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SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, MAY 13, 2022

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The Compass Station opens

SEE PAGE 2



MBHS lax ends regular season

SEE PAGE 7



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SAN DIEGO COMMUNITY NEWSPAPER GROUP

Au pair identifies man in court she says raped her in Pacific Beach

By NEAL PUTNAM

A Brazilian au pair identified a man in court on May 7 as the man who raped her in Pacific Beach in 2018 while she was visiting the area while vacationing with her host family in La Jolla. The nanny testified in the rape trial of Seth Alan Roberts, now 22, who is also charged with raping two other women in 2018. He has pleaded not guilty.

The young woman who assists her host family with child care testified she had a day off on Nov. 17, 2018, and was walking around Pacific Beach when Roberts came up and began talking to her.

Deputy District Attorney Judy Taschner told jurors in an opening statement on May 6 that Roberts came off as "friendly and charming" to her. He told her his roommate's girlfriend was also from Brazil and invited the au pair to his house.

"Let's go to my house," said Roberts, according to the witness.

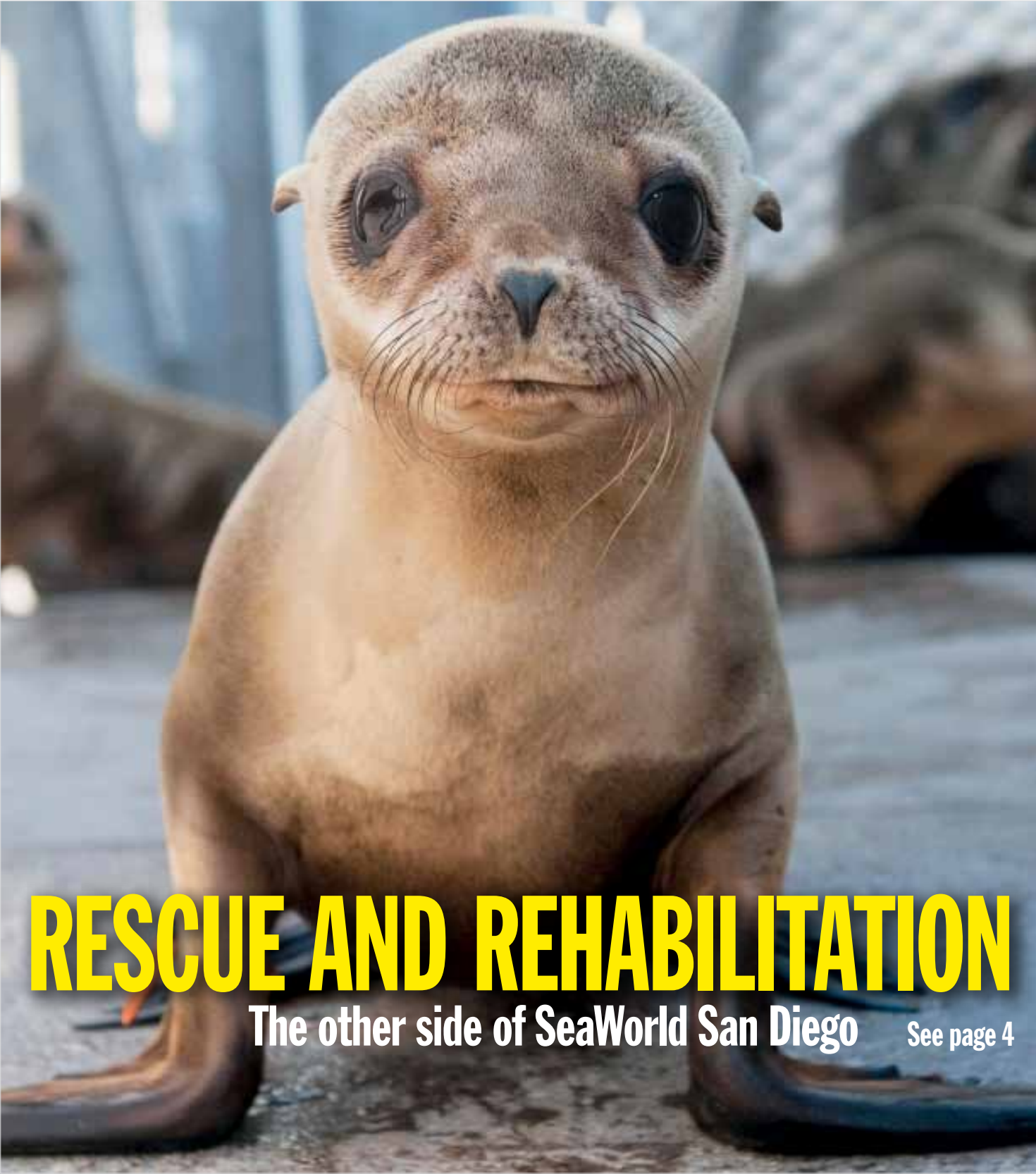
The au pair walked with Roberts to a house and he directed her to go to the back of the house, which was deserted. He then pulled a knife and threatened to kill her, she testified.

Taschner told San Diego Superior Court jurors he raped her and also committed digital penetration. Roberts heard a car alarm go off, and he suddenly ran off, said the prosecutor.

"She's very traumatized by what happened," said Taschner, who added that she called a ride service to get back to her host family staying in a La Jolla hotel.

The victim did not initially tell the family what happened but waited three days later until they were in Palm Springs. When the au pair told the host what happened, he called Palm Springs Police and she made a report to them.

READ MORE ONLINE AT sdnews.com



RESCUE AND REHABILITATION

The other side of SeaWorld San Diego

See page 4

SeaWorld San Diego's Rescue and Rehabilitation team has rescued more than 21,000 injured, sick, and orphaned animals – like this sea lion above – since 1965. The San Diego team divides its time between nursing pinnipeds and other marine mammals, along with rehabbing local seafaring birds. COURTESY PHOTO

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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.

SHORELINE COMMUNITY SERVICES BOARD MEMBERS

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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

RESCUE & REHABILITATION PROGRAM

- 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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Olive Cafe celebrates 17 years of breakfasts in Mission Beach

By DAVE SCHWAB

Restaurateur and community activist Sarah Mattinson is observing another milestone in Mission Beach this year: the 17th anniversary of her stewardship of Olive Cafe.

Mattinson recalled starting out after having taken over Olive Cafe at 805 Santa Clara Place in 2005. "I took over from the previous owner and ran it for the first five years," she said. "I didn't take a day off, working every day except Christmas and Thanksgiving, with one full- and one part-time employee."

Of her most recent anniversary, Mattinson, who typically works 60-hour weeks, noted: "After 17 years, we're just happy to be

through COVID having survived. So we're really celebrating 'every' anniversary after that."

Mattinson noted times were really tough for an independent small-business owner like herself during the height of the pandemic. "In March 2020, our sales were down 75%," she said adding, "We learned how to adapt to it just rolling with what was happening, observing the new (health) guidelines. We converted to more of a grocery store selling everything from toilet paper to avocados and tomatoes."

Of how she changed Olive Cafe's initial business model, Mattinson said, "It was a restaurant with more emphasis on coffee and pastries. We expanded on that to make it a breakfast and lunch place

putting in a commercial hood and getting some other professional equipment."

Six years ago, Mattinson became a dual business owner, adding Olive Baking Company across Mission Boulevard to her restaurant mix.

"After opening my own café, and wanting to expand into being able to bake our own bread, I opened up my bakery in the heart of Mission Beach," said Mattinson on olivebakingcompany.com. "We've built a family bakery that provides freshly baked bread, organic coffee and good conversation to our local patrons and businesses. We are beyond excited to continue growing and being a staple in the Mission Beach family. Thank you so much for sharing in our dream and commitment of building a community bakery."

Mattinson added her bakery serves several clients in Mission Beach adding business at both her establishments has largely returned to pre-pandemic levels.

Now with about 25 employees divided between two businesses, Mattinson is optimistic about the future and looking forward to another busy summer. "People are traveling more and coming to San Diego, especially to the beach," she noted.

Mattinson said Olive Cafe did "free coffee and cookies" for the restaurant's 17th anniversary on May 12.



Olive Cafe owner Sarah Mattinson in her restaurant's kitchen.

COURTESY PHOTO



The Olive Cafe at 805 Santa Clara Place in Mission Beach.

COURTESY PHOTO

OBITUARY

MOLLY MARIE REVAK-PRATER

Molly was born in San Diego on June 22, 1986, she passed away suddenly at St Francis Hospital in Colorado Springs on April 18, 2022 from a ruptured aneurism after Last Rites.

Molly grew up on Law Street surrounded by neighbors and walked to school with all the neighbors and to Church at St Brigid where she made her First Communion

Molly attended PB Elementary and PB Middle Graduating Mission Bay High School 2004, magna cum laude all while Cheerleading and receiving Letter of Return in 2000 from her Cheer Coach which she was most proud of. Molly graduated from Cal State Fullerton in 2009 with a Bachelor of Arts Degree.

Molly soon met Cory Prater. Molly and Cory married in Lake Tahoe on January 16th 2011 in her dream wedding with all of their friends and family attending. Molly and Cory's first princess, Isabella Marie Prater was born in Oak Harbor Wa. on September 3, 2012. On July 13, 2015 princess number 2 was born, Arianna Michele Prater on the the military base Fallon NV.

Molly was surrounded by a large extended family and thought every family celebration was BIG, Sunday dinner, BBQ's football games, stories and laughter and singing all were welcome at the little beach house.

Molly loved hard but if she thought you were hurting or where being unkind to someone she was a force to be reckoned with, all 4 foot11 of her. She is survived by her Mom, Eileen and Dad Bob Revak who's hearts are broken along with her beloved husband Cory and beloved children,, Isabella age 9 and Arianna age 6 and very large extended family's, Byrne, Revak and Prater

Cory and her girls Isabella and Arianna are bringing her home with her fur baby, Chewy.

Molly aka Shorty's Memorial Mass will be held at her childhood church, also where Isabella was Baptized, St Brigid's on Cass Street in Pacific Beach at 12:00 PM on June 1st followed by a Celebration of life at her childhood home.

She touched so many lives in all the worlds she loved. Our heart's are forever broken.



BARNARD ELEMENTARY WHOLE SITE MODERNIZATION

A Whole Site Modernization project is underway for Barnard Mandarin Magnet Elementary School at 2445 Fogg St. The school offers a Mandarin Chinese immersion program giving students from K-5 instruction in core academics in both English and Mandarin Chinese. The cost of Whole Site Modernization is projected to exceed \$15 million with an anticipated construction start in the summer of 2023.

The Whole Site Modernization project includes the construction of a new kindergarten building to replace aging portable classrooms; modernization of existing classroom buildings with interior and exterior finish upgrades; renovation of the admin building

including secure single-point entry to the school; addition of new student-parent drop off by extending the existing parking lot; and modernization of the multi-purpose building. The project will also include upgrades to site accessibility, security, restrooms, and additional site work. The project will also provide new shade shelters, play structures, and a new outdoor collaborative teaching and learning space.

Barnard offers Transitional K-5 instruction in a unique and exciting environment for students. The Mandarin Chinese Students are immersed in Mandarin Chinese during portions of the school day, with some subjects taught in Mandarin, and others in English.

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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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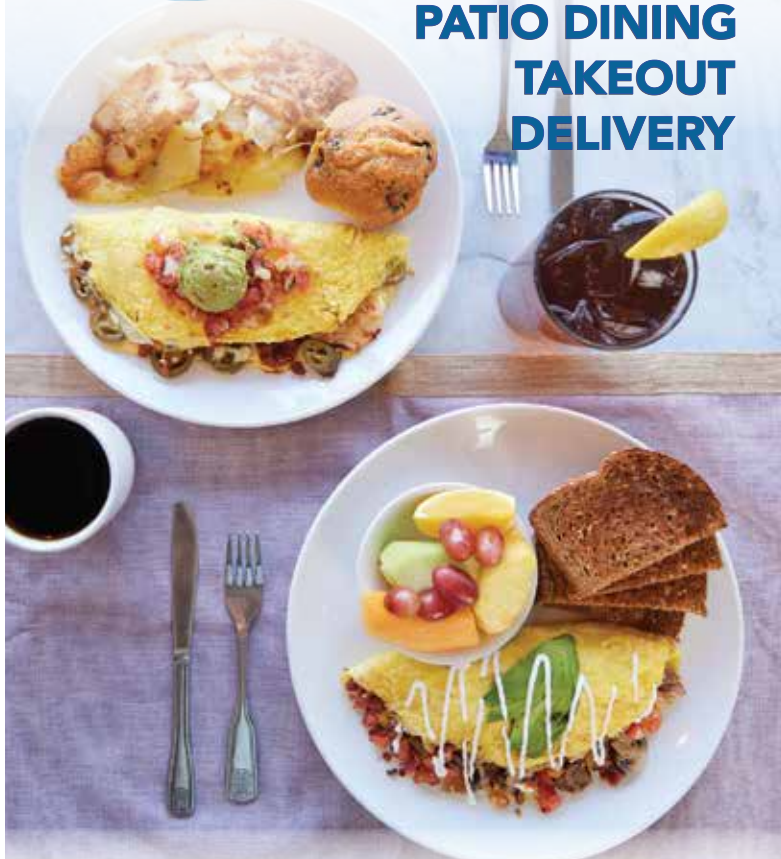
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Pacific Life Church

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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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Mission Bay girls beach volleyball makes run in playoffs

By HECTOR TRUJILLO

After winning their last two regular-season matches against Academy of Our Lady Peace, and Scripps Ranch, the Mission Bay girls beach volleyball team had a successful run in the postseason, which saw them make it to the semifinals on May 5.

Mission Bay dominated Castle Park in the first round of the playoffs by sweeping them 5-0 with all matches won in two sets. "They traveled to our home courts and were very sweet competitors as this was their first year competing in the sport," said head coach Brittany Johnson.

The team then traveled to La Jolla Shores to play at La Jolla Country Day's home courts in the quarterfinals, beating them 4-1. "The competition was much tighter, but again, it was a day of very gracious and sportsmanlike competition," Johnson added.

Mission Bay moved on to the semifinals where they traveled to Classical Academy's home courts and ended up going 2-3 in their five matches with two of the losses being decided in three sets.

"There were many discrepancies over the calls, as the girls still had to officiate themselves for semifinals," said Johnson, who has been the head coach since the inception of the beach volleyball program in 2014, but the sport has been part of her life and passion since the age of 16. "It was quite contentious and close. It was a bittersweet ending to a great run."

Classical Academy ended up losing in the



Jayden Higman (9) and sister Justyne Higman (21) were standout players for Mission Bay this

finals to La Jolla High School.

Among the standout players during the season for Mission Bay were senior Jayden Higman, who will be attending the University of Southern California, and her sister, sophomore Justyne Higman. Making it to the semifinals was an impressive achievement for Mission Bay considering they started the season losing four of their first five competitions as the team hopes to make another run next season.

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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 HANSKOM 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					
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					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	O	W	H		T	E		A	B	V	G
	O	W	H	V		O	I		E	V	T
	O	B	V	K		L	I	T	B	V	C
					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	O
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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



GROUNDSWELL 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

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. 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. 2022-9009511 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. 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-

9009233 Fictitious Business Name(s) a. DUMROX b. BYRON BENING Located at: 6546 HOPEDALE CT, SAN DIEGO, CA 92120 Is registered by the following: a. DUMROX, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/03/2021 Registrant Name: a. DUMROX, LLC 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 20, 2022. ISSUE DATES: MAY 6, 13, 20 & 27

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9008378 Fictitious Business Name(s) a. AP'S BACKFLOW SERVICES Located at: 2978 SHADY PINE STREET, SPRING VALLEY, CA 91978 Is registered by the following: a. AURELIO PINA This business is conducted by: AN INDIVIDUAL The first day of business was: 4/8/22 Registrant Name: a. AURELIO PINA 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 08, 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

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.

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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1627 Hornblend St 92109 Pacific Beach 3 Bed / 3 Bath / 1608 SqFt.

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2.5 BA | 1,758 SQ FT

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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. **\$1,800,000**

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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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Enjoy crashing waves and calming Pacific Ocean breezes in this single level 2nd floor Ocean Front condo with elevator. This updated north Mission Beach home has slate floors, granite countertops, and stainless appliances in the kitchen. Along with updated baths. The ocean front living room is oversized for plenty of space to relax or entertain. The second floor location provides extra privacy and stunning views. You're close to Belmont Park, shopping, dining, and all that Mission Beach has to offer. Currently a vacation rental with rental history available. This condo is sold turn-key and ready to go. **Offered at \$1,749,600**



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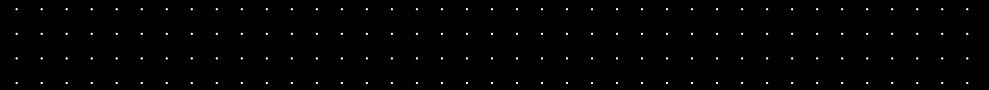


4944 CASS ST UNIT 1003
2 BD | 2 BA | 1,100 SF

Mid-century coastal? Coastal 60's chic? Call it what you want, this place is flat out rad! This top to bottom remodeled condo has some of the best views in all of PB. Watch the sun kiss the ocean at sunset from the deck, living room and master bedroom or enjoy whitewater, bay and downtown views from the 2nd bedroom. An open and bright floor plan affords an ideal living and entertaining space. Being only 3 blocks to the ocean and walking distance to restaurants, shops and all that PB has to offer make this a home you don't want to miss out on.



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Fun fact: April Showers Bring May Flowers?
The proverb "March winds and April showers bring forth May flowers", first recorded in 1886 and the shorter, trochaic version "April showers bring May flowers" (originally "Sweet April showers/Do spring May flowers", part of a poem recorded in 1610) are common expressions in English speaking countries. The phrase is referenced in the General Prologue of The Canterbury Tales: "Whan that Aprill, with his shoures soote The droghte of March hath perced to the roote".