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Mission Bay's resort fitness
SEE PAGE 7



New regulations for vendors
SEE PAGE 6



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SAN DIEGO COMMUNITY NEWSPAPER GROUP



Cynthia skates along an impromptu course on the boardwalk in front of the Blue Sea Beach Hotel on Friday, May 6. Freeskatte Fridays meets at Hamel's in Mission Beach at 10 a.m. The group cruises to Pacific Beach about 10:30 where they hang out and skate for a few hours. All wheels and experience levels are welcome.

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Affordable housing shortage fueling increase in homelessness

2022 Point-in-Time Count in San Diego estimates a 10% surge in the unsheltered population

By DAVE SCHWAB

A nonprofit serving the coastal unsheltered believes this year's Point-In-Time Count estimating a 10% population increase of homeless people is likely low while

stressing homelessness trends remain unchanged with an aging demographic and more vehicle dwellers.

The results of this February's Point-in-Time count conducted by the Regional Task Force on Homelessness, a snapshot in

POINT-IN-TIME COUNT

The Regional Task Force on Homelessness (RTFH) on May 19 released the topline results from the 2022 WeAllCount Point-in-Time Count, a one-day snapshot of the minimum number of San Diegans living in emergency shelters, transitional housing, safe havens, and on the streets and along riverbeds. Conducted on a February morning, at the tail end of the Omicron COVID-19 wave, this count was completed by 1,400 volunteers across San Diego County.

Overall, the Point-in-Time Count found no less than 8,427 individuals experiencing homelessness across San Diego County, a 10% increase from 2020. It's critical to understand this is a minimum number. The challenge of finding every person in a car, canyon, or under a bridge, is impossible, but every effort is made to find and engage as many people as possible. This number includes 4,106 unsheltered San Diegans with 4,321 individuals in shelters. Of those surveyed, 85% said they had fallen into homelessness in the region.

The Point-in-Time Count also brought into focus some concerning trends in the homeless population: 2022 saw an increase in families experiencing homelessness, up 56% from 2020. Black San Diegans, who make up under 5% of the total population in San Diego County, made up 24% of the region's unsheltered homeless population.

While 24% of San Diegans experiencing homelessness were over 55 in both 2020 and 2022, this year's count showed that 47% of those seniors were experiencing homelessness for the first time, with 57% having a physical disability. The oldest person surveyed living on the street in San Diego County was 87.

"The Point-in-Time Count is about much more than numbers – it's about people," RTFH CEO Tamera Kohler said. "Right now too many people are suffering in San Diego. They're mothers and daughters, fathers and sons. They fell into homelessness due to a lost job, a lost spouse, or some other crisis beyond their control."

time used to estimate the region's homeless numbers, concluded there are no less than 8,427 individuals experiencing homelessness today living on San Diego's streets.

"These counts are just an estimate, the best guess," said Caryn Blanton, board co-chair of homeless service provider Shoreline Community Services, newly headquartered at The Compass Station at 1004 Chalcedony St. in Pacific Beach. "I think that 10% increase estimate is way low. There's no way that we can get an accurate count. With some people hiding to keep warm, or pooling their money together to get hotel rooms – they don't get counted."

Blanton estimated there are somewhere between 300 and 400 individuals living on the street day-to-day in the central beach area, which includes Pacific Beach up through La Jolla Shores. Oddly enough though, she noted the central beach area gets lumped in with Downtown during the Point-In-Time homeless counts.

The unsheltered are drawn to the beach areas every bit as much – and for the same reasons – like those in the mainstream population. "They're trying to get away from the hustle and the chaos that is Downtown," noted Blanton adding, "There's more breathing room. I think we're unique here

(in PB) for a couple of reasons. We've got the boardwalk or walking on the beach or at the bay. And we've got beautiful parks. Fanuel and Kate Sessions are green, open, spacious, and beautiful areas. And those are public places where anybody can be."

The homeless demographic in the central beach area has remained pretty constant over the last couple of years as well, as many are living in conditions a little better than on the street.

"I think there are a lot more people living in their vehicles for whatever reason," Blanton said. "Some of them were evicted from housing, and then couldn't afford to get back into housing. People have money. But they don't have enough money to afford housing. And I would say it's still an aging population here at the beach. And it seems to be more men. They're making do in their vehicles. That's their living space."

Blanton described homelessness for most as a descent, rather than a fall, into living on the street.

"For many, it's a slow roll into homelessness," she said. "A man has a house, a wife, and kids and there's some family disaster. He gets sick and they lose the house and they end up living in a hotel. Then they can't afford the rent at the hotel and they move into a van. The van brakes down and

they're flat out in the street."

What's the solution to improving homelessness along the beachfront, or anywhere else?

"There's a housing crisis and there truly are almost no places for these people to go," Blanton concluded. "The first homeless people who get to go (into housing) are the most vulnerable, those who are older or medically or mentally compromised. But now there's such a growing population of those people, that there aren't even places for them to go."

So what's the ultimate solution to the homelessness dilemma long-term? Blanton said her new messaging revolves around homeless providers doing the best they can to help the homeless deal with the realities of the housing crisis at the moment.

"They're here, and they're not going anywhere because there's nowhere for them to go," she said. "We need to find compassionate, caring ways to address their needs on a daily basis. The Compass Station opening this week is one answer. But our hours are 10 a.m.-4 p.m. What happens at 4 p.m. when I shut the door?"

Added Blanton: "There needs to be more places for people to live. That's the only answer. The longer I'm involved with this (homelessness) the more I see and know that housing is the most important piece."



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HOPE OF AMERICAN AWARD

The Kiwanis Clubs of California, Nevada, and Hawaii established the Hope of America award in 1984. The Hope of America award recognizes and encourages students who have demonstrated academic accomplishment, leadership and good character. These students should be potential leaders who have sustained our democratic way of life and exhibited outstanding citizenship traits. Criteria for selection of a recipient include: Capacity for leadership • Ethical and moral character • Academic competence. Kiwanis Club of Pacific Beach is pleased to recognize these students as being the Hope of America.



From Left to Right: Julian Bartlett and Dylan Buckley from Pacific Beach Elementary Jack Kistler and Lily Bodor from St Paul's Lutheran School. Ivan May and Toulia Nicksic from Sessions Elementary. Students unable to attend were Jett Miller and Kirian Bhowmik from Crown Point Junior Music Academy. Each Student received a plaque and 21 Mr. Frostie dollars to enjoy

PB MEMORIAL DAY

VFW Post 5985 at 853 Turquoise St. will be open on Memorial Day on May 30 to honor those who made the ultimate sacrifice. The American Legion Auxiliary and the Sons for the American Legion are sponsoring a fund-raising barbecue that day from noon to 4 p.m. at the VFW Post. \$8 per plate includes hamburger, or hot dog, a side, and dessert.

MT. SOLEDAD MEMORIAL DAY SERVICE

The Mt. Soledad National Veterans Memorial will honor Marine Corps Major Megan McClung, and our nation's heroes through a live and virtual tribute event on Monday, May 30 from 11 a.m. to noon streamed on www.soledadmemorial.org. McClung was the first female Marine officer to be killed in Operation Iraqi Freedom, as well as the first female graduate of the United States Naval Academy to be killed in action since the school was founded in 1845. McClung was serving as a public affairs officer in Al Anbar Province, Iraq. The live and online commemoration will be hosted by former news anchor Marc Bailey, musical performances, a wreath laying, and missing-man flyby.

The keynote speaker will be Lt. Gen. Sean MacFarland, a retired three-star general who served in the United States Army.

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Man convicted of raping au pair

By NEAL PUTNAM

After 4 1/2 hours of deliberations, a jury convicted a man on May 13 of raping a Brazilian au pair on vacation in Pacific Beach and sexually assaulting another young woman in 2018, both at knifepoint.

Deputy District Attorney Judy Taschner said Seth Alan Roberts, now 22, faces "over 100 years to life" in prison as a maximum sentence because the jury found true he used a knife during the crime and raped multiple victims.

Roberts, wearing a suit, showed no reaction, but his mother in the audience began to weep and she was comforted by family and friends who embraced her.

The seven-man, five-woman jury acquitted Roberts of raping his girlfriend in a tent after they listened to her testimony read back to them during deliberations. She was 17 years old at the time and was a runaway from Oklahoma who returned to her parents afterward.

Roberts' attorney, Damian Lowe, showed jurors a portion of the girlfriend's note that she left for Roberts that read "I love you more than you ever will know." Lowe told jurors that did not sound like it came from a rape victim and successfully argued for acquittal.

Jurors did not stick around to discuss the verdicts with attorneys afterward. "You served a vital role," said San Diego Superior Court Judge Eugenia Eyherabide, thanking the jury.

Eyherabide set sentencing for Sept. 1. Roberts, who is also from Oklahoma, remains in jail without bail.

The au pair identified Roberts in court on May 6 as the man who befriended her in Pacific Beach on Nov. 17, 2018. She said

he wanted to introduce her to his roommate's girlfriend who was also from Brazil but instead led her to an abandoned house on Reed Avenue where she was sexually assaulted.

"I didn't think this would happen in America," said the au pair, who is in her early 20s and whose words were translated in court.

She took care of children with her host family who were vacationing in La Jolla but didn't tell the host until three days later about the assault. She underwent a rape exam, and Roberts' DNA was found, said Taschner in her closing argument.

"They obviously had sex. There's no doubt about it," said Lowe in his closing argument, adding the DNA did not prove the sexual activity was an assault.

The jury also convicted Roberts of digital sexual penetration. A doctor determined the au pair had a laceration as a result, according to the prosecutor.

Roberts was also convicted of two counts of rape, two counts of digital sexual penetration, and forcible sodomy of the other woman in the South Bay area.

"I'm so glad to bring this (case) to an end," said Taschner afterward. "These victims have been brave."

During the reading of jury instructions, Eyherabide told jurors not to consider that Roberts did not testify.

Jurors heard closing arguments on May 12 and discussed the case for 1 1/2 hours before recessing. They deliberated another three hours on May 13 before reaching verdicts on all counts.

READ MORE ONLINE AT sdnews.com

SCOTT'S PB SPOTLIGHT

I often get met with surprise when people learn that I grew up here in PB since there aren't too many "locals" anymore. It got me thinking, there's a lot of interesting people and businesses in our community that people may not know about if they are new to the area. So, each month I will be spotlighting someone within our community that I think has an interesting story to share.

Soul Grind Skate Shop: 4645 Cass St, San Diego (858) 581-2468

This month we're highlighting a longtime staple of PB, Soul Grind, its owner, Pablo Smith, and his daughter, Jen.

Pablo grew up in Clairemont and is a dad to 3 daughters. He got his start in the skate world when iconic G&S team manager from the 70's Dave McIntyre asked him if he wanted a job working at G&S. Pablo worked there and built a relationship with the Gordon family that then morphed into him buying their blemishes, 2nds and used team boards, as well as blemishes from Watsons, who actually makes many of the skateboards sold here in San Diego. He then began selling them at the Spring Valley Swap Meet and eventually at Kobe's Swap Meet with his ex-wife. In 1993, a retail spot came up for rent by Harry's on Felspar, and Pablo's buddy "pushed" him into taking the space. This is how Soul Grind officially got its start!

After a couple years of Soul Grind being a skate shop in PB, Pablo moved his family from Clairemont to North PB, where he still lives today. Soul Grind quickly became a staple of PB and remained in its original location for many years until the land it sat on was redeveloped. This ultimately forced them to relocate to Mission Blvd, and then eventually to its current location on Cass, where they've been for 6 years. Pablo's three daughters have all been involved with the shop and have all logged time there helping their dad out. After a successful pro surfing career that included a lucrative Roxy contract and two World Longboard titles, as well as a successful career in the restaurant industry, his daughter, Jen, came full circle and came back in 2020 to help run the shop after Pablo suffered a neck injury. By her own admission, Jen didn't always have the best patience in the world and could be socially awkward at times. She said that after years as a professional surfer, and more importantly, her time in the restaurant industry (and probably getting a little older and more mature), she developed the calm and patience that you see now when you head into the shop, which has helped her connect more with their customers.

After almost 30 years in business, Soul Grind has retained its "core, old school" skate shop vibe where you can go in, pick out a deck and have them build you out a custom board. In Pablo's words, one of his favorite things is, "seeing people I sold decks to at the Swap Meet... or back in the day at the original shop, come in with their kids and/or grandkids to get them a new skateboard." The longevity of the shop and the consistent generational business is a testament to their level of customer service



and importance to the local skate community. After close to 30 years in business, a lot has changed in the world, PB and the skateboard business. I asked Jen what some of the biggest changes they've seen over the years are, and she stated, "The variety of ways to approach skating, the types of boards available and the drastic increase in the number of female skaters." For a time, online shopping for action sports items was a big thing, but Pablo and Jen have really seen that come full circle, and it seems people are back to wanting to shop at a brick and mortar shop. Luckily for Soul Grind, they've always been a core shop, and that authenticity is one of the many draws that brings customers back again and again. When I asked Jen what one of her proudest moments at the shop is, her response kind of surprised me, but it goes to show how entrenched and vested the Smith family is in the PB community. She said the Beach Streets Cleanup they did this past February was one of their coolest moments. They had between 60-80 people come help clean up the streets in PB, and they picked up over 300lbs of trash!

I've known Pablo for a number of years, been to Scorpion Bay with him on a surf trip, and Jen and I share a number of mutual friends. They both absolutely rip on a longboard, are down to earth, amazingly nice people and a great example of a small family-run business succeeding here in PB. With Jen being back as part of the shop, they have some amazing plans for the future and the continued success of one of PB's most loved small businesses.

If you know of someone you think has an interesting story, send me an email scott@isellbeach.com with their info and why you think they would be a good person/business to spotlight and will consider them for a monthly spotlight.

COMPASS

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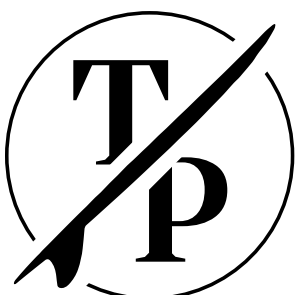
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Vendors, and civic leaders react to new sidewalk-vending ordinance



Boardwalk vendors Albert Garcia and Kaylee Vaughn sell original handmade jewelry in Pacific Beach. PHOTO BY DAVE SCHWAB

By DAVE SCHWAB

Reaction to a new sidewalk-vending ordinance authored by District 2 Councilmember Dr. Jennifer Campbell charging vendors \$38 annually, approved May 17 by the City Council and set to begin in mid-June, has been intense.

City staff had originally recommended that the new vending permit fee be \$230 per year, the same as a City business tax certificate. But that amount was decreased by City Council members, fearing it might harm those it was intended to help, along with the proviso that staff would do an analysis after one year to determine if any fee

modifications are necessary.

Vending is prohibited during the summer moratorium – Saturday before Memorial Day and preceding Saturday and Sunday through Labor Day – for beaches and other park areas, although the Coastal Commission still needs to approve the ordinance for the city to enforce it in the beach locations.

“Enforcement will be handled mostly by Neighborhood Code Enforcement personnel and park rangers,” said City spokesperson José Ysea of the new sidewalk-vending ordinance adding, “Maps for the ‘designated’ areas where vendors are to be allowed are still being developed. They should be coming soon.”



Andrew Zander of G-Code Designs sells canvas prints of original colored pencil drawings of famous people on the boardwalk at Mission Beach. PHOTO BY DAVE SCHWAB

Sidewalk vendors in Mission and Pacific beaches gave their take on the City Council’s new vending rules. While they felt the rules are necessary, those interviewed learned that the new ordinance would prohibit vending in those areas during the summer months, something they all took issue with.

“We don’t like some of the vendor rules, however, it needs to be implemented,” said RV dwellers Tawny and Michael White of Ocean Beach, who were selling their homemade incense from their booth named Laddy’s & Lassy’s House of Fragrances, on May 21 on the boardwalk in Mission Beach. “We had to jump through hoops to get a business license.”

“What I don’t like about it (ordinance) is there are only certain times of the year you’re able to sell,” said Michael White. “How can you promote entrepreneurship if you can’t sell your products? We’re just trying to make a living.”

“They (City) want us out between Memorial Day and Labor day, not [Mission Beach], not in any beach in the San Diego area, and not on any San Diego streets,” said Tawny White.

“We don’t mind paying a (vendor) fee, we’ve been doing it everywhere we’ve been,” said Michael White, who suffers from respiratory ailments.

“This is the first city, town, or state we’ve been in that wasn’t regulated (for vending),” noted Tawny White, adding they’ve traveled through and sold in, several states

over the past few months.

Do the Whites think the new vending ordinance and its enforcement will make things better for vendors?

“I doubt it,” said Michael White. “I don’t like the fact that they’re going to regulate what time of year we can set up,” said Tawny White. “June, July, and August, that’s someone’s busiest time. That could hold us through the winter.”

The circumstances were much different for another vendor on the boardwalk in Mission Beach, Andrew Zander representing G-Code Designs. He’s been vending for six years at Kobey’s and other swap meets and in Mission Beach and elsewhere along the coast. Zander and his business partner, Ariana Paige, do digitized canvas prints of original colored pencil drawings of famous people, typically in sports and music. Their artwork sells in the \$15 to \$200 range.

“To us, the ordinance is moot because we have all our documentation, business license, and permits, everything like that,” Zander said. “We’re prepared and we’re ready.”

Is Mission Beach a good place for vendors?

“MB is a beautiful place, the park is right here, the roller coaster,” said Zander. “And the vendors are really awesome too. It’s kind of a community that’s built up around here.”

Zander was not opposed to the City’s new vending ordinance. “Laws and rules always make sense to me,” he said. “We like to follow them.”

PERMITTING REQUIREMENTS FOR SIDEWALK VENDORS

- A sidewalk vending permit from the Office of the City Treasurer before conducting vending business activities in the City, valid for one year and reviewed annually.
- Vending is prohibited during the summer moratorium – Saturday before Memorial Day and preceding Saturday and Sunday through Labor Day – in Balboa Park, Mission Bay Park, and shoreline parks – Newport Avenue between Abbott Street and Sunset Cliffs Boulevard in Ocean Beach, Ventura Place between Mission Boulevard and Ocean Front Walk in Mission Beach, Garnet Avenue between Ocean Front Walk and Cass Street in Pacific Beach, Coast Boulevard, between Cave Street and the 200 block of Coast Boulevard South, in La Jolla (pending the Coastal Commission approval).
- A City business tax certificate due annually.
- If applicable, sidewalk vendors must possess a valid, no-cost California Department of Tax and Fee Administration seller’s permit that designates “City of San Diego” as a location or sublocation. A seller’s permit allows sales tax collection from customers and reports those amounts to the state.

FOOD PRODUCT VENDORS ARE

- Required to obtain and display a San Diego County Public Health Permit at all times.
- Required to acquire a San Diego County Food Handler Card.1a.

But Zander would just as soon be plying his wares at a farmers market or a swap meet rather than on the boardwalk or on the street. “We really enjoy farmers markets and swap meets because they’ve got security and your space is ‘this’ space,” he said. “But here (boardwalk), it’s first-come, first-served. Nobody pays for these spots. And no one’s owed these spots.”

On the boardwalk in Pacific Beach near Crystal Pier, PB residents Albert Garcia and his business partner and fiancée, Kaylee Vaughn, were busy selling their handmade jewelry – rings, necklaces, bracelets, and earrings. Their homegrown business started out as a hobby but has morphed into a full-time occupation.

“We both lost our jobs due to COVID and we needed money, and we decided to come out here and give it a try,” Garcia said. “[Vending] has made it so we can afford rent and food again.”

Noting they’re typically on the PB boardwalk four or five days a week, Vaughn pointed out she didn’t agree with the City’s proposed summer “moratorium” on street vending.

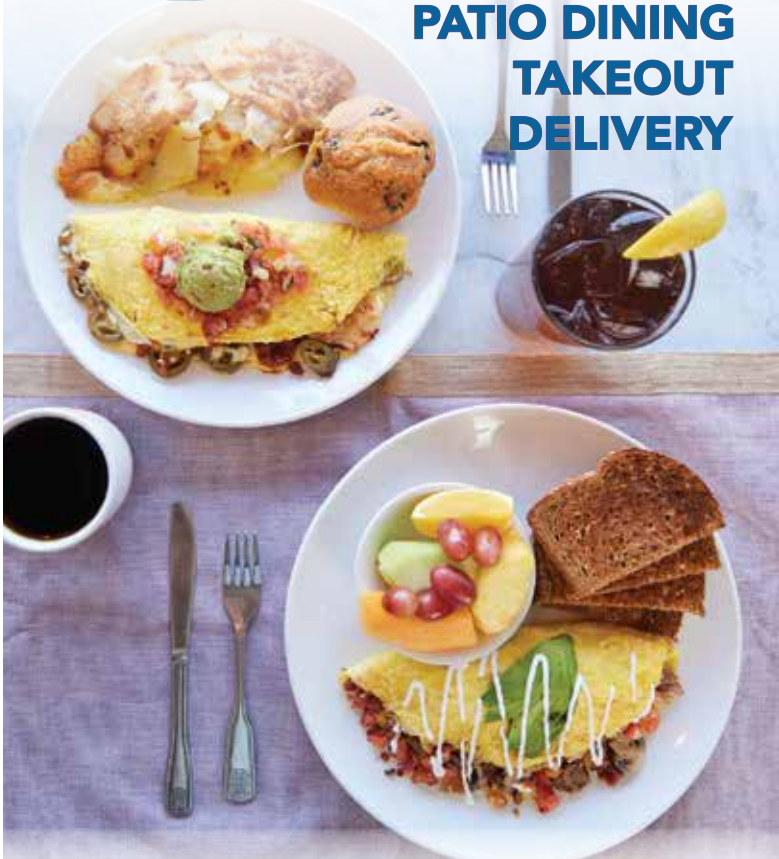
“That’s when we make all our money,” she said. “There are three to four million people that come through here during those months. It’s our busiest time and I just feel like that’s really unfair. I know they’re trying to make everybody happy. I just think that we should be able to be here year-round, as long as we have all the information and the paperwork that we’re supposed to have.”

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Roll into the weekend with Freeskate Fridays at the beach

By RACHEL ROSEN

On Friday mornings, a group of fun-loving, colorfully-clad roller-skaters gathers on the boardwalk in Mission Beach to participate in Freeskate Fridays. At this weekly meet-up, anyone with a set of wheels is welcome to join a 10-minute skate north to Pacific Beach.

Along the way, they dance to music, joke, laugh, and enjoy each other's company. Skaters of all abilities are welcome and often passersby in skates will join in on the fun.

This joyful event was started by Matt Tyce a little over a year ago.

"The Friday skate started as me and another person," said Tyce. "We got together and said we wanted to start something on Fridays at 10 a.m., go out and skate and bring everybody together. And then, just by word of mouth and Instagram, basically, got a lot of people out here."

Tyce is one of the founders of JMKRIDE, a shop that sells freeskates, which are made of small plates attached to two wheels. They are essentially roller skates minus the shoe.

"The best thing is they're not attached so you can just put them anywhere, in a backpack, take them out, put them down and go," Tyce explained before demonstrating one of the many tricks he can perform.

You don't have to own a pair of freeskates to participate in Freeskate Fridays. In fact, the event is about bringing people from all worlds of roller skating together. Before the pandemic, skating was divided among those who only liked doing tricks at outdoor skate parks, dance skating in rinks, or



Cricket roller skates on the boardwalk in front of the Blue Sea Beach Hotel earlier this month.

PHOTO BY THOMAS MELVILLE

skating on a roller derby team. COVID caused a boom in the popularity of roller skating, especially outdoors, and created a community that didn't exist before.

"People would go out skating before but it was nothing like this," observed one of the skaters present last Friday. When asked why they come out every week to participate, every skater simply responded: "It's fun."

"Roller skaters are the 'funnest' people," said Miles, who works at a roller skating rink. "If you want to be around fun people that are

hard-working because [with] roller skating, you have to work for everything. No one wakes up being able to do spins. So you're around everyone here who's really hard working. On top of that, they're really introspective about themselves because they're constantly critiquing their own skating ability."

San Diego is particularly well suited for roller skating.

"It's a different culture up there," said Miles, who is originally from Sacramento. "Here you can skate all year round. At 9 in the morning, we're out here on the beach.

Sacramento, the Bay Area, that's not possible, it's not flat enough. You don't really want to skate outside."

Isabelle Ringer often participates in Freeskate Fridays. She owns Derby United, an outdoor roller skating facility that offers classes and roller derby, which is slowly coming back after a decline during the pandemic.

"Lots of people from lots of different backgrounds came out and found skating to participate in [during] the pandemic," said Ringer. "Skating that felt joyful

FREESKATE FRIDAYS

To participate in Freeskate Fridays, meet with the other skaters at Hamel's in Mission Beach at 10 a.m. every Friday. The skate to Pacific Beach begins at 10:30. All wheels and experience levels are welcome.

and safe for them, so sometimes roller derby people ended up at freeskate parks. They ended up at the beach... I think a lot of us learned during the pandemic, you gotta just do something that gives you what you need to feel good. So coming here on Friday morning makes me feel pretty good."

Ringer said that she has already seen a decline in her business since the height of the popularity of skating during the pandemic. Now that the world has started to open back up, skating is in competition with social events like going to restaurants or concerts. Freeskate Fridays is part of an effort to give people opportunities to skate with others and find community.

"Skating has these rises and falls that we've seen all throughout time, so to be in a boom right now is amazing," she said. "It's amazing for all of the skate community and it's amazing for the rinks, all the culture around skating."

"But we want to keep these skaters skating. We want to give them places to go and groups to be a part of and classes – anything to keep folks from saying 'now that the world is back open, I'm done with skating; that was my pandemic hobby.' Because then we have more. We have more meet-ups, more rinks, more skate parties, more camps and conventions, and all the things that we love, but we need a lot of skaters to keep it alive."

Discover Mission Bay Fitness Series works out at San Diego resorts

By DAVE SCHWAB

A partnership between a group fitness provider and six resorts is providing a free outdoor fitness series along Mission Bay now through July 9.

NXPT Fitness, specializing in group fitness accommodating all skill levels, has teamed with San Diego Mission Bay Resort, Hyatt Regency Mission Bay Spa and Marina, Catamaran Resort Hotel and Spa, Bahia Resort Hotel, The Dana on Mission Bay, and Paradise Point Resort and Spa to host outdoor classes. The collaboration is known as the Discover Mission Bay Fitness Series presented by NXPT.

Participants will have water views and bay breezes while working up a sweat at a trainer-led group fitness class by NXPT. Classes are free and open to all ages and fitness levels, featuring a 5K obstacle course, cycling/spin classes, 5K run/walk/jog, yoga, and more.

"We've collaborated with six resorts in Mission Bay to put on outdoor events at each resort location

every other week throughout the summer," said Dan Hark, owner and founder of NXPT, which stands for No Excuses Physical Training.

"Each event is unique to the layout of that resort. We have events ranging from yoga classes overlooking the bay, to our 5K obstacle course class. It's great for us to combine fitness as a vehicle we use to bring our community together and give maximum exposure to Mission Bay."

NXPT instructors range from qualified and passionate trainers to professional athletes who love to teach what they practice. The goal is to create an environment where participants can get world-class training getting to know their trainers' names while making an investment in improving their health.

Of NXPT's outdoor fitness series, Hark noted it offers something for all ages and skill levels.

"We range from the low-intensity yoga demographic all the way up to the competitive athlete looking to challenge themselves,

NXPT FITNESS OUTDOOR CLASSES

■ Saturday, May 28, 8-9 a.m.: 5K bay run/walk/jog and YogaX at Hyatt Regency Mission Bay Spa and Marina.

■ Saturday, June 11, 8-10:15 a.m.: Bootcamp style workout and YogaX at Paradise Point Resort and Spa.

■ Saturday, June 25, 8-9 a.m.: YogaX at The Dana on Mission Bay.

■ Saturday, July 9, 8-10 a.m.: YogaX, and 5K obstacle course at San Diego Mission Bay Resort.

For more information or to book a class, visit discovermissionbay.org. Advanced reservations are highly recommended as spots are limited.

and everyone in-between," he said adding, "There's a little something for everybody, from outdoor spin cycling to yoga and our obstacle course for those who love that fitness challenge, or for avid workout enthusiasts."

Hark pointed out San Diego's bayfront is ideal for hosting outdoor fitness with its water views and year-round mild weather. "This is the first time the resorts have collectively gathered their resources to put this outdoor exercise



Participants take part in a cycling class at Catamaran Resort Hotel and Spa.

COURTESY PHOTO

program together, so it's broken ground for them and for us," he said adding, "It was a game-changer. Now we were able to be on-campus at each of the resorts using the engine of their social media to help drive exposure to our events."

Added Hark: "We love the outdoor concept. Especially now, on the other side of the pandemic, we just wanted to reach people to

bring them outside creative events that they can participate in with their children, families, and friends to try different types of fitness and get some sunshine and begin their journey back to their pre-COVID reality."

Register for classes by visiting NXPTFit.com and YogaXspin.com and follow on Instagram at @NXPTFit and @YogaXspin.

New upscale townhomes coming soon to Pacific Beach

“ ‘By doing a pair of seven-unit buildings, it allowed for significantly more light and air to the units...’
- ARCHITECT TIM GOLBA ”

By DAVE SCHWAB

A new construction project, The Blend, 14 brand-new upscale townhomes in two buildings at 1956 Hornblend St. in Pacific Beach, will be on the market soon.

Designed by architect Tim Golba, The Blend’s 14, 2-bed 2-½ bath units are priced from \$1.25 million - \$1.45 million. The project’s look is a blend of the natural coastal landscape and modern contemporary architecture.

The project emphasizes the modern direction PB is heading architecturally while remaining woven into the existing well-known local beach scene.

“It’s the only new construction, multi-units, that’s for sale in Pacific Beach right now. That’s unique,” said Rachael Kaiser of The Kaiser Team. “It’s nice to see what was once this tiny little house turned into something that can fulfill the (housing) demand.”

Available in three different floor plans, each townhome unit features top-of-the-line appliances, bay views, and layouts to

entertain guests.

Asked about the project’s target market, Kaiser replied: “Move-up buyers, professionals. We do have a lot of second-home buyers. The (units) layout is the same, one bedroom and one bathroom on the main floor, and then a living space and master bedroom on the upper floor. It has views of Mission Bay.”

Golba noted The Blend “created 14 infill units on a site formerly occupied by a dilapidated cottage that has not been lived in for 30 years.” He pointed out the site met the intent and direction of the State and City infill housing program while utilizing the City of San Diego’s Affordable Housing Density Bonus Program to allow 14 units on site.

“The decision was made to go with townhouse units to allow for secure private garages and two bedrooms above due to the site and potential for views,” said Golba, noting the majority of the units enjoy private roof decks.

“The type and makeup of the unit from the oversized garages to the use of townhouse designs where



An artist's rendering of the The Blend, 14 new townhomes on Hornblend Street.

there are no neighbors above or below you was perfect for entry-level buyers in the PB market,” he said. “Being so transit-close and completely walkable, the hope was that these would be occupied by transit users, and with the trolley open, it could be young professionals or even students.”

Added Golba, “By doing a pair of seven-unit buildings, it allowed for significantly more light and air to the units and a much smaller bulk and scale to the street, since the entire center of the lot was left open to allow light and air due to the ground-level drive aisle to access the garages.”

Golba pointed out that the project provides 14 residential infill units with two units preserved for 55 years to be at a very low-income level of affordability. “The use of the affordable housing density bonus also allowed the project to use incentives to remove the commercial office requirement for this lot and to be a residential-only parcel, which likely doubled the density of the project site, and did not provide commercial office in a location where it would be greatly underutilized if not vacant.”

Golba said the design style and exterior aesthetic were targeted to be a “casual beachy modern look with large windows and doors to capture both light and air as well as the views for many of the units.”

Ten of the project’s 14 units include private roof decks with the other units having large balconies instead of roof decks.

“They’ll be completed in about six weeks with occupancy probably the end of August,” noted Kaiser.



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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 SignorThe 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010895 Fictitious Business Name(s) a. MUSIU Located at: 3110 ERIE STREET, SAN DIEGO, CA

92117 Is registered by the following: a. BARBARA SABA This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. BARBARA SABA 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 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9009733 Fictitious Business Name(s) a. MAS POOLS Located at: 6634 ALCALA KNOLLS DR, SAN DIEGO, CA 92111 Is registered by the following: a. MICHAEL ANTHONY STEWART This business is conducted by: AN INDIVIDUAL The first day of business was: 03-12-2018 Registrant Name: a. MICHAEL ANTHONY STEWART 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 26, 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010663 Fictitious Business Name(s) a. KING BOOKKEEPING Located at: 3641 JENNIFER STREET, SAN DIEGO, CA 92111 Is registered by the following: a. LEAH KING This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. LEAH KING 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 6, 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011085 Fictitious Business Name(s) a. GRACIE BARRA SAN DIEGO Located at: 3952 CLAIREMONT MESA BLVD, SUITE A SAN DIEGO, CA 92111 Is registered by the following: a. SAN DIEGO BJJ, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. SAN DIEGO BJJ, 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: MAY 12, 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011252 Fictitious Business Name(s) a. ARTICULOS DE TOURISMO Located at: 585 HARBOR LANE, SAN DIEGO, CA 92101 Is registered by the following: a. OFELIA GUADALUPE SANTOS LOPEZ This business is conducted by: AN INDIVIDUAL The first day of business was: 5/13/22 Registrant Name: a. OFELIA GUADALUPE SANTOS LOPEZ 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 13, 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011173 Fictitious Business Name(s) a. NICHOLAS SALERNO, SR & ASSOCIATES Located at: 2692 WATERBURY WAY, CARLSBAD, CA 92010 Is registered by the following: a. NICHOLAS SALERNO This business is conducted by: AN INDIVIDUAL The first day of business was: 5/12/22 Registrant Name: a. NICHOLAS SALERNO 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 12, 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9006710 Fictitious Business Name(s) a. TITAN POOL AND SPAS Located at: 3782 1ST AVENUE #303, SAN DIEGO, CA 92103-4075 Is registered by the following: a. TODD DAMERON This business is conducted by: AN INDIVIDUAL The first day of business was: 03/21/2022 Registrant Name: a. TODD DAMERON TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MARCH 21 2022. ISSUE DATES: MAY 20,27,JUNE 3 & 10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00016913-CJ-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): CHRISTOPHER PAULINO GALVEZ filed a petition with this court for a decree changing names as follows: Present name: a. CHRISTOPHER PAULINO GALVEZ To Proposed name: CHRISTOPHER PAULINO 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: 06/30/2022 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: MAY 18, 2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: MAY 27, JUNE 3, 10, & 17 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9010284 Fictitious Business Name(s) a. RED DOOR SALON ALPINE Located at: 1350 MARSHALL RD, ALPINE, CA 91910 Is registered by the following: a. MARSHALL ROAD ALPINE, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 04/01/22 Registrant Name: a. MARSHALL ROAD ALPINE, LLC TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. LINDSAY McDERMOTT, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 03, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011178 Fictitious Business Name(s) a. ARTICULOS MIZTECOS Located at: 585 HARBOR LANE, SAN DIEGO, CA 92101 Is registered by the following: a. GUADALUPE J AVILA DE ALVERADO This business is conducted by: AN INDIVIDUAL The first day of business was: 5/13/22 Registrant Name: a. GUADALUPE J AVILA DE ALVERADO 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 12, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011460 Fictitious Business Name(s) a. RMR PRODUCTIONS b. CLUB COSMO Located at: 1809 CABLE ST, SAN DIEGO, CA 92107 Is registered by the following: a. ROBERT MICHAEL RUIZ This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ROBERT MICHAEL RUIZ 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 17, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011084 Fictitious Business Name(s) a. COPPOLA MARINE SERVICES Located at: 3438 ADDISON ST, SAN DIEGO, CA 92106 Is registered by the following: a. RICHARD COPPOLA This business is conducted by: AN INDIVIDUAL The first day of business was: 05/12/2022 Registrant Name: a. RICHARD COPPOLA 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 12, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

Mission Bay boys volleyball finishes successful season

By HECTOR TRUJILLO

The Mission Bay boys volleyball team wrapped up an impressive season finishing with a 17-9 mark, which is their second-best record in the last 25 years placing third in the league and making it to the second round of the CIF Division II playoffs.

The Bucs accomplished this feat despite only having six returning players from last year with seniors Jake Kepner, Aric Johnson, Alex Morch, Brooks Robinson, junior Zane Caufield, and sophomore Maxime Vergnet.

"Fortunately, we had a really good group of younger players come out for beach volleyball in the fall, and a large group of freshmen, sophomores, and a couple of juniors come out for indoor volleyball in the spring," said head coach Nikki Caufield.

Mission Bay moved up to Division II this year, the highest division ranking in school history, after having a strong showing in Division III in 2021 where they also made it to the second round of the playoffs.

The team started off this season with three-straight victories versus La Jolla Country Day, Kearny, and Montgomery before dropping their first match against Madison on April 25. The Bucs bounced back with a dominating victory over Mira Mesa before dropping back-to-back matches to Morse

and Elsinore.

Mission Bay then went on a four-game winning streak with victories over Del Lago Academy, Victory Christian Academy, El Capitan, and Granite Hills without losing a single set in any of those matches. Their winning streak came to an end on March 5 in a rematch with Morse after which the team was able to regroup by winning back-to-back games versus Kearny and Clairemont.

After falling to Patrick Henry on March 22, the Bucs won three straight, defeating Point Loma, Christian, and Hoover only losing one set during that span.

Mission Bay dropped the next



The Mission Bay High School boys volleyball team.

PHOTO BY JB MORCH

two to Mira Mesa and Patrick Henry but recovered by winning the following three against the same teams they defeated in their most recent win streak ending the regular season with a loss at Mira Mesa.

"After moving up a division and

also moving up a league, our goal was to make the playoffs," Caufield added. "Our only losses this year were to teams that finished in the top five of their divisions and have done well in the playoffs. Our senior guys all really stepped up and helped the younger guys transition to varsity and we are really going to miss them next year."

The Bucs defeated Escondido in dramatic fashion, 3-2, in their first-round playoff match after dropping the first set to the Cougars. Mission Bay would see their outstanding season come to an end in the second round at Santa Fe Christian, 3-0.

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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.

4	3				9		1	
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	8						4	
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CROSSWORD PUZZLE

1	2	3	4			5	6	7		8	9	10	11
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56					57			58					
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- CLUES ACROSS**
- 1. Orator's podium
 - 5. UK-Netherlands gas pipeline
 - 8. Partner to "oohs"
 - 12. African antelope
 - 14. Indigenous Thai person
 - 15. Monetary unit of Angola
 - 16. Becomes less intense
 - 18. Insurance mascot
 - 19. Tech hub ___ Alto
 - 20. Actress Tomei
 - 21. Airborne (abbr.)
 - 22. Type of smart watch
 - 23. Natives
 - 26. Incompetent person
 - 30. Rare Hawaiian geese
 - 31. Unspoken relationships
 - 32. Passports and licenses are two
 - 33. Claw
 - 34. Status quo
 - 39. Mimic
 - 42. Fur-lined cloak
 - 44. Ancient foreigner
 - 46. In an angry way
 - 47. Ill-intentioned
 - 49. Monetary unit of Serbia
 - 50. S. American plant
 - 51. One or the other
 - 56. An alias for Thor
 - 57. Gratuity
 - 58. In a painful way
 - 59. French commune
 - 60. Promotional materials
 - 61. Greek city
 - 62. Assistant
 - 63. Confederate general
 - 64. Former NJ governor

- CLUES DOWN**
- 1. Used by gymnasts
 - 2. "Luther" actor Idris
 - 3. Broad volcanic crater
 - 4. Not for
 - 5. Blur
 - 6. Tots
 - 7. Acted leisurely
 - 8. About the Alps
 - 9. Gets out of bed
 - 10. Town in "The Iliad"
 - 11. Welsh given name
 - 13. Remove salt
 - 17. Calvary sword
 - 24. Mental disorder concerning body odor (abbr.)
 - 25. Keeps a house cozy
 - 26. Ballplayer's accessory
 - 27. Southwestern Russian city
 - 28. Pro sports league
 - 29. Congress investigative body (abbr.)
 - 35. Stop standing
 - 36. Utilize
 - 37. Sign language
 - 38. Famed ESPN broadcaster Bob
 - 40. Being of central importance
 - 41. Ruin environment
 - 42. Dessert dish
 - 43. Sea eagles
 - 44. Fertilized
 - 45. Jerry's friend Benes
 - 47. Indian river
 - 48. Pass into a specified state or condition
 - 49. Nocturnal rodent
 - 52. A way to travel
 - 53. Iron-containing compound
 - 54. Ancient Greek City
 - 55. NFL signal caller Matt

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Mission Beach Women's Club members with president and CEO Donald Kent after a tour of Hubbs-SeaWorld Research Institute. COURTESY PHOTO

Mission Beach Women's Club members have fun visit to Hubbs-SeaWorld Research Institute

By NANCY PERSON

Who knew baby halibuts could be so darn cute? Those little transparent bodies, happily darting around the fish tank made such an impression on me. They were part of a study to identify the water temperature at which female halibut babies become male. Can you imagine if taking a hot bath could change your gender?

Procreation of the species does require both genders, which is why the Hubbs-SeaWorld Research Institute is trying to replenish the wild fishery before it becomes too depleted. This is just one of the incredible studies from HSWRI happening right in our own backyard.

Several of the Mission Beach Women's Club members took advantage of a recent invitation to tour the facility, located on the grounds of the long-shuttered Atlantis Restaurant. I was a bit skeptical because I'm not much of a science person, and thought I'd be bored. I definitely was not! I've also heard so much controversy about SeaWorld and how they exploit their animals. However, after learning how much care the animals at SeaWorld get, as well as the ways in which they are used to help species in the wild, I am a new supporter of their mission.

President and CEO Donald Kent

was our tour guide and showed us many experiments and new projects underway at the Hubbs-SeaWorld Research Institute. He started there as an SDSU graduate student in the late '70s and has led the Institute since 1996. Kent's passion for sea life and the environment was apparent. He explained in detail how some of their different research programs work to solve statewide, national, and even global issues.

Kent was instrumental in initiating the Ocean Resources Enhancement and Hatchery Program (OREHP). This partnership between the recreational/commercial fishing communities and the California Dept. of Fish and Wildlife has created ways to counteract the depletion of California's coastal marine fisheries through stock replenishment. He is also responsible for the planning and construction of the Leon Raymond Hubbard, Jr. Marine Fish Hatchery in Carlsbad, where they have reared, raised, and released more than 2.4 million white sea-bass into California waters.

The institute acknowledges that humans use the ocean for a variety of activities — food, recreation, energy production, transportation, and military maneuvers. Therefore, their scientists seek "win-win" solutions that allow humans and marine

life to thrive together while sharing the seas. They work with anglers, resource managers, industry, and collaborators to minimize injuries or deaths of dolphins, killer whales, polar bears and other marine life resulting from interactions with human-made sounds and objects. Their work includes not only potential negative impacts of human-produced noise, but also the potential lifesaving benefits of sounds or gear modifications to keep marine life out of hazardous situations.

I expected that all the research at HSWRI would be focused on fish and seafood. I was surprised to learn about the polar bear study. Of course, if there weren't polar bears at SeaWorld that could be used in these investigations, these studies might not happen. How easy do you think it would be to befriend and monitor a wild polar bear?

As the Mission Beach Women's Club's director of philanthropy this year, I am happy to say we will be sharing some of our grant money with the HSWRI. We are fortunate to have such a dedicated organization helping to solve some of the world's problems, in terms of food supply, and animal welfare.

**Portions of this story were taken directly from the HSWRI website.*

LEGALS »
CONT. FROM PG. 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011536 Fictitious Business Name(s) a. DALIAN QIAOSHENG STONE ENGINEERING CO, LTD Located at: 497 E OAK CT, AZUZA, CA 91702 Is registered by the following: a. BRIAN LIFU CAO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. BRIAN LIFU CAO 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 18, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011544 Fictitious Business Name(s) a. STRONGPOINT PERFORMANCE GYM Located at: 7900 MICHELLE DR, LA MESSA,

CA 91942 Is registered by the following: a. DANIEL Y. ISHII This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. DANIEL Y. ISHII 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 18, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011268 Fictitious Business Name(s) a. EL REY MEXICAN FOOD Located at: 9664 CAMPO ROAD, SPRING VALLEY, CA 91977 Is registered by the following: a. DURGA CORP This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. DURGA CORP TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. CINTHIA ANGELES, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 13, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011471

Fictitious Business Name(s) a. LOS DOS PEDROS Located at: 4508 CASS ST, STE D, SAN DIEGO, CA 92109 Is registered by the following: a. PEDRO CASTREJON This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. PEDRO CASTREJON 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 17, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011470 Fictitious Business Name(s) a. LOS DOS PEDROS Located at: 723 TURQUOISE ST., SAN DIEGO, CA 92109 Is registered by the following: a. PEDRO CASTREJON This business is conducted by: AN INDIVIDUAL The first day of business was: 12-20-2011 Registrant Name: a. PEDRO CASTREJON 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 17, 2022. ISSUE DATES: MAY 27, JUNE 3, 10, & 17

Pacific Beach residents carry on legacy of their former dog-walker with animal advocacy

Pacific Beach residents Catherine Chow and her partner Dr. Stanley Perkins could never have guessed their animal-loving friend John Peterson – a former Navy serviceman who often walked their dogs and occasionally house-sat for them – was wealthy. He was quiet and unassuming; he enjoyed a simple, unpretentious lifestyle that revolved around his animals.

Imagine their surprise when Peterson approached them to request they be executors of his estate – which, it turns out, was sizable – upon his passing and dedicate all of his accumulated wealth to helping animals in need.

“‘Stunned’ would be an understatement,” said Chow of her initial reaction to Peterson’s request. “We’d known him for years and had no idea he had this kind of wealth. But we also felt so honored he would choose us for something so important.”

After Peterson’s death from late-stage cancer in 2019, Chow and Perkins got to work, forming the John R. Peterson Foundation to ensure better, longer lives for companion animals, just as their friend had asked of them.

Since its creation in 2020, the private foundation has kept Peterson’s legacy and love for animals alive, distributing more than \$1 million from his estate to animal welfare organizations, including San Diego Humane Society.

The foundation’s mission employs three key strategies to extend kindness to animals:

- Increasing community participation in spay and neuter programs;



John Peterson with one of his dogs. COURTESY PHOTO

- Supporting veterinary care programs that address disease prevention and treatment; and;
- Contributing to community efforts that enable people to keep their pets in tough times.

May is “Be Kind to Animals” month, and Chow recommends reaching out to an animal welfare organization to offer up whatever it is you have to give. “Not everyone can give like John, and that’s OK,” she said. “You can foster animals; you can volunteer your time to walk dogs. There are lots of ways to help.”

The foundation currently supports a variety of projects toward those efforts, including funding spay/neuter clinics in San Diego and Hawaii, sponsoring a veterinary residency at San Diego Humane Society’s Pilar & Chuck Bahde Center for Shelter Medicine, and funding educational opportunities to help animal owners understand the needs of their pets.

See **PETS**, Page 15

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GRAFFITI CLEAN-UP

Volunteer Sara Patrick (left) wipes off graffiti from a utility pole in Pacific Beach during the community’s annual Graffiti Clean-Up Day event on May 14, held by the PB Town Council. This year, 600 graffiti tags were removed around Pacific Beach by the 86 volunteers who made helped make this event possible.

GARDEN COORDINATOR

The Native Plant Garden at Rose Creek in Pacific Beach was started in the mid-1990s by The Nature

School. Since 2004, the Friends of Rose Creek have managed and expanded the garden. The group is seeking a new “coordinator” to water newly planted native plants as needed, trim and remove non-native invasive species, expand the native plant garden by preparing the area, obtaining plants, and installing plants, partner with volunteers and community groups to managed the garden. Time commitment is 4-10 hours per month. This is a volunteer opportunity. Contact Karin Zirk at 858-405-7503 or

info.saverosecreek.org for more information.

LJ ELEMENTARY CONSTRUCTION

A new classroom facility is one “beam” closer to completion at La Jolla Elementary School. Students recently were joined by Board of Education President Dr. Sharon Whitehurst-Payne, La Jolla Elementary Principal Stephanie Hasselbrink, school staff, and construction crews to sign one of the final steel beams for their upcoming classroom and student

services facility. Moments after signing, the group watched as it was hoisted into place.

“It’s surreal,” said Hasselbrink. “Just yesterday we were meeting with parents and the community. Now, we are watching in real-time as our visions are coming to life.”

When complete, the state-of-the-art facility will create a secure point-of-entry at Girard Avenue and will include 10 general-education classrooms and an engineering and robotics maker space to boost STEAM learning.

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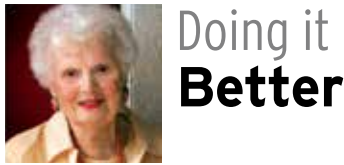
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Surprising findings about some of our super powers



Doing it Better

By Natasha Josefowitz, Ph.D.

A recent issue of Psychology Today (April 2022) featured an article titled: “Your Hidden Super Powers: Ten Ways You Are Stronger Than You Think.” As I read the piece, I was intrigued by how counter-intuitive these super powers seemed.

The following eight stood out as particularly compelling: imperfection, generativity, routine, satisfaction, daydreaming, nostalgia, hope, and restlessness. Perhaps you, my readers, will also find them as intriguing as I did.

Imperfection: Conventional wisdom points to the expectation that putting your best foot forward is necessary to be appreciated, even liked. We are conscious of how we present ourselves and strive to be as good as we can at whatever we are doing. We place a high value on being perceived as successful and self-assured. However, research has shown that it is when we make mistakes and show our vulnerabilities that we are the most likable. So what we admire most about ourselves is not necessarily what is most appealing; drop the facade and be yourself. Let people discover the true, imperfect humanity in you, and they will like you better for it.

Generativity: Again, conventional wisdom stresses the importance of achieving our own personal goals. In the desire to feel better about ourselves, we indulge in self-improvement, expanding our minds, strengthening our bodies, and improving our homes. However, research suggests that caring more about the next generation (hence the term “generativity,” a theory first proposed by Erik Erikson) and including our elders, increases our sense of well-being. In other words, investing and attending to the concerns of others offers a sense of fulfillment that caring for ourselves does not. Being there for others is a form of self-care and will increase your own good health.

Routine: Sticking to a routine may sound rigid and unimaginative, but developing a routine is actually beneficial. A steady routine combats the inaction that can come from overthinking little decisions. Routine takes care of itself. Primary routines include hygiene, sleep, and eating, while secondary routines include work and social activities. Studies have shown that routines benefit mental health by reducing stress and anxiety. Routine gives us a sense of control via a regular set of actions we do consistently without pressure.

Satisfaction: We tend to measure our satisfaction by measuring success,

achievements, acquisitions, and upward mobility. People who subscribe to these external measures of success are not satisfied because the goal is a forever moving target. People who avoid comparing themselves to others, and who prioritize relationships, find their self-worth as unique individuals.

Daydreaming: It is not a form of procrastination, nor is it a sign of an idle mind. Contrary to expectations, a wandering mind lends itself to creative problem-solving. Surprisingly, brain scans have found that our brains are more active when our minds wander than when we are focused on specific content. So carve out some time for yourselves to allow your mind to wander and see where it takes you.

Nostalgia: Letting your mind recall past events is not an escape from the present. It is a way for our memory to access the continuity of our personhood. Reminiscing offers some direct mental health benefits as a protective factor against depression and anxiety. People who wax nostalgic have a sense of self-continuity and a strong sense of their life’s meaning. Looking back helps to fit together all of our experiences into a coherent narrative.

Hope: Hope is not a delusion, nor is it living in a fantasy world. Hope is a perception that gives us the power to create reality out of something that does not yet exist. When people have hope, their goals are more likely to become reality because they are more likely to take steps to make them happen. Hopeful people believe in themselves and their capabilities.

Restlessness: Restlessness relates to the brain’s desire for novelty. Restless people, whose urge is to engage in new experiences, have an advantage. Some who are able to find new hobbies, new ways of connecting to others, and aspire to new goals enjoy health benefits. Simply taking a different path on your way home counts as the fulfillment of the need for diversity. Brain scans have demonstrated a correlation between experiencing environmental diversity and feeling positive emotions. Even going to new places within one’s home territory also increases feelings of happiness. To find new things to do, new places to go to, and new people to meet. Look for novelty in your daily life and you will be rewarded with well-being.

I encourage everyone to embrace their own unique super powers and live their best life!

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.

unconditional love without expectation of anything in return. I think that’s why John was such an animal person.”

Chow devotes her time to running the foundation.

For more information on ways to be kind to animals, contact San Diego Humane Society at www.sdhumane.org or 619-299-7012.

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PETS»

CONT. FROM PG. 13

“Our pets don’t have choices – they’re entirely dependent on us,” said Chow, chief executive officer and board member of the John R. Peterson Foundation. “It’s our responsibility to care for them. They provide

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Memorial Day Fun fact:

Memorial Day's origins are from just after the Civil War ended. In the late 1860s, Americans in various towns and cities had begun holding springtime tributes to the countless fallen soldiers, decorating their graves with flowers and reciting prayers. Originally known as Decoration Day, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day and in 1971 it became an official federal holiday.