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THIS WEEK

Mesa College's Golden Scissors Fashion Show

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La Jolla shows Pride at First Friday Art Walk

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The Social Diary: Simply superb Mingei

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WILL BEACH FIRES BE SNUFFED OUT?

SEE PAGE 2

The City Council Environment Committee unanimously approved a proposal confining beach fires to City-provided fire rings and portable propane-fueled devices as to resolve conflicting language, improve public safety, and provide clarity for beachgoers and public safety officials alike.

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Proposal to extinguish some beach fires heads to City Council

SD FIRE-RESCUE SAYS CHANGES WILL HELP PREVENT ILLLEGAL FIRES, AND MAKE BEACHES SAFER

By DAVE SCHWAB

Some beach-access advocates are getting fired up over a proposal by District 1 Councilmember Joe LaCava to restrict beach fires to City-provided

LOCATION AND NUMBER OF EXISTING SAN DIEGO BEACH FIRE RINGS:
Shoreline parks (beaches)
La Jolla Shores – 7
Mission Beach (Belmont Park) – 5
South Mission Beach – 11
Ocean Beach – 9
Total beaches – 32
Mission Bay Park
Mission Point – 1
Bonita Cove – 5
Mariner’s Point – 8
Ventura Cove – 9
Sunset Park – 3
Dana Landing – 2
Vacation Isle
Vacation Isle-Southside – 12
Vacation Isle-Paradise Point – 16
Vacation Isle-North Cove – 4
Ski Beach – 13
Crown Point
Crown Point Shores – 17
East Mission Bay Drive Area
De Anza Cove – 8
De Anza Boat Launch – 2
Playa Pacifica – 11
Hilton-North – 2
Hilton-South – 3
Fiesta Island and South Shores
Fiesta Island – 35
South Shores – 2
Total Mission Bay Park – 153

fire rings and portable propane-fueled devices only.

On May 26, the City Council Environment Committee unanimously approved chair LaCava’s proposed amendments clarifying beach fire regulations. LaCava’s proposal confining beach fires to City-provided fire rings and portable propane-fueled devices is meant to resolve conflicting language, improve public safety, and provide clarity for beachgoers and public safety officials alike.

“I support safe, legal beach fires,” said LaCava. “These amendments are essential in keeping our public beaches safe while preserving the public’s access to the unique experience of beach fires.”

“This is an important item that will bring long-awaited clarity for all parties who are impacted by this issue,” concurred District 2 Councilmember Dr. Jennifer Campbell.

“Lifeguards routinely put out fires and remove hazardous debris from illegal beach fires that could injure beach patrons,” said SD Fire-Rescue Marine Safety Capt. Maureen Hodges. “Changing the municipal code could help prevent illegal beach fires and make the beaches safer for everyone.”

“The new changes make it easier to understand and enforce,” said SDPD Northern Division Capt.

Scott Wahl. “The propane option will be much cleaner, safer, and cause fewer problems. It’s up to the community now to decide.”

The real danger of hot coals left on sandy beaches was underscored recently by an 18-month-old toddler burned by hot coals buried in the sand at Mission Bay. The toddler’s family had been setting up a picnic at Ventura Cove. The boy was hospitalized and treated for second-degree burns.

Not everyone, however, is fired up about the new proposed beach-fire regulations.

“The fun police are after your freedom to use and enjoy your public beaches,” said La Jolla beach-access advocate Ken Hunrichs. “Not satisfied with extreme restrictions on beach access and fireworks displays, Council members LaCava and Campbell are proposing banning wood fires in privately owned fire bowls on City beaches.”

“The proposal would prohibit the use of your own fire bowl to have a natural wood fire. Their idea of a beach fire would force you to use only a propane fire in your device. That would be like lighting all the burners on your kitchen stove and sitting around it. Not a good experience,” Hunrichs said.

Longtime La Jollan Melinda Merryweather concurred with Hunrich’s view.

“Right now, the rule in San Diego is you can have your own container and you can burn wood or charcoal,” Merryweather said. “That rule used to be posted on City signs. I asked a lifeguard at Marine Street if I could bring my own fire pit, a big raised copper bowl where we burn wood to ashes, and they said it was allowed.”

Added Merryweather of the propane-only regulation proposal: “They don’t want you to have wood or charcoal anywhere on the beach. They just want you to have propane. That’s like taking a bunch of lights to the beach. It’s not warm and cozy. A beach fire is summer.”

“I want my grandchildren and great-grandchildren to have beach fires and that smell of hot dogs and marshmallows. They tried this (new fire regulations) in Newport Beach. There was so much anger about it they brought the fire pits back,” Merryweather said.

According to Voice of San Diego, there are 150 of these permanent, concrete fire rings throughout the City, with 32 additional rings placed on tourist-oriented beaches like La Jolla Shores, Mission Beach, and Ocean Beach for the summer season only.

In 1990, the City had 450 fire rings. By 2008, as NBC7 reported, the city removed 186 concrete fire pits from its beaches and

shorelines, as a way of closing a \$43 million gap in its budget. The Park and Recreation Department at the time estimated that it cost \$173,000 a year to maintain them, as reported by Voice of San Diego.

“The City hasn’t removed any fire rings recently,” said City spokesperson Tim Graham. “We do remove some summer-only fire rings in October in preparation for the winter months, but they go back out around spring break, so all the fire pits and rings should be out.”

READ MORE ONLINE AT sdnews.com

INFO BOX:

Are beach fires allowed in California?

Some California beaches allow fires, mostly during certain months of the year, within provided fire rings. Each beach has different rules and regulations regarding fires.

What to bring for a beach fire?

You want to make sure that you have everything that you need before heading out to the beach. You should remember to bring the following items: Wood or charcoal, matches or a lighter, fire logs, lighter fluid, kindling, newspaper or cardboard, small bucket for water (to put out fire), chairs, blankets, food, drinks, and wagon to carry supplies.

How to get a fire ring?

Arrive at the beach early to claim a fire ring. Most fire rings are first come, first serve. Since there are a limited number of fire rings they get taken fast. Plan on getting yours in the morning and then staying by it all day. There are a few beaches that offer reservable paid picnic areas that include fire rings. There are also some concierge beach fire services that, for a fee, will go early, save your fire ring and parking spot, and make sure that you have all the supplies needed. This is a great idea if you want to skip all the hassle of gathering supplies and claiming a fire ring, and instead just show up and enjoy your beach fire.

Proposed beach-fire amendments include:

■ Clarifying permissible fire devices: “City-provided fire rings” and “portable propane-fueled devices;”

■ Removing specification that beach fires are only allowed where a “City-provided fire ring” exists;

■ Replacing “City-provided fire container(s)” with “City-provided fire ring(s);”

■ Replacing “Public Beach” with “Beach Area;”

■ Defining “propane-fueled device.”

These amendments apply only to “beach areas,” which are defined as any beach or land and the waters abutting or adjacent thereto under the jurisdiction of the City’s Park and Recreation Department, and do not apply to public parks. Open beach fires outside containers are prohibited at all San Diego beaches. Fires are not allowed between midnight and 5 a.m. The burning of rubbish is prohibited. Presently, only wood, charcoal, or paper products may be used as fuel. Fuel for the fire may not exceed a height of more than 12 inches above the upper edge of the fire container. The fire must be extinguished before leaving the beach. Coals must be removed or deposited in hot coal containers.

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City increases street sweeping in Mission Beach during summer

The City of San Diego is increasing street sweeping in Mission Beach over the summer months to best accommodate the increased trash and debris from large crowds of beachgoers and prevent pollution from

reaching the ocean.

From June through September, Mission Beach alleys will be swept every Wednesday – as opposed to every other week – and include new routes. The City's Stormwater Department will be

using its smaller, electric-powered sweepers to reach nearly every alley in both North and South Mission Beach.

"This is all about improving the quality of life in Mission Beach during the summer months as millions visit from inside and outside of San Diego," said Councilmember Dr. Jennifer Campbell, who represents Mission Beach. "With more people comes more trash, so increased street sweeping efforts are crucial to removing pollution from our streets and reducing fly

infestations."

Street sweeping helps improve quality of life for San Diegans by keeping the streets clean of trash and debris and protecting water quality. The enhanced sweeping in Mission Beach also has the added benefits of reducing the nuisance of insects in the neighborhood during the summer and helping improve vector control efforts throughout the community.

"The summer brings people from all over the world to San Diego's famous beaches, so we're taking proactive steps to tackle

the increased levels of trash from the summer surge and stop that pollution from reaching our beaches and the ocean," said Bethany Bezak, interim director of the City's Stormwater Department. "We're also asking our fellow San Diegans and visitors to 'Think Blue' and do their part by picking up and disposing of trash properly. Working together, we can ensure clean water and clean beaches for all of us."

Residents and visitors can help improve street sweeping efforts by parking in legal parking spaces, taking in trash cans immediately on trash collection days, and reporting illegal dumping and other problems promptly to the City's Get It Done application.

Rainfall that enters storm drains is not treated, and that runoff collects pollutants from properties and streets and carries them into local waterways. Street sweeping helps remove both large and microscopic pollutants, such as brake dust from vehicles, before they reach a storm drain. Those particles can be extremely harmful to fish and other wildlife.

Visit the City's interactive street sweeping map to find out more information about routes and schedules. To learn more about Think Blue San Diego and how to implement a Think Blue mindset, go to thinkblue.org.



Marie Tolstad & Patrick Cohen of Coldwell Banker Real Estate Pacific Beach decorates a local residents yard with flags in celebration of Flag Day. Tolstad has been honoring Flag Day in this manner for over 35 years on June 14th.

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Crown Point students and parents celebrate the memory of their beloved violin teacher, Mr. Luchs

By JILL BHOWMIK

Crown Point Junior Music Academy students and parents gathered on May 4 to celebrate the life and memory of their beloved violin teacher, Stephen Luchs, in the most fitting way: with music.

Violins on their shoulders, his lessons in their heads, the students played a concert of songs Luchs had taught them over the years. Their teacher had died on April 10. His joy of music lives on.

A veteran of the San Diego Symphony, Luchs taught violin in public schools for 26 years. His students ranged from kindergartners to fifth graders to parents. The Suzuki Violin program follows the belief that music is a language, and as such, can be taught as a mother tongue.

It also required parents to participate for the first year. Parents got to know Luchs after learning violin from him twice a week. While students changed their regular teacher every year, they kept Luchs year after year, starting to know and anticipate his favorite antics.

"The thing I'll remember most is the jokes," said fifth-grader Maren Williams.

Luchs would say, "If you do this perfectly, I'll give you a million dollars." When they would try their best and ask for their payment, he



Violin teacher Stephen Luchs smiles with student Nalani Valenzuela.

COURTESY PHOTO

would tell them he'd pay them in 100 years.

Williams added more of his favorite sayings: "Forte meant super-loud, and Fortissimo meant Super-Double-Dog-Duper loud... Allegro was an egg roll and Perpetual Motion was Pepperoni Lotion."

In many ways, teaching someone how to create and perform music is also about teaching someone how to live life. Luchs taught his students to practice, work together, and to share jokes.

"He taught me to have good humor and that the butterflies

in our stomachs before we performed in front of people are good for us," said fourth-grader Nalani Valenzuela.

His students had many opportunities to experience butterflies, as they performed several times a year for the school and community.

"When performing, he would tell us to look at our neighbors and make sure we were all moving our bows in the same direction," remembers fourth-grader Giovanni Gemelli.

Playing violin wasn't just making music to be heard. Playing violin was also a performance to be seen. Some students even got to perform on stage with a professional symphony through Classics for Kids.

Luchs was dedicated to music and his students. Throughout health challenges and the pandemic, he remained steadfast in his commitment to the violin program at Crown Point. In 2020, he entered the Visual and Performing Arts Hall of Fame for his lifetime achievement in music education for San Diego Unified.

Another achievement? For the rest of their lives, his students will remember Luchs and smile when they hear "Twinkle Twinkle Little Star."

READ MORE ONLINE AT sdnews.com

Due to salary cuts, Pacific Beach Middle may lose music teacher

By DAVE SCHWAB

An urgent plea has gone out for students, staff, and Pacific Beach Middle and Mission Bay High alumni to help thwart a 20% decrease in the music position salary at PBMS, potentially impacting the quality of education throughout the Mission Bay Cluster.

"By doing this, [San Diego Unified School District] is losing an amazing educator, getting rid of music classes, and jeopardizing the future of music in our community," said John-Paul "JP" Balmat, MBHS music director and 2017 San Diego Unified District Teacher of the Year.

"I can say, with 100% certainty, that our (cluster's) success has, and will always be dependent, on our communitywide middle-school program. We need our community to act now. Consider writing an email to stakeholders encouraging them to offer a full-time position at the middle school."

The reduced salary position is for PBMS music teacher John O'Donnell, a 39-year music instruction veteran, who has taught sixth-through-eighth graders in band and orchestra at PBMS for 13 years.

"There is a plethora of information on the subject of the effects of music education on students," noted



PBMS music teacher John O'Donnell takes a selfie with his students in Pacific Beach.

COURTESY PHOTO

O'Donnell. "These include studies that associate participation in instrumental music ensembles with an increase in SAT scores. Despite the mountain of evidence that shows the positive impact music education has on students, it is always the first subject area to be scaled down."

Added O'Donnell: "There is also the social side to the subject. Music class is often the only part of the day where a student feels successful or part of a group. A definite identity as a musician is developed and a strong bond is created within the music ensemble; a very important part of the adolescent landscape.

"Within our cluster, the contraction of one program, especially in the lower grade levels, necessarily has a negative impact on upper-level programs. Fewer students in the middle-school music program means fewer students in the high-school program."

Balmat attributed the music education funding cut, in part, to a "decrease in enrollment for the entire San Diego Unified School District, with a lot of students going to charter schools, or doing online schooling, moving out of the public-school environment."

Due to declining enrollment, Balmat said the school district opted to cut costs by combining a couple of O'Donnell's classes, shifting him to part-time, and cutting the salary offered for his position to 80% of what it was previously. He added an effort is being launched to find a way to fully fund O'Donnell's music instructor position.

"We're trying to reach out to the school board office and the school district administration to try and find solutions because a teacher of his caliber should never have to deal with a pay cut when he hasn't done anything wrong," said Balmat pointing out O'Donnell "commutes from Temecula."

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The above statements are not to be taken as legal advice for the reader's particular situation. Richard F. McEntyre practices law in the area of estate planning and administration, having served the San Diego community as a lawyer for over 40 years. Chris von der Lieth is a lawyer who has worked with Dick for over 8 years. Affordable rates. Highest quality services. House calls available.

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La Jolla author Barry Jagoda to discuss new book at D.G. Wills Books

By DAVE SCHWAB

La Jolla resident Barry Jagoda was a television advisor and special assistant to Jimmy Carter in the White House and tells the story behind that story in his memoirs “Journeys With Jimmy Carter and Other Adventures in the Media.”

Jagoda, former UC San Diego communications director, will discuss his critically acclaimed book at 7 p.m. on June 11 at D.G. Wills Books, 7461 Girard Ave.

“In view of the forthcoming 2022 mid-term elections, Barry Jagoda’s insight and analyses of elections and the role of traditional and new media are particularly pertinent,” said Wills in introducing Jagoda to his bookstore’s renowned Q&A local-author talks.

“Barry Jagoda was also an Emmy Award-winning writer and producer at NBC News and CBS News, including working with Walter Cronkite as a producer for the Apollo 11 moon landing and for Watergate coverage. Jagoda is an authority on the transition from traditional media to the digital world that now challenges candidates and elected officials.”

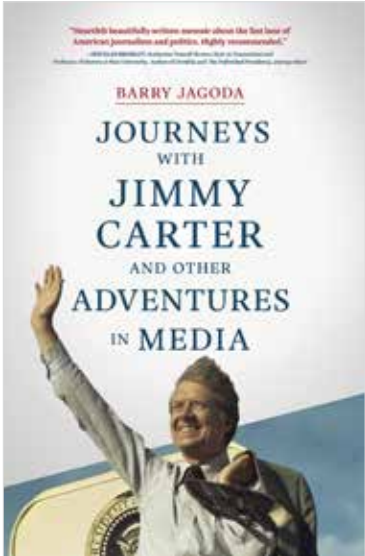
Jagoda is the first one to tell you he “lucked into” securing a spot in the Carter

Administration. “I had come off five years of broadcast reporting in places like Croatia and Trinidad and Tobago,” he said, adding he then found himself in a “dream situation” when Carter aide Jody Powell told his friend Ed Bradley of “60 Minutes” fame that Carter was looking for someone with television experience to be on his team.

“Carter was campaigning in Iowa (first presidential primary) and Powell was traveling with him,” noted Jagoda. “Powell told Bradley, ‘We don’t really know anything about TV, we could use some help.’ And Bradley said, ‘I know a guy who might be helpful.’”

Which led Jagoda to a personal interview with the president-to-be. “Carter said, ‘I understand you’re a television specialist, how would you change me?’ And I said, ‘I wouldn’t change you, but I could inform you about what you said, or did, and how that would be received by the national and international media and television. So I hooked up with him. That was in 1976.”

Regarding Carter, Jagoda felt he was misperceived as being soft, characterizing him instead as “a very tough boss.” Jagoda was assigned by Carter once to pick an appointee and after he did Carter told him, “If that’s



La Jolla author Barry Jagoda will discuss his critically acclaimed book at 7 p.m. Saturday, June 11, at D.G. Wills Books, 7461 Girard Ave.

the best you can do, I could have done it myself. He was such a strong guy, that you had to be on your toes, or he wouldn’t

approve of what you were doing. I had really good relations with him and he knew that I knew some things. That was really key to Carter: If you actually knew something – he’d pay attention to you.”

Of his first book, Jagoda said he knew he “had a good story” to tell about “politics and media in our time.” But the trick was to find how to make it marketable. “I was told, ‘You worked for Carter, put Carter in the headline.’ That’s the way it became Journeys with Jimmy Carter and Other Adventures in Media,” he said.

Key to Jagoda’s advice to Carter, and anyone else, is always to move toward the middle of the political spectrum. “I believe there are two positions, the moderate position, and the wrong position,” he said. “In that sense, both Carter, and now Biden, are trying to run to

the (political) center. Biden’s got some of those same problems Carter had, big time.”

The 78-year-old author, who grew up in Houston, said his coming of age during the Vietnam War era “left him furious about the government” which led him to decide, “I’m not going to be a part of this. The war had turned me off from being a member of the establishment. So I went to journalism school to keep an eye on those guys.”

Looking ahead to this November, Jagoda noted: “If you’re a political reporter today what you’ve got to be thinking about is the mid-terms. And whoever is in power will probably lose a bunch of seats. The main issue in mid-term elections is turnout. Whether you’re Trump people – or the Democratic base – whoever gets the most turnout is really important.”

UCHS girls lacrosse: Rebuilding for a better future

By ED PIPER

Mei Hanaki, a 5 feet 4 inches tall senior midfielder and captain on the UCHS girls lacrosse team, describes the experience of graduating this month — after having attended in-person for only two of her class’ four years because of COVID — and the Centurions’ going to the CIF quarterfinals after losing the entire coaching staff two years ago as “surreal.”

“I love how cutting-edge the field of bio-engineering is,” says the engaging, articulate Hanaki, who will pursue her studies at Johns Hopkins University in Maryland in the fall. “There are a lot of opportunities in health and medicine, also genetics. And I love creating things.”

Hanaki and her three fellow senior captains, defender Alyssa Parinas, attack player Joelle Fineman, and defender Bri Gonzalez, have helped new coach Lizzy Desenfants create a whole lot of new stuff in the way of the girls lacrosse program. The Cents went undefeated in the Eastern League; they unexpectedly downed Mt. Carmel in a non-league match; they did the same against Mission Hills, which had a “lot of pushing and shoving,” in Fineman’s description.

Gonzalez: “We had a few moments when we underestimated how good we were, as far as believing how far we could go.” Desenfants, assistant Cory Cardwell, and the rest of the coaching staff made them believe, to the point UC reached the Div. II quarterfinals before falling.

Parinas, who leads the defense, is heading to Grand Canyon University in the fall to play lacrosse and take nursing: “Everyone on this team is so eager to learn and grow and push us together. We have a lot of younger



Senior midfielder Mei Hanaki (white uniform) takes the faceoff against Valhalla in UCHS’ first-round CIF Div. II match on May 10, which UC won, 12-7. PHOTO BY ED PIPER

players. They truly are growing on the team.”

Alyssa, a 5 feet 4 inches tall energy cell herself, says, “Our coaches get our name out there” (by scheduling tough non-league opponents). “Challenging ourselves has definitely helped us grow this year.”

Gonzalez plans to enter USD in the fall to study chemistry on a full ride. “Ever since I was little, I was putting Mentos in the Coke bottle” (to watch the reaction blow up). “With chemistry, I’m going to go into forensics, also data and DNA.” I

n response to a question, she said, “I think it will make the world better because I’ll be doing something to make it better; for

example (in forensics) helping a family member to understand when someone has done wrong.”

On defense, Bri emphasized the importance of defending the “X” — directly next to the goal on each side — and the “crease” — the route right around the back of the goal where the opponent tries to set up. “No one can step in,” she said.

Cardwell, the assistant, affirms, “It was a good first season, for sure,” with the brand new coaching staff. “The girls played with passion. Everyone had that drive this year. If we face Santa Fe Christian, who defeated us in the quarterfinals and went on to win the division title, again, we’ll beat them.”

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San Diego Growlers to face Portland Nitro for 'youth day' at Mission Bay

By HECTOR TRUJILLO

The San Diego Growlers look to continue their solid start in the American Ultimate Disc League (AUDL) when they face the Portland Nitro at 5 p.m. on Saturday, June 11 at Mission Bay High School.

The Growlers are 3-1 with a three-game winning streak after losing a close one to the Salt Lake Shred in week one.

Besides the excitement on the field, the Growlers game versus Portland in Pacific Beach will include a youth day that will have a

free clinic for kids, pizza, ice cream, music, face painting, and balloon artists before the game – plus the team mascot in attendance. Children 12 and under get in free and receive a free disc.

"This season we lost a few players but also picked up some key players as well, and mostly return the same core as last year," said co-owner Justin Goodman, who also played for the team during its first two seasons in 2015 and 2016.

The Growlers advanced to the AUDL playoffs for the first time in 2018, falling in the West Division finals to Los Angeles. They went

on and finished the 2019 season with a 10-2 regular season record to clinch the top seed in the West Division playoffs and their first postseason victory defeating Los Angeles, which earned them a trip to Championship Weekend in San Jose. But they lost in the semifinals to the Dallas Roughnecks.

After the 2020 season was canceled due to the pandemic, the team made yet another playoff run in 2021, which again saw them finish with a 10-2 record and get revenge on the Roughnecks in the West Division Championship. The Growlers advanced to the AUDL Championship Weekend in Washington, D.C. where they would fall in the semifinals to the eventual champion New York Empire.

"We are trying to spread the word to let more people know about this exciting sport," Goodman added. "With our depth and experience, I am expecting another playoff run in 2022."

The games are four quarters of 12 minutes each, with seven players on the field for each team. On offense, each team attempts to complete passes to teammates in under seven seconds. If the disc is caught in the end zone it is 1 point. If a team throws a disc out of bounds, hits the ground, or is intercepted, the other team takes possession and heads in the opposite direction.



The San Diego Growlers next match is on June 11 at Mission Bay High School.

PHOTO BY ARMAAN ALI



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COMPASS

Mesa College presents Golden Scissors Fashion Show – ‘Rebirth’



Third place collection by Jenny Quach.

PHOTOS COURTESY OF MESA COLLEGE



First place collection by Hudson Ederhardt.



Second place collection by Marine Weiss.



Fashion Files

Diana Cavagnaro

San Diego Mesa College presented the 41st annual Golden Scissors Fashion Show on May 20. The theme for this virtual show was “Rebirth.” The live-streaming video runway showcased the garments from the designers collections, and the Fashion Redux finalists.

Before showing each collection a brief video was shown of the designers discussing the concept behind their designs and why they chose that particular theme.

Third place went to Jenny Quach, who was inspired by “Alice in Wonderland,” who called her collection The Garden Gathering. She said that she loved the idea of strolling through a forest in her puff sleeve dress with a little pinafore over it and ready for a tea party. “I wanted to create pieces that were very soft and feminine but still pulls you back to your youth.”

Marine Weiss was awarded second place and chose Celestial

Interlude as her theme. She said that “The Myth of Cupid” was born from Chaos so she wanted to create order and beauty. The white color represents effervescence just like a bride’s dress or the snow. Weiss likes the idea of capturing a precise moment of life.

First place went to Hudson Ederhardt who created ready to wear men’s garments. He was inspired by the silhouette of World War II uniforms in utilitarian streetwear. The collection was made from durable materials so they would last multiple seasons. The color palette was monochromatic to allow the clothes to fit in any wardrobe.

The Golden Scissors Fashion Show continued with Kimono Reimagined that was a collaborative exhibition between Mesa fashion students and Visions Art Museum. Together, they took apart the kimonos and then re-fashioned and redesigned them to become modern garments. The show was exhibited and performed live at the Japanese Friendship Garden in Balboa Park and then replayed during the evening.

The People’s Choice Award went to Hayden Mercado who called his collection Royal



People’s Choice winner, Hayden Mercado.

Exaggeration. First place for Millinery went to Karla Espinoza, Smart Casual daywear went to Timmithea Leeds, Sustainability Upcycling went to Dylan Oliveri, Fashion Illustration went to

Shireen Hazou, the Child Dress Project went to Elizabeth Gibbons, and the Rebirth Theme went to Estefania Cazessus.

This year, they recognized the stellar work of certain students as a “Fashion Star.” Certificates were given to the well-deserved work of these fashion students. For more information about the Mesa College Fashion Program, visit <https://www.sdmesa.edu/> or email program chair Jordyn Smiley at jsmiley@sdccd.edu.

UPCOMING EVENTS

July 13 – Fashion Week San Diego presents Knobbe Martens Workshop on Intellectual Property Law Issues. This in-person or virtual free event begins at 6:30 p.m. and will be at 3579 Valley Centre Drive. RSVP at info@fashionweeksd.com.

July 20-30 – 13th La Jolla

International Fashion Film Festival at The Lot La Jolla. World’s largest gathering of fashion filmmakers. For tickets, visit bit.ly/3meqG05.

April 8-Oct. 2 – “Fold, Twist, Tie.” This is a Paper Bag Hat exhibit by moses at the Mingei International Museum in Balboa Park. Open 10 a.m.-5 p.m. on Saturdays-Wednesdays and 10 a.m.-8 p.m. on Thursdays-Fridays. In conjunction there will be a lecture by Diana Cavagnaro on Hats at Coffee and Conversation, which will be on June 24 from 10:30-11:30 a.m. at the Frances Hamilton White Art Library.

Diana Cavagnaro is an internationally renowned Couture Milliner based in the San Diego area. Learn more about our hat designer, teacher, and blogger at DianaCavagnaro.com.

The Social Diary – Simply superb Mingei, Kristi Pieper hosts and toasts The Social Diary at Café Milano

By MARGO SCHWAB

Superb was the warm up word as the newly renovated Mingei International Museum re-opened with a gala that was ‘crafted’ to a ‘T.’ Outgoing executive director Rob Sidner was celebrated and incoming executive director Jessica Hanson York was welcomed with abundant applause. The Mingei

embraces crafts of the world with educational outreach programs for all. Don’t miss!

Meanwhile, Kristi Pieper hosted a book party for The Social Diary at Café Milano in La Jolla. No not a boring book signing rather all enjoyed delish Italian wines and appetizer delights like

calamari Pasquale style! Among the mix were inspiring book cover stars and supporters.

Get a social shout out in my next column. Be the first to correctly identify my outfit designers on the cover shot. Think Italian! Send answers to mschwab@san.rr.com ... ‘Til next time!

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Lou Scanlon with Kari Whiteley – The Social Diary.



Artist Faye Tassviri with Alan Tassviri with mega motivator and cover star Sonya Berg – The Social Diary.



June and Jessica Hanson York, with Toni Robin – Mingei.



Julie Bonnett and Daran Grimm – The Social Diary.



Pam and Hal Fuson with Una Davis – Mingei.



Peggy Stern with rock star and cover star Dane Pieper – The Social Diary.

San Diego bans sale of flavored tobacco including menthol

By DAVE SCHWAB

An ordinance passed in May by the City Council banning the sale of flavored tobacco including menthol was the right call, say two UC San Diego scientists, whose ongoing research indicates daily e-cigarette use has negative long-term impacts on the lungs and other organs.

The flavored tobacco ordinance, known as the Stop Adolescent Addiction From E-Cigarettes (SAAFE) Act, was spearheaded by Council members Marni von Wilpert of District 5 and Dr. Jennifer Campbell of District 2. Californians will vote on a possible statewide ban on flavored tobacco products this November.

Statistics show more than 30 million Americans smoke cigarettes, with approximately 1,600 youths trying their first cigarette daily. An additional 12 million adults in the country now use e-cigarettes, with the highest rates of use among those aged 18 to 24.

"Flavored tobacco products are intentionally marketed to kids, and I am proud that our city is taking action to prevent the sale of these products and protect our youth," said von Wilpert.

"We must stop Big Tobacco from aggressively targeting our children and vulnerable communities," said Campbell. "The



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Stop Adolescent Addiction From E-Cigarettes will help protect our communities from the tobacco industry making life-long customers addicted to nicotine."

John P. Pierce, Ph.D., Distinguished Professor at Herbert Wertheim School of Public Health and Human Longevity Science and UC San Diego Moores Cancer Center, and Laura Crotty Alexander, MD, associate professor of medicine at UC San Diego School of Medicine and section chief of Pulmonary Critical Care at Veterans Affairs San Diego Healthcare System, both study the effects of e-cigarette use on biology and health. They both spoke out about the significance of the City's new ordinance banning flavored tobacco.

"The problem is e-cigarettes have been changing dramatically as we go along," said Pierce adding, "The surgeon general has declared an epidemic with young kids showing a dramatic increase in the use of these e-cigarettes. And these (tobacco) flavorings have a lot to do with that."

Though long-term conclusions about e-cigarette versus cigarette use have yet to be drawn, Crotty Alexander believes, at present, that e-cigarette use is "the lesser of the two evils." But she pointed out, "It's trading one nicotine product for another."

Crotty Alexander pointed out that tobacco and e-cigarette smoke are "very different inhalants." "There are hundreds of flavors with different chemicals

being mixed to create the tobacco-flavoring liquid," she noted. "And well over 80% of e-cigarettes are now being produced by the big tobacco companies."

Some people switch to e-cigarettes from tobacco thinking it will help wean them from smoking all together. But, thus far, Pierce said his research "hasn't been able to find any benefit of e-cigarettes for quitting smoking. Of those who switched to e-cigarettes, within two years, about the same number have gone back to smoking cigarettes as those using other tobacco alternatives. There's no evidence that you can switch to them (e-cigarettes) and stay on them for a long time."

On a more positive note, Crotty Alexander feels flavored tobaccos

used in e-cigarettes "are a help in people initiating attempts of all kinds to break their nicotine addictions." Nonetheless, she pointed out that the lungs were not meant for vaping but to absorb oxygen and exhale carbon dioxide. "We've seen a multitude of changes in the lungs with vaping, so we know that's (negatively) impacting the lung's structure and function," she concluded.

Asked if there was a message she wanted to get out about the use of flavored tobacco and vaping, Crotty Alexander replied: "They should not view it as safe or healthy. It's an addictive substance, and it will have health effects. We don't know what the impacts will ultimately be. We've seen increases in different kinds of cancer. We've seen changes consistent with heart disease, and even changes in mood and behavior."

In testimony before the City Council, numerous small-business owners complained they would be unduly harmed by banning flavored tobacco, claiming the product made up from a quarter to nearly half of their sales. Some of them also contended that children's parents, not the government, should be responsible for how their children are raised and what choices they make in terms of their personal habits and health.

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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-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): 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 MZTECOS 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

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 TURQUISO 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011736 Fictitious Business Name(s) a. TACO SURF P.B. Located at: 4657 MISSION BLVD, SAN DIEGO, CA 92109 Is registered by the following: a. MATTHEW GILMORE This business is conducted by: AN INDIVIDUAL The first day of business was: 02/01/2020 Registrant Name: a. MATTHEW GILMORE 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 20 ,2022. ISSUE DATES: JUNE 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011198 Fictitious Business Name(s) a. FAMILY FIRST LIFE ENTERPRISE Located at: 2385 CAMINO VIDA ROBLE, SUITE 200, CARLSBAD, CA 92011 Is registered by the following: a. CHAMBLY INSURANCE MARKETING This business is conducted by: A CORPORATION The first day of business was: 04/23/2022 Registrant Name: a. CHAMBLY INSURANCE MARKETING TITLE of Officer,if Limited Liability Company/Corporation Title of Signor. COLEMAN CHAMBLY, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 13 ,2022. ISSUE DATES: JUNE 3, 10, 17 & 24

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2022-9012232 Fictitious Business Name to be Abandoned: a. ENERB Located at: 3772 CAMEO LN., SAN DIEGO, CA 92111 . The Fictitious Business name referred to above was filed in San Diego County on: 12/09/2019 and assigned File No. 2019-9029199 Fictitious Business name is being abandoned by: a.FABIOLA MURILLO b. ADRIANA OROZCA VEGA This business is conducted by: A GENERAL PARTNERSHIP 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.FABIOLA MURILLO b. ADRIANA OROZCA VEGA 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 27, 2022. ISSUE DATES: JUNE 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012431 Fictitious Business Name(s) a. ITAL MAN MUSIC . Located at: 3664 GRIM AVENUE, SAN DIEGO, CA 92104 Is registered by the following: a. TREVV JAMES KIY This business is conducted by: AN INDIVIDUAL The first day of business was: 04/01/2022 Registrant Name: a.TREVV JAMES KIY 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 31 ,2022. ISSUE DATES: JUNE 10, 17 ,24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012570 Fictitious Business Name(s) a. INNOVATIVE FEDERAL OPERATIONS GROUP, INC b.IFOG, INC c. PACIFIC LOO Located at: 1959 PALOMAR OAKS WAY, SUITE 160, CARLSBAD, CA 92011 Is registered by the following: a. INNOVATIVE FEDERAL OPERATIONS GROUP, INC This business is conducted by: A CORPORATION The first day of business was: 01/29/2009 Registrant Name: a. INNOVATIVE FEDERAL OPERATIONS GROUP, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. LARRY WICK, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 1, 2022. ISSUE DATES: JUNE 10, 17 ,24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012220 Fictitious Business Name(s) a. STRESS SOLUTIONS Located at: 3344 FOURTH AVENUE, SUITE 200, SAN DIEGO, CA 92103 Is registered by the following: a. JORDAN ZIPKIN PA This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a. JORDAN ZIPKIN PA TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. JORDAN ANDREW ZIPKIN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 26 2022. ISSUE DATES: JUNE 10, 17 ,24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012324 Fictitious Business Name(s) a. BASIS POINT INVESTMENTS Located at: 5355 EL NOCHE WAY, SAN DIEGO, CA 92124 Is registered by the following: a. JOHN F. MCCARTHY This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JOHN F. MCCARTHY 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 27 2022. ISSUE DATES: JUNE 10, 17 ,24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012228 Fictitious Business Name(s) a. SAN DIEGO DETOX b. SAN DIEGO DETOX CENTER Located at: 3952 D CLAIREMONT MESA BLVD, SUITE 373, SAN DIEGO, CA 92117 Is registered by the following: a. SAN DIEGO DETOX, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 5/27/2021 Registrant Name :a SAN DIEGO DETOX, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. THOMAS HAWTHORN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 27 2022. ISSUE DATES: JUNE 10, 17 ,24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012444 Fictitious Business Name(s) a. WEALTHCENTRIC FINANCIAL GROUP b.

Sage Weiss: For love of the game

By HECTOR TRUJILLO

If anyone needed proof that America's pastime transcends all boundaries and age ranges, then one needs to look no further than Pacific Beach Middle School student Sage Weiss.

Weiss started playing baseball at age 5 in the Mission Bay Youth Baseball Shetland tee-ball division, and recently completed her seventh season with MBYB. She loves playing sports, specifically baseball, even hitting the Wiffle ball as early as age 3.

The talented sixth-grader hopes to try out and make the seventh grade Bucs team associated with Mission Bay High, and in a few years, to play varsity baseball for the high school.

"Sage has played all nine positions this year, depending on the team she is playing with, however, her favorites are shortstop, catcher, and pitcher," said her father Craig Weiss.

"Sage said the coolest thing about being the only girl on her team is that she can be as good as them and yet still be different. She also loves striking out boys when she pitches."

Despite her Mission Bay team having just a handful of wins so far this season, Weiss has played well enough to be voted for the Mission Bay Bronco 12U All-Star team.

"Sage is a tremendous player, and has become one because of her

dedication and hard work," said league president Billy Bonelli. "Her baseball awareness is what sets her apart, which can be the most challenging aspect of the sport. MBYB is focused on creating opportunities for all of Mission Bay's youth athletes and pride ourselves on having our players participate in multiple sports if possible."

Weiss is also playing on an all-girls baseball team, the California Waves 12U, while getting ready to play in the Baseball for All National Championships for girls in July, which is an event that draws several hundred girl baseball players

from 50 teams ages 8-19.

"As a dad the best thing I like about Sage continuing to play baseball at a high level is the confidence I see in her on the field as well as her work ethic, constantly staying after practice or wanting to go to the batting cage on her off days," Craig Weiss added.

"We are so thankful that MBYB has been so welcoming to having Sage continuing to play baseball. Everyone from the coaches, the board members, the parents, and the other kids have embraced Sage," he said.

This season, the league had the



Pacific Beach Middle School student Sage Weiss is an all-star baseball player.

PHOTO BY JEAN FRUTH IMAGES

most girls ever in their Pinto 8U and Shetland 6U divisions with two other girls, Kenley Tuskan and Kaya Forero, making the Pinto 8U All-Star teams.

"Sage wants to be a positive role model for these girls, showing them that they have a path to stay playing baseball for as long as they want," said Craig Weiss.

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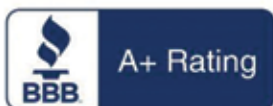


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By BART MENDOZA

Acclaimed pianist Gustavo Romero returns to the Athenaeum on June 12, as part of the venue's 23rd annual Summer Concert Series. A native of San Diego, Romero has been performing as part of the series for over two decades, one of San Diego's most beloved musical traditions. For this run of four afternoon concerts, Romero is performing Beethoven Piano Sonatas, with June 12 devoted to sonatas nos. 6, 17, and 29. For music aficionados of either Beethoven's works or inspired piano playing, this opportunity to take in a performance from Romero should not be missed.

RECOMMENDED

In honor of Paul McCartney's 80th birthday, Dizzy's is hosting a night of the bassist's classic songs, featuring acclaimed guitarist Fred Benedetti. Backed by a combo including vocalist Regina Moomjean, multi-instrumentalist-bassist Jeff Pekarek, and percussionist James Morton, you'll hear the virtuoso guitar arrangements of Fab Four classics and solo hits alike, from "Blackbird" to "Band on the Run." With 60-plus years of classics to choose from, Benedetti and company will impress Beatles fans with their fun, fresh takes on iconic songs.

Hands down, nobody plays gritty roadhouse R&B like Lady Dottie & The Diamonds. They have



Gustavo Romero

recordings, all well worth hearing, however, this is a group you want to experience live. Keyboard driven, with Lady Dottie providing scorching, sassy vocals, whether the band is serving up classics such as "Have Love Will Travel," or originals like "Mad At Ya," the vibe is funky and dance floor-filling. The latter part is key.

Lady Dottie & The Diamonds:
Friday, June 10 at Beaumont's,
5662 La Jolla Blvd. 9 p.m. 21 and
up. \$10. beaumontseatory.com.

Fans heading to Andrea Bocelli's concert on June 15 at Pechanga Arena may want to get there a bit early for a performance from acoustic guitarist Mark Langford. Performing solo in Pechanga's Artois Lounge, Langford is a world-class player, mixing classical and flamenco music with a playing style that has won Langford acclaim worldwide. Indeed, this is his second Pechanga appearance, this year, by special request. Langford is currently working on a new album, which keeping in mind his current career trajectory, should see him on the main stages before too long.

Jazz returns to La Jolla Community Center on June 17, with a special concert from The J. Riley Cain Jazz Trio. Featuring noted pianist/singer and former San Diegan John Cain, alongside Grant Clarkson (bass) and Marly Waak (drums), the trio's latest album, "Live From Level 5," is a treat for fans of New Orleans styled jazz, but all of Cain's releases are worthy additions to any discerning music fans collection. Now a resident of the Big Easy, Cain returns with a soundtrack full of blues, jazz, and bossa nova, for a set that's sure to bring a smile to his fans old and new.

Eighties new wave hitmaker Howard Jones performs at Humphrey's Concerts by the Bay on June 23. Notably, for ticket holders, the concert date, originally set for July 25, has been moved forward. Touring in advance of his upcoming album, "Dialogue," expect a few new tunes and lots of old favorites, including "Like to Get to Know You Well" and "Things Can Only Get Better." Making this concert a must-see for fans of '80s music, opening the concert will be Midge Ure, former frontman for both Ultravox and Visage, best known for such hits as "Vienna" and "Fade to Grey."

Howard Jones: Thursday, June 23 at Humphrey's Concerts by the Bay, 2241 Shelter Island Drive, Shelter Island. 7 p.m. \$50. humphreysconcerts.com.

Concerts on the Green: The concert series hosted by Pacific Beach Town Council is back at Kate Sessions Park, 5115 Soledad Road. This year's concert dates will be July 24 and 31, and Aug. 7 and 14. Come enjoy live music, food and the PB community. Sponsors are being sought for the event. Those interested should email general@PBTC.org.

Garden Gurus: The Garden Gurus clean-up team meets every Thursday morning from 9-11 a.m. at various locations including Garnet Avenue, the mini-park in

Crown Point, and the ocean bluffs. Interested volunteers can email general@pbtowncouncil.org to be added to the weekly mailing list and get notified of that week's location. No need for a long-term commitment, just come when you can.

Trash pick-up: The next PBTC monthly trash pick-up and weed abatement will be held June 11 from 8-10 a.m. Equipment will be provided. The location of the clean-up is TBD and will be announced soon on social media and the volunteer email list. Come spend a Saturday giving back to PB all while gaining some community service hours.

Discover PB will be holding a summer kick-off event with the return of Lord of the Wings at Mavericks Beach Club from 1-5 p.m. on Saturday, June 25. The chicken wing contest will have area restaurants and businesses competing for the title of Lord of the Wings! Buy a ticket for \$35, which includes entry, chicken wing samples to judge, and one drink ticket (\$40 day-of). Additional drinks will be available for purchase for a \$5 drink ticket.

READ MORE ONLINE AT sdnews.com

NGUYEN-MUTH INS & FIN SVCS INC Located at: 6650 FLANDERS DRIVE, SUITE F, SAN DIEGO, CA 92121 Is registered by the following: a NGUYEN-MUTH INS & FIN SVCS INC This business is conducted by: A CORPORATION The first day of business was: 5/31/2021 Registrant Name :a NGUYEN-MUTH INS & FIN SVCS INC Title of Officer, if Limited Liability Company/ Corporation Title of Signor: HUONG NGUYEN-MUTH, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/ County Clerk of San Diego County on: MAY 31 2022. ISSUE DATES: JUNE 10, 17, 24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012932 Fictitious Business Name(s) a. COAST BEACH Located at: 1804 GARNET AVE #737, SAN DIEGO, CA 92109 Is registered by the following: a. BRYCE MAYER This business is

conducted by: AN INDIVIDUAL The first day of business was: 10/1/2018 Registrant Name: a BRYCE MAYER 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: JUNE 6, 2022. ISSUE DATES: JUNE 10, 17, 24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012568 Fictitious Business Name(s) 7-ELEVEN 32131B Located at: 8261 GOLD COAST DR, SAN DIEGO, CA 92126 Is registered by the following: a RAM TIRATH CHILLAR This business is conducted by: AN INDIVIDUAL The first day of business was: 3/12/2001 Registrant Name: a RAM TIRATH CHILLAR 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: JUNE 1, 2022. ISSUE DATES: JUNE 10 17 24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9011963 Fictitious Business Name(s) a. BRIGHTMIND THERA-

PY Located at: 1010 TURQUOISE ST, SUITE 303 , SAN DIEGO, CA 92109 Is registered by the following: a BRIGHTMIND THERAPY This business is conducted by: A CORPORATION The first day of business was: 08/01/2020 Registrant Name: a BRIGHTMIND THERAPY TITLE of Officer, if Limited Liability Company/ Corporation Title of Signor: STEPHANIE PECK, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 24, 2022. ISSUE DATES: JUNE 10, 17, 24 & JULY 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012549 Fictitious Business Name(s) a. SONYA'S DESIGN STUDIO Located at: 1530 WEST LEWIS STREET, SAN DIEGO, CA 92103 Is registered by the following: a SONYA WARDWELL This business was conducted by: AN INDIVIDUAL The first day of this business was: 04/14/1964 Registrant Name: a SONYA WARDWELL 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: JUNE 1, 2022. ISSUE DATES: JUNE 10, 17, 24 & JULY 1

SUDOKU PUZZLE

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CROSSWORD PUZZLE

CLUES ACROSS

1. Orator's podium
5. UK-Netherlands gas pipeline
8. Partner to "toes"
12. African antelope
14. Indigenous Thai person
15. Monetary unit of Angola
16. Becomes less intense
18. Insurance mascot
19. Tech hub ___ Alto
20. Address 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 coat
44. Ancient foreigner
46. In an angry way
47. Unhelmeted
49. Monetary unit of Serbia

50. S. American plant
51. One or the other
52. An alias for Thor
53. Gravity
54. In a painful way
55. French commune
56. Promotional materials
57. Greek city
58. Assistant
59. Confederate general
60. Former NJ governor

CLUES DOWN

- Used by gymnasts
- "Luther" actor Jirris
- Broad volcanic crater
- Not for
- Blar
- Tots
- Acted leisurely
- About the Alps
- Gets out of bed
- Town in "The Dead"
- Welsh given name
- Remove salt
- Calvary sword

24. Mental disorder concerning bod
odor (abbr.)
25. Keeps a house cozy
26. Ball player'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 Bones
46. Indian river
47. Pass into a specified state or condition
48. Nocturnal rodent
49. A way to travel
50. Iron-containing compound
51. Ancient Greek City
52. NFL signal caller Matt

[illegible]

SOUTH MISSION BEACH BASKETBALL COURT RESURFACED

On June 4, a grand reopening of the South Mission Beach basketball court was held with a ribbon-cutting ceremony attended by District 2 Councilmember Dr. Jennifer Campbell with San Diegan and NBA great Bill Walton. The court was professionally repaired and resurfaced by Match Point, which included filling in a major crack, updating poles and backboards and finishing the base with several coats to sustain the beach weather and active use at this facility.

Special original artwork was created by Veniceball and Project Backboard with a fun beach wave theme and colors. The team of Walton, David Gill, Steve Lavin, San Diego Parks and Rec Department, Veniceball, Hoopbus, and San Diego Beach Improvement Group worked together over multiple years to secure funding, provide oversight and administration for the court renovation project.

PB MARCH INDICTMENTS

Eleven people who allegedly attacked demonstrators during a march held in Pacific Beach on Jan. 9, 2021 that turned violent, have been indicted, according to

the San Diego County District Attorney. Prosecutors said 29 felony counts have been filed against the defendants, including conspiracy to commit a riot and use of tear gas and assault with a deadly weapon at last year's march, which San Diego Police ultimately declared an unlawful assembly. Ten of the 11 defendants pleaded not guilty to the charges on June 7. Another defendant is set to be arraigned later this month.

According to the indictment, the defendants responded to social media posts calling for "counterprotesting" about a week before Jan. 9, then showed up in PB dressed in black armed with weapons and protective gear. Police and prosecutors allege that two counter-protest groups from San Diego and Los Angeles gathered at the event and attacked people perceived to be "Patriot March" group members.

SUMMER LIFEGUARDS STAFFING

James Gartland, chief of San Diego Fire-Rescue Department, said his lifesaving crews are gearing up for an anticipated busy peak summer season at San Diego's beaches.

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COMMUNITY

How isolation can lead to irrational and frequent aggressive behaviors



Doing it Better

By Natasha Josefowitz, Ph.D.

In the wake of the pandemic, it seems apparent that the strain on society has contributed to an increase in antisocial, antagonistic, and even aggressive behavior. We see this in the increasing anger we express toward one another in verbal or even physical outbursts. Sometimes these encounters are relatively mild arguments in grocery stores, but one can also see the connection to our country's ongoing epidemic of gun violence and mass shootings.

Among the 266 mass shootings recorded in 2022 alone, the justifications cited by the gunmen have included conspiracy theories, such as the replacement theory (which proposes that people of color would replace the white race), or racist desires to eliminate Blacks, Hispanics, Asians, and Jews — seeing these populations as responsible for the declining economy, for wars, for coronavirus, etc.

Today, there are increasing belligerent behaviors in our daily encounters. Road rage has been escalating, as well as the angry outbursts we are now witnessing in a variety of settings, such as school boards or during public speaking venues. The outbursts occur in such a way as to disturb events, requiring the need to postpone or cancel the ongoing program. University speakers have been canceled due to strong negative reactions to either the speaker or the content of the speech.

I have a theory, or rather a hypothesis, that is not tested, nor accepted. I am trying it out on you, my readers. I want to understand the reasons for the lack of control in such a large proportion of our population, and have come up with the following: During the pandemic, and to some extent still today with the new surge of AB212, we have experienced isolation.

Most of us have lost contact with family and friends for extended periods of time. I, for one, living in a retirement community, did not leave my room for over two years. My only contacts were by phone or Zoom. During the short walks I took on the premises, if I met anyone, we would stay six feet apart and did not really talk.

According to Dr. Joel Salinas, a faculty member of the Harvard Center for Population and Development Studies,

isolation is associated with depression, anxiety, and stress, as well as elevated risks of heart attacks, strokes, and chronic inflammation. Isolation has also led to cognitive decline and even early death. Being able to access others for emotional support seems to have a protective health effect on the brain. Studies of lab animals kept in isolation have shown brain shrinkage, reduced brain cell connections, and other brain changes as seen in Alzheimer's disease.

Without opportunities for interactions with a variety of people, I wonder whether we lose control of our emotions and easily give way to feelings of anger and upset. I always thought of civilization as a moderating force to help us deal with opposing opinions and accept people who are different from ourselves as part of our common humanity. Our innate reaction to encountering different people from ourselves is caution at best or fear at worse.

In brain studies of people looking at images of people we don't know, our neurons take longer to recognize different people. We have been programmed to be risk-averse. Contact with others is what helps in overcoming prejudice; without contact, we revert to primitive reactions, such as road rage and inappropriate outbursts during meetings.

Years ago, I led workshops consisting of half black and half white participants. At first, there was suspicion and even overt hostility, but by the end of the week, living together and eating together and non-stop interactions for the duration of the workshop, participants learned to not only accept their differences but even began to truly care for each other. I have read about camping trips of Arab and Israeli children starting off with obvious animosity; however, by the end of the camping experience, felt real friendships towards each other. Getting to really know other people makes us realize that we all share similar hopes and fears, love of family, and need for acceptance.

Isolation is counter to civil behavior and contributes to our antisocial behaviors. Let's all stay in touch with each other and seek opportunities to encounter a variety of opinions, thoughts, feelings, and behaviors; in the process, we can once again become rational, tolerant, understanding, and, maybe even loving, citizens.

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.

LA JOLLA COMMUNITY CENTER EVENTS

— Wednesday Connect virtual: Growing Cacti and Succulents 101. This class has been rescheduled for July 13, 10-11 a.m. Jennifer Greene, board member for the San Diego Cactus and Succulent Society, who has been growing succulents for years, will discuss growing cacti and succulents. Her talk will include the basics of succulent cultivation, common beginner mistakes and tips and tricks for a yard or potted collection. Free and open to the public. Registration is required. To register, visit ljcommunitycenter.org/wc.

— The Truth About Estate Planning. Kristina R. Hess, estate planning attorney, HR Hess Law, P.C. Tuesday, June 14. 6-7:30 p.m. Event is free and open to the public.

Light refreshments will be served. It's time to make sure your estate planning is in good order. This seminar will provide you with proven strategies to save fees, taxes, and provide asset protection and security for you and your loved ones. Registration is required. To register, email deborah@ljcommunitycenter.org.

FITNESS CENTER CELEBRATION

The Lawrence Family Jewish Community Center at 4126 Executive Drive in La Jolla is celebrating the renovation of its fitness center on Sunday, June 12 at 10 a.m. Celebrate the diversity of wellness and fitness opportunities on display at the J at the re-launch its newly renovated fitness center. Explore pop-up workout classes, masters swim, nutrition information, and more.

COASTAL UPDATE

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La Jolla shows its Pride at First Friday Art Walk in June



Geraldine Hummel and her daughter, Dr. Giselle Catalina, unveiled their Scapes Collection of abstract paintings at the First Friday event.
PHOTO BY DAVE SCHWAB



Kathy and Krista Schumacher in Krista's art gallery at 1113 Wall St. exhibiting 'Desert Oasis,' which they painted together.
PHOTO BY DAVE SCHWAB

By DAVE SCHWAB

Every variety of art from the most abstract to fine art wildlife photography was exhibited at participating art galleries with visiting artists at the June 3 First Friday La Jolla Art Walk.

The art walks returned by popular demand to the Village of La Jolla in December 2021. Katey Kalanges, director at Lik Fine Art La Jolla, and a member of La Jolla Village Merchant Association's board, chairs the monthly event.

LGBTQ+ Pride was chosen as the theme for the event because June is Pride Month, which celebrates the worldwide influence of LGBTQ+ people. June was also the month when the Stonewall Riots took place in 1969, ushering in the start of the gay rights movement.

"First Fridays are not just about art and artists, it is about partnerships and community," said Jodi Rudick, LJVMA executive director. "First Friday Art Walk is a true collaboration. Not only are over 16 galleries taking part each month, but many galleries have also developed creative partnerships."

Rudick noted Village restaurants often sponsor gallery food and beverages at participating La Jolla art galleries, which have included Mermaids and Cowboys, Eddie V's, Catania, Lobster West, and Cove House, even brand-new Java Earth.

"Real estate agents and chiropractors have sponsored galleries by helping with costs, serving refreshments, and creating a friendly, welcoming atmosphere," said Rudick. "We're also thrilled to have developed an ongoing partnership with the San Diego Spirits Festival, which has been providing unique beverages and spirits to guests. All La Jolla businesses can partner with a gallery to lend a hand, and share costs while meeting new potential customers."

Rudick said upcoming art walk themes will be red, white, and blues for July. In August, the theme will involve Akuna Matata in partnership with Disney's musical production of "The Lion King."

A tour of the June 3 First Friday Art Walk was memorable as guests dined on hors d'oeuvres, sipped wine, and mingled with gallery owners, artists, and their guests.

Robert J. Leyh, San Diego Pride programs manager, was among six gay organizations represented at the art walk. He and others hosted a gay trivia game set up outside Pacific Sotheby's International Realty at 1111 Prospect St.

"We're here because this is June and June is Pride Month," said Leyh. "They (LJVMA) reached out to a couple of organizations and we said, 'Yeah, let's go up there, play a fun trivia game, give out some little prizes, and have some fun.' It's about being present in the community. We're more than just Hillcrest. We're all of San Diego."

Inside Pacific Sotheby's, mom-daughter artistic team Geraldine Hummel and her daughter, Dr. Giselle Catalina, were being sponsored by the business. They unveiled their Scapes Collection.

"I've been painting for 25 years and I just decided to sort of go full-time (in art) now," said Hummel. Speaking of her inspiration and her artistic palette Hummel noted: "I've always lived along the coast and I like the ocean and the sky," adding about her color scheme, "I like turquoise a lot. My colors, I like them to be brighter. I'm more of a contemporary artist, not fine art, so I want my paintings to be happy."

At Martin Lawrence Galleries around the corner at 1111 Prospect St., gallery director Brenda Klippel-Stores noted the paintings of artist Rene Lalonde will be here "till the end of the month" while adding that

"everything else changes constantly. We've been here since 2007, but the company's been in business for 40 years. We have modern masters and pop artists, as well as contemporary artists that we represent." They treated guests to chocolates.

Tammy Tillack of Artemis Fine Art Gallery at 1152 Prospect St. noted her gallery "supports professional artists and National Geographic photographers from around the world." She added, "All our artists support conservation efforts for our planet. We also have painters, sculptors, and glass artists from all over."

Contemporary Fine Arts Gallery at 7946 Ivanhoe Ave. was featuring the sculpture work of Tom Marosz. "I do glass," he said of his laminated sculptures reflecting light like a prism. "Part of what makes mine (sculptures) different from others is the coating on here that causes the colors to change. All the color comes from the coating that is put on it." Marosz named one of his glass sculptures "Ella," for the jazz musician he listens to while he works.

Art consultant Nicole Eilemberg of Contemporary Fine Arts Gallery at 7946 Ivanhoe Ave. noted, "We were one of the first art galleries in La Jolla," adding, "We get awards every year for just maintaining quality and (keeping) the artists that we've represented through the decades. You have to have a relationship with your artists."

Roree Mayhew of Legends Gallery Fine Art of La Jolla at 1205 Prospect St., Suite B, said that "about half the gallery is dedicated to Dr. Seuss and two other artists as well, (Snoopy) artist Tom Everhart, who does the Peanuts work here, and MacKenzie Thorpe, an artist from the UK who's been showing internationally for about 30 years now."

The artwork exhibited at

Modernist Cuisine Gallery at 1241 Prospect St. was really something to behold featuring Daliesque photos by Nathan Myhrvold of food and drink in motion: Beer sloshing into a mug, scoops of ice cream cascading into a cone.

Guests were transfixed by the breathtakingly beautiful fine art photos at Images of Nature Gallery at 7916 Girard Ave. Those images were painstakingly captured by wildlife photographer Thomas Mangelsen, whose work has been featured on "60 Minutes."

Krista Schumacher Art Gallery at 1113 Wall St. featured the work of another mother-daughter artistic team, Kathy and Krista Schumacher. "Krista is a heavy texture oil palette knife painter," said Kathy. "She (Kathy) taught me to oil paint when I was 16, and now we are both professional oil painters," said gallery owner Krista, who added, "Every year we do one painting together on the same canvas."

This year that joint painting taking up nearly an entire wall was titled "Desert Oasis." "We created it at the same time, both working side-by-side, and we just released it," noted Krista adding "This is year number three," referring to her artistic collaboration with her mom.

LGBTQ+ ORGANIZATIONS AT JUNE 3 FIRST FRIDAY ART WALK

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glsen.org
PFLAG San Diego
@Krista Schumacher Art Gallery
pflag.org
PRIDE San Diego
@Sotheby's Plaza
sdpride.org
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landgprojects.com
Ig: @lg_projects/
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