



CANNABIS21+
Powered By **SDRC**
SAN DIEGO REGIONAL COUNCIL





50 days of Summer
BLOWOUT SALE

20% OFF FLOWER

SOME RESTRICTIONS APPLY. NOT STACKABLE OR VALID WITH ANY OTHER DEALS OR SPECIALS. EXP 09.05.22



Download and shop on our app!

C10-0000323-LIC & C10-0000634-LIC

LA JOLLA

VILLAGE NEWS

LA JOLLA'S LOCALLY OWNED INDEPENDENT VOICE SERVING UNIVERSITY CITY AND LA JOLLA TODAY & EVERYDAY

LA JOLLA GOLF CARTS



BUY A NEW GOLF CART \$200 PER MONTH

FINANCING NOW AVAILABLE!
Based on \$500 downpayment and approved credit. 6% average interest. Terms may vary.

CALL US AT (858)401-6307 lajollagolfcarts.com

858.270.3103 | LAJOLLAVILLAGENEWS.COM

SAN DIEGO COMMUNITY NEWSPAPER GROUP

FRIDAY, JULY 22, 2022

sdnews.com

THIS WEEK



Del Mar Racetrack kicks off summer season

SEE PAGE 13



Funds secured to repair stairwell to beach

SEE PAGE 9



The Social Diary Patrons 'toast' POP

SEE PAGE 16

The Beyster Family Little Blue Penguins exhibit opened at Birch Aquarium at Scripps Institution of Oceanography at UC San Diego on July 12. The 2,900-square-foot habitat features an 18,000-gallon penguin lagoon, multiple cozy burrows, a sandy beach, and native plants that mimic the coast of New Zealand and Australia. This new attraction brings the world's smallest penguins to Southern California for the first time.

PHOTO BY ROSY JAURENA



GENTRY CUSTOM ARCHITECTURAL IRONWORKS & FURNITURE

YOUR LOCAL BLACKSMITH

CUSTOM IRONWORKS • FURNITURE RESTORATION

WE CAN GIVE YOUR CHERISHED PIECES NEW LIFE!





7470 GIRARD AVE. | 858.246.7127 | GENTRYCUSTOMFURNITURE.COM



Belmont Village Senior Living community opens in La Jolla

By DAVE SCHWAB

Guests were treated to speeches, tours, and a champagne toast at the July 14 grand opening and ribbon-cutting ceremony for Belmont Village Senior Living La Jolla.

A 17-story high-rise with 180 units of independent, assisted living and memory care at 3880 Nobel Drive, this latest state-of-the-art Belmont Village community is the third in San Diego, the 15th in California, and the 33rd of its kind nationwide.

Belmont Village La Jolla not only features the franchise's signature amenities and programs but also introduces the first-of-its-kind Living Lab. A collaboration with the Stein Institute for Research on Aging operated by UC San Diego, the lab allows faculty and researchers to study health, well-being, and longevity for successful aging to help advance the quality of life for seniors everywhere.

On hand at the grand opening were Belmont founder and CEO Patricia Will; Bob LaFever, managing director of developer Greystar Development and Construction Services; and Dr. Alison Moore, a board-certified internal medicine doctor and geriatrician who is interim director with UC San Diego Center



Patricia Will, founder and CEO of Belmont Village Senior Living, addresses a crowd at the inauguration of Belmont Village Senior Living La Jolla. COURTESY PHOTO

for Healthy Aging and the Stein Institute for Research on Aging.

"This collaboration comes from very special partnerships," said Will in introducing Belmont Village Senior Living La Jolla. "I want to share some of what's going into the DNA of this building, our lifelong commitment to finding ways to enhance well-being in elder seniors. And it's largely due here in San Diego to the Stein Center for Research on Aging at UCSD. The Stein Center is creating a Living Lab here where their researchers will be engaging with our seniors to put all of the aspects of enhancing well-being on steroids."

Will introduced Moore as "a brilliant scientist also equally committed to social justice," noting her work "focuses on

interesting aspects of older adults."

"I'm especially excited by the partnership we have with Belmont, at what implications it has in the field of aging," said Moore. "The Living Lab is something our organization's leaders have dreamed of for years. It will provide residents with opportunities to participate in research studies that interest them, and in doing so, serve to guide and inform our research."

"It is an opportunity to learn more about specific aspects of aging including behavioral, biological, and technological interventions to promote healthy aging," continued Moore. "By being embedded in the community, this program will allow us to dive deeper into understanding

the bedrock elements that promote healthy aging, quality of life, and well-being at any age. Our mission (at Stein) is to work with the community and promote recent scientific advances so that we can benefit from them in our daily lives."

Belmont's director of communications, Lorena Capellan Grimes, conducted a guided tour of Belmont Village Senior Living La Jolla showcasing its chic design. Captivating design elements of the project include sprawling pools and lounge areas, immaculately manicured grounds, fitness centers, the latest technology, and wellness programs encouraging health and personal growth for La Jolla seniors.

A real estate developer, Will co-founded Belmont Village Senior Living in Houston in 1997. With her background in medical real estate, Will saw the lack of sufficient Alzheimer's care provided to her mother-in-law and decided to take action. She became a fully integrated developer and operator of first-rate senior living communities, which focus on assisted living and memory care.

Will has been recognized for her contributions to the senior living industry. In 2018, she was inducted into the Texas Business Hall of Fame and is widely recognized as an innovator and influencer in senior housing.

Scripps' new app to calculate genetic risk for heart attack

A Scripps Research team developed a smartphone app that can calculate users' genetic risk for coronary artery disease (CAD)—and found that users at high risk sought out appropriate medication after using the app.

In the study, which appears in npj Digital Medicine in March 2022, the researchers detailed how their app called MyGeneRank inputs participating individuals' genetic information from the 23andMe genetic testing company and outputs a CAD risk score based on the DNA data. Of the 721 participants who provided complete information, those with high-risk scores were much more likely to start using statins or other cholesterol-lowering therapies, compared to those with low-risk scores.

"We saw about twice the rate of statin initiation in the high genetic risk group vs the low genetic risk group, which indicates that strategies like this could make a big contribution to public health—heart disease being the largest cause of death globally," says study senior author Ali Torkamani, PhD, professor and director of Genomics and Genome Informatics at the Scripps Research Translational Institute.

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.

5th annual Sharky Weekend event on July 23 and 24 Even Keel Tattoo, 4675 Cass Street, SD CA 92019

This month, instead of spotlighting a person or business, I'm spotlighting a great charity event put on by a local business that I wrote about a few months ago. This is a great event that raises a lot of money annually for a good cause.

Even Keel Tattoo will be hosting its 5th annual Sharky Weekend event on July 23 and 24. This event is a fundraiser for Shark Allies, a non-profit organization dedicated to the education and conservation of our ocean's top predators. Flash tattoos are first come, first served. For those who want a less permanent way to participate, there will be a raffle for various prizes, including a custom koa wood and shark tooth knife made by local company Half Face Blades. Head on down to Even Keel Tattoo and learn about sharks, shark conservation, and get tattooed, or enter the raffle to help save our sharks!



SHARK ALLIES

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

Scott Booth 858-775-0280

DRE #01397371

Just Listed!

3955 Gresham Unit 3 • PACIFIC BEACH
3 BR • 3 BA • 1,477 SQ FT • 2 CAR



ROOF TOP DECK • BAY VIEWS • SOLAR • AC • UPGRADED



TREVOR PIKE

Coastal Property Specialist

619.823.7503

Trevor.Pike@Compass.com

DRE #01739847

Follow me on Instagram
[@Trevor_Pike_SDrealestate](https://www.instagram.com/Trevor_Pike_SDrealestate)



See my sales on Zillow



COMPASS

billionaires row

Gregg Whitney
858.456.3282
info@BillionairesRowLaJolla.com
CalDRE #01946459



LA JOLLA Country Club: Landmark Henry Hester estate home with dual primary suites and guest quarters, infinity pool and panoramic ocean views.
4 BD + Casita | 5.5 BA | 7,459 SF | \$5,995,000



LA JOLLA Bird Rock: Beautifully appointed corner unit with oversize patio for entertaining in the Seahaus development, just steps from the beach.
2 BD | 2 BA | 1,769 SF | \$1,598,000



LA JOLLA Bird Rock: Unobstructed ocean views overlooking beachfront Calumet Park. Represented Buyer.
3+1 optional BD | 3BA | 3,368 SF | \$4,700,000



SAN DIEGO: Enjoy True urban living in the iconic Gaslamp Quarter! Southwest-corner unit w/2 assigned garage-parking spots.
2BD | 2BA | 1,013 SF | \$750,000

Senior Living

Couples Thrive at Belmont Village La Jolla



Too often couples who have spent most of their lives together face the threat of separation in later years because of varying health needs, from dementia to mobility. Belmont Village Senior Living La Jolla, opening summer 2022, offers a solution for couples who want to remain together, but may need additional support to do so.

Each Belmont Village community is thoughtfully designed and licensed throughout for the highest level of care. With research-based programs tailored to individual needs, couples

can thrive together. Programming at Belmont Village La Jolla will be enhanced through an ongoing partnership with UCSD to develop activities that foster resilience and wellbeing in older adults.

Belmont Village has served San Diego seniors for 20 years at its Sabre Springs and Cardiff by the Sea communities, offering independent living, assisted living and award-winning memory care. To learn more, call 858-358-7129 or visit belmontvillage.com/lajolla.

Make the Right Choice Senior Living



Established in early 2008, Jean Brooks (UCSD Graduate) and Todd Brooks (Air Force Veteran, US Air Force Academy Graduate) wanted to develop better Assisted Living Care Homes and Services for seniors at fair & competitive rates. Right Choice Senior Living has Residential Care Homes located in highly desirable neighborhoods close to UCSD, La Jolla, Pacific Beach, Clairemont (Mount Street Area), La Mesa, Del Cerro. See us today before making your final choice. Make the Right Choice Today.

We are excited to announce that

Silverlight Homes of La Mesa will be joining the Right Choice Senior Living network of Assisted Living Care Home Communities.

Beautiful La Mesa Neighborhood Close to ALL, Small Intimate Home-like setting, Reasonable Visitation & Outings, Accommodations & Experienced Team since 2008 For photos, video tours please visit: <https://silverlighthomesllc.com/>

For more info call (619) 246-2003 or go to the rightchoicenorliving.org. **NOW HIRING CAREGIVERS! CALL NOW!**

- Assisted Living Care Home Communities
- No more than 6 residents per community
- Highly motivated and experienced staff
- Short Term Respite Stays are ok

Veteran Owned & Operated

619-246-2003

NOW HIRING CAREGIVERS CALL NOW

RIGHT CHOICE

SENIOR LIVING

Full Service Assisted Living Starting at \$150 a day.

We are saving families thousands per month

Grand Opening New La Mesa Care Home

www.rightchoiceseniorliving.org

Chateau La Jolla

Chateau La Jolla sits on a two-acre estate, less than 1/2 block from the ocean. Every aspect has been specially designed for comfort and convenience with you in mind. Our unique layout ensures that everything is always within easy reach.

We have specialized in serving the 55+ independent population for over 40 years and have innovated aging in place.

We are excited to announce the grand reopening of our Normandy building apartments. Twenty-one beautifully renovated apartments with wider corridors and unique and larger floor plans. Our friendly staff is here to ensure you have time to enjoy what Chateau, located in the heart of the village of La Jolla, has to offer. Come see why Chateau has won Best Senior Living community three years in a row.



Reminisce with friends

let us take care of the rest...

We take care of:

- Weekly Housekeeping
- Village Transportation & Activities are all included in the monthly rent!
- no costly entrance fees, just affordable coastal living
- redefine aging...

CHATEAU LA JOLLA

chateaulajolla.com

Family owned since 1977

Tours By Appointment

233 Prospect Street, La Jolla, CA Call: (858) 459-4451

BEST OF LA JOLLA

2021 LA JOLLA READERS POLL



BELMONT *Village*
SENIOR LIVING
LA JOLLA



DISTINCTIVE LIVING MEETS
BEST-IN-CLASS CARE, WITH A VIEW

For nearly 20 years, Belmont Village has set a high standard for senior living and care in San Diego. Developed in partnership with global leader in residential living, Greystar, our newest community in La Jolla features our renowned, first-rate clinical care and exceptional hospitality with captivating coastal views. Through our pioneering university collaborations, including our ongoing partnership with UCSD to promote resilience and wellbeing, residents of our La Jolla community experience innovative, award-winning programming designed to keep seniors thriving. Better yet, our buildings are fully licensed so that residents don't have to move when care needs change, and couples with differing needs can continue to stay together.

Learn more at BelmontVillage.com/LaJolla or 858-358-7129



SCAN THE QR CODE
TO LEARN MORE

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

Senior citizens in La Jolla rally to protest Roe v. Wade reversal

By DAVE SCHWAB

A centenarian with a bull-horn exhorted a group of more than 50 sign-holding seniors ages 85-plus, to protest the reversal of Roe v. Wade during a march on July 10 outside Casa de Mañana retirement center in La Jolla.

"Fifty years ago I was in Washington, D.C. celebrating the passing of Roe v. Wade: It was wonderful," said 103-year-old Casa resident Alice Yee outside on the front lawn at 849 Coast Blvd. "Never did I dream that, 50 years later, I would be marching to mourn the demise of Roe v. Wade."

Pointing out senior women are "still on the line" regarding their Constitutional rights, Yee suggested their new motto ought to be "never turn back. The struggle will always be with us. Women should make their own decisions about whatever they do in relation to their bodies."

"So today, in a very small way, we're saying, 'Our lives are our own lives, leave us alone and let us do what we need to do,'" continued Yee. "Enjoy your march. Enjoy the fellowship of each other. This is the beginning of another struggle. The struggle will go on as long as I am alive, and as long as our children are alive. Hang in there. Believe in what you do. We will never turn back."



Alice Yee (in blue), a 103-year-old senior, addresses a crowd of seniors at Casa de Mañana in La Jolla denouncing the reversal of Roe v. Wade before their protest march on July 10.

PHOTO BY DAVE SCHWAB

"When women's rights are under attack, what do you do?" asked local attorney Leslee Morris, who helped organize the event, addressing senior protesters before Yee spoke.

"Stand up and fight back," said Morris answering her own question. She then pointed out, "Scott

Peters is your representative in Congress. He is a strong supporter of women's rights and abortion rights."

Referring to a crowd of bystanders who had formed around the gathering of seniors on the front lawn of Casa de Mañana, Morris said, "They want to applaud what

you are doing."

Morris added the senior protest was all "about them."

A Casa de Mañana resident identifying himself as Bob said he spoke on behalf of his three daughters and a granddaughter by saying: "This whole thing is just crazy. It is so politically

motivated. It just doesn't make sense. I understand that killing is death. But where do you define the line? That is the question."

Asked if he was surprised by the Supreme Court ruling overturning Wade, Bob replied: "I knew what the Republicans' point of view was. But I just didn't think it really had a chance of turning around. At least, it's a state's rights situation (now). We don't have to worry about people in California. But there are a lot of other states out there."

Protesting seniors requesting anonymity before their July 10 march also had their say.

"I'm glad I live in California," said one woman.

"The timing is purposeful," said another woman about the Supreme Court's Roe v. Wade reversal.

"You all who have been around, you've been marching for this how many times now?" questioned another lady.

"Their (seniors') voices should be more important because they went through it the first time, and now they have to do it again," said another senior woman who added, "They won a victory. And then they're taking it away all these years later."

The sign on the back of the wheelchair of one senior female protester summarized the views of many. It read: "I can't believe I'm still protesting this (expletive)!"

Senior Living

La Jolla Senior Care Homes

We are excited to share information about our three residential care homes located atop of Mt Soledad in La Jolla:
La Jolla Casa Pacifica: #374604422
La Jolla Casa Fiesta: #374604425
La Jolla Vista: #374604421

Offering memory care and assisted living, our mission at La Jolla Senior Care Homes is to serve seniors in a manner that preserves their dignity and promotes their independence, while enhancing their quality of life. We take pride in providing care services tailored to each resident's needs and desired lifestyle. Residents and families can rest easy knowing that all of our

homes are expertly staffed to help with all of their daily living needs.

Don't just take our word for it - here is what some of our residents' families had to say about our care!

"My mother received excellent care from the owners and staff at La Jolla Vista. The facility is homey with a spectacular view from the yard and great room. I highly recommend it." -Brad. J.

"Thank you for your condolences Jennifer. I wanted to tell you that I'm very grateful to you and Gus and especially the staff at Casa Fiesta for everything they've done for my mother over the past four years. I can't say enough good things about Tiffany, Winnie, Winnie, Mila, Nestor and Anne. They always treated my mother with respect. Placing my mother at Casa Fiesta was the best decision I could have made." -Rob K.

Senior Helpers

Senior Helpers of San Diego County is the premier provider of in-home senior care. We offer a tailored, comprehensive suite of home care programs services ranging from companion care for seniors who need daily assistance to in-depth specialized care for those with Alzheimer's, Dementia, Parkinson's and other chronic diseases. Our primary goal is to help provide a high quality of life for our clients and their families by delivering customized, dependable and affordable care. We fully understand that our seniors deserve to have a chance to age in place with dignity and compassion. Knowing your loved one is happy, safe and cared for is your priority... and ours too. Senior Helpers San Diego County provides the peace of mind you need when making the decision to honor your family member's wish to remain in their home.

**SENIOR
Helpers®**

Care and comfort at a moment's notice.

**A HELPING HAND
WHEN YOU NEED IT MOST**

- ☒ **SENIOR GEMS®:**
- ☒ **ALZHEIMER'S & DEMENTIA CARE**
- ☒ **COMPANION CARE**
- ☒ **PARKINSON'S CARE**
- ☒ **PERSONAL CARE**

**Call us today for a Free Assessment
858-523-9170**

**La Jolla
SENIOR CARE
HOMES**
Come be part of our family!

Experience High Quality
24 Hour Assisted Living and
Memory Care
in a beautiful home setting

**WE OFFER PERSONALIZED
"HIGH TOUCH" CONCIERGE
CARE AT ONE, ALL
INCLUSIVE MONTHLY RATE**

Learn more about our homes.
Call today to schedule a tour!
858-245-3766



La Jolla Casa Pacifica
Facility #374604422



La Jolla Casa Fiesta
Facility #374604425



La Jolla Vista
Facility #374604421

Coastal Commission approves De Anza Cove cleanup and more campsites

By DAVE SCHWAB

The California Coastal Commission voted on July 13 to allow Northeast MB, LLC, operators of the Mission Bay RV Resort in Mission Bay Park, to conduct a cleanup of the De Anza Cove peninsula.

The Coastal Commission approved a coastal development permit for the clean-up project, which seeks to improve coastal access in a number of ways, along with adding 147 temporary campsites at Mission Bay RV Resort.

"The Coastal Commission hearing outcome is an important step forward for the City, public, and environment," said Jacob Gelfand, chief operating officer for permit applicant Northeast MB, LLC. "We will continue to work around the clock to make De Anza Cove cleaner and safer for San Diego families, visitors, and wildlife. We will provide enhanced camping access to help address the shortage of affordable overnight accommodations along San Diego's coastline."

Gelfand said the benefits of the De Anza Cove clean-up are to include repairing the coastal bikeway and pedestrian path, asbestos abatement, and removal

of long-abandoned homes. It will also include the activation of interim campsites to meet the tremendous public demand for low-cost coastal accommodations and recreation.

Reacting to the Coastal Commission decision, Andrew Meyer, director of conservation at San Diego Audubon Society said: "The Coastal Commission put together a permit that was much improved over the first application from Campland, and we are pleased that they took many of the ReWild Coalition's comments over the last two years and increased the water-quality protections and habitat benefits to the bay. We want Campland to get those mobile homes out of there safely and quickly, and expect that Campland will get to work using their approved rent credits to cover the costs."

Added Meyer, "The Coastal Commissioners and staff emphasized that this is a short-term project, with the ReWild project and the City's own De Anza Natural plans for this area showing the positive direction we're moving for water-quality improvement to the bay, resilience to sea-level rise, and real access improvements to

camp, boat and enjoy the northeast corner of the bay."

ReWild Mission Bay is a project of San Diego Audubon and its ReWild Coalition partners to enhance and restore the natural wetlands in the northeast corner of Mission Bay for cleaner water, greater climate resiliency, carbon sequestration, and improved access to public space.

The San Diego City Council voted 6-3 in June of 2019 to allow Campland on the Bay at 2211 Pacific Beach Drive to do asbestos clean-up and existing mobile home removal within 24 months at the long-abandoned De Anza mobile home park. Under an agreement with San Diego Audubon Society, Campland will now place new campsites only in the northeastern corner of their De Anza Cove leasehold boundary. The new campsites will be as far away from the public bayfront — and future wetland restoration — as possible.

Campland's plans call for adding 150 more RV campsites to the existing 260 while re-opening the scenic coastal bike and pedestrian path around the De Anza peninsula as part of its five-year lease extension with the city.

San Diego County has among



Jet skiers, a dog walker, and bicycle riders pass by the mobile homes at Point De Anza on the De Anza Cove peninsula.
PHOTO BY THOMAS MELVILLE

the lowest inventory of affordable coastal accommodations in the state, and access is particularly scarce in the City of San Diego. In 2019, City access was further jeopardized when the former operators of the Mission Bay RV Resort at De Anza notified the City, with only a few months' notice, that they would be terminating their lease agreement that year.

In response, the City worked with Northeast MB, LLC, whose affiliate operates the nearby Campland on the Bay campground, to not only

keep these campsites available to the public and expand affordable camping in the short term but also clean up hazardous homes and debris abandoned at De Anza since 2017.

Today, the existing Mission Bay RV Resort and Campland on the Bay campgrounds in northeast Mission Bay provide more than 850 campsites with pricing starting at \$60 per night. That makes them the largest source of affordable overnight accommodations for the City in Mission Bay Park.

Pacific Beach Town Council hears about proposed Protect Act

By DAVE SCHWAB

The Pacific Beach Town Council on June 15 heard about the proposed Protect Act, which is aimed at reducing racial profiling by the police.

A pro-Protect Act group, The Coalition For Police Accountability and Transparency, argues in favor of the proposal at cpatsd.com.

"Protect seeks to address invasive policing practices used disproportionately to stop, search and interrogate people from Black, Latino, and Asian/Pacific Islander communities, the LGBTQ community, people with disabilities, and people from other marginalized communities," states the organization. "Protect will require San Diego police to have probable cause in order to stop, ask for identification, question, and/or search an individual. The ordinance will also limit stops for equipment violations."

A San Diego Police Department officer spoke against the proposed

Protect Act. "The Protect Act is the most radical piece of anti-law enforcement legislation in America today," said Jared Wilson, president of the San Diego Police Officers Association. "It will damage policing in the City and create an unsafe community. If passed, it will give San Diego a reputation as a place to come to commit a crime."

Wilson argued the Protect Act would severely limit existing police consent and search procedures. He offered an example. "In PB, there are a lot of DUIs," he said. "Now we can stop, detain, and investigate that person. But this act takes that away from us. So, if you're stopped for a DUI at 2 a.m. because you ran a red light, an officer can stop them for running the red light. But they don't have probable cause to arrest them for a DUI."

According to The Coalition For Police Accountability and Transparency: "We believe in community-driven policy solutions that are informed by and inclusive of people most impacted by biased

policing and police violence. We believe in a future where communities are free of police violence, free of biased policing, and free of police surveillance, and that our local governments should be transparent with the public and be accountable for abuses of power, especially concerning police misconduct."

In his presentation to PBTC, Wilson cited several other problems police have with the new proposed legislation to curb some of their powers.

"Police would no longer be able to ask for identification, or anything else, without probable cause," he said. "If we stop you for running a red light, we can't run you for a warrant. We won't be able to question suspicious people who've been stopped for operating a dangerous vehicle."

Wilson asserted the coalition backing the Protect Act "wants to reduce police vehicle stops in San Diego, and they will succeed if they pass this."

Wilson noted staff attrition

continues with SDPD as other regional law enforcement agencies pay more. That, he added, has reduced police response times.

"I've never seen response times this bad in the City," he said. "Priority one calls, fights, and burglaries in progress, with a goal of 6- to 14-minute response, is now taking 34 minutes Citywide. Those things take time and personnel."

Wilson also disputed the viability

of the Protect Act and its objectives. "The goal is to stop stops, and that racial disparity in traffic stops will end," he said. "We (police) don't think it's true. We now provide additional training against racial bias. The Protect Act, most likely, in and of itself, is not legal. There is nothing in it that is going to make our communities better or safer places."

READ MORE ONLINE AT sdnews.com

La Jolla man pleads guilty in death of Sally Manchester

By NEAL PUTNAM

A La Jolla man pleaded guilty Wednesday (June 29) to voluntary manslaughter in the fentanyl death of Sally Manchester Ricchiuti, who died in 2020 from an accidental overdose.

Ricchiuti, 49, of La Jolla, was the daughter of real estate developer/businessman Doug Manchester, who is the former publisher of the

San Diego Union-Tribune, and Betsy Manchester.

"It doesn't look like she knew what she was taking," said Deputy District Attorney Joel Madero to reporters afterwards.

Joshua Alan Breslow, 54, also pleaded guilty to possession of Oxycontin while out on bail, and fentanyl. He stood behind a glass barrier wearing jail clothes while pleading guilty.

San Diego Superior Court Judge Ken So set sentencing for July 28. Breslow remains in the South Bay Detention Facility without bail.

Some of her family members watched the proceedings.

Breslow sold fentanyl-laced pills to Ricchiuti and she died on Sept. 18, 2020.

READ MORE ONLINE AT sdnews.com

Sunset
LUAUS
ON MISSION BAY

TUESDAYS & FRIDAYS
NOW THROUGH SEPTEMBER 2

**Tickets available
at CatamaranLuau.com**
Upgrade to Premium VIP Seating

CATAMARAN
RESORT HOTEL
and Spa

Surf camp in La Jolla is a summer treat for local youth

By ED PIPER

“You have to show the counselor that you can push up before you can go out in the water,” says Xochitl. “Pushing up” is a surfer’s ability to go from a prone position to standing on the board, probably the trickiest thing a beginner has to master.

Xochitl and her friend Miguel (not their real names, to protect their privacy), recently took part in a La Jolla youth camp devoted to gaining or improving their board skills. Meanwhile, they both say that the week on the sand was “fun” and a great opportunity to “make new friends”—all under the guidance of camp counselors who take anywhere from three to six young surfers out in a pod and concentrate on catching the proverbial seventh wave.

Miguel, in his interview, asked, “Did you know I’ve never been to surf camp before?” He is impressed and pleased with



The youth camp at La Jolla Shores.

PHOTO BY ED PIPER

himself that in his first time out in the “soup,” he was not only able to master the technique of “pushing up” but he also enjoyed several good basic runs standing on the board and negotiating rideable waves as the week went on.

An injury last year curbed his chance to attend a surf camp. Despite the COVID pandemic, camp organizers were still able to host scores of local youth in 2021

with safeguards and restrictions in place to protect individuals from getting or spreading the virus.

But this summer, the improved situation from a COVID standpoint enabled the two elementary school students to enjoy the freedom of physical exercise and work on their surfing skills in a group.

Asked what a favorite part of the camp was, Xochitl quickly answered, “Pizza and making

new friends.” Both kids are pretty social and relished the activity at the beach.

“You can keep surfing with your friends,” continued Xochitl, whose tanned features and flowing locks betrayed her time in the sun and surf, “as long as you stay near your counselor.” Camp attendees have to show they have sufficient swimming skills to be out in the water for surfing. How many land-locked youth wish

they could enjoy a similar experience riding the waves?

On Monday of surf camp, Miguel says he had three, including himself, in his group or pod. That went up to four the next two days, then six on Thursday.

“I learned how to do the ‘switch,’” he proudly reported. The “switch,” or “switchfoot,” is a maneuver in which the rider changes which foot is placed farther forward on the board.

Another technique is the “mummy.” “Instead of standing up, you lay down on your back and cross your arms.” Wouldn’t The Beach Boys and other minstrels of surf be pleased?

Snack was a big topic of discussion in the interviews. “They (the camp) provide it on different days,” the two surfers said. “Yesterday it was a protein bar. Today it was pizza, cheese, or pepperoni.”

And don’t forget your rash guard. The camp supplies wetsuits if needed.

What's goes into a La Jolla street name? There's a bit of a science to it

By JILL ALEXANDER

The Yellow Brick Road, Fifth Avenue, Wall Street ... all famous streets, avenues, and roads that have stood the test of time and are well known by most.

And in La Jolla, there are plenty of lanes, roads, and streets that continue to take people to their destinations, whether shopping or work.

Streets like Girard Avenue, and Prospect Street, are often busy with folks coming and going but have you ever wondered where streets such as these and others got their names.

Keep reading.

FAMOUS INDIVIDUALS

A large number of streets in La Jolla were named after influential people, and much of the downtown was named to copy New York’s financial district in the early days of the city.

According to historians, land surveyors, George Heald and Frank Botsford decided to create La Jolla Park a subdivision in 1887.

They named the streets in the area Wall Street, Park Row, Exchange Place, and Pearl Street just like the ones in the Big Apple.

UNCHANGED

While many streets, lanes, and avenues as well as road names have changed since then those that have remained include Prospect, Ravina, Cave, and Silver.

Additionally, some are named after states, such as Connecticut Avenue and Washington Avenue.

However, over the years and decades, many of the streets in La Jolla have changed for one reason or another.



SCIENCE CONNECTIONS

Additionally, a group of scientists who made their mark in biology and zoology had streets named after them and were inspired by Ellen Browning Scripps, according to the La Jolla Historical Society and internet research.

The La Jolla philanthropist was said to have admired science and the arts thus naming streets after such prominent scientists.

Also, the book, 1955 book “La Jolla Year by Year,” concurs that various street names were changed to bear the names of the scientists.

For instance, Agassiz Avenue was later changed to Olivetas Avenue, and Vine Street was named for Swiss naturalist and geologist, Louis John Rudolph Agassiz (1807-1873), known for his work with fossilized fish and the ice ages.

Borden Avenue became Olive Avenue at one point and is now La Jolla Boulevard and was originally named after American civil engineer and inventor, Simeon Borden (1798-1856).

Draper Avenue used to be called Orange Avenue and was named after John William Draper (1811-1882), an American chemist, historian, and photographer who is

credited for making the first clear photograph of the female face and the first photograph of the moon.

Eads Avenue was once Washington Avenue and was named for James Buchanan Eads (1820-1887), an American engineer who had more than 50 patents. He designed and built the first road-rail bridge to cross the Mississippi River at St. Louis.

Fay Avenue, once named New York Avenue, was named after Theodore Sedgwick Fay (1807-1898), an American diplomat, poet, and writer.

Girard Avenue was once Grand Avenue and was named after Stephen Girard (1750-1831), the American banker and philanthropist who is credited with rescuing the U.S. government from financial ruin during the War of 1812.

Herschel Avenue used to be Lincoln and was first named for Sir William Herschel (1738-1822), a German astronomer and composer. He is known for his discovery of Uranus and two of its moons.

Jenner Street, once Franklyn Place, was named after either Edward Jenner (1749-1823), an English physician and discoverer of vaccinations (including smallpox), or Sir William Jenner

(1815-1898), also an English physician and pathological anatomist.

Why have so many names changed? According to the book some of these names “proved a little too high-brow, even for La Jolla. “Perhaps Ictinus and Agassiz were not always easy to pronounce — and spell,” it adds.

MUSICAL CHAIRS

Even more musical chairs have included when Connecticut became Silverado; Boulevard became Coast Boulevard, and State Street was renamed Torrey Pines Road.

College Street was renamed Scripps Street in 1930 since College Street was already in use elsewhere in San Diego. It was then renamed Virginia Way, in honor of Ellen Browning Scripps’s half-sister Virginia Scripps, according to historians.

Also, according to the same book La Jolla calls its alleyways “lanes” and was dubbed so by Browning Scripps a native of Great Britain, where they also call alleyways lanes. Hence, La Jolla has Roslyn Lane, Bluebird Lane, and Drury Lane.

In 2008, the alley between Eads and Draper avenues was named Mabel Bell Lane, to pay homage to

Mabel Bell, a pioneer of La Jolla’s early Black community. She resided at the site of the La Jolla Post Office on Silver Street.

Today, the most trafficked streets in La Jolla are La Jolla Boulevard, Torrey Pines Road, Girard, and Prospect, according to the La Jolla Historical Society.

SPANISH NAMES

Throughout La Jolla and its many neighborhoods, you’ll also see Spanish streets with pretty names for instance there’s Paseo del Ocaso which means “Path of the Sunset,” Avenida de la Playa or Beach Avenue), El Paseo Grande or The Big Path, Vallecitos or Little Valleys, and Calle del Oro, which translates to Street of Gold.

Over in La Jolla’s Windemere development and the Soledad South neighborhood, there are more Spanish street names like Caminito meaning Spanish for “path” as well as names of golf courses around the world: Caminito Blythefield, Caminito Lindrick, Caminito Hermitage, Caminito Shinnecock, Caminito Kittansett.

Windemere also has Caminito Tom Morris, named for a Scottish golfer who designed many golf courses.

In the La Jolla Heights neighborhood there’s Robinhood Lane and Nottingham Place; Camino Deseo and Camino Sueño which translate to Wish Way and Dream Way, Caminito Primavera, and Caminito Verano or Spring Path and Summer Path; Starlight Drive and Moonridge Drive.

Do you have a name in mind for a La Jolla street? Check with a City Council representative to see what the process is to rename a street and/or if it’s possible in your neighborhood.



Funds secured to repair stairwell to beach at Camino de la Costa

By DAVE SCHWAB

District 1 City Councilmember Joe LaCava worked with state lawmakers to secure \$2 million in state funding for much-needed repairs to the viewpoint and stairwell at Camino de la Costa in La Jolla's Lower Hermosa neighborhood.

"The concrete stairs along the coastline there are in very bad shape, and we certainly do not want them to be closed," said LaCava adding, "This was a very pleasant surprise, and timely."

LaCava noted salt air creates little cracks that get into the rebar (steel bar reinforced concrete) which he said then "expands and starts tearing the concrete if you don't get in there and repair it."

The funding for the stairwell and other repairs came from the new \$308 billion state budget signed June 30 by Gov. Gavin Newsom. Funding will serve a number of purposes at Camino de la Costa, from updating the design of the viewpoint there to staircase repair and improvements to the parking area of the viewpoint. The viewpoint is lacking appropriate striping for parking, no parking, and handicap zones.



The stairwell to beach at Camino de la Costa in La Jolla is in rough shape.

PHOTO BY DAVE SCHWAB

Beach access is on Camino de la Costa just north of Bird Rock in southern La Jolla. At a sharp bend in the road, there is a small public parking area and a City-provided concrete stairwell that leads down to a

sandstone rock platform.

The viewpoint is well traveled as, at lower tides, there is a sandy beach on the north side of this rocky point, and at very low tides, there are tide pools to explore in the area. Low tide also

allows exploration to the south along the rugged shoreline that eventually ends below La Jolla Hermosa Park on Chelsea Avenue. Along the way, the ocean has carved shallow sea caves into the sandstone cliffs.

La Jolla architect Trace Wilson has been selected to do the repair work at Camino de la Costa. Wilson intends to draft a conceptual plan to be signed off on by local planning groups before presenting it to the City for final approval and execution.

LaCava pointed out that the City "has a large infrastructure deficit," while noting the state has helped by "reaching out to local jurisdictions when they have some infrastructure funding issues." The council member added requests for state funding for infrastructure improvements must come from eligible projects that meet established criteria.

"We were fortunate enough to gain the support of state Sen. and President Pro-Tem Toni Atkins, along with Mayor Todd Gloria, who agreed that this was an eligible project, and got that funding inserted into this year's (state) budget," said LaCava.

Concerning the timeline for the stairwell and other repairs, LaCava said state funding for the infrastructure improvement project has "a three-year clock on it." He added, "Now that we have the City budget adopted, and the state budget adopted, we'll be circling back with City engineers to talk about the next steps in the project."

SHOP La Jolla

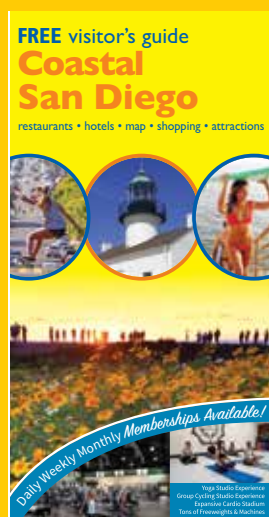
THINK LOCAL. SHOP LOCAL. BUY LOCAL

**SAN DIEGO VISITORS
SPEND OVER 6
BILLION DOLLARS
ANNUALLY!**

Did your business get its fair share?

To reach this growing market, advertise your business in our Annual Visitors Guides.

For more information call:
(858) 270-3103 x117



Encourage your Neighbors to

**SHOP
LA JOLLA**

SHOP LOCAL
SPEND LOCAL

If you are a La Jolla Business and would like to advertise on this page call

(858) 270-3103

x117 or x105

Ask for Mike Fahey
or Paul Welsh

**TWO
20-MINUTE
WORKOUTS PER WEEK**

The Exercise Coach **BETTER RESULTS. LESS TIME. MORE MOTIVATION.**

GET 2 FREE SESSIONS CALL 619 713 9090

7580 Fay Avenue, La Jolla, CA 92037 | ExerciseCoach.com

**Raymundo's
TAGO SHOP**

**Thank you for voting us
one of the Best Mexican restaurants
in La Jolla!**

FREE

**Bean and Cheese
Burrito w/ purchase
of any burrito expires
8/22/22**

(858) 352-6867

7918 Ivanhoe Ave., La Jolla, CA 92037

SERVICE DIRECTORY

ATTORNEY

KROGER-DIAMOND & CAMPOS
APC

PERSONAL INJURY – ACCIDENTS

Auto | Cycle | Pedestrian
Dog Bite | Slip and Fall
Brain Injury | Wrongful Death

– Free Consultation | No Recovery, No Fee –
Serving our community for over 30 years

University Avenue 3180 University Ave. Suite 220 San Diego, CA 92104 (619) 682-5100
Poinsettia Village 7220 Avenida Encinas Suite 203 Carlsbad, CA 92011 (760) 931-2900
www.kdcinjurylaw.com
A Professional Corporation

AUTOMOTIVE

Bee Line
• BRAKES • SINCE 1947
• ALIGNMENT •
• A/C SERVICE •
• 30/60/90K Maintenance •

10% OFF
W/ THIS AD

(UP TO \$50 MAX FOR DISCOUNT)
(excludes oil changes)
May not be combined
with any other offer.

2938 GARNET AVE., PACIFIC BEACH
(858) 273-2411
www.beeelinebrakes.com

ALT. MEDICINE

TORREY HOLISTICS
YOUR CANNABIS STORE

CANNABIS
FREE DELIVERY

TORREYHOLISTICS.COM
10671 Roselle St. #100
San Diego, CA 92121
C10-0000242-LIC

CLEANING

Cleaning Service
by Cecilia Sanchez
Family owned & operated
15 years experience.

Office, residential &
vacancy cleanings

#1 vacation
rental experts

Free estimates
& excellent
references

(619)
248-5238

SDPC
San Diego Power Cleaning

POWER WASHING SERVICES

www.sdklean.com
619-460-8177

YOUR HOUSE
CLEANING EXPERT
IN SAN DIEGO

Hire our professionals
to simplify your life

- Recurring House Cleanings
- Move In/Out Cleaning
- Window Cleaning Add On
- Deep Cleaning & Sanitizing

Mr Clean SD
619-366-0886

FREE ESTIMATES (619)755-9651

CLEANING GC SERVICES

Regular Deep Cleaning
Move in/Out Services

Full-length stories
Online updates
Comments
Event calendars
sdnews.com

CARPET & TILE CLEANING

Service Kings
HOME SERVICES

WHERE YOU ARE
TREATED LIKE ROYALTY!

Cleaning Carpet, Tile,
Upholstery for over 28 years.

CARPET CLEANING SPECIAL
SAVE \$45

3 ROOMS \$129

25% OFF Tile & Grout Cleaning
25% OFF restretching or carpet repairs
Must mention ad. Some restrictions apply.

619-677-6523
Or visit our website at
www.service-kings.com

CONTRACTOR

MARTIN
CONSTRUCTION

Lic. #1032673

Home Improvement Specialist

AFFORDABLE
ON-BUDGET
EXPERIENCED

SPRING SPECIAL
15% OFF

DECKS, DOORS & WINDOWS
619-541-1737
johnmartinconstruction.com

ELECTRICIAN

Fischbeck Electric

For all your electrical needs:
Solar Systems
Green Energy Ssavings
Panel Upgrades and Changes
Remodels
Recessed Lighting, etc.
CA Lic. #900788 (10-12)

(619)749-7105
FischbeckElectric.com

SAIL BAY ELECTRIC

**RESIDENTIAL
COMMERCIAL**

No job is too Big
No job is too Small

sailbayelectric.com
619-953-7895

C10 Contractors License
#1087275

Corlett Electrician

Corlett Electrical Construction

Mike Corlett
Locally Owned & Operated
619-776-7134
Lic. #858862
mikecorlett@hotmail.com

HANDYMAN

RENT-A-HUSBAND

HANDYMAN WITH
30 YEARS EXPERIENCE

MANY SKILLS

HOURLY OR BID

PROMPT, AFFORDABLE,
PROFESSIONAL
INSURED

Ask for Bob
619-742-0446

HAULING

I IUV JUNK HAULING

You Call-We Haul!
No Job Too Small!

Evictions, cleanouts,
construction debris,
tree trimming, etc.

619-933-4346
www.iivujunk.com

10% Senior Discount

HEATING & AIR

THA
THA HEATING AIR & PLUMBING

Proudly Serving San Diego
Since 1980

Residential • Commerrcial
Industrial

24/7 Emergency Service!
10% OFF Senior & Military Service Calls

FREE Estimate with Installation & FREE Service call with Repair
(858) 571-8865
www.thaheatingandair.com/plumbing

NOTERY

NOTARY
Ivonne M. Fernandez

T: 619.552.1736

Email:
ivonnefernandez858@gmail.com
Instagram:
[@PB.MobileNotaryPublic](https://www.instagram.com/PB.MobileNotaryPublic)

MOBILE NOTARY SERVICES

Se Hable Espanol

LANDSCAPE/GARDEN

CROWN POINT CLIPPERS, INC.
TREE SERVICE

FREE ESTIMATES!

- FINE PRUNING & THINNING
- ARTISTIC TREE LACING
- TREE & STUMP REMOVAL

CROWNPOINTCLIPPERS@GMAIL.COM

(858)270-1742
Fully licensed and insured. Lic# 723867

SERVING THE LA JOLLA AREA FOR 40 YEARS

POINT LOMA LANDSCAPE
State Lic #783846

- Maintenance T.G.'s Habitat 1502 Weekly, Bi-Weekly, Monthly Homes, Rentals, HOAs, Condos
- Clean-Ups
- Irrigation Repairs
- Drip Conversion
- Landscapes
- Hardscapes Pavers, Bricks, Flagstone
- Free Estimates since 1998

tony@pointlomalandscape.com

(619) 523-4900

- Gardening Services
- Lawns • Hedges
- Weeding & Trimming

We Do It ALL!

Allied Garden Resident Since 1993
30 Years Experience
Specializing in Local Communities

- Licensed
- Free Estimates
- Reliable
- Weekly
- Bi-Weekly
- Monthly

Turner Landscape
619-885-0906

CISKO'S LANDSCAPING

Weed Removal
Yard Clean Ups
Monthly Maintenance
Junk Removal
Sprinkler Installation & Repairs
Sod Installation
Retaining Walls

CALL FOR A FREE ESTIMATE
619-513-0424
Lic # 1041479

PAINTING

Chuckie's
Painting Company

(619) 795-9429
www.chuckiespainting.co
chuckiegrj@cox.net
CA Lic. #925325

PLUMBING

BILL HARPER PLUMBING.COM

Licenced Plumber

with years of experience in residential homes
Prompt, Professional and Affordable
Phone Estimates, Cash Discounts

CALL BILL 619-224-0586
Lic #504044

PLUMBING

ideal
PLUMBING • HEATING • AIR • ELECTRICAL

619-583-7963
idealservice.com

5161 Waring Rd, San Diego
CA License #348810

60 YEARS

ERLING RONDE PLUMBING COMPANY
Lic. 573106

FAMILY OWNED & OPERATED BY A VIETNAM VET

San Diego's Oldest Plumbing Company.
Offering quality service & repair for 110 years.

858-454-4258
5771 LA JOLLA BLVD #5
ERLINGRONDEPLUMBING.COM

SENIOR CARE

CareGiver/Companion
Can Do: Hospice, Alzheimer's Parkinson's, ALS, and more.

Medications, Appointments
Errands, Bathing, Wonderful
Cook, Lite Housekeeping,
Pet Care, Live in/out,
I'll help with your daily needs.

Call Laura for interview at 858-243-8288 Thank You

TREE SERVICE

RYKEN TREE SERVICE

- Tree Trim • Shape
- Removals & Stump Removals

Aborist #911 On Every Job!

Fully Licensed and Insured

FREE Estimates

619-672-8166
Lic #536515

WINDOW CLEANING

Ray & Roger's WINDOW CLEANING

Commercial & Residential

Tracks Screens Mirrors Skylights

30 Day Rain Guarantee
Licensed & Insured • Free Estimates

619.252.1385

WEDDINGS

INTER-FAITH WEDDING OFFICIANT

Inter-faith minister
available to officiate
weddings in San Diego.

\$350
(PayPal, Google Pay, Facebook Pay)
of booked Zoom conference
wedding or outdoor inter-faith
wedding ceremony.

619-398-7197
thubtenpematenzin68@gmail.com

FICTITIOUS BUSINESS NAMES

NAME CHANGES

+ OTHER LEGAL ADS

CALL US 858-270-3103 X 115

CLASSIFIEDS MARKETPLACE

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9013699 Fictitious Business Name(s) a. SOL Y QUITO Located at: 2754 CALHOUN STREET, SAN DIEGO, CA 92110 Is registered by the following: a CUSTOM COMMODITY, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 05/22/2021 Registrant Name: a CUSTOM COMMODITY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. IRFAN JANJUA, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 15, 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9013700 Fictitious Business Name(s) a. EL PEPPER LOCO Located at: 2754 CALHOUN STREET, SAN DIEGO, CA 92110 Is registered by the following: a CUSTOM COMMODITY, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/15/2022 Registrant Name: a CUSTOM COMMODITY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. IRFAN JANJUA, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 15, 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014145 Fictitious Business Name(s) a. STATUS CUSTOM BUILDERS Located at: 1223 CLEVELAND ANV, SUITE 200, SAN DIEGO, CA 92103 Is registered by the following: a FORT MANAGEMENT GROUP This business is conducted by: A CORPORATION The first day of business was: 07/18/2017 Registrant Name: a FORT MANAGEMENT GROUP TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. SERGI IANGIROV, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 22 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014461 Fictitious Business Name(s) a. COOL CARS UNLIMITED Located at: 6076 CARNEGIE ST, SAN DIEGO, CA 92122 Is registered by the following: a GMC AND ASSOC INC DBA COOL CARS UNLIMITED This business is conducted by: A CORPORATION The first day of business was: MAY 13, 1999 Registrant Name: a GMC AND ASSOC INC DBA COOL CARS UNLIMITED TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. GEORGE COPELIN, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 24, 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014522 Fictitious Business Name(s) a. JOSE AROESTE PROBATE SERVICES Located at: 7665 PALMILLA DR #5416, SAN DIEGO, CA 92122 Is registered by the following: a JOSE AROESTE INSURANCE AGENCY, INC This business is conducted by: A CORPORATION The first day of business was: 06/24/2022 Registrant Name: a JOSE AROESTE INSURANCE AGENCY, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. JOSE AROESTE, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 24, 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9012892 Fictitious Business Name(s) a. WILDWOOD FLOUR BAKERY Located at: 1976 GARNET AVE, SAN DIEGO, CA 92109 Is registered by the following: a WILDWOOD FLOUR, LLC. This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a WILDWOOD FLOUR, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. NOAH ORLOFF, MANAGING MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 06, 2022. ISSUE DATES: JULY 1, 8, 15 & 22

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014478 Fictitious Business Name(s) a. A PINCH OF SALT Located at: 2040 COLUMBIA ST #203, SAN DIEGO, CA 92101 Is registered by the following: a ERIKA CAIETTI This business is conducted by: AN INDIVIDUAL The first day of business was: 05/01/2022 Registrant Name: a ERIKA CAIETTI 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 24, 2022. ISSUE DATES: JULY 8, 15, 22 & 29

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014680 Fictitious Business Name(s) a. SOUL INSPIRATIONS Located at: 1362 DIAMOND ST, SAN DIEGO, CA 92109 Is registered by the following: a JENNIFER RIVETT This business is conducted by: AN INDIVIDUAL The first day of business was: JAN 01,/2022 Registrant Name: a JENNIFER RIVETT 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 28, 2022. ISSUE DATES: JULY 8, 15, 22 & 29

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9013455 Fictitious Business Name(s) a. TROY AUTO GROUP b. TROY MOTOR GROUP Located at: 4626 MERCURY ST, SUITE 1120 SAN DIEGO, CA 92111 Is registered by the following: a TROY ALLEN THERIAULT This business is conducted by: AN INDIVIDUAL The first day of business was: 6/13/2022 Registrant Name: a TROY ALLEN THERIAULT 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 13, 2022. ISSUE DATES: JULY 8, 15, 22 & 29

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015362 Fictitious Business Name(s) a. CALS ELECTRIC Located at: 3042 GARRISON ST, SAN DIEGO, CA 92106 Is registered by the following: a CHASE ARTHUR LOUIS SCHLEIN

This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a CHASE ARTHUR LOUIS SCHLEIN 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: JULY 6, 2022. ISSUE DATES: JULY 15, 22, 29 & AUG 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014872 Fictitious Business Name(s) a. THE CAP CADDY, USA Located at: 1647 COLLINGWOOD DR, SAN DIEGO, CA 92109 Is registered by the following: a PLANET PROPERTIES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 6-1-22 Registrant Name: a PLANET PROPERTIES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. STEPHEN HANSON, OWNER/MANAGER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 6, 2022. ISSUE DATES: JULY 15, 22, 29 & AUG 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9014888 Fictitious Business Name(s) a. WHISTLE MESSAGING, INC Located at: 3033 5TH AVE, SUITE 100, SAN DIEGO, CA 92103 Is registered by the following: a DIGITAL ARBITRAGE, INC This business is conducted by: A CORPORATION The first day of business was: 06-10-2022 Registrant Name: a DIGITAL ARBITRAGE, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. ADAM HARRIS, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 30, 2022. ISSUE DATES: JULY 15, 22, 29 & AUG 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015517 Fictitious Business Name(s) a. PURE MASS Located at: 16913 DOVE CANYON RD, SAN DIEGO, CA 92127 Is registered by the following: a HOUMAN PALANGAFKAN This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a HOUMAN PALANGAFKAN 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: JULY 11, 2022. ISSUE DATES: JULY 15, 22, 29 & AUG 5

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015867 Fictitious Business Name(s) a. CHIPS BEACH EATZ Located at: 830 WILBUR AVE, SAN DIEGO, CA 92109 Is registered by the following: a SAN DIEGO MOBILE RESTAURANT, LLC This business is conducted by: A LIMITED LIABILITY The first day of business was: N/A Registrant Name: a SAN DIEGO MOBILE RESTAURANT, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. RAY McCARTY, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 14, 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015313 Fictitious Business Name(s) a. EL FOGON Located at: 303 47TH ST, SPACE F11, SAN DIEGO, CA 92102 Is registered by the following: a APRIL CAMACHO This business is conducted by: AN INDIVIDUAL he first day of business was: N/A Registrant Name: a APRIL CAMACHO 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: JULY 6, 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015985 Fictitious Business Name(s) a. AIRSHINE MUSIC SCHOOL, LLC Located at: 5500 GROSSMONT CENTER DRIVE, SUITE 195, SAN DIEGO, CA 91942 Is registered by the following: a AIRSHINE MUSIC SCHOOL, LLC This business is conducted by: A LIMITED LIABILITY The first day of business was: 07/15/2022 Registrant Name: a AIRSHINE MUSIC SCHOOL, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. ERICA CALVERT, MEMBER The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 15, 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015873 Fictitious Business Name(s) a. SHIRAN HANDYMAN Located at: 3896 CAMINITO AGUILAR #E, SAN DIEGO, CA 92111 Is registered by the following: a KEIVAN SHIRAN This business is conducted by: AN INDIVIDUAL he first day of business was: 7-14-22 Registrant Name: a KEIVAN SHIRAN 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: JULY 14, 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9015133 Fictitious Business Name(s) a. RUDE DAWGS Located at: 3600 N HARBOR DRIVE, SAN DIEGO, CA 92101 Is registered by the following: a RUDY TORRES This business is conducted by: AN INDIVIDUAL he first day of business was: 6/30/22 Registrant Name: a RUDY TORRES 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: JULY 5, 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016090 Fictitious Business Name(s) a. WISE HEALTH COACHING Located at: 6331 ARMS LAKE AVE, SAN DIEGO, CA 92119 Is registered by the following: a CASSI A. BENAVIDES This business is conducted by: AN INDIVIDUAL he first day of business was: 6/30/22 Registrant Name: a CASSI A. BENAVIDES 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: JULY 16 2022. ISSUE DATES: JULY , 22, 29 , AUG 5 & 12

Bittersweet ending to Strikers winning season

By HECTOR TRUJILLO

San Diego Strikers head coach Ray Taila and Women's Premier League Commissioner Rich Sparling spoke over the phone last week to discuss the way the team's season came to an end on July 8 after their playoff match against Miss Kick FC at Mission Bay High School in Pacific Beach.

While no one can complain about a season that ends in a WPSL Plymouth Division title, their second in two seasons, along with the best regular season record in the conference, the story of the 2022 San Diego Strikers did not end there.

"Rich (Sparling) and I had a productive conversation where we discussed my point of contention as to what my impressions were

given prior to the playoff game," said Taila. "He then provided me a detailed email explaining his findings and how to prevent this type of miscommunication in the future."

At issue was whether or not the Strikers were promised a trip to regionals regardless of the result of the postseason match versus Miss Kick. The game ended in a 3-1 extra time loss for San Diego where Taila says that his substitutions and game plan were based on that perception.

According to Taila, the conversation went on for about 15 minutes and the email he received from WPSL commissioner Sparling included a section detailing that potential wild

card teams will now be notified in writing as to the scenarios in which they can expect a wildcard invitation.

"I was satisfied with what I heard and read from the commissioner," Taila added. "I was proud of my team and how they conducted themselves on and off the pitch."

The commissioner was emailed late last week for comment but as of press time, there was no comment provided. As for the current WPSL postseason picture, the final four teams are set to do battle this Friday, July 22, as California Storm takes on Nashville Rhythm FC in the first semifinal followed by Colorado Rapids Women facing off with SJEB FC in the second semifinal.



Strikers forward Kiera Bocchino shows a Miss Kick defender the hand as she takes possession of the ball at Mission Bay High School on July 8. PHOTO BY STEVE SIDELL

WAVE IN FIRST

Coming off a 0-0 draw at home against Racing Louisville on July 15 at Torero Stadium, first-place San Diego Wave now gets much of its star power back for the rest of the season with the conclusion of the CONCACAF Women's Championship on July 18. The Wave is back in action on July 30 when they take on third-place Chicago Red Stars at SeatGeek Stadium. San Diego sits on top of the standings with 22 points after 13 matches followed closely by Portland Thorns with 21 points after 12 games.

TORREY HOLISTICS

YOUR CANNABIS STORE

FREE DELIVERY

* CALL OR ORDER ONLINE *

TORREYHOLISTICS.COM

858-558-1420

10671 Roselle St. #100 | San Diego, CA 92121

C10-0000242-LIC

COMIC-CON DEALS!

LUCHADOR

HEAVY HITTERS

dosist

Fuss & Friends

dreamt

CHEMISTRY.

MINDSET CANNABIS

CLSICS

Dr. May

WYLD

GARCIA

QUELL

Mary's

CLAYBOURNE

TH

Valid 7/21 - 7/24. While supplies last. Cannot be combined with other offers. Some exclusions may apply.



Full Service Chimney Cleaning

ONLY \$99

reg. \$189

Includes full safety inspection

CALL TODAY:

619-593-4020

CHIMNEY SWEEPS, INC

SERVING SAN DIEGO COUNTY

FOR OVER 30 YEARS

RAIN, WIND, AND FIRE...

"The three menaces to any chimney, fireplace, or stove."

Every year there are over twenty thousand chimney / fireplace related house fires in the US alone. Losses to homes as a result of chimney fires, leaks, and wind damage exceeds one hundred million dollars annually in the US.

CHIMNEY SWEEPS, INC., one of San Diego's leading chimney repair and maintenance companies, is here to protect you and your home from losses due to structural damage and chimney fires.

Family owned and operated and having been in business for over 30 years, Chimney Sweeps Inc. is a fully licensed and insured chimney contracting company (License # 976438) and they are certified with the National Fireplace Institute and have an A+ rating with the Better Business Bureau.

For a limited time, readers of this paper will receive a special discount on our full chimney cleaning and safety inspection package with special attention to chimney water intrusion points in preparation for the rainy season.



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.

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

CROSSWORD PUZZLE

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18					19	
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35						36		37			
38	39									40				
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66						67				68		
	69							70						

- CLUES ACROSS**

1. Eurasian shrubs

7. Strikes and rebounds

13. Group of advisers

14. Modern necessity

16. Top lawyer in the land

17. Philadelphia university

19. Of I

20. Functions as a laser

22. Basketball phenomenon Jeremy

23. Famed island

25. Parent-teacher groups

26. Distributes

28. Self-immolation by fire ritual
29. Ad ____

30. Circulation problem (abbr.)

31. Brother or sister

33. A famous OSquad

34. Stage actor Anthony

36. Violent seizure of property

38. Saclike cavities

40. Sound units

41. Counts on

43. Dad

44. Woman (French)

45. A digital tape recording of sound

47. Polish Baltic peninsula

48. Recipe measurement
51. Requests out of dire need

53. Precious stone weight unit

55. The immaterial part of a person

56. Anoint

58. Golf score

59. Supernatural

60. Northwest Territories

61. Can be made suitable

64. A professor's helper

65. Having a toothlike edge

67. Got atop a horse

69. Judged

70. Static balance between opposing forces

- CLUES DOWN**

1. Flowing

2. Computer department

3. Lasts

4. DiFranco and Samsonyan are two

5. ____ de sac

6. Merchant

7. Hosts film festival

8. State of agitation of fuss

9. A way to praise

10. Opaque gems

11. McKinley is one

12. Smallest interval in classical Western music
13. Famed designer Lauren

15. Occupies

18. Small island (British)

21. Misuse of the sacred

24. Covers with a thin sheet

26. Most valuable player

27. Title of respect

30. Investigated discreetly

32. Belonging to the bottom layer

35. Black tropical American cuckoo

37. Music genre

38. Indicates one is in mourning

39. Secured forever

42. Bodily cavity
43. A dog is one

46. Chose to do something

47. Annoy persistently

49. Large hotel rooms

50. Beg

52. Docket

54. Subway dwelling rodent

55. Sources

57. Mild Dutch cheese

59. Spanish city

62. Consumed

63. Ballplayer's tool

66. Midway between north and east

68. Atomic #3

S	I	S	V	I	S		D	E	W	E	E	D	
D	E	T	D	O	V	S		E	L	V	N	E	D
V	I		E	T	B	V	I	D	V	D	V	I	N
E	I	R	E	O		R	V	D		E	T	E	N
T	U	O	S		T	E	V	C		S	G	E	V
D	S	L	I		T	E	H		T	V	D		E
		V	D	V	P				S	E	I	T	E
S	E	N	O	S						I	N	I	C
E	N	I	D	V					D	V	I	R	
D	O	W		B	I	S		R	A	S		C	O
I	T	V	S		S	E		T	W		S	V	I
S	I	T	E		N	I		T		S	E	S	V
R	W		V	A	O	N	V	T	I	I	A		G
R	E		T	D	V			E	N	I	I	E	R
S	W	O	R	V	C			S	C	V	I	I	

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



LIVE FROM SAN DIEGO – Music performances on the coast this week

By BART MENDOZA

SPOTLIGHT

San Diego has many great annual events, but there's nothing quite like Tiki Oasis, taking place on Aug. 3-7 at the Town & Country Resort. An immersive celebration of all things Tiki, island-themed and tropical, with a glamorous 1950s-1960s vibe, Tiki Oasis's five days include everything from pool parties to seminars on cocktail making to burlesque shows. Of course, one of the biggest draws is the music and organizers have once again put together a fun and eclectic bill. Among this year's two dozen performers are ska favorites The Aggrolites (above), rock and roll showman El Vez, surf combo Par Avion, theremin player Thea Triffid, Russian surf rockers Messer Chups, and garage punk sextet The Wyld Gooms. Now in its 21st year, Tiki Oasis remains the ultimate event for any Tiki aficionado or fan of retro-inspired music.

Tiki Oasis: Aug. 3-7 at the Town & Country Resort, 500 Hotel Circle N. \$35 & up. [tikioasis.com](#).

RECOMMENDED

Fans of 1970s pop gold won't want to miss Captain J and the Jive Crew, appearing on July 24 as part of the Concerts on the Green series at Kate Sessions Park. The band's yacht rock set is sing-a-long fun at its best, with evergreens such as "Sweet Caroline" and "Margaritaville" joining (slightly) deeper cuts such as "Sister Golden Hair" and "Lido Shuffle." Lead vocalist Troy Tinker does a great job on a far-ranging set of tunes, with the band, particularly drummer/background singer Rodney Elliot, really good at replicating studio productions on these classic songs.

Captain J and the Jive Crew: Sunday, July 24 at Pacific Beach

Concerts on the Green, 5115 Soledad Road. 4 p.m. All ages. Free. [pbtown-council.org](#).

Hard rock tribute band, Kisstroyer, performs at Humphrey's Backstage Live on July 26. Playing the best of iconic quartet Kiss' early material, the band plays their concerts in full costume, complete with makeup, lights, and jeweled instruments. Kisstroyer does faithful versions of classics such as "Detroit Rock City" and "Love Gun," with strong vocals and a clear passion for what they're doing. Kiss normally fills stadiums, so the combination of an intimate setting and excellent sound system at Humphrey's, will make this a special show for both diehard and novice Kiss fans.

Kisstroyer: Wednesday, July 26 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 8:30 p.m. \$5. [humphreysbackstagelive.com](#).

This month's Fourth Friday Jazz Series concert at the La Jolla Community Center on July 22, will showcase The Peter Sprague Trio, featuring two of San Diego's most accomplished musical siblings, guitarist Peter and saxophonist Tripp Sprague, alongside bassist Mack Leighton. Making this show a must for jazz fans, the performance will feature selections from Sprague's recent album, "The Blue Kind of Miles," consisting of new arrangements of the songs from Miles Davis' acclaimed 1959 album, "Kind of Blue." Sprague's new album is a worthy addition to his musical canon, but you won't want to pass up this rare opportunity to hear it performed live, where you can see Sprague and company create the magic onstage.

The Peter Sprague Trio: Friday, July 22 at the La Jolla Community

Center, 6811 La Jolla Blvd. 8 p.m. All ages. \$30. [ljcommunitycenter.org](#).

Touring in support of their new album, "Brightside," folk rock band The Lumineers stop in at Pechanga Arena on July 27. Fronted by the duo of Wesley Schultz (lead vocals, guitar, piano) and Jeremiah Fraites (drums, backing vocals), the Lumineers walk a fine line between folk, Americana, and indie rock. There is a melancholy tinge to the band's music that runs from their first hit, 2012's "Ho Hey," through to the new album's title track, with reflective lyrics that take The Lumineers a notch above many of their contemporaries. Gregory Alan Isakov and Daniel Rodriguez will open the night's concert.

Lumineers: Wednesday, July 27 at Pechanga Arena 3500 Sports Arena Blvd. 7 p.m. \$34 and up. [pechan-gaarenasd.com](#).

It's hard to beat the combination of sassy R&B/ blues vocalist Whitney Shay and the 14-piece JazzKatz Orchestra, performing at Dizzy's on July 29, under the direction of Chaz Cabrera. Just back from festival dates in Germany and France, Shay is currently one of the hottest blues singers on the planet, her recent album, "Stand Up," debuting at No. 1 on the Billboard Blues Chart. Most often, Shay can be heard singing the blues, but here she stretches out with classic jazz and pop songs ranging from, "All That Jazz" to "Fever." The band is just as hot, Cabrera's arrangements breathing new life into evergreens, with terrific interplay amongst the musicians. It's a shame there is no dancing at Dizzy's!

Whitney Shay & The JazzKatz Orchestra: Friday, July 29 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$25. [dizzysjazz.com](#).

UCSD AMPHITHEATER OPENS

UC San Diego will celebrate the opening of the Epstein Family Amphitheater in October with an inaugural lineup of performances at the new 2,650-seat open-air venue, with tickets on sale now. Located on the Central Campus trolley station on the UC San Diego Blue Line, the Epstein Family Amphitheater creates a

welcoming entrance to the university. The venue is a showcase for performing arts, featuring local and international talent in everything from large-scale rock concerts to classical quartets and theatrical dance. More information at [amphitheater.ucsd.edu](#).

THE CONRAD

Just in time for SummerFest

2022, chef Giuseppe Ciuffa of GRNFC Hospitality has signed an exclusive five-year contract with La Jolla Music Society to provide onsite food and beverage and catering services at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. in La Jolla.

READ MORE ONLINE AT [sdnews.com](#)

Del Mar Racetrack kicks off summer season

The famous seaside track will welcome fans back to Del Mar Racetrack for its summer season on Friday, July 22 with Opening Day celebrations and will run through Sept. 11. For the first time since 2019, Del Mar's Grandstand will also operate at full capacity throughout the season. Opening Day festivities and the first two weeks of events are below:

- Opening Day – Friday, July 22 marks the start of an exhilarating season featuring the best in racing, fashion, food, and culture. Attracting thousands of locals and visitors alike, the West Coast tradition will feature fan-favorite events like the Hats Contest (11:30 a.m.-3 p.m.), the return of the Opening Day Party, and the exclusive After Pony Party. Opening Day will have



Rebecca Smith of Encinitas waves to the crowd after being announced as the winner of the 2021 Del Mar Opening Day Hat Contest. Smith wore a custom red rose hat designed and made by Christine A. Moore.

PHOTO BY THOMAS MELVILLE

a limited attendance to enhance the fan experience and tickets are now sold out, but fans can purchase tickets to the races on Saturday and Sunday.

- Free & Easy Thursday – Every Thursday starting July 28, Diamond Club members can enjoy this exclusive perk at the racetrack. Receive free Stretch Run admission, a free program, and a free seat. Guests can receive other frequent perks as a Diamond Club member by signing up on the Del Mar mobile app.

- Friday Happy Hour – Beginning July 29, enjoy Friday Happy Hour and receive half off all Del Mar's signature drinks until two hours after the first post. This offer excludes Turf Club restaurant and bar.

READ MORE ONLINE AT sdnews.com

Save Water!

Emeritus Irrigation Repair Services
William Merrill
858 220 8465

I am a retired landscaper. I do small scale Irrigation repair and upgrades. I leave the big jobs for contractors. I do leaky valves, geysers, conversions to stream sprays, and weather adjusted controllers. I do all types of Irrigation.

COMPLIMENTARY
Home Price Estimate
Interested in finding out what your home is worth in today's market?

Visit this website:
WWW.THINKBRIAN.COM
or call me direct:
619-300-5032

BRIAN J LEWIS
I'm a San Diego area expert and I'd love the opportunity to earn your business!
DRE #01440201

COMPASS



CASH OFFER
24 HOURS
858-414-5478

THE
MAVIN GROUP
WEST

DAVID R. INDERMILL
BROKER-OWNER PROFESSIONAL REPRESENTATION SINCE 1998 DRE-01232827

“ Not one realtor or broker believed I could get 3 million for my house except David. They were all trying to convince me to sell it for less to get rid of it. And I mean they were saying in the low 2s and that is not going to happen. I was trying to find the impossible, someone who knew a lot of investors, who had cash offer clients since no bank would give anyone a loan with an uncompleted house. Since my house was the impossible to sell, I needed someone who wasn't going to be afraid and had experience selling homes like mine. Not your typical run of the mill home. I saw David's ad and it was not like any ads I've ever seen before. It was like he made the ads for me. He had cash buyers and investors, not your typical broker agent which was just what I was looking for. Broker David Sold my home for \$3,000,000 Cash during the middle of the pandemic. —Doris 7520 Mar Ave La Jolla Ca 92037 ”

To SELL your property FASTER for more CASH! Contact Broker David Now!

TRUSTWORTHY BROKER - EXPERT NEGOTIATOR - EXPERIENCED AND CLIENT DRIVEN

THEMAVINGROUPWEST.COM

PROFESSIONAL REPRESENTATION SINCE 1998



OPEN SAT 7/23 11-2PM



4767 Ocean Blvd #410

Wake up to spectacular panoramic views of the ocean and coastline from this rarely available condo at Capri by the Sea. This 4th floor unit gives you the ability to watch all the fun on the beach and surfers in the ocean or simply look at only the water. It features two Juliet-style balconies off the living room and main bedroom where you can view incredible sunsets every night and fall asleep to the sounds of waves crashing. The complex boasts a pool, spa, security, and rooftop with BBQ area and 360-degree views. This is the only oceanfront condo complex in North PB right along the boardwalk around the corner from shops, restaurants, bars, and entertainment. The home would be ideal for a vacation rental, 2nd home, or a combination. **\$1,800,000**



Patrick Cohen

DRE#: 01936110

818.634.3355

PatrickSellsSD.com





MARK JENKINS

BEACH SPECIALIST

Here for all your
Real Estate Needs

858.212.7355

sellingdreamhomes@gmail.com DRE#01295923



COLEMAN

MOVING SYSTEMS INC.

Office/Residential | Free Wardrobe Use | Piano Moving
Last Minute Moves | Packing/Unpacking
Discount Packing Materials | Moving all over CA, AZ, NV
7 DAYS A WEEK | FREE ESTIMATES FAMILY OWNED SINCE 1979

619.223.2255

STU AND MATT COLEMAN

BBB MEMBER | INSURED LIC #CAL T-189466



Ask Me About
Real Estate!

Find your place in the Sun!

John Shannon

Call (858) 225-8213

www.SolaceRealty.com

Upsizing, Downsizing or Beachsizing? Call John!

DRE 01928641 NMLS 1996658



1885 Diamond St. Unit 329

1 BD | 1 BA | 653 SQ. FT.

Coveted top floor unit in the resort-like setting of The Plaza. Enjoy vaulted ceilings, Northern and Southern exposure light offer all day brightness, views of Kate Sessions and cool ocean breezes. The Plaza offers 4 pools, a fitness center, billiards room and more. Walkable to everything PB has to offer and a short bike ride to the ocean or bay. Don't wait; start living a laid back beach lifestyle in a resort-like setting now!

Call NOW for more information or a private showing.

JUST LISTED



COMPASS

Scott Booth 858-775-0280 isellbeach.com

DRE#01397371

4688 Cass Street, San Diego, CA 92109

JUST LISTED!



1627 Hornblend St 92109 Pacific Beach

3 Bed / 3 Bath / 1608 SqFt.

Built in 2017, this highly sought-after Pacific Beach townhome embodies an elevated coastal lifestyle. Tastefully designed with top-notch finishes throughout, this residence offers 3-bedrooms and 3 full baths with over 1,600 sqft of living space. With an emphasis on privacy, this property features a bedroom and bathroom on each level, leading to the top floor primary suite equipped with a walk-in closet, large modern bathroom and a spacious walk-out patio featuring an additional storage room or potential office space. Bonus highlights include owned solar panels, central A/C and forced heating, gas cooking, tankless water heater, a cozy living room fireplace and 1 car garage with interior access + 2 off street parking spaces.

Priced at 1,299,000

MARK JENKINS 858.212.7355

sellingdreamhomes@gmail.com DRE#01295923







Direct Waterfront Duplex in Mission Beach



3363 Ocean Front Walk ,
Duplex | Two 3BR/3BA units

Direct waterfront duplex in the heart of Mission Beach featuring two 3-bedroom, 3-bathroom homes each with mesmerizing whitewater, coastline, and sunset views. Contemporary architecture and clean finishes define the property, and each home enjoys a dedicated 1-car garage, 1-car carport, and outdoor shower. Rental income for 2021 was \$303k!

Offered at \$5,850,000

TEAM

CAIRNCROSS

REALTORS®

Local Listing Agents Since '65



(858) 859-3370 • TeamCairncross.com



BERKSHIRE HATHAWAY HomeServices California Properties

DRE 00859218

DEWHURST & ASSOCIATESSM

GENERAL CONTRACTOR • LIC. NO 381927

EST. 1929



LA JOLLA - 7533 GIRARD AVE. - P.O. BOX 574 - LA JOLLA, CA 92037

TEL (858) 456-5345 - FAX (858) 454-0180

WEBSITE: HTTP://www.dewhurst.com



LA JOLLA VILLAGE NEWS

READERS CHOICE AWARDS

RETAIL/SERVICES

2021

Identifying the various social determinants of mental health at UC San Diego



Doing it
Better

By Natasha Josefowitz, Ph.D.

I recently received an email from Dr. Dilip Jeste stating that after serving 36 years at the University of California San Diego (UCSD), including nearly two decades as director of the Stein Institute for Research on Aging (SIRA), he was retiring from the university. In this new phase of his life, he intends to focus his research on the Social Determinants of Mental Health (SDoMH). As you might imagine, this was “bad” – or at least, bittersweet – news for the SIRA, but wonderful news for the world of SDoMH.

While at SIRA, Jeste was instrumental in promoting interdisciplinary programs focused on healthy and successful aging, as well as age-related illnesses. In addition to supporting research, the Stein Institute fosters training and education in geriatrics and gerontology. Beyond medical research, SIRA addresses the major challenges facing society as it prepares to accommodate a rapidly expanding demographic of older adults in terms of technology, housing, and age-friendly communities.

In the past year, Jeste became increasingly interested in research on how social connections, education, stigma, and climate, among other factors, impact mental health. He was appointed by Dr. Vivian Pender, the president of the American Psychiatric Association (APA), to be the chair of a new national task force on SDoMH. The task force prepared a paper on this topic with the goal to expand its scope nationally and beyond. The Royal College of Psychiatrists in the U.K. has also been interested in joining this effort.

My initial reaction was to think of Gestalt Therapy with its focus on the social and environmental aspects of a person’s life and the self-regulatory adjustments people make given their overall circumstances. Gestalt Therapy was developed by Fritz Perls in the 1940s and ’50s. One of Gestalt Therapy’s central ideas is that everyone is caught in webs of relationships; thus, it is only possible to know ourselves against the background of our relationships with others. Jeste is embarking on a very wide expansion of the concept of the various facets of the environments as they impact not only therapy but general mental health.

In a 2008 report, a World Health Organization (WHO) commission on the social determinants of health would achieve a major milestone in medicine by officially recognizing the impact of social factors on health and illness. The report included non-medical factors, such as nutrition, education, employment, and living

environments as they impacted health inequalities; this list has since grown to include dozens of proposed social determinants.

Recently, the United States declared 2021–2030 as the Decade of Healthy Aging, encouraging a global collaboration to improve the lives of older people and their families and communities. This is indeed timely, as older adults remain the population most directly affected by the COVID-19 pandemic. Some of the age-related SDoMH concepts include ageism (defined as stereotypes), prejudice, and age-based discrimination. Ageism can be institutional, interpersonal, and even self-directed; its effects are detrimental to the individual, community, and society. Older adults with mental illnesses are even more impacted by several types of SDoMH, such as stigma against mental illness, healthcare disparities, a flawed criminal justice system, and homelessness.

Social isolation and loneliness are other significant problems for older adults. Exacerbated by the pandemic, the loss of family members and friends has subsequently increased overall rates of morbidity and mortality. Loneliness can lead to general anxiety disorders, major depression, dementia, and accelerated aging. Older adults are less able to use technology to interact with family, thus exacerbating feelings of distance. A recent study found that 76 percent of adult Californians are experiencing moderate to severe loneliness associated with worse mental and cognitive health.

Today in the U.S., we are also dealing with the geriatric workforce shortage. There is a growing gap between the need for and the availability of geriatric expertise. The number of doctors going into geriatric medicine and geriatric psychiatry has been dropping due to both poor reimbursements and an unmanageable volume of cases.

What is most important in any endeavor to improve mental health is to identify the issue(s). Recognition leads to awareness, which in turn leads to action. I am hopeful that roadmaps to both addressing the various problems as well as initiating innovative solutions will materialize. I wish Jeste success in this new adventure!

Addendum: This column is based on both excerpts and paraphrasing of three articles with Jeste as lead author: “Battling the Modern Behavioral Epidemic of Loneliness,” JAMA Psychiatry, 2020; “Social Determinants of Mental Health: Recommendations for Research, Training, Practice, and Policy,” JAMA Psychiatry, 2022”; and “Social Determinants of Mental Health for the New Decade of Healthy Aging,” American Journal of Geriatric Psychiatry, 2022.

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.

SUMMER READING PROGRAM

Pacific Beach Taylor Branch Library at 4275 Cass St. is holding a summer reading program. All readers – kids, teens and adults – are invited to attend fun programs and earn prizes when you log that you’ve read 10 books or 10 hours from now through Aug. 31, or completed special activities. Register at sandiego.gov/SummerReading.

LJ POOL REMODEL

Plans to renovate the Coggan Family Aquatic Complex with its Olympic-size swimming pool on the La Jolla High School campus at 750 Nautilus St., originally planned to begin this

summer, have been postponed a year. Higher than anticipated costs are causing the project to be downsized and new funding sources to be sought. The swim complex, which opened in 2002, will remain open the rest of this year.

FLICKS ON THE BRICKS

The Athenaeum Music & Arts Library at 1008 Wall St. in La Jolla is holding an outdoor film series titled “The Lubitsch Touch,” classic films curated and presented by KPBS film critic Beth Accomando on Thursdays on Aug. 11, 18 and 25 at 7:30 p.m.

READ MORE ONLINE AT sdnews.com

PLANNING TO BUY OR SELL THIS YEAR?



COASTAL BUYER INCENTIVES*
1031 EXCHANGES | INCOME UNITS
BEACH HOMES | WATERFRONT
PACIFIC BEACH, MISSION BEACH, LA JOLLA

CONSISTENT RESULTS IN ACHIEVING YOUR GOALS!



DRE #01244302

HELEN SPEAR RE/MAX
YOUR NEIGHBORHOOD COASTAL
COASTAL SPECIALIST
619.813.8503
PBListingSpecialist.com



CONCIERGE SERVICE



RE/MAX
The Collection
Fine Homes & Luxury Properties

SELLERS: FREE HOME PREP W/ YOUR LISTING*

CUSTOM MARKETING | LUXURY STAGING
AERIAL PHOTOS | VIDEOS | MATTERPORT
UNSURPASSED NEGOTIATIONS

*CALL/TEXT OR VISIT MY NEW OFFICE FOR DETAILS OR MEETING

Moody Girls Day Out summer fashion show at the Hub



Fashion Files

Diana Cavagnaro

MARALOVE presented its Moody Girls Day Out at Westfield Mission Valley on July 9. This summer fashion show began with a sparkling reception in the Macy's Home Courtyard sponsored by Topo Chico. All guests were treated to the Topo Chico seltzer, a swag bag, and a free raffle ticket for amazing giveaways. A lounge booth provided photography for the step and repeat photo opp with the backdrop of Mariel Méndez's artwork.

Méndez is a San Diego artist who has presented many collections with her artwork. The names of a few are "Color Attraction," "When Fashion Meets Art," and "Moody Girls."

She has also combined fashion and art by creating handpainted apparel. She selects unwanted pieces of clothing and adds her artwork to them such as blazers, dresses, and coats. By adding her distinct style of art to the upcycled garments she is being environmentally conscious and creating one-of-a-kind pieces of clothing.

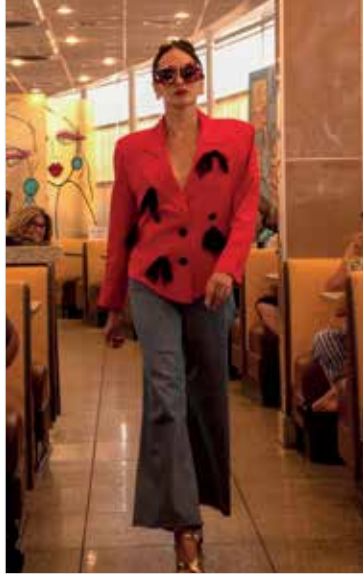
The fashion show was held at the Hub in the Courtyard.



Ileana Méndez (sister) and artist/designer Mariel Méndez

When guests walked into the event space, they were greeted with inviting tunes by DJ Mason Dyer and a room surrounded by jumbo paintings of MARALOVE artwork. Everyone sat in the surrounding booths in anticipation of the show.

The models began parading around the room showing off their hand-painted clothing. These outfits were beautifully styled with jewelry, handbags, and shoes by Liese Victoria, the creative director of the fashion show event. Fabric and tulle bows were added to some of the shoes for an added touch. The crème de



Model wearing MARALOVE.

la crème were the dark glasses encrusted with jewels. They were not trend accessories but style accessories that made the outfits.

The finale ended with evening wear that consisted of floor-length sequined gowns. When the models strutted around the room they received a huge round of applause from the crowd along with "oohs" and "aahs." The last model came down the runway hand in hand with Méndez.

Afterward, rolling racks were wheeled out with MARALOVE clothing so that the audience could do some serious shopping with the artist. A hustle and bustle began and everyone had a



Sequin evening wear.

great time shopping.

Méndez also had some art for sale along with collectible enamel pins, which are designed with motivational phrases of love and self-esteem. If you missed this fun day, visit her website at maraloveshop.com.

UPCOMING EVENTS

July 29-30 – The 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.

July 29-31, 5-10 p.m. – San Diego Swim Week (SDSW). A two-day fashion show and shopping



Finale gown.

PHOTOS BY DIANA CAVAGNARO

experience. Fashion show Friday on Runway 1 and Saturday on Runway 2. Time: 6 p.m. Red Carpet: 10 p.m. Located at LUCE on Kettner on 2310 Kettner Blvd. For tickets, visit sandiegoswim-week.com.

Aug. 5 – Ten's Across the Board Fashion Show from 7-9 p.m. at San Diego Dance Headquarters at 5035 Shawline St. For tickets, visit TensAcrossTheBoard.eventbrite.com.

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 – Patrons 'toast' POP 'Under the Desert Sun'



Prado chairs Kimberly Alessio and Caroline Wohl – photo by Gilda Adler

By MARGO SCHWAB

One of the coolest events happened for the 25th time at the Balboa Park's historic Spreckels Organ Pavilion as Patrons of the Prado (POP) and guests reveled with the hottest 'Under the Desert Sun' / Palm Desert-esque theme. POP "Bucks4Buses" programs fund provide key educational opportunities for Title 1 school children to visit, learn, learn more, and be inspired!

Patrons of the Prado beneficiaries include Fleet Science Center, Mingei International Museum, Museum of Photographic Arts, Museum of Us, The Old Globe, San Diego Museum of Art, and Timken Museum of Art.

Get a social shout out in my next column. Be the first to correctly identify my classic pleated gown designer on the cover shot. Send answers to mschwab@san.rr.com... 'Til next time!



Dr. Jacqueline Denysiak and Dr. Arkady Komsoukianants – photo by Gilda Adler



Amy Vanderheyden, Christy Billings and Emily Rex – photo by Gilda Adler



Dr. Reid Abrams, Micki Olin, Robin and Gordon Carrier – photo by Gilda Adler



Kristi Pieper with Don and Kathryn Vaughn – photo by Gilda Adler