place on Oct. 8 at the Andaz where each designer will debut a 10-piece collection. FWSD2022 will present a Knobbe Martens Legal Workshop on July 7 from 6:30-8:30 p.m. This event will cover intellectual property law issues.

The hosts for the evening were NBC 7 San Diego's meteorologist Jodi Kodesh and longtime broadcast commentator Jonathan Harris. The entertainment began with Kevin DelMaestro of Saxophone Music SD. He wowed the crowd and at one point was playing his tenor saxophone on the floor.

SD stylist Angel Tan was part of the community night in a way to make the Spring Showcase more interactive and bring in sponsorship/partners with FWSD. She is a wedding stylist who has been featured at E Entertainment and worked as an event stylist and coordinator for celebrity WWE wrestler John Cena.

Guests enjoyed Topside Kitchen



Designer ODD Bird Designs.



Designer Nina Cicolo.

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The Social Diary – Jule's BBQ on the beach



Jule Eberlin and Tyler Zack.



Mimi Carreon, Adriana Herstein, and Linda Swortwood.

By MARGO SCHWAB

You had me at BBQ. When Jule Eberlin of interior design fame invites you, you come! The occasion was "just because" on the beach at the La Jolla Beach and Tennis Club. And every girlfriend invited did come except Gilda Vilaplana, who got stuck traveling. Stellar guests included Tricia Riha, Kelsey Harris, Sandra White, Claudia Geremia, Cia Lash, Edna Pines, Lynn Bruser, Susan Morris, Elizabeth Pritcher, Marcia Abbott, Mary Thomas, Darci Tom Kelleher, Donna Madrea, Cathie East, and

Mallory Eberlin. That's Jule's daughter Mallory who provided major delish eats.

At art museums, San Diego Museum of Art held its exclusive Art Alive premiere dinner chaired by Toni Bloomberg, Tatiana Dotson, Arlene Esgate, Micki Olin, and Demi Rogozinski. The Museum of Contemporary Art San Diego was the venue for a private event, Dr. Richard Greenfield's birthday with his beautiful wife Jennifer, daughter Rachel, and a who's who including Lee Clark and Dr. Jerry Pikolycky.



Françoise Gilot and Dr. Jonas Salk, La Jolla, 1976 Photo © The Bern Schwartz Family Foundation. This photo is a rare permission, granted just for this column!

And thank you for all of your support for the silent auction stay at the La Jolla Beach and Tennis Club supporting nationally award-winning San Antonio Pets Alive. That's where my rescue KAIA is from. Winning bid went to someone special in Texas at \$695. Other kind friends just donated straight, thank you!

Get a social shout out in my next column. Be the first to correctly identify my outfit's 'swimming pool' designer on the cover. Last time was Gianni Versace head to toe! Send answers to mschwab@san.rr.com. 'Til next time!

CIVILITY »

CONT. FROM PG. 1

Dinkin is co-chair of the new Center for Civility along with UC San Diego executive vice chancellor Elizabeth Simmons. Since 2014, the two institutions have collaborated on the Galinson/Glickman Campus Civility Initiative, also known as Tritons Together. The program providing training for student club leaders in inclusive communications and conflict resolution has trained nearly 10,000 students.

Dinkin pointed out that American society, for decades, has seen a decline in civic

institutions. "America has grown more divided and 'uncivil,'" he said. "But people misunderstand what 'civility' really is. We need to be able to talk and work effectively with our political opposites to resolve these deep-seated issues, so learning how to have productive, civil dialogue is really part of our duty as democratic citizens."

Dinkin noted the NCRC has been leading communication training and programs dedicated to solving entrenched cultural conflict for years. He added UC San Diego's collaboration with them since 2014 "is an ideal alignment of talent, resources, and drive that should result in some eye-opening research."

The NCRC president pointed out the Center for Civility's mission is "to provide a national model for teaching Americans at every level of society how to talk to each other, no matter how fervently we disagree, and truly come together to advance solutions to systemic problems that affect us all. Currently, there is no one unified set of best practices to help Americans with different political beliefs talk to each other, and our research will help pave the way for one to be created."

Regarding how this first-of-its-kind university research center will work on finding solutions to the dynamics of society's most pressing issues, Dinkin replied:

"The center will tap faculty and researchers throughout the UC San Diego system and nationwide to design studies, collect data and conduct quantitative analysis on how Americans can connect better with each other in these divisive times. These studies and research projects will build off of the work NCRC has already done to find a path forward that enables society to overcome hatred, intolerance, and incivility. The center will report these findings in various formats, including white paper reports, conference proceedings, and academic journal publications."

Of the new center's mission, Dinkin said, "We want to look

deeper, challenge expectations, and redefine conventional wisdom. Civility is not a luxury for the privileged, as some have asserted, or mere politeness. Expanding our definition of civility, and using these practices in our everyday social interactions will allow us to talk to people who think differently about major events, connect better with one another, heal relationships that have been damaged by divisive political rhetoric, and ultimately spark conversations that shift cultural mindsets, creating a more equitable, just world."

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LEGALS

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 ZIP 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. 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. 2022-9008683 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 SALOON, 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 Fictitious Business Name(s) a. THE BLACK Located at: 5017 NEWPORT AVENUE, 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 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 SOKTHAVONG This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ALAURA SOKTHAVONG 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 6 & 13

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 OLEYNICK 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 6 & 13

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 CHATS-WORTH BLVD, SAN DIEGO, CA 92107 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 SOUTHERN 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 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): ASHLEY DEJANAE JOSHUA filed a petition with this court for a decree changing names as follows: Present name: a. ASHLEY DEJANAE JOSHUA To Proposed name: ASHLEY DANIELLA BEVILACQUAPICKELS 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 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00014496-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): 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 BEVILACQUAPICKELS 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 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.

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00014606-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): YULIYA ALEXANDROVNA LUND Filed a petition with this court for a decree changing names as follows: Present 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 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 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

La Jolla Country Day boys lacrosse: Building a better team

By ED PIPER

First-year coach Kyle Espejo has some talent to build his lacrosse program at Country Day on, but none better than Adam Jette, a three-year starter in goal.

Before team practice last week gearing up for the Torreys' final two regular-season games against Pacific Ridge (a conference contest) and St. Augustine, Espejo named his co-captain goalie as one of his leaders going forward.

While offense and defense warmed up with drills scooping up grounders and playing mini-scrimmages on each side of the field, the coach worked with Jette one-on-one to fine-tune his blocking skills in front of the net.

Espejo wound around to the left to fling a bouncing shot in front of the goal and try to catch Jette off-guard. "That's my favorite shot," the coach said of the glancing attempt. Adam deftly bent at the knees and secured the shot in his enlarged goalkeeper's net.

Asked during breaks for his coach to call out instructions for the next drill to the other players how he approaches playing goalkeeper, Jette, a three-year vet as a junior, said: "Always watch the ball. See the ball, save the ball."

Second, "Control what you can control." Asked to unpack that, he explained, "Say a defender gets beat. There's nothing we can do but respond the best we can. I shouldn't

spend energy getting mad at the defender."

Finally, "Always be communicating. Make sure I'm always talking. Goalie is the key position to see all the other players. I need to call out to the defense where the offense is coming."

The Torreys, 5-8 at this writing with a place in the Division I playoffs assured, are by no means a one-man team. Cody Wechter, who plays attack, is the other co-captain. His coach said he leads by example. "He's a competitor." Wechter, before practice, said, "Our offense is good at dodging and 'highlight' plays. We can always get better at

communicating."

An "unsung hero" Espejo cited is sophomore Madden Craig, who plays in front of Jette on the defense: "He doesn't get all the credit for scoring goals or making assists. He's a short-stick defensive midfielder (boys lacrosse also has long-stick middies). He takes the majority of our faceoffs and does other things to contribute."

The first-year coach talked about his emphasis on increasing intensity in practice. "Practice how you play," Espejo said. "When we play Bishop's, for example, they're not going to treat us like their best friend. So we need to practice that way."

Bernat Ingles-Riera, a sophomore,



La Jolla Country Day goalie Adam Jette (far right) defends against Pacific Ridge in their final conference game on May 5. Jette, a junior, is a three-year starter in goal. PHOTO BY ED PIPER

talked about the camaraderie on the team: "Many of us are in the same class. We enjoy playing together."

Ray Lischewski, with long blonde hair, is a freshman defensive

midfielder who handles some of the faceoffs. Another player delivered a hype intro of his teammate to a visitor to practice, concluding with, "He has a high ceiling."

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SUDOKU PUZZLE

Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

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

CROSSWORD PUZZLE

1	2	3	4			5	6	7		8	9	10
11				12			13			14		
15							16			17		
	18				19		20			21		
					22	23			24			
25	26	27	28	29								
30							31					
32								33	34	35	36	37
					38	39	40		41	42		
					43			44				
		45	46									
47	48				49			50	51	52	53	54
55					56				57			58
59					60				61			
62					63				64			

- CLUES ACROSS**

 - 1. Scream loudly
 - 5. Antidepressant (abbr.)
 - 8. The bill in a restaurant
 - 11. Oblong pulpits
 - 13. Adult female chicken
 - 14. Abnormal breathing
 - 15. Financial obligations
 - 16. Belonging to a thing
 - 17. Winged
 - 18. Peoples
 - 20. College hoops tournament
- 21. An informal body of friends
 - 22. Region of the world
 - 25. In an early way
 - 30. Connected by kinship
 - 31. Type of tree
 - 32. Official order
 - 33. Foundation for an idea
 - 38. Small, faint constellation
 - 41. Book lovers
 - 43. Vegetable
 - 45. Cabbage variety
 - 47. A way to heal
- 49. Illuminated
 - 50. Dish that features a stick
 - 55. Insurance-related costs (abbr.)
 - 56. Solid water
 - 57. Soldier's gear
 - 59. "Uncle Buck" actress Hoffmann
 - 60. Former measure of length
 - 61. Arabic name meaning "spring"
 - 62. Doctors' group
 - 63. Actress Susan
 - 64. Appropriate

- CLUES DOWN**

 - 1. Cool!
 - 2. Hebrew unit of measure
 - 3. Swedish rock group
 - 4. College army
 - 5. Black eye
 - 6. One who stopped working
 - 7. Teach a value
 - 8. Rhythmic patterns
 - 9. "MASH" actor Alda
 - 10. "Friday Night Lights" director
 - 12. Midway between S and SE
 - 14. Indian musical pattern
- 19. Fulfill a desire
 - 23. Water soaked soil
 - 24. Brass instrument
 - 25. Before
 - 26. Popular color
 - 27. Peyton's little brother
 - 28. Partner to cheese
 - 29. Put onto
 - 34. "Much ___ about nothing"
 - 35. A way to mend
 - 36. Anger
 - 37. Soviet Socialist Republic
 - 39. Mobilized
- 40. Resembles an earlobe
 - 41. Cut of meat
 - 42. Nigerian people
 - 44. Recently
 - 45. Square stone building at Mecca
 - 46. Adhere to orders
 - 47. Adventure story
 - 48. Marine bivalve mollusk
 - 51. Retrospective analysis (abbr.)
 - 52. Actor Pitt
 - 53. Tibetan village
 - 54. A way to change by heating
 - 58. A beam of sunshine

A	T	O			A	E	O		V	W	V
V	I	B	V	H		T	E		A	B	V
O	W	H	V		E	O	I		E	V	T
B	O	B	V	K		L	I	T	B	V	O
					I	B	V	T	H	O	K
H	E	M	O	T		I	T	N	V		
S	H	E	O	V	E	H		V	H	V	
S	I	S	V	B					L	O	I
					W	T	E		O	L	V
					A	T	E		O	L	V
					S	V	O	I	H	E	W
E	N	V	E		L	I	N		S	E	O
E	V	T	V		S	L	I		S	L	B
H	T	V	H		N	E	H		S	O	B
B	V	L			I	H	S		H	V	O

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



GROUNDWELL SOCIETY DONATIONS – Randy Strunk (above, front), owner of PB Surf Shop, and Ron Greene, Pacific Beach Surf Club president, showcasing their donations to the Groundswell Society, which funds the Walter Munk College Scholarship program. Mary Munk, Walter Munk's widow, will also contribute and match funds of \$750 along with another \$750 from Groundswell Society.

PB RESTAURANT WALK

Discover the best eats in Pacific Beach at the Coast of Pacific Beach Restaurant Walk on Wednesday, May 25 from 4-9 p.m. All food is included at this annual event and will offer a variety of choices at restaurants west of Dawes. This event will be vegetarian friendly and restaurants that offer a vegetarian option will be noted on the ticket map. For more information, visit pacificbeach.org.

Participating restaurants include 710 Beach Club, Amplified Kitchen & Beer Garden, Baja Mamas Munchies, Board & Brew PB, Bare Back Grill, Crushed PB, The

Duck Dive, Handel's Homemade Ice-cream, Insomnia Cookies, The Hideout Bar & Grill, The Local PB, Mavericks Beach Club, Ocean's Pizzeria, Pacific Beach Ice-cream Co, Palmys Cafe, PB Shore Club, Seaside Pizza and Shake & Wake.

GRAFFITI CLEAN-UP

Join Pacific Beach Town Council's 12th annual graffiti clean-up 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 Jewell Street. Materials, equipment and training will be provided on-site. Minors must have a safety waiver signed by a legal guardian. Volunteer work at the event counts toward community service. For more information, visit pbtown-council.org.

FROZEN DANCE SHOW

Ooh La La Dance Academy in PB will perform a two-hour live "Frozen Dance Show" at Mission Bay High School in on Grand Ave at 1 p.m. on Saturday, June 4. The show is open to the public. Ooh La

La's preschool, youth, and teen dancers have worked over the last four months to make this production come to life. It's the tale of "Frozen" through dance! The production will have LED backdrop. Tickets are \$20 for adults and \$10 for kids ages 17 and under.

LICDS MEDAL WINNER

La Jolla Country Day School announced that senior Roma Nagle earned The Congressional Award Gold Medal. The award encourages and recognizes initiative, service and achievement. Gold medalists log at least 400 hours of voluntary public service, 200 hours each of personal development and physical fitness, and a five-day, four-night expedition/exploration.

Nagle organized classmates and led the Feeding San Diego Gratitude Calling Program. After collecting fourth-grade students' families' prized recipes, she designed a holiday cookbook for them to take home. Nagle created a detailed itinerary for a trip to Boston and New York City to learn about art and wrote a paper reflecting on her knowledge. The Gold Medal ceremony will be held virtually in July.

LJ SHORES RESTAURANT

Sandpiper SD, a 4,200 square-foot rebranded restaurant with a wood-fired grill and serving fresh oysters, considered a sister restaurant to George's at the Cove on Prospect Street, is expected to open soon in La Jolla Shores at 2259 Avenida De La Playa in the space formerly inhabited by Galaxy Taco. The rebranded indoor-outdoor eatery is planned as a neighborhood dining destination to be led by chef-owner Trey Foshee.

LEGALS »
CONT. FROM PG. 10

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. 2022-9009368 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 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. 2022-9009378 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 This business 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. 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. 2022-9009309 Fictitious Business Name(s) a. MHHS Located at: 15233 PRESILLA DRIVE, JAMUL, CA 91935 Is registered by the following: a. DANNY 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. 2022-9009511 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 The first 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, MAY 6, 13 & 20

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010323 Fictitious Business Name(s) a. SABORES COLOMBIANOS Located at: 3695 UNIVERSITY AVE, SAN DIEGO, CA 92104 Is registered by the following: a. MARITZA LORENA PULGARIN This business is conducted by: AN INDIVIDUAL The first day of

business was: 07/01/2021 Registrant Name: MARITZA LORENA PULGARIN TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 3, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2022-9010322 Fictitious Business Name to be Abandoned: a. SABORES COLOMBIANOS Located at: 3695 UNIVERSITY AVE, SAN DIEGO, CA 92104. The Fictitious Business name referred to above was filed in San Diego County on: 7/20/2021 and assigned File No. 2021-9015621 Fictitious Business name is being abandoned by: a. FERNANDO LOPEZ b. MARITZA LORENA PULGARIN This business is conducted by: CO-PARTNERS. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.)) Registrant name: a. FERNANDO LOPEZ b. MARITZA LORENA PULGARIN Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: MAY 03, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009395 Fictitious Business Name(s) a. NORTH SHORE HEALTHCARE Located at: 4675 ORCHARD AVENUE, SAN DIEGO, CA 92107 Is registered by the following: a. BRIAN LANTOS, D.O., A PROFESSIONAL OSTEOPATHIC MEDICAL CORPORATION This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. BRIAN LANTOS, D.O., A PROFESSIONAL OSTEOPATHIC MEDICAL CORPORATION TITLE of Officer, if Limited Liability Company/Corporation Title of Signor BRIAN LANTOS, D.O., PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 21, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009803 Fictitious Business Name(s) a. PB PSYCHOLOGY b. PACIFIC BEACH PSYCHOLOGY Located at: 975 HORNBLEND ST. STE C, SAN DIEGO, CA 92109 Is registered by the following: a. DANIELLE D. WEISMAN This business is conducted by: AN INDIVIDUAL The first day of business was: 4/1/2022 Registrant Name: a. DANIELLE D. WEISMAN 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 27, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008724 Fictitious Business Name(s) a. STUF Located at: 9565 HEINRICH HERTZ DR, SAN DIEGO, CA 92154 Is registered by the following: a. HALL AND GANS, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. HALL AND GANS, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ALEX CLOUD, MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 13, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010213 Fictitious Business Name(s) a. WEST CASTLE MANAGEMENT Located at: 4328 FANUEL ST #1, SAN DIEGO, CA 92109 Is registered by the following: a. CORY ADAM WEST This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. CORY ADAM WEST TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 2, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010323 Fictitious Business Name(s) a. SABORES COLOMBIANOS Located at: 3695 UNIVERSITY AVE, SAN DIEGO, CA 92104 Is registered by the following: a. MARITZA LORENA PULGARIN This business is conducted by: AN INDIVIDUAL The first day of

business was: 07/01/2021 Registrant Name: MARITZA LORENA PULGARIN TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 3, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2022-9010322 Fictitious Business Name to be Abandoned: a. SABORES COLOMBIANOS Located at: 3695 UNIVERSITY AVE, SAN DIEGO, CA 92104. The Fictitious Business name referred to above was filed in San Diego County on: 7/20/2021 and assigned File No. 2021-9015621 Fictitious Business name is being abandoned by: a. FERNANDO LOPEZ b. MARITZA LORENA PULGARIN This business is conducted by: CO-PARTNERS. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000.)) Registrant name: a. FERNANDO LOPEZ b. MARITZA LORENA PULGARIN Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/County Clerk of San Diego County on: MAY 03, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009523 Fictitious Business Name(s) a. SALON COLLECTIVE b. MOVEMENT PAY Located at: 8090 PARKWAY DRIVE, SUITE 1, LA MESA, CA 91942 Is registered by the following: a. DEN INVESTMENTS INC. This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. DEN INVESTMENTS INC. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor DENISE T ARELLANO, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 22, 2022. ISSUE DATES: MAY 13, 20, 27 & JUNE 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010652 Fictitious Business Name(s) a. THREE GUYS PROPERTIES, INC Located at: 4535 MUIR AVE, SAN DIEGO, CA 92107 Is registered by the following: a. THREE GUYS PROPERTIES, INC This business is conducted by: A CORPORATION The first day of business was: 6/1/16 Registrant Name: a. THREE GUYS PROPERTIES, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor CELSO C FERNANDEZ, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 6, 2022. ISSUE DATES: MAY 13, 20, 27 & JUNE 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010874 Fictitious Business Name(s) a. CEEC INNOVATIVE GROUP Located at: 5408 CALLE BLANCA TRAIL, SAN DIEGO, CA 92130 Is registered by the following: a. COREY DEVON LIGUET This business is conducted by: AN INDIVIDUAL The first day of business was: 4/27/22 Registrant Name: a. COREY DEVON LIGUET TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 10, 2022. ISSUE DATES: MAY 13, 20, 27 & JUNE 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009452 Fictitious Business Name(s) a. RANCHO DEL ORO CAR WASH Located at: 4101 OCEANSIDE BLVD, OCEANSIDE, CA 92056 Is registered by the following: a. RANCHO DEL ORO CAR WASH, INC This business is conducted by: A CORPORATION The first day of business was: 6/1/16 Registrant Name: a. RANCHO DEL ORO CAR WASH, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor WASIM BALLO, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: APRIL 22, 2022. ISSUE DATES: MAY 13, 20, 27 & JUNE 3

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Were you born too early? Technology natives versus technology immigrants



Doing it
Better

By Natasha Josefowitz, Ph.D.

I am sure that many of you are reading this via your smartphone or computer. Like me, perhaps you are still adjusting to a world where the news is not just something a paperboy leaves on your doorstep, but a whole ecosystem of digital devices, notifications, websites, and cable channels. And for some of you, maybe this transformation has left you feeling like you were born too early — raised and prepared to live in a world that no longer exists, and struggling to adjust to the rapidly changing world we live in now.

Our brains have specific windows in which certain types of learning and development can occur more easily. From birth, a baby's brain cells keep making new connections and discarding others. Our early development is critical, influencing our experiences throughout our lives.

The brain contains 100 billion neurons. The pattern of wiring between these nerve cells is shaped by what the baby encounters.

The best example of this is language. An infant's brain is wired to learn all the sounds of human language. Sounds a child doesn't encounter in infancy are more difficult — if not impossible — to reproduce at a later age. This is why people have accents when learning new languages as adults. The neural circuits specific to acquiring language have atrophied by age 6 or 7.

This is similar to the mechanism that makes it best to learn music or other complex activities when young. What wires a child's brain is repeated experience. Thus nature influences nurture, which influences nature — ad infinitum.

As I am writing this, I wonder when the window in my brain is still open to learning. When reading about quantum mechanics or crypto currency, it takes effort from my brain to comprehend what I am reading; often I give up, drawing a blank.

What happened? Most new information enters the brain where there is already something similar it can be attached to. If there is nothing (terra incognita) our neurons give up. To start new neurons with new synapses to connect them not only takes time and effort but mostly repetition to ensure that the new neurons remain connected; for they easily disconnect, which is why whatever I learn today, I

forget tomorrow...unless I keep repeating the information.

There are six main reasons for seniors to resist learning new technology: lack of perceived benefit, negative feelings about social media, fear of the unknown, fear about internet safety, lack of time to practice, and cost.

The latest research suggests, to my surprise, that a child should be introduced to computers between ages 3 and 5. This apparently is a great time to start teaching the basics of how to use a mouse and a keyboard. By elementary school, children can be introduced to coding. This way they will perfect cognitive maps to sow seeds for more complex knowledge later.

Considering this early developmental window, we can see how mastering new technology is complicated for seniors, who have no experience with technology as a baseline. Seniors have a more tenuous frame of reference to enable them to absorb new technology.

I have been accused by younger friends of resisting learning new technology; this is not true. The truth is, when facing something which seems too daunting, anxiety kicks in and interferes with new neuron formation. Instead of the "flight or fight" response, I freeze. What seems so simple to technology natives feels at times insurmountable to us, technology immigrants.

On the other hand, a 2015 Harvard University study suggested that the ability to sustain attention improves with age. While younger adults excel in the speed and flexibility of information processing, adults approaching middle age have a greater capacity to remain focused. We excel at identifying others' emotions in our late 40s. The ability to learn and understand historical events and political ideas reaches its pinnacle around age 50. Peak vocabulary skills are obtained in our late 60s.

So, be kind to yourself. You are not programmed for technology. Only learn what you need in your daily life and work. Use repetition to enforce your neurons to stay put. Remember, your brain can only stay focused for about 45 minutes at a time, so take a break before continuing. Finally, reach out and ask your grandchildren for help; they will be happy to oblige. After all, learning is meant to be a reciprocal experience.

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.

GROWLERS PLAY AT MISSION BAY HIGH

The defending AUDL West Division champion San Diego Growlers will play LA at 1 p.m. on May 14, then Seattle at 3 p.m. on May 21, and Portland at 5 p.m. on June 11 all at Mission Bay High School in Pacific Beach. The Growlers are asking for support from the community. Children 12 and under get in free. There will be food, ice cream, music, and merch giveaways. Visit <https://theaudl.com/growlers> for more information.

LA JOLLA COMMUNITY CENTER EVENTS

A Night In Sevilla (in person) on Friday, June 3, from 7-9:30 p.m. Music and show

at 8 p.m. \$35 members, \$40 non-members. Featuring Flamenco Sur Dance Company, music by Reyes Barrios and Kambiz. Celebrate the sultry and passionate Spanish culture. Light refreshments and valet parking.

Iphoneography (in person) on Wednesday, June 8, from 10 a.m.-noon. \$15 members; \$20 non-members. With your iPhone you can create spectacular photographs everywhere you go. This class will help take a great shot on your iPhone, how to organize and edit photos on your phone, and tips on how to share photos. Students need their charged iPhone, Apple user ID and password with you for this hands-on class. More information at ljcommunitycenter.org.

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