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Fall Fest at Belmont Park

SEE PAGE 11



Parking district board election

SEE PAGE 3



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# HERE COME THE BUCCANEERS

SEE PAGE 6

The Mission Bay Buccaneers take the field for their home opener against El Cajon Valley, which they won 27-13. After beating Mar Vista 52-6 last week, Mission Bay looks to continue their impressive start to the season on Saturday, Sept. 3, as they play host to San Diego High School at 6:30 p.m.

PHOTO BY DALE EDWARDS

## New sidewalk vending ordinance can take effect in beach areas

By DAVE SCHWAB

District 2 Councilmember Dr. Jennifer Campbell said on Aug. 26 she met with the California Coastal Commission to help the sidewalk vendor ordinance move forward so it can be implemented citywide. As a result, she noted the commission has asked the City of San Diego to withdraw the pending request for review to avoid confusion on the ordinance's implementation timeline. By withdrawing the

“What's been lost is the public's access to our parks, boardwalks, and walkways.”  
- Larry Webb, Mission Beach Town Council president

request for review, the ordinance can take effect citywide after the City Council approves the changes (later this year).  
“From the start, I worked closely and negotiated the terms of the

sidewalk vendor ordinance with community members, and I met with the Coastal Commission to ensure the ordinance went through the due process,” said Campbell. “I want to thank the

Coastal Commission for helping the sidewalk vendor ordinance move forward so that it can be implemented citywide, including in the beach areas.”  
The president of Mission Beach Town Council is pleased that street vending along the coast will not now be subject to Coastal Commission review before its implementation, but argued the City could have – and should have – done that back in June.  
“The real thing that sometimes gets lost in this whole issue is the

public's right to beach access,” said Larry Webb, MBTC president, who called for immediate City enforcement of the new street vending ordinance along the coast at a June 14 press conference. “That is supposed to be the Coastal Commission's mission, to protect the coast. What's been lost is the public's access to our parks, boardwalks, and walkways. To me, that is the most important issue.”

See VENDING, Page 9

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# Scripps scientist's research shows more volatile weather for Southern California

By DAVE SCHWAB

**A** research team led by a Scripps climate scientist has found evidence that the risk of hazardous weather is increasing throughout the Southwest and Southern California.

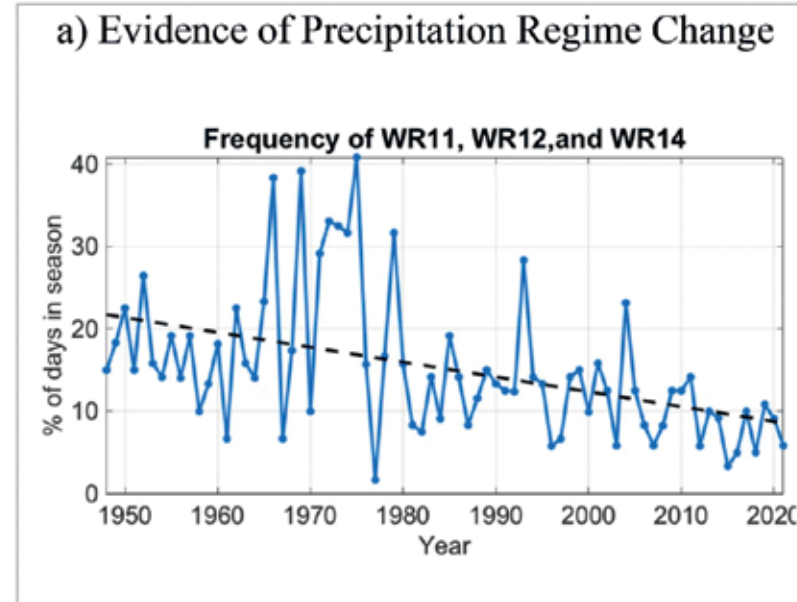
"What we were working with was 70 years of weather records that went back to 1949," said Kristen Guirguis with the Climate, Atmospheric Sciences and Physical Oceanography Department of Scripps Institution of Oceanography, University of California, San Diego.

"We looked at weather changes in Southern California with a focus on precipitation in the winter-time associated with atmospheric rivers. Climate model projections for the future indicated we are likely to experience more frequent dry days, and more intense precipitation days."

Guirguis said the likely consequence of that trend is that "we will be expending more of our water resources that come from these really intense atmospheric river storms, which are becoming stronger due to climate change. The implication is that if these weather patterns occur when the vegetation is dry, the threat of wildfires will increase."

Atmospheric rivers are seasonal streams of moisture in the sky, which are prevalent in California in the winter. The state already has the most volatile water resources in the country.

Scripps scientists have discovered that the state's precipitation, as it becomes less frequent but stronger due to atmospheric



ivers, will fluctuate even more between extremes of drought and flooding, as a consequence of climate change.

The Mountain snowpack, which historically has portioned out water from melting snow in California during summer, will be less of a water resource in the future because of atmospheric rivers.

Atmospheric rivers are warm storms with high snow levels. They are becoming wetter as they warm, causing even more precipitation to fall as rain and less as snow. It will fall in progressively less frequent – but more extreme – bursts requiring more adaptive reservoir management based on better atmospheric rivers forecasting.

The Scripps study also revealed the prospect of worsening droughts.

"This study suggests that weather patterns are changing

in a way that enhances hot, dry Santa Ana winds while reducing precipitation frequency in the Southwest," said Guirguis. "These changes in atmospheric circulation are raising the risk of wildfires during California winters."

The study, "Winter wet—dry weather patterns driving atmospheric rivers and Santa Ana winds provide evidence for increasing wildfire hazard in California," was published in the journal *Climate Dynamics* on July 17, 2022.

The research team identified 16 recurring weather patterns that are created daily with the interaction of the dominant atmospheric circulation patterns over the Pacific Ocean, and how they interact with each other. One product of the work was a summary of California weather patterns from 1949 to 2017.

The study revealed the patterns

associated with the formation of dry gusty Santa Ana winds that often stoke Southern California fires are becoming more frequent. Meanwhile, patterns associated with what might be considered "normal" rainfall are decreasing in the Southwest, thus promoting drought.

However, patterns associated with extreme precipitation and strong atmospheric river episodes have remained steady over the study period. The researchers noted that while the patterns associated with heavy precipitation and strong atmospheric rivers have not changed in frequency, a warmer atmosphere is capable of holding more water. So these storms are becoming more damaging.

Guirguis said the results of their climate study are "more evidence of increasing volatility in California's climate," while adding "there has been other research

showing this to be the case."

The climate scientist warned of the growing threat of a combination of weather disasters.

"In any given winter, the potential for wildfires and floods to occur back-to-back just seems to be something that is increasing in likelihood," she said. "That presents the possibility that if you have a fire, followed by an atmospheric river, then you can create the possibility of a mudslide – which can be quite devastating."

Concerning climate change, Guirguis characterized the evidence as being "overwhelming." She noted it is important for the government to "take dramatic steps to reduce greenhouse gas emissions," as well as to "think about adapting and preparing for the types of extreme weather that we are going to be experiencing. We should just take action now while we can."

## Wildlife photographer Tom Mangelsen releasing new book

By DAVE SCHWAB

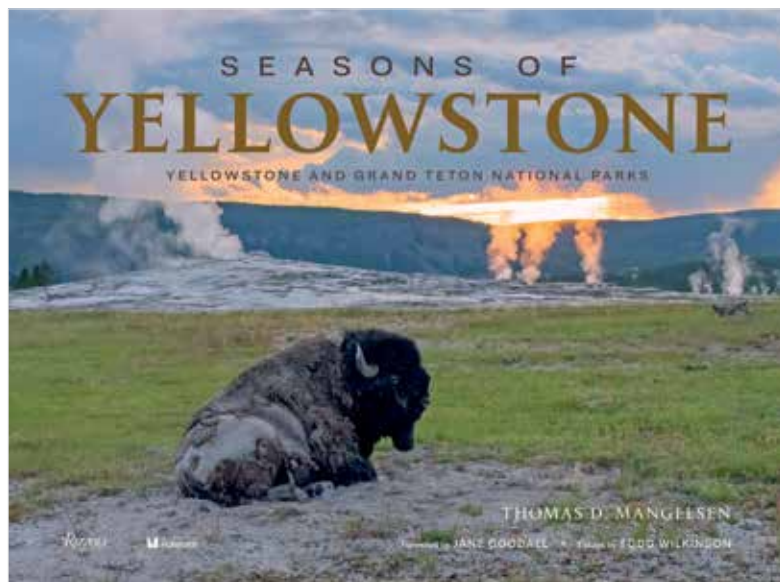
**R**enowned wildlife photographer Tom Mangelsen, who has a La Jolla gallery, is coming out with his eighth coffee table book in early October titled "Seasons of Yellowstone and Grand Teton National Parks."

Mangelsen, whose Images of Nature Gallery is at 7916 Girard Ave., is also working on a new coffee table book, due out next spring, which is a sequel to "Grizzlies of Pilgrim Creek," about the life of a grizzly bear mom dubbed 399 and her cubs in Yellowstone.

Both national parks are virtually in the backyard of the 76-year-old wildlife photographer, who lives on the edge of Grand Teton National Park, surrounded by it on three sides.

Mangelsen has traversed the globe shooting wildlife in their natural habitats: polar bears in Alaska, tigers in Asia, breathtaking landscapes in Antarctica, and waterfowl in his native Nebraska. He and his work were profiled in 2018 in an episode of "60 Minutes" by Anderson Cooper.

Of his latest wildlife



photography book, Mangelsen noted it is about the seasons and the ecosystems of Yellowstone and Grand Teton National Parks, focusing on their well-known native wildlife.

"You find the same species, like the bison, in all four seasons with their young in the spring all the way through the winter standing in 3 or 4 feet of blowing snow, with the animals repeated in the different seasons with their babies and then juveniles," he said.

Discussing how his latest book

came about, Mangelsen said: "Yellowstone was the first real natural park in the world, created in 1872, and this year is its 150th anniversary. My publisher called me and asked me about doing another book for the park's 150th anniversary. We actually set aside this next bear book to do that."

Having photographed the world's remaining wildest places for half a century, Mangelsen commented: "Unfortunately, our forefathers who set aside

Yellowstone and Grand Teton, never imagined there would be 4 or 5 million people visiting Yellowstone in 2022. If they'd known, they'd have set aside more land, because we could certainly use more parks, which are all getting overcrowded, and somewhat loved-to-death in a way."

Concerning his origins as a wildlife photographer, Mangelsen, was the second of four sons born to the owner of a five-and-dime store in Nebraska. His father was an avid bird hunter and fisherman. "I was probably the closest son that loved all that – so it's all his fault," he joked.

Mangelsen worked at the family business, along with his brothers, early on, but sought a career path far less well-traveled after being exposed by his dad and others to the natural world of waterfowl on the Platte River in Nebraska.

"I hunt with a camera today, I don't need to go fishing or hunting anymore," noted the wildlife photographer, who is a staunch conservationist who spends much of his time still out in the field. "Last year, I was out 150 days looking for (grizzly) 399 and her offspring and their families," he

said. "This year, I spent 84 days in the field after 399 had her four cubs, which is rare, and all of them survived."

Concerning global warming, Mangelsen's experienced it firsthand. "There is so much evidence all around, the massive fires in California and floods in Kentucky," he pointed out. "I've given up trying to convince people if they're so hard-headed that they can't see what is obvious to so many people. I've seen glaciers in Antarctica 15 years ago, when I went back five years ago, the glaciers were all gone; they had melted. With all the climate change I've seen, anybody in their right mind would not doubt, not believe."

Looking ahead, Mangelsen, whose favorite place to film in North America is Alaska and hasn't been there since 2020, is anxious to return there. But right now, he's content to be working on his next book, and a potential documentary, on 399, who is getting older, and her most recent batch of cubs. "I'd like to go back to India and photograph tigers," Mangelsen said adding, "I've been all over the world the last 50 years."



# Election for Pacific Beach’s parking district board set for Oct. 11

By DAVE SCHWAB

**T**hough most details have yet to be worked out, a year-long pilot parking meter program approved by the City on a portion of Garnet Avenue will begin with the election on Oct. 11 of four at-large community members to Pacific Beach Community Parking District.

PBCPD will serve as the advisory board to the Parking Management District and will function as the place to discuss and implement parking programs. Discover Pacific Beach, the community’s business improvement district, will provide administrative support, financial management, logistics, office space, staff support, and other services as needed to meet City Council Policy 100-18.

That policy provides a mechanism whereby communities unable to meet existing parking demands may devise and implement parking management solutions to meet their specific needs and resolve undesirable parking impacts. This policy anticipates that such communities, at their initiative, and with the approval of the City Council, can be responsible for establishing and managing a Community Parking District.

“We are still waiting for it (PBCPD) all to go through permitting, which is out of our hands,” said Sunny Lee, executive director

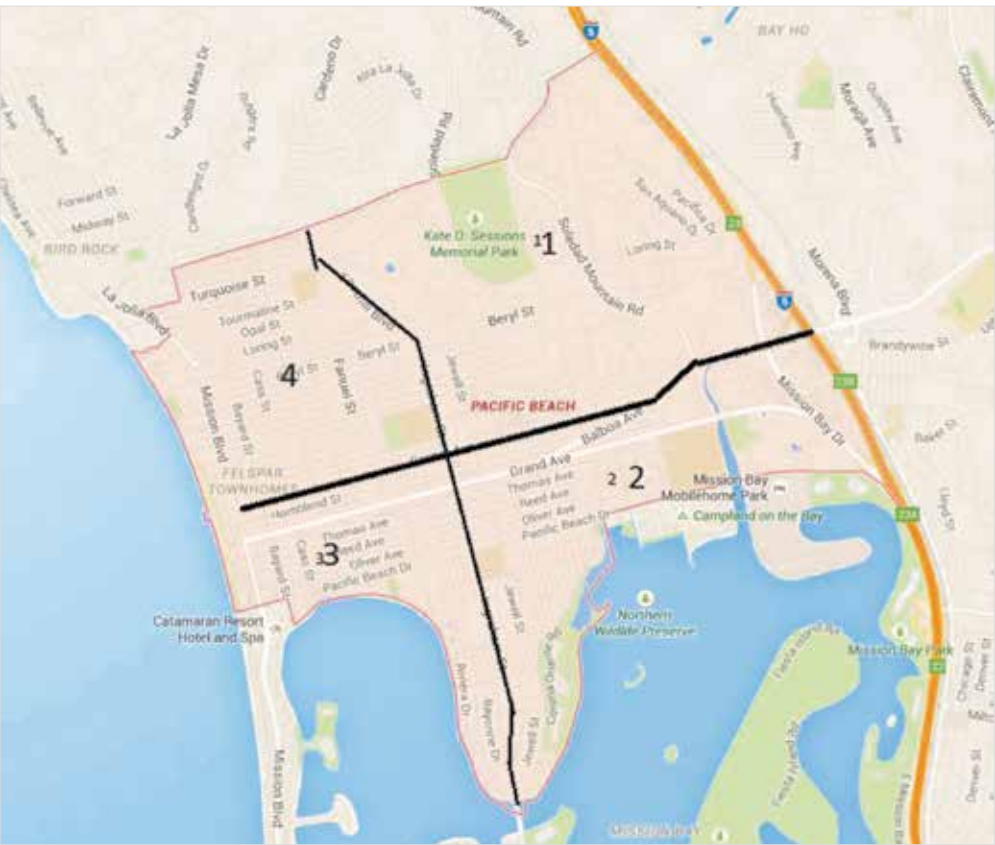
of Discover PB adding, “The types of meters (used) will be tandem meters with bike-rack sleeves.”

Lee said the parking district is still in the permitting stage, so it is unknown as yet when the pilot metered parking program will begin. “It will cost the same rates that are used throughout the City,” said Lee.

On-street meters in the City are normally enforced from 8 a.m. to 6 p.m., Mondays-Saturdays. Meter parking is \$0.25 per 12-15 minutes. Parking is free outside these hours. Vehicles cannot park on street for more than 72 hours. Off-street parking rates vary rather considerably. One hour of parking can cost between \$3-\$10, while 24-hour parking can cost from \$10 to \$30.

Lee added it is premature to say much else about the parking district being created until after the October election of the community board overseeing the parking meter pilot.

PB area business license holders and residents are invited to run for election as PBCPD board members. Nominations are currently being solicited for four at-large



At-large delegates will be from the four quarters of the community, divided by Garnet Avenue and Ingraham Street.

seats on the 13-member board. At-large delegates will be from the four quarters of the community, divided by Garnet Avenue and Ingraham Street.

At-large delegates must be residents or business owners within the Pacific Beach Community Plan Boundary and the quartile of the neighborhood they wish to represent, and must submit to the

committee a petition signed by 15 residents, businesses, or property owners inside their respective quadrant, accompanied by the sufficient contact information, from within the Pacific Beach Community Plan Boundary.

The nomination petition must be submitted to the PBCPD at the next Discover PB meeting to be held Oct. 11 at 5:30 p.m. either in

person (at 1503 Garnet Ave.) or by emailing [sunny@pacificbeach.org](mailto:sunny@pacificbeach.org) and attending the Zoom meeting.

Approved unanimously by the City Council on July 20, 2021, the parking pilot has proposed putting 321 high-tech metered, two-hour-or-less-time-limited parking spaces on Garnet Avenue. The pilot plan would be limited to the densest part of Garnet’s commercial district.

The City Council action caps a years-long quest by some merchants, local residents, and community planners in PB who contend paid parking is a management solution and tool that will help solve traffic problems. Supporters claim paid parking will provide a continuing revenue stream for Pacific Beach that stays in the community and can be used to fund community-improvement projects.

However, concerns remain among some community residents who fear the paid-parking pilot could displace parking for residents, negatively impact their quality of life and be self-sustaining from here on in.



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## Phyllis Maxine LaFon Strand Obituary



After many years struggling with the effects of dementia, Phyllis Maxine LaFon Strand passed away quietly in her sleep in La Jolla, California on January 9, 2022.

She is remembered as a brilliant woman of energy. She loved life and grasped it in both hands with enthusiasm.

A long time resident of Pacific Beach, she was a faithful and steady member of the local Kiwanis' Service Club. She participated in fund raisers, organized speakers, presented scholarships to young adults, and was past president of the club. She is remembered there with fondness. She was an usher at La Jolla Presbyterian Church for many years. She enjoyed meeting her friends for coffee after the service, singing hymns, listening to a good sermon, participating in events, and was active in her church's senior ministries.

As a native of Southern California, the ocean was very important to her. She was most comfortable when she lived within a short walk from the beach. She could often be heard encouraging others to walk along the coast, breathing in the negative ions and inhaling the healthy sea air.

She held herself to high standards and passed that trait along to her children, encouraging them to always do their best. To her, there was always someone interesting to meet and some new place to explore.

Her children are grateful to her for the abundance of life skills she taught them. She gave them an appreciation of art, music, cooking, traveling, sewing, crafting, architecture, brisk walking, entertaining, laughter and a keen interest in learning new things.

She is survived by her five children, eight grandchildren, and eleven great-grandchildren all of whom miss her in their lives.

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In-person at Vision: 3780 Mission Gorge Place, Suite H or on Zoom: must register on website. This is a hybrid event. Those attending by Zoom must register at:

[hemlocksocietysandiego.org](http://hemlocksocietysandiego.org)

## How does the new CalSavers retirement plan work?

**C**alSavers is a law that took effect June 30 mandating all California business owners with five or more employees to provide a retirement plan to their employees or be subject to fines of up to \$750 per eligible employee.

CalSavers was created to address retirement insecurity for all workers, as more than half of private-sector workers lack access to a retirement plan at work. It is designed to make it easier to save for retirement. CalSavers has a simple, understandable menu of investment options, portable accounts, and an accessible, multilingual client services team.

The non-compliance penalties of \$250 per employee will be levied on employers by the CalSavers Retirement Savings Board in partnership with the Franchise Tax Board, following dozens of notifications sent by letter and email from the program since it launched three years ago.

Non-compliant employers will be penalized \$250 per employee upon the first penalty notice and, if noncompliance persists another 90 days, an additional \$500 per employee, for a total of \$750 per employee for sustained non-compliance.

In 2012, California was the first state in the nation to pass legislation establishing an automatic enrollment retirement policy for private-sector workers who lack access to work-based retirement plans. CalSavers seeks to facilitate the largest expansion of retirement security since the advent of Social Security in the 1930s and is already a model for a growing number of states seeking to establish a similar program. To register, or learn more, visit [calsavers.com](http://calsavers.com).

(Q&A with Arthur Q. Johnson, CFA, president/CIO of Mundoval Capital Management in La Jolla. A member of the CFA Institute and the CFA Society of San Diego, he founded Mundoval in 2002 to assist family, friends, and clients in managing their wealth.)

### **Q. HOW DOES THE CALSAVERS PLAN WORK?**

A. The CalSavers plan is a payroll-deducted Roth IRA that is run by the state of California. If an employer adopts the CalSavers plan, all of their W-2 employees are eligible to participate (including part-time workers). The program is auto-enrolled at 5%, which means that unless employees proactively opt out they will be automatically enrolled to contribute 5% of



Arthur Q. Johnson, CFA, president/CIO of Mundoval Capital Management

after-tax income to the plan.

### **Q. WHAT FEATURES ARE INCLUDED IN THE CALSAVERS PLAN?**

A. The CalSavers plan includes the following features: Auto-enrollment at 5% (i.e. employees will be automatically enrolled to contribute 5% in the plan unless they proactively opt out annually); Auto-escalation (i.e. employee contributions will be automatically increased by 1% annually (up to 8%) unless they proactively opt out annually); Annual contribution maximum of \$6,000; Roth only contributions (no pre-tax option); Does not allow loans; Does not allow employer contributions; Limited to employees with annual income < \$135,000

### **Q. WHO CAN PARTICIPATE IN THE CALSAVERS PLAN?**

A. Because the CalSavers plan is a Roth IRA, there is an income cap for participation — only employees who make less than \$135,000 per year are able to participate. This means any employee (including the owner(s) who make more than \$135,000 per year can't contribute to the CalSavers plan at all. A 401(k) plan has no income cap for participation, so employees and owners can all participate, regardless of income.

### **Q. DO EMPLOYERS HAVE TO OFFER THE CALSAVERS PLAN?**

A. California business owners do have to offer a retirement plan, but it doesn't have to be the CalSavers Plan. Business owners who offer a 401(k) (or other qualified retirement plans) are exempt from the mandate. Other qualified retirement plans could include 403(b), SEP IRA, and SIMPLE IRA.

### **Q. HOW DOES CALSAVERS COMPARE TO OTHER PLAN OPTIONS?**

A. A 401(k) plan allows

employees and the business owner(s) to save significantly more than the CalSavers plan. A 401(k) also includes a profit sharing option and allows for combined employee and employer contributions up to \$57,000 a year or \$63,500 if age 50 or older. Meanwhile, the CalSavers plan only allows participants to save up to \$6,000 (\$7,000 if age 50 or older) per year. This may not be enough to help you and your employees achieve your retirement goals. Furthermore, a 401(k) can have more plan types added on to help you save more when your business is ready.

### **Q. DOES CALSAVERS APPLY TO ALL BUSINESSES?**

A. CalSavers applies to any employer who has 5 or more W-2 employees in California.

This includes non-profits, as well as out-of-state businesses with employees who reside in California.

### **Q. DO EMPLOYEES HAVE ANY COMPLIANCE RULES TO MANAGE WITH CALSAVERS?**

A. Employees themselves may deal with compliance issues with the CalSavers plan. It is up to the individual participant to determine if they make too much to contribute. This means if a participant contributes to their retirement account and then finds out they make too much money to be eligible, they could be subject to penalties and fees.

### **Q. HOW MUCH DOES CALSAVERS COST?**

A. The CalSavers plan cost ranges from 82% to 95% of assets; this fee is deducted from each employee's account balance. For example, if an employee has \$100K in the retirement plan, \$820-\$950 a year will automatically be deducted out of their balance. There is no direct cost to the employer, but there are many ongoing tasks the employer must perform in order to administer the CalSavers plan.

### **Q. CAN PARTICIPANTS TAKE A LOAN FROM THEIR CALSAVERS ACCOUNT?**

A. The CalSavers plan doesn't allow loans. When life happens, sometimes it can make sense for a participant to borrow against their retirement savings. If you, the employer, choose, a 401(k) plan can offer a safety net to participants, including owners who participate in the plan, in the form of 401(k) loans. These loans can be used to finance a new business venture, or even provide short-term relief when the unexpected occurs—like the COVID-19 pandemic.

### **DISCOVER PB MEETINGS**

Discover PB Committee meetings are currently being held over Zoom. This month's board meeting will be held at the Discover PB office 1503 Garnet Ave. and will be available via Zoom as well. Find the Zoom link for a meeting within the agenda at [pacificbeach.org](http://pacificbeach.org). Meeting schedule: Discover PB Board of Directors, first Tuesday of the month at noon; Parking and Traffic Committee, second Tuesday of the month at 5:30 p.m.;

Promotions Committee, second Wednesday of the month at 4 p.m.; Pacific Beach Hospitality Group, third Wednesday of the month at 1 p.m.; and PB Special Events Committee, third Tuesday of the month at 6 p.m., as needed.

### **PB CRACK SHACK**

The newest location of The Crack Shack is in the planning stages to open in 2023 in Pacific Beach. The company recently leased the buildings at 4525 and 4527

Mission Blvd. next door to the former Denny's and one block from the beach. Expect an eatery with a walk-up counter service for ordering, a full bar, and al-fresco patio seating. Celebrity Chef Richard Blais, known for appearances on "Top Chef," "Iron Chef America," and his cooking competition show "Next Level Chef," along with his business partner Mike Rosen, opened the first The Crack Shack.

**READ MORE ONLINE AT** [sdnews.com](http://sdnews.com)



# Scripps Research develops 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.

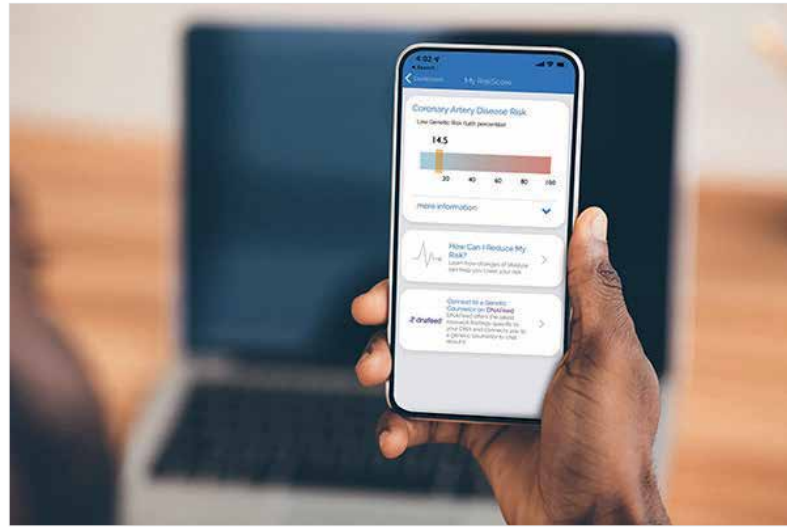
According to the U.S. Centers for Disease Control and Prevention, about 18 million American adults have CAD, the most common form

of heart disease, which features the hardening and narrowing of arteries feeding the heart muscle. More than 300,000 Americans die of resulting heart attacks every year.

Statins such as atorvastatin and simvastatin, as well as other, non-statin drugs that reduce bloodstream levels of cholesterol and other fat-related molecules called lipids, are now widely used, and have helped reduce the annual death rate from CAD over the past two decades. But researchers estimate that in the US nearly half of men and about 10 percent of women between 45 and 65 years old are at least at intermediate risk of CAD yet only about a third of these individuals take lipid-lowering drugs.

Calculating CAD risk scores and communicating that information via smartphone apps is now being considered as a highly scalable method for nudging more at-risk people to seek medical advice and get lipid-lowering medications when appropriate, thereby lowering the incidence of CAD and heart-attacks.

"We now have the opportunity to integrate a person's genetics into their cardiovascular health assessment to help them better understand their individualized risk and empower them to make the necessary modifications — including the addition of statin therapy — to their risk factor optimization



Scientists at the Scripps Research Translational Institute developed the MyGeneRank mobile app that can provide study participants with their unique genetic risk score for coronary artery disease. PHOTO COURTESY OF SCRIPPS RESEARCH

plans," says first author Evan Muse, MD, PhD, a cardiologist and lead for cardiovascular genomics at the Scripps Research Translational Institute.

"Even if someone finds out they have low genetic risk for CAD, knowing their score can help — for example if they also know they have high risk overall, that may suggest other non-genetic factors like lifestyle are contributing to their risk and that they should consider making changes," Torkamani adds.

The team is pioneering this app-based approach. They developed a free CAD-risk iPhone app, as well as an Android app. Users can link their existing 23andMe

data and fill out consent forms and health-related surveys, including questions about the use of lipid-lowering drugs. The app can then calculate and share with the respondent a risk score based on the latest recognized genetic risk factors for CAD. The app then followed up approximately a year later with questions on the respondent's current use of lipid-lowering medications.

The researchers promoted the apps at scientific conferences, conducted an advertising campaign on Facebook, and ultimately enrolled 3,800 eligible respondents, of whom 721 provided enough initial and follow-up information for the analysis.

The results were encouraging, according to the team. A key finding was that respondents who were not taking lipid lowering medication at the outset of the study, but were informed by the app that they had high gene-based risk scores for CAD, initiated lipid lowering therapy at more than twice the rate of those with low risk scores.

Overall, study respondents in the high-risk category, compared to the low risk category, were, at follow-up, about 1.4 times more likely to report use of a statin lipid-lowering drug, and about 4 times more likely to report use of a non-statin lipid-lowering drug. Respondents in the high-risk group also initiated lipid-lowering therapy much earlier, at age 52 on average, compared to 65 for the low-risk group.

"On the whole it looks like a significant effect, especially considering that we were giving respondents only appropriately contextualized information about their gene-based risk scores—we weren't directly telling them to go out and start taking medications," Torkamani says.

He and his colleagues now plan to follow up this pilot study with larger and longer-term studies of CAD risk-scoring apps—studies that will include clinicians and will objectively record differences in cardiovascular health outcomes such as heart attacks.

READ MORE ONLINE AT [sdnews.com](https://sdnews.com)

## CENTRAL MOBILITY HUB

VIRTUAL PUBLIC MEETING

### LEARN ABOUT THE FUTURE OF REGIONAL CONNECTIVITY!

Get an update on the Central Mobility Hub project and provide input on potential transportation solutions.

Thursday,  
September 8th  
6 – 7:30 p.m.

Hosted by  
**SANDAG**

Learn More



**The Pacific Beach Kiwanis would like to thank the following for contributing to our first and hopefully annual wine tasting event. Their generous support helped us successfully raise funds for our Youth Foundation.**

**Broken Yolk Café PB**  
**Total Wine & More**  
**Crystal Pier Hotel & Cottages**  
**North Shores Printery**  
**Don Mullen**

Trader Joe's PB  
Pure Cupcakes  
Pueblo  
Milestone Running PB  
Square Pizza Co

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## Pacific Beach Community Development Corporation and Pacific Beach Business Improvement District of The City Of San Diego

### NOTICE OF ELECTION AND GENERAL MEETING

The Pacific Beach Business Improvement District (PBBID) includes business and rental properties with six or more units, in the area which can be approximately described as the area circumscribed by Interstate 5, the Mission Beach Boardwalk, Crown Point Drive and Turquoise Street. The purpose of the PBBID and The Pacific Beach Community Development Corporation (PBCDC) is to provide an organizational framework and funding for the improvement of the area. Pacific Beach area business license holders and owners of rental property with six or more units, are invited to run for election as a member of the PBCDC Board of Directors. Nominations are currently being solicited for five (5) seats on the fifteen (15) member Board. The Board has appointed a nominating committee to whom nominations may be made by submitting a petition or letter. The nomination petition or letter must be submitted to the nominating committee by September 12th at 5pm either by mail or emailing [sunny@pacificbeach.org](mailto:sunny@pacificbeach.org). Additional nominations may be also be made from the floor at the September 6, 2022 meeting. The Board of Directors will also review the list of business and rental property license holders to confirm their representative's eligibility to be voting delegates for the election. The business delegate will be the person named in that business license unless a business indicates differently in writing to the PBCDC Board of Directors. The Board of Directors must receive the written notice of the business delegate change at or before their September 6, 2022 meeting. All delegates' terms will end with the election. The list of known business and property license holders eligible to vote will be available for review after the September 6, 2022 meeting by contacting Sunny Lee at 858-273-3303. The Board will then consider reports and other matters to be placed on the agenda for the annual election meeting. The annual meeting of the Board of Directors is scheduled for October 18, 2022 at 5:00pm, at Discover Pacific Beach office, 1503 Garnet Avenue. Newly elected members of the Board of Directors will be inducted and the Board will consider any other items placed on the agenda by the Board of Directors. A majority of the current Board of Directors shall constitute a quorum for a meeting of the Board of Directors and meeting of the delegates for the October 18th annual meeting.



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# Buccaneers aiming for third straight win to start season at home Saturday

By HECTOR TRUJILLO

**M**ission Bay looks to continue its impressive start to the 2022 regular season as it takes on San Diego High School at 6:30 p.m. on Saturday, Sept. 3 at home.

The Bucs are coming off back-to-back victories after beating El Cajon Valley 27-13 in the season opener followed by a 52-6 blow-out of Mar Vista High School on Aug. 27.

"We still have some small things to take care of like jumping offside, and I feel we left some points on the board this past weekend, but I love the effort that we play with," said head coach Greg Tate. "The defense is also coming along."

As for the upcoming opponent, San Diego High enters the game with a 1-1 record under new head coach Syd Reed after losing a heartbreaker at Calexico to Vincent Memorial High in week one 29-28. The Cavers followed that with an impressive bounce-back performance defeating Westview High School 35-21 in week two.

"They have switched up their offense a little bit from what they normally had and look to be more in the spread," Tate added. "They have some pretty good athletes with a lot of skill on the field. I'm



Mission Bay wide receiver Jacob Sloan (11) scored the go-ahead touchdown on a pass from quarterback Ethan Silber.  
PHOTO BY DALE EDWARDS

pretty impressed with their running back who also plays free safety and had a pretty good season last year. Hopefully, we can match up with these guys so they can't run away from us."

The running back that Tate is referring to is senior Damien Whitfield who had several key runs for the Cavers against Westview, especially in the second half to help put the game away late. This will be the first time the two schools have faced each other since the 2019 season when San

Diego High handed the Bucs an 18-0 road loss.

Mission Bay had a 10-3 record last season, which included going 4-0 in league games, helping the team make it to the San Diego Section Division V final where they would fall to the Palo Verde Valley Yellow Jackets 41-9.

The Bucs will have eight remaining games after facing the Cavers with five games on the road and three at home. The next home game for Mission Bay is against Holtville on Sept. 23.



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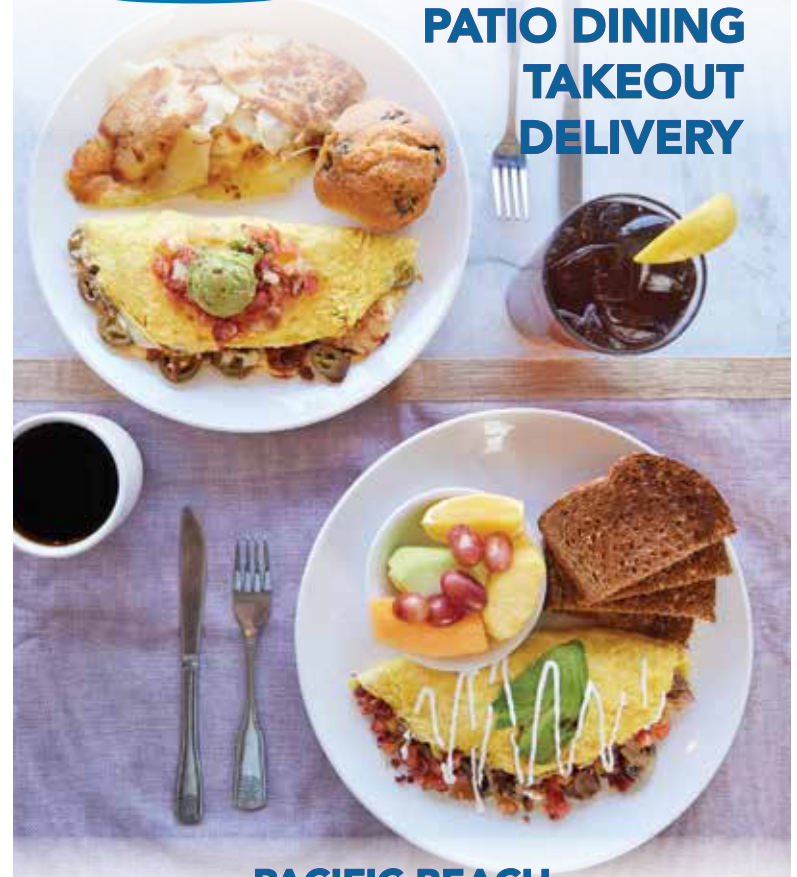


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# San Diego's Zach Svajda still learning on the pro tennis tour

By MICHAEL J. LEWIS

The cheap motels and even cheaper cuisine haven't bothered Zach Svajda that much.

The 19-year-old who grew up smacking balls around Pacific Beach isn't a high-maintenance kind of kid, so his first full year on the ATP pro tennis tour hasn't left him wanting for the fancy things.

What has been difficult, as it is for 99 percent of first-year pro players, is the losing. Svajda was previously a top junior who crushed the competition most of the time, and last year at this point he was about to enter the U.S. Open main draw after winning the U.S. National 18s.

While here 12 months ago he scored a big first-round win, then scared Top 10 stalwart Jannik Sinner before dropping a four-set decision.

In 2022, the teenager has played many minor-league (ITF level) pro tournaments, compiling a record of 17-15, and this week at the

U.S. Open he reached the second round of the qualifying tournament before losing in three sets to Alexander Ritschard.

For Svajda, now ranked No. 306, the adjustment has been about as tough as expected.

"The grind has been rough, but it's been great going through the learning process," Svajda said this week at the Billie Jean King National Tennis Center. "It's been a slower start (to my pro career) than I hoped for, but I've been playing better lately and this week was a great experience for me."

This week in qualifying was a whole new experience for the baby-faced Svajda; in 2019 and '21 he was given a wild card into the main draw after winning the Boys Nationals, and got to play in front of big crowds.

This week there were dozens of spectators and a much different outer court atmosphere.

"I told myself it was going to be a lot different, and that I'd have to make myself ready and stay energized without a big crowd," he said.

That difference was evident in the loss to Ritschard; despite being down a set and a break, Svajda rallied to win the second set with a huge forehand return winner.

But early in the third set, Svajda's groundstrokes faltered and he lost the final five games and the match to the more-experienced 29-year-old Ritschard.

David Nainkin, Svajda's coach and a longtime USTA mentor to players like Sloane Stephens and Taylor Fritz, said he's pleased with Svajda's progress even as the wins have been harder to come by.

"He's worked hard and really developing nicely," Nainkin said. "His forehand has gotten stronger this year, as has his serve."

"One thing I see is there's not a huge difference out here between guys like me (ranked 300) and the guys who are 100 or so," Svajda said. "My level is right there, it just needs to be upped a little and I need to get more pro matches under my belt. But this was a really positive experience here."



## STRIKERS EARN ACCOLADES

After a strong sophomore season in the Women's Premier Soccer League that saw the San Diego Strikers win the So Cal Conference Plymouth Division for a second year in a row, five of their players have earned league accolades alongside their head

coach, Ray Taila. Goalkeeper Kelcie Brodsky, defender Christina Bragado, midfielder Cassie Callahan, along with forwards Kiera Bocchino, and Ava Seelenfreund were named to the All-Conference Plymouth Division best 11 earlier this week.

Bocchino was also named as

the Plymouth Division offensive player of the year after leading the Strikers in scoring with six goals and three assists. The team finished undefeated during the regular season going 7-0-1, compared to its 6-0-0 record in 2021.

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We also offer a live streamed, online church service at 9am via our website or YouTube channel. For more information about our church services, to get involved in a Life Group, to sign up for our weekly emails or to connect with our staff, please visit our website, [www.pacificlifechurch.org](http://www.pacificlifechurch.org) or our social media pages.



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**PACIFIC BEACH ELEMENTARY**

Pacific Beach Elementary held its new student orientation on Friday, Aug. 26 in the outdoor shaded lunch arbor. Principal Jennifer Grondek welcomed parents and students to the 2022-2023 school year. PBES anticipates approximately 50 new transitional kindergarten and kindergarten students, bringing the total school enrollment to about 340 pupils. After lunch, families were escorted on a tour of the campus by fourth and fifth grade student council members. Ashley Erickson, upper grade teacher and student council advisor, said that a total of 14 student council members participated in planning and hosting the small group tours as part of the orientation.

**PACIFIC BEACH MIDDLE**

On Tuesday morning, Aug. 23, excited and nervous new students and parents streamed into the auditorium for their end-of-summer orientation for the new school year. At 9 a.m., Ashley Hensen, IB coordinator for PBMS, welcomed the new students and parents onto campus and started the morning off with "cheers and the wave."

By 9:15 a.m., after brief remarks by Principal Kimberly Meng and Associate Principal Jordan Sobel, the new students were organized into orientation groups led by ASB students. The new students toured the campus, picked up Chromebooks, their new class schedule, and their student planners, and participated in fun activities including lunch. These ASB-sponsored activities were all designed for students to meet new classmates, learn the layout of their new campus, and calm any jittery nerves before school started on Monday, Aug. 29.

Parents remained in the auditorium for health and safety protocols presentations, the primary school supplies needed, the middle school dress code, and PE clothes. Parents discovered that many clubs are offered for students at the school. Meng emphasized to parents the communication

tools in place to keep parents informed. The PBMS website, the PBMS Family Bulletin, and Power School are three key ways parents, teachers, and school staff can stay in touch. The day's orientation ended at 12:30 p.m. when parents returned to campus. The students then shared their class schedules and gave tours of the campus to their parents.

**MISSION BAY HIGH**

On Thursday, Aug. 18 at 7:30 a.m. at Mission Bay High, Parents and freshman students gathered in small groups outside the gym, some standing alone, others in small clusters with friends, some nervous, some excited, all waiting for their high school orientation to begin. At 7:55 a.m. Lindsey Littlefield, ASB teacher, steps out of the gym and welcomes the new ninth grade students. She promises the parents their student will be well cared for and sends them off to their parent orientation at a different location on campus.

Inside the gym, ASB officers, orientation committee members, athletes, school club members, and cheerleaders are ready to welcome the new ninth grade classmates for the beginning of the 2022-2023 school year. At 8 a.m. the gym doors open and the nervous freshman are greeted with a gauntlet of cheering, smiling, waving upper classmates. The message is clear: Welcome to Mission Bay High School. "We want you here! You belong here! You are part of us! Go Bucs!"

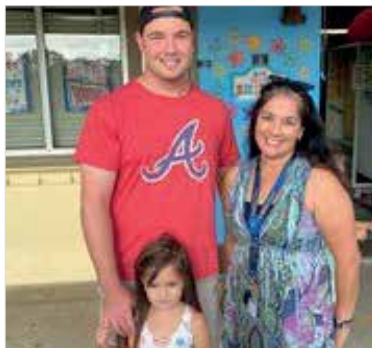
The new students received name tags and are placed into small groups of 8-10 students. Lead by two upper class members, freshman toured the school, participated in group activities in various classrooms designed for freshman to meet other students, and to learn the ropes and guidelines of the school. Jorge Palacios, athletic director and MC for the orientation experience said, "Our goal is for every freshman to know 6-7 other students when they walk on campus the first day of school."



New student Ryder Westray is welcomed to PB Elementary by teacher Vicki Alba (left). Ryder's mom, Sasha Westray is on the right.



Principal Kimberly Meng (left) meets new parent Lesandra Barreto and answers a busing question during orientation.



New student Ella Murphy is welcomed to kindergarten at Kate Sessions Elementary School on Friday, Aug. 26, by kindergarten teacher Lorena Romero (right). Ella's father, J.P. Murphy, is behind her.



PB Elementary student council members Sage Westray, Kai Meredith, and Zoey Patel welcomed parents and new students to campus on Aug. 26.

**VENDING»**

CONT. FROM PG. 1

Passed on May 17 by the City Council, the new street vending ordinance went into effect everywhere outside the coastal zone on June 22. Coastal areas were exempted at that time from enforcing the new vending ordinance because the City determined initially that the new ordinance would have to be signed off on first by the Coastal Commission before it could go into effect.

Back in June, Webb cited a 1987 voter-approved initiative, San Diego Municipal Code 63.50 included in the new city ordinance #21459SDMC, which bans retail activity in Mission Beach Park, as a legal precedent forbidding street vending anywhere in the oceanfront park.

Webb claimed then, and now, that the City has violated the California Coastal Act, and the City's municipal code, for the last several years by allowing street vending, which is an obvious retail use to that has since taken over Mission Beach Park. He contends the ordinance has created a non-level playing field for vendors competing with brick-and-mortar businesses.

"There are a number of issues," said Webb. "[Vendors] don't have to pay rent. They don't pay property tax, which merchants are paying through their leases. So, basically, all they need to do is that they need to pay their \$35 for a permit fee, and they're set up and ready to go."

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

"The barrier for (vendor

entry is very very low for them to do so," said Webb. "And then they just have to obey the rules about where they're supposed to be. Right now in the coastal zone, they'll have to be in areas where they're allowed and 15 feet apart, 25 feet away from any beach-access point."

There are other legal qualifications that should be required of vendors as well, said Webb. "Whether these vendors who have employees are withholding taxes being taken out of their paychecks, who knows?" he said. "Is workers comp being provided for those workers, who knows? A large number of the vendors are employees. A fairly large percentage are not individual business people."

There are other precedents that should be considered when judging the legality of street vending in San Diego, argued Webb.

"There's nothing like any kind of commercial or street-vending activity in any state or national park in California," he pointed out. "You don't see any street vending at Cabrillo National Monument or at any of the state beaches. Why should we allow it, at any time of year, at the beaches and the parks in San Diego? It is just an abuse of the Coastal Act for this to be allowed. If we start allowing things like this to happen, where does it end?"

What would Webb like to see happen now with the City's new street vending ordinance?

"Best case for Mission Beach is that the City enforces what is written right now into the ordinance, and the City respects Municipal Code 63.50, which states that there can be no commercial or retail activity in Mission Beach Park year-round. That would mean there is zero commercial or retail activity, meaning zero vendors allowed in Mission Park."

For more information about the Mission Beach Town Council, visit mission-beachtc.com.

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00023530-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): LAETITIA GENEVIEVE JAUFFRET-OPILKA filed a petition with this court for a decree changing names as follows: Present name: a.LAETITIA GENEVIEVE JAUFFRET-OPILKA to Proposed name: ELLE JAUFFRET court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 10/03/2022 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: 6/17/2022. JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing patent, and proof of service must be filed with the court. IT IS SO ORDERED.

SUMMONS CASE # 37-2022-00012488-CU-OR-CTL NOTICE TO DEFENDANT : ANA SANTILLIAN, an individual, FELIPE SANTILLIAN, an individual; and DOES 1 through 99, inclusive YOU ARE BEING SUED BY PLAINTIFF: FABIO OLIVARES, an individual NOTICE! You have been Sued. The court may decide against you without your being heard unless you respond with in 30 days. Read the information below.You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO, CENTRAL, 330 W BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Daniel R. Forde, Esq, 3033 Fifth Ave., Ste 400, San Diego, CA 92103 (619) 546-7680 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 04/05/2022 Clerk, by , R. Chanez Deputy (ISSUE DATES:) AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017561 Fictitious Business Name(s) a. ARTISTTECH Located at: 7660 FAY AVE, SUITE H # 195, LA JOLLA, CA 92038 Is registered by the following: a.JEFFERY RANDOLPH SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 04/04/2022 Registrant Name: a.JEFFERY RANDOLPH SMITH TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 3, 2022. ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017731 Fictitious Business Name(s) a. SWIVEL Located at: 5275 SOLEDAD RANCHO COURT, SAN DIEGO, CA 92109 Is registered by the following: a JUDY JOL This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JUDY JO 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: AUGUST 5, 2022. ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017787 Fictitious Business Name(s) a. POINT LOMA CARE SERVICES b. POINT LOMA HEALTH SERVICES Located at: 1373 EBERS STREET, SAN DIEGO, CA 92107 Is registered by the following: a.BRITTANY WAINO This business is conducted by: AN INDIVIDUAL The first day of business was: 04/04/2022 Registrant Name: a.BRITTANY WAINO 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: AUGUST 5, 2022. ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2022-9017815 Fictitious Business Name to be Abandoned: CITRINE . Located at: 3017 CANON ST, SAN DIEGO, CA 92106 The Fictitious Business name referred to above was filed in San Diego County on: 03/06/2019 and assigned File No. 2019-9005818. Fictitious Business name is being abandoned by: CITRINE SPA AND YOGA ARTS, INC., 3017 CANON ST, SAN DIEGO, CA 92106 This business is conducted by: A CORPORATION I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Registrant name: CITRINE SPA AND YOGA ARTS, INC Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: AUGUST 8, 2022 . ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017816 Fictitious Business Name(s) a. CITRINE SPA Located at: 3017 CANON ST, SAN DIEGO, CA 92106 Is registered by the following: a.MAY ALNAKHLAWI This business is conducted by: AN INDIVIDUAL The first day of business was: 08/08/2022 Registrant Name: a..MAY ALNAKHLAWI 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: AUGUST 8, 2022. ISSUE DATES: AUGUST 12, 19, 26 & SEPTEMBER 2

SUMMONS (Civil Harassment Restraining Order) CASE # 37-2022-00025116CU-HR-CTL (1) Person Asking for Protection: Robert Lewis McGrew (2) Notice to Vincent Kenneth McGrew The Person in (1) is asking for a Civil Harassment Restraining Order against you. You have a court date: 9/27/22 @ 9:00am in Department 61 The name and address of the court is: Superior Court Of California, County Of San Diego, Civil Division, Hall Of Justice, 330 W Broadway, San Diego, CA 92101 What if I don't go to my court date? If you do not go to your court date, the judge can grant a restraining order that limits your contact with the person in (1). Having a restraining order against you may impact your life in other ways, including preventing you from having guns and ammunition. If you do not go to your court date, the judge could grant everything that the person (1) asked the judge to order. How do I find out what the person in (1) is asking for? To find out what the person in (1) is asking the judge to order, go to the courthouse listed at the top of the page. 1. Ask the court clerk to let you see your case file. You will need to give the court clerk your case number, which is listed above and on page

1. The request for restraining order will be on form CH-100, Request for Civil Harassment Restraining Order. Where can I get help? Free legal information is available at your local court's self-help center. Go to [www.courts.ca.gov/](http://www.courts.ca.gov/) selfhelp to find your local center. Do I need a lawyer? You are not required to have a lawyer, but you may want legal advice before your court hearing. For help finding a lawyer, you can visit [www.lawhelpca.org](http://www.lawhelpca.org). Date Filed 8-12-22 Superior Court Of California, County Of San Diego, Civil Division, Hall Of Justice, 330 W Broadway, San Diego, CA 92101 (ISSUE DATES:) AUGUST 19, 26, September 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9016437 Fictitious Business Name(s) a. MAZUR TECHNOLOGIES Located at: 4930 BRIGHTON AVE, SAN DIEGO, CA 92107 Is registered by the following: a.PAUL CURTIS MAZUR This business is conducted by: AN INDIVIDUAL The first day of business was: 07/16/2022 Registrant Name: a.PAUL CURTIS MAZUR 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 20, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9017980 Fictitious Business Name(s) a. NAGI YANG BARBER SHOP Located at: 9225 MIRAMESA BLVD #214, SAN DIEGO, CA 92126 Is registered by the following: a.SUPA CHILLIN, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.SUPA CHILLIN, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor.Minh Tran, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 10, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018384 Fictitious Business Name(s) a. SEAWEED DELIVERY b. SEAWEED Located at: 1416A GARNET AVE, SAN DIEGO, CA 92109 Is registered by the following: a.PAUL CLOTAR This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2022 Registrant Name: a.PAUL CLOTAR 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: AUGUST 16, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018395 Fictitious Business Name(s) a. BLUE SKIES ACADEMICS Located at: 5064 MT. HAY DR., SAN DIEGO, CA 92117 Is registered by the following: a.CAROLINE ROSE HURD This business is conducted by: AN INDIVIDUAL The first day of business was: 08/16/2022 Registrant Name: a.CAROLINE ROSE HURD 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: AUGUST 16, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90187411 Fictitious Business Name(s) a. DARK GRAVITY STUDIOS b. WEST COAST EYEWEAR Located at: 12748 MENGIBAR AVE, SAN DIEGO, CA 92129 Is registered by the following: a.THE CANTRELL COMPANY, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 06/01/2022 Registrant Name: a.THE CANTRELL COMPANY, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. BRIAN CANTRELL, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 02, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188507 Fictitious Business Name(s) a.YAKYUDORI b. YAKITORI YAKYUDORI Located at: 4898 CONVOY ST #101, SAN DIEGO, CA 92111 Is registered by the following: a. USA YAKYUDORI , INC This business is conducted by: A CORPORATION The first day of business was: 08/16/2022 Registrant Name: a. USA YAKYUDORI , INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MASASHI NABETA, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 02, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-9018508 Fictitious Business Name(s) a. YAKITORI HINO b. HINO Located at: 7420 CLAIREMONT MESA BLVD #104, SAN DIEGO, CA 92111 Is registered by the following: a. USA YAKYUDORI , INC This business is conducted by: registered by the following: a. USA YAKYUDORI , INC This business is conducted by: A CORPORATION The first day of business was: 08/16/2022 Registrant Name: a. USA YAKYUDORI , INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. MASASHI NABETA, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 16, 2022. ISSUE DATES: AUGUST 19, 26, SEPTEMBER 2 & 9

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2022-00033630-CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: HALL OF JUSTICE. TO ALL INTERESTED PERSONS: 1. Petitioner (name): JEE HYUN LIM filed a petition with this court for a decree changing names as follows: Present name: a JEE HYUN LIM to Proposed name: DINA JEEHYUN LIM court at the hearing indicated below to show cause, if any, why the petition should not be granted. Any person objecting to the name changes described above must file a written objection that indicates the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING a. Date: 10/10/2022 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; 3 a. A copy of this Order to show cause shall be published at least once each week for four consecutive weeks prior to the date set for hearing on the petition in the following newspaper of general circulation, printed in this county (specify newspaper): LA JOLLA VILLAGE NEWS, AND PENINSULA BEACON. Date: AUGUST 22 2022 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: AUGUST 26, SEPTEMBER 2,9 & 16 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing patent, and proof of service must be filed with the court. IT IS SO ORDERED.

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188537 Fictitious Business Name(s) a.ENJOY BUILD Located at: 10457 ROSELLE ST, STE E, SAN DIEGO, CA 92121 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. SERGE IANGIR, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 17, 2022. ISSUE DATES: AUGUST 26, SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90188560 Fictitious Business Name(s) a. ZOOM ROOM KEARNY MESA Located at: 7475 CLAIREMONT MESA BLVD, SAN DIEGO, CA 92111 Is registered by the following: a.KELFEL, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.KELFEL, INC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor. ISAAC FELDMAN, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: AUGUST 17, 2022. ISSUE DATES: AUGUST 26, SEPTEMBER 2,9 & 16

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2022-90187601 Fictitious Business Name(s) a. FLASHPACKER, CO Located at: 2108 NST, STE N,



# Belmont Park’s Fall Fest offers live music, pumpkin plunge, contests

By DAVE SCHWAB

**B**elmont Park, the iconic oceanfront amusement center at Mission Beach, is transitioning into its annual Fall Fest from Sept. 9 through Oct. 31. The seasonal event will showcase live music, games, and specialty sips and bites at its restaurant venues.

Though the fest culminates this year on Halloween day, the park experience is really more about the end of summer and chilling for fall, noted Belmont Park general manager Steve Thomas.

“We’re trying to get away from Halloween so much, focusing more on the season with a harvest festival centered around live music, food, games, and fun, bringing in some sculptures and different activities around the park and touching on Halloween,” he said. “The festival is more about getting together and doing things for six weeks, transitioning the park, putting up all the new themes and the newest colors, and letting people enjoy what the park has to offer.”

Thomas said this summer was a big success at Belmont, adding he could tell people wanted to get out more after cocooning during COVID. “We’ve seen a lot of pent-up demand, people coming back wanting to be outside enjoying the park and having close-knit time with families and friends,” he said, adding there’s another change at Belmont Park accompanying the

fall turnover.

“After Labor Day all the tourists go back home, and we start to get locals coming back for the 70-degree days, warm water, and a third as many people on the beach,” Thomas said. “The (attendance) numbers fall after the summer season, but it’s just great weather and a great time for locals.”

Belmont Park completed a major remodel this February of the nearly century-old amusement park on Ocean Front at Surfrider Square, which is renowned for its iconic Giant Dipper roller coaster, which turned 97 this year. The revamped park continues to

feature amusement rides, games, and high-end and casual dining, along with a skate park, bike rentals, and more.

During the fall festival, special events will take place on weekends. “We’ll have live music every weekend in the park with action characters coming around all weekend with themes, like mermaids,” noted Thomas. “We’ll have people making balloon animals and costume contests every weekend in October with free trick or treating every Sunday at 5 p.m.”

Belmont hasn’t forgotten about Halloween. “We’ll have a burger and beer combo, and pumpkin

spice funnel cake, at Belmonty’s Burgers & Pizza,” said Thomas. “On Friday, Oct. 28, we’ll do the pumpkin plunge, where kids can dive for pumpkins or go for a swim at the historic Plunge Pool. The park’s seasonal Go Kart track will also be open throughout October.”

Thomas added the park will bring in two stages for fall fest as well as having some “really cool old trucks and cars” around the park. He said there will also be a pumpkin patch for kids with tic tac toe, bean-bag toss, and jump houses.

At present, Belmont Park is home to three full-size restaurants,

20 amusement rides, 14 fast-casual food and beverage places, and six retail locations. The Plunge Pool is open to the public daily for \$15 for an hour, and \$25 for a day and discount packages are available for a family of three and more.

Thomas said Belmont Park continues to be a destination location. “We have a world-class gym facility and an amazing indoor pool at the Plunge,” he pointed out. “We have a high-end sushi restaurant overlooking the ocean with great views. You can watch sports games on a 31-foot TV at Draft right on the boardwalk.

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SUDOKU PUZZLE

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

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

CROSSWORD PUZZLE

1	2	3						4	5	6		
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43				44						45		
46				47						48		
49										50		
	51									52		

- CLUES ACROSS**

  - 1. Taxi
  - 4. Cattle disease (abbr.)
  - 7. Before the present
  - 8. They burn in a grill
  - 10. Enough (archaic)
  - 12. "A Doll's House" playwright
  - 13. Long loop of cloth worn around the waist
  - 14. Napoleonic Wars battle
  - 16. Chinese surname
  - 17. Fragrant essential oil
  - 19. Follows sigma
  - 20. Model
- 21. A place with many dining options
  - 25. BBQ dish
  - 26. Corn comes on it
  - 27. A sheep in its second year
  - 29. Triad
  - 30. They \_\_\_\_
  - 31. Actor DiCaprio
  - 32. TV's "Edith Bunker"
  - 39. Sustenance
  - 41. Man who behaves dishonorably
  - 42. Cause a loud, harsh sound
  - 43. A way to take in liquids
  - 44. Gene type
  - 45. The Miami mascot is one
- 46. Excessive fluid accumulation in tissues
  - 48. Casino machine
  - 49. Contains cerium
  - 50. Something with a letter-like shape
  - 51. Handwoven Scandinavian rug
  - 52. Legendary actress Ruby

- CLUES DOWN**

  - 1. Conqueror
  - 2. Kin relation
  - 3. Increases the value of
  - 4. Pack
  - 5. Popular nut
  - 6. Dogs' enemies
  - 8. Former OSS
  - 9. Unpleasant person
  - 11. Come again?
  - 14. Beverage container
  - 15. Rock formation
  - 18. Dorm official
  - 19. The bill in a restaurant
- 20. Type of jug
  - 22. Importance requiring swift action
  - 23. Outfit
  - 24. Small Eurasian deer
  - 27. Weight used in China
  - 28. A major division of geological time
  - 29. Popular beverage
  - 31. Confined condition (abbr.)
  - 32. Practical joking
  - 33. Pouchlike structure
  - 34. Pound
  - 35. Lilly and Manning are two
  - 36. Stopped discussing
  - 37. Baltimore ballplayer
  - 38. Candy maker
- 39. One thousandth of a second (abbr.)
  - 40. Northern sea duck
  - 44. Partner to cheese
  - 47. Cannot be found

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

By BART MENDOZA

SPOTLIGHT

One of La Jolla’s finest traditions, the Athenaeum Music & Arts Library’s free Monday lunchtime mini-concerts, continues on Sept. 12, with a performance from acclaimed pianist Danny Green (above). The hour-long show kicks off at noon. No tickets are needed for these concerts, with attendees simply requested to line up at the Athenaeum’s side door prior to showtime. Green has won several San Diego Music Awards, including “Best Jazz Album” trophies for his albums, “With You In Mind” (2009) and “After The Calm” (2014), as well as one for “Best Jazz Artist” in 2018. A gifted performer, Green’s trio will play songs from throughout his career, blending jazz and classical as well as elements of world music. A great choice to kick off the return of this beloved music series.

Danny Green: Monday, Sept. 12 at the Athenaeum Music & Arts Library, 1008 Wall St. Free. Noon. [l Athenaeum.org](http://l Athenaeum.org).

RECOMMENDED

On Sept. 3, Bird Rock eatery Beaumont’s celebrates its 17th anniversary. The intimate nightspot is a great place to catch live music, with two excellent bands at this year’s party. Opening up the festivities will be a surf-inspired combo, The Bird Rockers, led by guitarist Joe Dameron, best known for his work with The Tourmaliners. Meanwhile, the night will close out with an appearance from Rolling Stones tribute group, Emotional Rescue. Both bands are a lot of fun, with the night’s occasion sure to inspire plenty of dancing and singing along.

Emotional Rescue: Saturday, Sept. 3 at Beaumont’s, 5662 La Jolla Blvd. 6 p.m. [beaumontseatery.com](http://beaumontseatery.com).

Portland-based saxophonist Patrick Lamb stops in Humphrey’s Backstage Live on Sept. 4. Lamb has toured with several noted artists including Bobby Caldwell,



Jeff Lorber, and Gino Vannelli, but it’s with his own music that he’s drawn the most attention. Five of Lamb’s albums have placed high on the Billboard jazz charts, with numerous singles also scoring, including current favorite “Homebrew,” which recently hit No. 20. Lamb’s latest album, “Soul Ties,” is a must for any smooth jazz fan, but funk aficionados will also love the groove on tracks such as “Beauty and the Beast.”

Patric Lamb: Sunday, Sept. 4 at Humphrey’s Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$10-\$30. [humphreysbackstagelive.com](http://humphreysbackstagelive.com).

The Pacific Beach Taylor Branch Library’s annual outdoor music series wraps up this year on Sept. 10 with a performance from The Benedetti Trio. Featuring acoustic guitarist Fred Benedetti and his daughters Regina and Julia on vocals, the trio takes in a wide variety of music, from Simon & Garfunkel to Fleetwood Mac, with The Beatles a specialty. Benedetti’s virtuoso playing is the perfect compliment to his daughters’ harmonies, with wonderful arrangements, making this a great way to end this year’s run of concerts. It’s recommended that attendees bring folding chairs and blankets for this event.

The Benedetti Trio: Saturday, Sept. 10 at Pacific Beach Taylor Branch Library, 4275 Cass St. 4 p.m. Free. [sandiego.librarymarket.com/event/concert-benedetti-trio](http://sandiego.librarymarket.com/event/concert-benedetti-trio).

Soul/pop/funk multi-instrumentalist Jonny Tarr performs at

UTC’s Palm Plaza on Sept. 11 at noon. Recently named an official Taylor Guitars artist, Tarr was also the 2020 SDMA winner for “Best Pop Artist,” with new music on the way. He released a new single last month, “The Rules,” via Pacific Records, a taster for his next album, due in early 2023. Tarr regularly performs around town with a variety of different-sized ensembles, but for this show he will be performing solo, using looping pedals and a mix of instruments including guitar and saxophone.

Jonny Tarr: Sunday, Sept. 11 at UTC Palm Plaza, 4545 La Jolla Village Drive, Ste E-25. Noon. Free.

Few bands have had the staying power of Chicago. Formed in 1967, the 10-piece group performs a two-night stand at Humphrey’s Concerts by the Bay on Sept. 13-14. Chicago is still going strong, most recently releasing their 38th album, "Chicago XXXVIII: Born for This Moment," with three original members still aboard; singer and keyboardist Robert Lamm, trumpeter Lee Loughnane and trombonist James Pankow. Chicago’s latest single, “If This Is Goodbye” is a worthy addition to their canon, but the night’s biggest cheers will be for their incredible string of vintage hits including “Saturday In The Park,” “Old Days” and “Call on Me.”

Chicago: Tuesday and Wednesday, Sept. 13-14 at Humphrey’s Concerts by the Bay, 2241 Shelter Island Drive. 8 p.m. \$106 and up. [humphreysbackstagelive.com](http://humphreysbackstagelive.com).

Recorder/County Clerk of San Diego County on: AUGUST 18 ,2022. ISSUE DATES: AUGUST 26 ,SEPTEMBER 2,9 & 16

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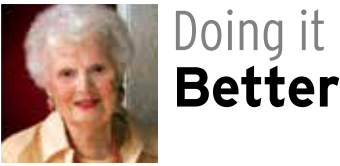
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# The world is constantly changing, as is everything and everyone around us



By Natasha Josefowitz, Ph.D.

**Doing it Better**

Some people seem to be wired to like variety, novelty, and change from routine. Others seem to prefer the status quo, the predictable, the familiar. To some extent, this is genetic, but it is also influenced by the multitude of experiences we have been subjected to in our lives. Embracing change requires the ability to break comfortable habits, overcome the need for security, risk what we have, defy inertia and laziness, and master our fear of the unknown. Change can be exciting when it is done by us, but it can be threatening when done to us.

There are psychological attributes that don't change throughout life, like baseline anxiety or eagerness for novel experiences. People with higher levels of one or the other of these traits will respond in opposite ways to the same situations. For instance, the introduction of new technology can elicit responses ranging from feeling like something will be a fun learning opportunity, to seeing it as a blow to self-esteem ("I will never be able to do that!"). Some, like chameleons, have a variety of responses available to them. Others will respond in only one, customary way.

Change is also perceived differently by

different generations. When I was young, which was many decades ago, I would look forward to changing, variety, and challenging the status quo. Today I view change with some alarm. A notification that my computer or iPhone has an upcoming update makes me immediately worry that it will make me feel inadequate as I try to adjust to new configurations. The speed with which new technologies enter our lives is totally mind-boggling. Alexa and Siri keep offering me new ways to function when I am quite happy functioning with what I currently know.

One of the changes I deal with every year is in the deterioration of physical competence. I see less well; I hear less well, and I walk slower. These are changes that I need to adapt to with hearing aids, reading glasses, and a cane. Demographics also change. My doctor, dentist, accountant, lawyer, trainer, hairdresser, and secretary have either retired or died; thus I have to adapt to a whole new set of personalities.

Resilience and adaptability are required of us as we continue to contend with COVID-19 and climate change as it impacts our lives. We cannot rest on our hard-earned laurels anymore. We must move on with the changing times, even if we are a bit out of breath from the speed of it all.

Change usually includes both opportunity and loss. Within organizations where many people will be impacted, there must be a reason for making changes — something is not working or an improvement is necessary to remain competitive. Even so,

some people will see it as necessary; others will not.

People approaching retirement may lose their office space or have to bear the disruption of construction, but will not be around to gain any benefits. Older residents in retirement communities may feel the same way and are also more prone to resist change and may have difficulty learning new routines, or dealing with changes in their environment. "Will I see the completion of this project in my lifetime?" is a frequent complaint. In the last decades of one's life, comfort takes precedence over innovation even if it promises improvement. It is very difficult for individuals to give up amenities or resources for the benefit of people they will never know.

It is not only older people who resist change. Any individual who will experience some personal discomfort for the benefit of the organization or for some future generation may balk at giving up the status quo. In order to support the change, people need to have their concerns acknowledged and their ideas are taken seriously. Here are some

suggestions to help overcome resistance:

- Be clear and explicit about motives and intended outcomes;
- Promote open discussions of concerns;
- Involve those impacted as much as possible;
- Provide training if new skills are needed;
- Be aware of possible unintended consequences, especially those which will negatively impact some individuals.

Special attention must be paid to people who suffer from mental issues, such as depression or anxiety, or who suffer from physical disabilities. For these individuals, change may be more traumatic.

In the end, some people will evade all efforts to get them to accept the necessity for change and will, therefore, be unreachable by any means. However, in our rapidly evolving world, change is the one constant we can rely on.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022. Natasha Josefowitz. All rights reserved.

## La Jolla Country Day alumna writes book on finding happiness and time

By DAVE SCHWAB

Dr. Cassie Mogilner Holmes, a La Jolla Country Day School grad now a university professor, chose a familiar subject for her first book: happiness.

A professor at UCLA's Anderson School of Management, Holmes, from LJCD's class of 1998, teaches a popular MBA course titled "Applying the Science of Happiness to Life Design."

Her first book, "Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most," reflects her overarching view that our most precious resource isn't money but time. "Happier Hour" demonstrates how small changes in our lives can have an enormous impact on reducing our sense of being overwhelmed, while increasing overall life satisfaction.

Discussing the point of her research and book, Holmes said: "I've been studying this (happiness) since I got my Ph.D. I wanted to figure out whether the choices we make daily can bring more satisfaction to our lives."

The professor noted it was a tough sell pitching the idea of a new book about happiness to her superiors. "They wanted to know how this was relevant for businesses," said Holmes. "And my response was, 'We are educating our future business leaders, so I developed a way to apply my Science of Happiness to Life Design class.' And it's become one of the most popular courses. Recognizing the positive impacts the class has had on my students and their relationships, I wanted to spread its empirical-based learning (verifiable by observation or experience) more broadly. So I agreed to write this book."

In her book, Holmes shares her conviction

"Happier Hour: How to Beat Distraction, Expand Your Time, and Focus on What Matters Most," (cassiemholmes.com/happierhour), by Dr. Cassie Mogilner Holmes, will be available Sept. 6. Holmes is conducting a book tour that includes an in-person happy hour and book signing event in San Diego on Sept. 15 from 4-6 p.m. For tickets and information, visit [adventuresbythebook.com/event/dr-cassie-mogilner-holmes-9-15-22/](https://adventuresbythebook.com/event/dr-cassie-mogilner-holmes-9-15-22/). Holmes' book is noted as a Forbes 2022 Top 10 Must-Read Career and Leadership Book with early praise from Angela Duckworth, Adam Grant, Laurie Santos, Eve Rodsky, Jonah Berger, and Katy Milkman.

Watch Holmes launch the book on two morning shows, "CBS Mornings" on Sept. 6, and "Today Show" on Sept. 8.

that one of the main ways to maximize our happiness is to remove as much "waste time" as possible from our lives.

"So many of us feel we don't have enough time to do what we want — and have — to do," she said adding, "But the problem is, so many of our hours spent aren't fulfilling, it just fills our day."

Thus, "Happier Hour" teaches how to maximize time spent on productive pursuits while minimizing the time we feel is being wasted. "We want to be able to look back on our days and feel like our time spent was fulfilling, and not just simply busy," Holmes said.

Reflecting back on her LJCD days, the professor believes the independent, intimate private school laid a solid foundation to build upon. She started in seventh grade at the K-12 school and was active in a number of varsity sports, including track and soccer. She was also the first girl to play on the school's flag football team.

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A photograph of a single-story house with a brick chimney and a white picket fence in the foreground. The house has a dark door and a small porch with a brick walkway. The yard is green with a curved brick border. A white picket fence runs along the right side of the property. In the background, there are trees and a clear sky.

3 BD | 2 BA | 1,430 sq. ft. | 6,500 sq. ft. lot

A person is seen from behind, sitting on a white folding chair on a sandy beach. They are looking out at the ocean where the sun is setting, creating a bright, hazy glow. The person is wearing a dark jacket. In the foreground, a surfboard lies on the sand. The sky is a mix of soft orange and pale blue.



 @isellbeach

Locals' Summer is the best time of the year for many PB residents. The hordes of sunburned tourists have gone home, the kids are back in school, the weather is beautiful, the surf is usually firing and there is WAY less traffic. A magical time of year in PB. Enjoy Locals' Summer this year!