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Pet memorial at Fiesta Island

SEE PAGE 5



De Anza Cove cleanup begins

SEE PAGE 3



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## Man accused of stealing Goldendoodle in Pacific Beach to stand trial for dog theft



By NEAL PUTNAM

A judge ruled that a man accused of stealing a valuable dog from a family on vacation in Pacific Beach should stand trial later this year for the felony offense of grand theft dog.

Hannah McGuire, who lives in Utah, testified remotely that their Goldendoodle dog, Chanco, was taken out of his crate on Aug. 1 while the family was sleeping in a nearby tent at the Campland on the Bay in Pacific Beach. McGuire said she and her husband purchased the dog for \$2,000 from a family of canine breeders in Utah in August 2021, for them and their 8-year-old son.

Mini Goldendoodles are a cross between a Golden Retriever and a Standard Poodle, and that name for them was coined in the 1990s, according to petkeen.com. They are valued between \$1,600 to \$4,000, and the felony charge is because it is theft over \$950.

Johnny Dwight Smith, 40, of National City, is accused of the lone charge and is believed to be the man on surveillance video footage at 2:30 a.m. leading the same dog on a leash away from the park. The surveillance footage was shown and testimony was heard by San Diego Superior Court Judge Peter Gallagher in the preliminary hearing.

McGuire said they posted fliers with Chanco's photos on them, and she said they "spent the rest of our vacation looking for Chanco." She said a man called, saying, "I think I may have purchased your dog." McGuire said she asked him to send photos of the dog, and she said "I felt 100% sure it was my dog."

# PRESERVING KUMEYAAY CULTURE AT LOVE YOUR WETLANDS DAY

See page 5

Volunteers help construct a Ha Kwayiyo boat out of tule reeds during a workshop led by Dr. Stan Rodriguez of Kumeyaay Community College at Love Your Wetlands Day in Pacific Beach. Tule boats, or tule balsas, were used by California Natives to travel across inlets, deep marshes, lakes, and bays.

PHOTO BY THOMAS MELVILLE

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# More steps and moderate physical activity cuts dementia risk

By YADIRA GALINDA

Senior women were less likely to develop mild cognitive impairment or dementia if they did more daily walking and moderate-to-vigorous physical activity, according to a new study led by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego.

In the Jan. 25 online edition of *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, the team reported that, among women aged 65 or older, each additional 31 minutes per day of moderate-to-vigorous physical activity was associated with a 21 percent lower risk of developing mild cognitive impairment or dementia. Risk was also 33 percent lower with each additional 1,865 daily steps.

"Given that the onset of dementia begins 20 years or more before symptoms show, the early intervention for delaying or preventing cognitive decline and dementia among older adults is essential," said senior author Andrea LaCroix, Ph.D., M.P.H., Distinguished Professor at the Herbert Wertheim



Andrea LaCroix, Ph.D., M.P.H., Distinguished Professor.

School of Public Health and Human Longevity Science at UC San Diego.

While there are several types, dementias are a debilitating neurological condition that can cause loss of memory, the ability to think, problem solve or reason. Mild cognitive impairment is an early stage of memory loss or thinking problems that is not as severe as dementias.

According to the United States Department of Health and Human Services, dementia affects more than 5 million people in this country. That number is expected to double by 2050.

More women live with and are at higher risk of developing dementia



Steve Nguyen, Ph.D., M.P.H., postdoctoral scholar.

than men.

"Physical activity has been identified as one of the three most promising ways to reduce risk of dementia and Alzheimer's disease. Prevention is important because once dementia is diagnosed, it is very difficult to slow or reverse. There is no cure," said LaCroix.

However, because few large studies have examined device measures of movement and sitting in relation to mild cognitive impairment and dementia, much of the published research on the associations of physical activity and sedentary behavior with cognitive decline and dementia is based on self-reported measures, said first author Steve Nguyen, Ph.D.,

M.P.H., postdoctoral scholar at the Herbert Wertheim School of Public Health.

For this study, the researchers sampled data from 1,277 women as part of two Women's Health Initiative (WHI) ancillary studies — the WHI Memory Study (WHIMS) and the Objective Physical Activity and Cardiovascular Health (OPACH) study. The women wore research-grade accelerometers and went about their daily activities for up to seven days to obtain accurate measures of physical activity and sitting.

The activity trackers showed the women averaged 3,216 steps, 276 minutes in light physical activities, 45.5 minutes of moderate-to-vigorous physical activity and 10.5 hours of sitting per day. Examples of light physical activity could include housework, gardening or walking. Moderate-to-vigorous physical activity could include brisk walking.

The study findings also showed that higher amounts of sitting and prolonged sitting were not associated with higher risk of mild cognitive impairment or dementia.

Together, this information has clinical and public health

importance as there is little published information on the amount and intensity of physical activity needed for a lower dementia risk, said Nguyen.

"Older adults can be encouraged to increase movement of at least moderate intensity and take more steps each day for a lower risk of mild cognitive impairment and dementia," said Nguyen.

"The findings for steps per day are particularly noteworthy because steps are recorded by a variety of wearable devices increasingly worn by individuals and could be readily adopted."

The authors said further research is needed among large diverse populations that include men.

Co-authors include: John Bellettiere, UC San Diego; Kathleen M. Hayden and Stephen R. Rapp, Wake Forest University School of Medicine; Chongzhi Di, Fred Hutchinson Cancer Center; Priya Palta, Columbia University Irving Medical Center; Marcia L. Stefanick, Stanford University School of Medicine; JoAnn E. Manson, Harvard Medical School; and Michael J. LaMonte, University at Buffalo — SUNY.

## UC San Diego training individuals to reduce health disparities in communities

Community health workers training program aims to increase access to health care services in underserved neighborhoods

By YADIRA GALINDA

Community health workers were trusted messengers, disseminating health information in underserved communities during the COVID-19 pandemic, and playing a vital role in reducing health disparities.

This form of outreach is the basis of a newly launched academic-community partnership, led by the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego and is funded by a \$3-million Health Resources and Services Administration grant, that aims to train 200 individuals from refugee, immigrant, and Native American populations living in San Diego County to become community health workers on key health topics disproportionately affecting their communities.

"COVID-19 highlighted the need for individuals with culturally and linguistically competent skills to be engaged as community health workers within their own neighborhoods. At the urging of our community collaborators to design a certified training program, I felt responsibility to take that role and address health disparity that is negatively impacting these communities," said Wael Al-Delaimy, M.D., Ph.D., professor at the Herbert Wertheim School of Public Health and Human Longevity Science, who is bilingual and an immigrant from the Middle East.

Nationally, San Diego is the second largest hub for immigrants from the Middle East and Somalia,



**'We hope to train as many as 200 new community health workers over the next three years.'**

**- Laura B. Fandino, assistant dean of academic affairs, Division of Extended Studies**



two populations targeted by this program.

Al-Deliamy is the director of the newly funded initiative titled Community Health Workers for Advancing Public Health within Immigrant/Refugee and Native American Communities Program (CHWAP), which is a collaboration with the UC San Diego Division of Extended Studies, UC San Diego Altman Clinical and Translational Research Institute (ACTRI) Center for Community Health, Somali Family Service of San Diego, and more than 14 community organization partners.

The program will provide all-expenses paid training that will be held in combination of community settings, at the UC San Diego campus, and online.

Somali Family Service will recruit trainees from underserved communities and will provide additional services including transportation, childcare, mentorship and career services such as resume writing and cover letter development workshops. It will also assist participants to find living wage jobs.

"It is important for community members to access trusted messengers equipped with the capacity to

holistically relate and respond to their needs and concerns while providing valuable and impactful services and solutions," said Ahmed Sahid, president and CEO of Somali Family Service of San Diego.

"The Community Health Workers for Advancing Public Health within Immigrant/Refugee and Native American Communities Program significantly bolsters our community health workers' efforts by ensuring they receive the training, tools and support necessary to uplift underserved and vulnerable communities."

Community health workers are not medical or public health professionals. They are individuals who bridge culture, language and life experiences with public health, health care and the needs of the community in which they live.

The Herbert Wertheim School of Public Health competed and was selected to become part of a national network to develop capacity in training 13,000 community health workers through a \$225 million HRSA program under the directive of the White House.

UC San Diego Division of Extended Studies will oversee the

academic components of CHWAP, providing access to world-class training in health support, soft skills development, and leadership and self-care.

"We hope to train as many as 200 new community health workers over the next three years and are honored to work with the Herbert Wertheim School of Public Health and Human Longevity Science and our community partners to ensure a talented and diverse public health workforce and reduce healthcare disparities in our region," said Laura B. Fandino, J.D., Ph.D., assistant dean of academic affairs, Division of Extended Studies.

Among the community organizations helping to recruit community health workers is the San Diego Refugee Communities Coalition, a collective of ethnic-community based organizations in San Diego County with a history of serving thousands of underserved refugee families and residents. The ACTRI Center for Community Health Refugee Health Unit serves as the backbone organization for the coalition.

CHWAP will provide an opportunity for expanded workforce development within refugee and underserved communities to improve access to health resources in a way that was unavailable prior to the COVID-19 pandemic, said Blanca Meléndrez, executive director of the ACTRI Center for Community Health and co-director of CHWAP.

"Community health workers can provide culturally competent, locally relevant services

to individuals in their primary language which makes community members more comfortable and open to discussing sensitive topics," said Amina Sheik-Mohamed, M.P.H., ACTRI Center for Community Health Refugee Health Unit director.

Chag Lowry, who is of Yurok, Maidu, and Achumawi Native ancestry from California, will be coordinating the program's outreach and recruitment effort to Native Americans.

"Our Native American community suffered health inequity for decades and was hit hard by the COVID-19 pandemic. This is a welcome effort to build capacity in an effort to address the health equity gap," said Lowry, administrative director of the California American Indian Tobacco Initiative Evaluation based at the Herbert Wertheim School of Public Health.

CHWAP will coordinate job placements and development of an apprenticeship program with hospitals, clinics and regional partners including the San Diego Workforce Partnership, said Eric Hekler, Ph.D., CHWAP co-director and associate dean for community partnerships at the Herbert Wertheim School of Public Health.

In addition, CHWAP is collaborating with the California Consortium for Urban Indian Health, the County of San Diego, Health Center Partners of Southern California, the Hospital Association of "San Diego."

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



# Mission Beach artist loses everything in fire; GoFundMe page set up

**By DAVE SCHWAB**

**F**riends and supporters of Vinny Vinman Lucarelli of Mission Beach, who turns trash into art and lost nearly everything when his live-in studio burned down, have set up a GoFundMe page for him.

As of Feb. 14, a total of \$11,100 had been raised from 191 donations on his account toward a \$15,000 fundraising goal.

An East Coast ex-patriot originally from Connecticut, Lucarelli, a pipe welder, and a surfboard shaper, moved to San Diego 30 years ago for the surf and sun. He has remained to make a name for himself by re-purposing salvaged trash plucked from the ocean.

"I jog the beach every day and whatever I find, mostly metal and driftwood, I bring it back and turn it into art, make it look nice, and make a buck off of it," said the unorthodox artist. "I paint. I do a lot of stuff. Most of the artwork I do is outside."

Lucarelli recounted a recent Wednesday evening when he left his converted one-car garage studio shack for a short walk to the bay, returning 10 minutes later to



Vinny Lucarelli's live-in studio in Mission Beach before and after the fire.



COURTESY PHOTOS

find his world had been upended.

"I walked around the corner and said, 'That's my house (on fire),' he noted adding, "I come running up and grabbed a hose and put it through the window. It's amazing to me. Five minutes. Puff. That's it. I'm a caveman basically. I got wiped out, lost everything."

Lucarelli is certain of only one thing at this point. "I don't want to leave," he said.

Temporarily staying with friend

Shane Geisert until he gets back on his feet, Lucarelli said an investigation is continuing into the blaze that destroyed his shack, noting arson has been ruled out as a possible cause.

Jimmy Acosta, a longtime friend of Lucarelli's who organized his GoFundMe campaign, said Lucarelli is an "original," a true artist whose work is appreciated and who deserves a second chance.

"Tourists and locals would often

praise him for what he does and take selfies in front of his (art) display in what [Vinny] called art alley on Pismo Court," said Acosta. "His shack is a complete disaster, which left him with absolutely nothing but his neighbors and community to help. Luckily, he was unharmed in this disaster. His shack was one of the last original art alley Mission Beach surf shacks left. His art brought smiles to everyone passing by."

Of Lucarelli's artistic technique, Acosta commented: "He never took anything from anybody. It had to be stuff he found on the bay or the beach or in the alleys, that he uses to make metal sculptures, one of which, 12- to 15-feet tall, he made

**WANT TO HELP?**

Visit Vinny Lucarelli's GoFundMe page at <https://gf.me/v/c/33m/help-vinny-vinman-lucarelli-of-mission-beach>.

for the Fourth of July of a guy with an American flag that was all made of random parts."

Lucarelli is grateful for the compassion people have shown him in his hour of need. "I appreciate all the support from so many people with prayers," he said adding, "But it isn't even (just) about the people coming by. People noticing your artwork – that's the world to me. It's about being a part of the art scene and people caring. Thanks for all the years of supporting my artwork."

## Clean-up commences of decaying mobile homes at De Anza Cove

**O**n Wednesday, Feb. 15, Mayor Todd Gloria joined Mission Bay RV Resort officials and supportive Mission Bay campers to celebrate the long-awaited clean-up of De Anza Cove at 2727 De Anza Road.

Following three years of Coastal Commission negotiations, permits were secured last July for the removal of dilapidated homes that have long blighted the De Anza Cove peninsula in Mission Bay Park.

The clean-up effort, approved by City Council in 2019, will also result in an improved coastal bike path and 147 family-friendly campsites at De Anza's Mission Bay RV Resort to expand much-in-demand coastal recreation access in the near term as the City finalizes long-term plans for northeast Mission Bay.

Gloria, and Jacob Gelfand, of Mission Bay RV Resort and Campland on the Bay, discussed the benefits the cleanup will bring



A backhoe rips down a dilapidated mobile home on Marigold Drive at De Anza Cove on Feb. 15.  
PHOTO BY DAVE SCHWAB

to the community and the environment. Guests also had a chance to observe firsthand how one of the remaining homes was being demolished and removed.

Following the cleanup project's completion in the coming months, San Diegans will again be able to fully enjoy the coastal views, repaired bike path, and improved, waterfront camping opportunities that De Anza has to offer.

## Man gets 7 years in prison for 2019 slaying in Pacific Beach

**By NEAL PUTNAM**

**A** man convicted of manslaughter in the stabbing death of a man outside a 7-Eleven store in Pacific Beach in 2019 was sentenced on Feb. 2 to seven years in state prison.

Deputy District Attorney Fred Washington asked that Desmond Alejandro Williams, 36, be sentenced to 11 years in prison for killing Sean Snellman, 40, who was

stabbed four times on June 22, 2019.

The jury that heard the case acquitted Williams of first and second-degree murder and convicted him of voluntary manslaughter in 2022. Snellman punched Williams several times before he was stabbed at the store near Mission Boulevard and Grand Avenue.

San Diego Superior Court Judge Kimberlee Lagotta heard from the victim's three sisters who testified via

computers in another state. Letters from Snellman's aunt, cousin, and his godmother were also received.

Williams was sentenced on Dec. 15, 2022 to life in prison from Judge Jeff Fraser for his convictions of aggravated mayhem and torture on another man in a baseball bat attack in 2010 near the old Qualcomm Stadium in Mission Valley.

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# Conrad Prebys Foundation to focus on community-based partnerships

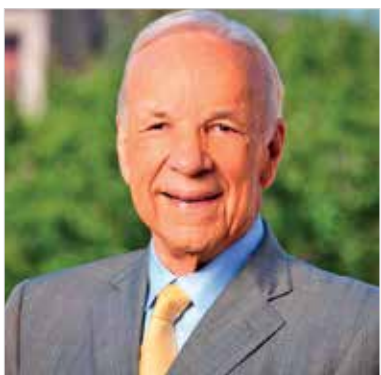
Foundation will grant \$100 million over the next two years for the arts, youth success, health care, and medical research

**C**onrad Prebys was committed to giving back to the community he called home for over half a century. The \$1 billion foundation he created ensures that this spirit of philanthropy will live on for many decades to come.

In 2022, the board of The Conrad Prebys Foundation hired its CEO Grant Oliphant, a philanthropy executive with almost three decades of senior experience in the field. Oliphant and a team of staff, board members, and consultants spent the past year meeting with hundreds of community members, nonprofit leaders, philanthropists, and government officials to learn how to best use the foundation's assets to serve the people of San Diego County.

Today, the Conrad Prebys Foundation released an initial strategy built on what they heard. Focused on creating an inclusive, equitable, and dynamic future for all San Diegans, the plan will guide the organization as it engages and partners with communities, nonprofits, businesses, and government over the next several years. The strategic plan builds on a core concept of community well-being and seeks to acknowledge that every San Diegan's sense of purpose, opportunity and belonging are respected and nurtured.

"In every conversation, we had across this county over the past



Conrad Prebys

year, we heard about the truly incredible assets that San Diego offers and the great hopes people have for this community," said Oliphant. "We also heard about how many people are left out and how the potential of San Diego could be so much greater if we could create more opportunities for everyone in this community to participate genuinely in its vitality and success. It became obvious early on that our plan would need to focus on using our work to contribute to building a San Diego for everyone."

The plan organizes the work into four programs driven by Prebys' instructions and giving during his lifetime: Visual and Performing Arts, Youth Success, Healthcare, and Medical Research. The foundation's work in these four areas will also acknowledge the importance of three issues critical to the

future of San Diego: Addressing Climate Change, Embracing Our Border and Indigenous Nations and Promoting Civic Dialogue. A summary of the plan can be found at [prebysfdn.org/grants](http://prebysfdn.org/grants).

## GRANTMAKING

Central to The Conrad Prebys Foundation's approach is a commitment to serve as a partner to the organizations and individuals who continue to work tirelessly to help the greater San Diego area meet the needs and potential of all its residents. With that in mind, the plan is framed as a living document or "learning plan," one that will continue to evolve as the foundation implements it this year and gathers feedback from its partners. Over the first two years of this new plan, the foundation expects to grant \$100 million to local community groups.

"This is an important step in growing the culture of collaborative philanthropy in San Diego that centers the experience and leadership of community members," said Megan Thomas, president and CEO, Catalyst of San Diego and Imperial Counties. "We have no shortage of needs in our region, but we also have the resources, energy, and creativity to tackle big challenges. With today's announcement, we have a very important new ally in this work."

The foundation will update the way it makes grants as well. While the foundation previously made grants in limited funding cycles through an application process, it

will expand the methods and the timing in which it makes grants to include open applications, requests for proposals, invitations, and community-led grantmaking. The foundation will provide more information about this process in the coming months.

## IMPACT INVESTING

After making several pilot investments in 2023, the foundation will invest an additional \$100 million over the next 10 years in ways that advance the wellbeing of San Diego. These mission-driven investments will represent a commitment to realizing social returns through the foundation's endowment and financial goals.

## HERE TO LEARN AND SERVE

The plan unveiled on Feb. 14 is designed to adapt based on lessons learned from its implementation. Kaberi Banerjee Murthy, a philanthropic leader with more than two decades of experience, who was recently hired as Prebys' first chief impact officer, sees this as a central principle of good philanthropy.

"In many ways, we are here to learn and to serve," she said. "We want to engage the entire community in solutions that will meet the moment."

"The foundation's priority for its first two years was to provide much-needed funding to organizations doing great work in San Diego during the pandemic. Building on that, as the foundation expands its staff and deepens its relationships in the community, we are moving into a way of operating that leans

heavily into partnerships and the wisdom and expertise that lives in the community."

## COMMUNITY MEETINGS

As part of that commitment, the foundation will launch a series of community meetings across the county to discuss the foundation's goals and approach, gather feedback, connect, and build relationships with community members, and provide more information about how nonprofit organizations can receive funding. Information regarding the upcoming community meetings is available at [prebysfdn.org](http://prebysfdn.org) and also listed here – Feb. 23, noon-2 p.m., MiraCosta College, Oceanside; Feb. 27, noon-2 p.m., Living Coast Discovery Center, Chula Vista; Feb. 28, noon-2 p.m., transcenDANCE Youth Arts Project, Lemon Grove; March 1, noon-2 p.m., central San Diego, location TBD.

"Our county is taking innovative steps and working collaboratively with the community and philanthropic partners to address some of the region's most pressing issues," said Nora Vargas, chairwoman, San Diego County Board of Supervisors. "Today's announcement provides an important commitment to making a real difference in people's lives, and it creates a unique opportunity for public-private partnerships to play a catalytic role in advancing transformative change in our communities. I look forward to partnering with the Conrad Prebys Foundation to help build a county that works for all."

# More than 1,600 volunteers participate in Point in Time Count of unsheltered

**M**ore than 1,600 volunteers across the county took part in this year's Point in Time Count, counting and interviewing unsheltered residents throughout the region from 4-8 a.m. on Jan. 26.

The annual Point in Time Count is led by the Regional Task Force on Homelessness (RTFH) as part of a federal funding mandate. It also helps RTFH learn more about the people experiencing homelessness while raising awareness about the crisis, what's working, and where opportunities exist. Last year's census found 4,106 were experiencing unsheltered homelessness in San Diego County.

"This count is a snapshot of what homelessness looks like in our region at a minimum," RTFH CEO Tamera Kohler said. "While the data it generates is important and valuable, it's the experience and the interactions that make this annual census so meaningful. Thank you to our volunteers for your efforts in taking part in the count and returning some humanity to those who are sleeping outside."

Organizations like the Downtown San Diego Partnership lean in on this vital issue and provide support for the Point in Time Count, including opening up their office as a command center and hosting a post-Count press conference.

"We're grateful to work with partners like the Regional Task Force on Homelessness who bring additional awareness to the homelessness crisis in Downtown and across the region," said Betsy Brennan, president and CEO of the Downtown San Diego Partnership.

"The data collected during the census will help us better understand the circumstances of our unhoused neighbors and how we can continue to work with the city, county, and service providers to create solutions that will meet their needs. The annual #WeAllCount effort also is a crucial step to identifying areas of need like Downtown and securing resources to create meaningful change for our unhoused neighbors," Brennan said.

Community Housing Works CEO and RTFH CoC advisor board chair Sean Spear was among the volunteers who canvassed the county on Jan. 26.

"This is important work, eye-opening work, that informs the work so many providers and others do every day to assist those experiencing homelessness," Spear said. "We are making strides but as we heard today on the streets, we need to do more. There's much more to do to make homelessness a brief and rare occurrence."

At the news conference, Council President Sean Elo-Rivera expressed a wide range of emotions. He said he was saddened by what he saw, encouraged by the volunteer effort, and frustrated that in 2023 in San Diego it takes 1,600 people working several hours to count the number of people living on the streets.

"We heard sad story after sad story today so the question is going to be, 'What will the count look like next year?' Elo-Rivera said.

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



# Group working to create permanent pet memorial on Fiesta Island

By DAVE SCHWAB

Planning is well underway by Fiesta Island Dog Owners to construct a new, permanent, and entirely legal pet memorial for canines on the island.

"We got approval by the Mission Bay Parks Committee (for a new memorial) and now the design is going through City park review," said FIDO spokesperson Carolyn Chase.

Over the years, people using the off-leash area of the man-made island to walk their pets had been placing painted rocks there to honor dogs they'd lost. The memorial was in a six-foot-diameter spot next to a path in the middle of more than 90 acres. City crews had

been mowing around it.

But a year ago the City, after someone complained of a canine being buried close by the memorial, removed the remaining memorial-painted rocks from there. Any rocks not picked up by their owners were eventually stored at the park ranger's office for retrieval.

Of the makeshift island pet memorial, FIDO secretary Jean Spengel said, "It gave a lot of comfort to people who lost a pet, and was in a place, like a human cemetery, where people could go to find solace, see their rocks and think about the role the animal played in their lives." She added, "Nothing was buried there. It was just a place to put the rocks."

Pointing out that Fiesta Island



The former pet memorial on Fiesta Island that the City removed.

COURTESY PHOTO

is "the only place where you can really exercise and walk in nature with your dog," Spengel added. "We were able to convince the City and the California Coastal Commission that dog walking was really a valid recreational use for people."

Spengel said FIDO will pay the cost of, and do the work on, constructing the new pet memorial. She noted their nonprofit "had to come up with a plan (for a memorial) that was 'a little bit larger and a little nicer.'"

Noting there are two diagrams of the plan they are proposing to build, Spengel added FIDO "really needs to find a project manager to help with the trenching and building of the footing and the cement block wall to make sure it is done right so it is level and square and

ends up looking nice." She added they will probably rely on volunteer labor to do the project, which is going to consume a considerable amount of materials, on the order of 1,600 pounds of block, gravel, and sand. "We also need to come up with a way to get those supplies out there, which will take a little bit of planning, organization, and work on our part," she said.

Concerning the timeline for getting all the necessary permitting and approvals for constructing the memorial, Spengel noted: "The thing to remember is things work slowly. We have to go through a park design review, and we may have to ultimately go before the full City Council and the Mission Bay Parks board to get final approval. Then we may have to get a

## PARK BOARD POLICY

City Park and Recreation Board policy requires gifts of architectural features, works of art, and commemorative plaques for public parks or on other City-owned land to:

- Add to the interest and attractiveness of the parks, or be of service to patrons of the parks, i.e., drinking fountains, and benches.
- Be reviewed by the Park and Recreation Board and submitted by them to the City Council with recommendations.
- Be coordinated for review with the City of San Diego Commission for Arts and Culture.
- Serve as a recognition to an individual or group, living or dead, who have made a significant contribution to a specific park or community, commemorate a historic occasion, or acknowledge the interest of a group or individual in a park.
- Require costs of development and placement of a decorative memorial or commemorative feature to be borne totally by private funds.
- Allow costs to be shared by the City if the "feature" provides a service to park patrons.

right-of-entry permit from the City to work on San Diego public lands. That will take several months. This is not an overnight project."

There are other, future, projects FIDO is considering working on to improve Fiesta Island. One of those is participating in getting rid of invasive, non-native species on the island, like foxtails, which are harmful to dogs if they get stuck in their sinuses. "We're working with San Diego Audubon to get rid of those noxious plants," Spengel said.

## Hundreds come out to Love Your Wetlands Day at Kendall-Frost Marsh



More than 500 volunteers worked on a variety of projects throughout the morning and afternoon at the marsh collecting nearly 300 pounds of trash, mostly single-use plastic litter.

PHOTO BY VICTOR SANTOS

San Diego Audubon and UC San Diego Natural Reserve System teamed Feb. 4 for the 18th annual Love Your Wetlands Day at Kendall-Frost Mission Bay Marsh Reserve in Crown Point.

Hundreds of neighbors, families, and ReWild supporters joined elected officials, including Mayor Todd Gloria, and more than 30 community partners and organizations to celebrate the special day. There was only one rule for touring the marsh on Love Your Wetlands Day: Anyone who goes in has to pick up trash. More than 500 volunteers worked on a variety of projects throughout the morning and afternoon at the marsh collecting nearly 300 pounds of trash, mostly single-use plastic litter.

Participants joined in hands-on activities, explored the protected marsh, assisted in cleanup efforts, and learned about research taking place to quantify and qualify how the rare urban wetlands' habitat benefits the region's air, ocean, and wildlife. Volunteers with San Diego Audubon helped provide tours and educate visitors about endangered birds that call the marsh home.

The marsh is a refuge for juvenile

fish, endangered bird species, and a host of unique native plants that depend upon coastal wetlands for survival. The February event is the only time each year the public is invited to visit the habitat because casual attendance would disrupt the delicate ecosystem.

"As stewards of Kendall-Frost Marsh, UC San Diego values this dynamic marsh region and the opportunities it offers to learn more about pressing environmental issues like carbon sequestration, wildlife cultivation, and climate change in urban centers," said UC San Diego Chancellor Pradeep K. Khosla. "We are proud to welcome visitors to Love Your Wetlands Day, demonstrate the importance of wetlands, and celebrate this important regional resource."

"Every level of government must take action on the climate crisis and we at the City are stepping up to do so," said Gloria. "I'm grateful to all the volunteers who gathered to do their part during the citywide day of climate action. When big cities like San Diego lead, others will follow. And where California leads – the world follows."

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



## Shirley Barnes Schwab

October 4, 1927 - December 19, 2022

La Jolla – Shirley Barnes Schwab, loving wife, mother, and grandmother, passed away peacefully at The Cove on December 19, 2022.

She was born in Pomona, CA, the daughter of Stanley E. Barnes and Alma Cecelia Evans.

She was preceded in death by her parents and older brother Stanley R. Barnes, and her husband Paul E. Schwab, Jr.

Growing up in the La Verne and Claremont area of California, surrounded by citrus groves, she was active in music (piano, violin, choral) and sports, excelling in academics and forming lifelong friendships with her high school classmates. She graduated from Claremont High School and followed her mother and brother's path to Pomona College where she majored in Psychology, was awarded Phi Beta Kappa and graduated in 1949. During her first year she met Paul Schwab and they were married four years later. She was an active alumna of Pomona and treasured her class reunions. When Paul began his graduate studies at Stanford University, she taught elementary school in Sunnyvale until she became a full-time mother and homemaker. They soon moved to Claremont after their son Paul was born, later followed by two daughters, Katherine and Margaret. Shirley's passion for music and sports was instilled in her children, and she never missed the Olympics including one in-person occasion—the 1984 L.A. Olympics. Watching her children and grandchildren thrive, including spending time with them at swim meets and music performances, brought her great joy. In typical fashion, she warmly embraced the addition of a step-granddaughter into the extended Schwab family.

In 1961 the family moved to the Washington, DC area, initially for about 3-4 years but it turned into 13 years during which Shirley made wonderful friends, became devoted to tennis and shuttled her children to endless swim practices and meets. Every weekend during the first year in the DC area she took the children to one of the many famous national museums on the Mall. Later on, she enjoyed memorable trips with her husband Paul to all continents with highlights including China, India, Australia, New Zealand, South Africa, and numerous locations in Europe, primarily with the Stanford University alumni tours. She celebrated special family gatherings in Kona (Hawaii), Estes Park (Colorado), and Alisal Ranch (California). In 1974 the family moved to La Jolla for 7 years before returning to the D.C. area for another 7 years. In both the Washington, DC area and in San Diego, Shirley was involved with ARCS (1987-2009) and enjoyed friendships with fellow members along with the accomplishments of young scientists who received scholarships from the foundation. Finally, Shirley and Paul settled back into their La Jolla home and enjoyed travel abroad and in the U.S., golf at the La Jolla Country Club, and tennis and BBQ's on the beach with family and friends at the La Jolla Beach & Tennis Club. Her interest in family genealogy occupied her attention over several decades. In 2007 they moved to the retirement community of White Sands in La Jolla, with its lively schedule and social life, and where Shirley's abiding interest in bridge could flourish.

Survivors: her children Paul E. Schwab, III (Meredith Austin), Katherine Schwab (Ronald Davidson), Margaret Schwab (Scott Johnston), three grandchildren Daniel, Anna (Ritvik Mishra), and Laura Schwab, step-grandchild Stephanie Davidson, and numerous relatives and friends.

A Celebration of Life will take place at 3:00 p.m., Saturday, February 25, 2023, at the La Jolla Presbyterian Church, 7715 Draper Ave., La Jolla, CA 92037, and live-streamed at <https://ljpres.org/live/>.

In lieu of flowers, the family has requested donations be made in the memory of Shirley B. Schwab to either ARCS San Diego Chapter (online donation page: <https://san-diego.arcsfoundation.org/donate-now-sd>) or by mail to ARCS San Diego Chapter, P.O. Box 8394, Rancho Santa Fe, CA 92067; or The Salvation Army - Southern California Division

San Diego Regional Office, 6605 University Avenue, San Diego, CA 92115.



# From breakfast burritos to hot dogs to late-night tacos

NEW FOOD COURT IN PB HAS SOMETHING FOR EVERYONE

By DAVE SCHWAB

**M**ission + Garnet, a new 4,000-square-foot food court with six eateries under one roof sharing a kitchen, is scheduled to debut this week in Pacific Beach.

The new multi-concept establishment replaced the former Denny's which was closed after being damaged by a fire in 2018.

Restaurants on the current roster include Spitfire, known for its north-of-the-border tacos; Head Lettuce, chopping up fresh salads and healthy eats; Checkered Churros, home of the waffle/churro hybrid; Harvey Carvers, a new restaurant serving whole meat sandwiches; Earlybird Breakfast Burritos, serving its namesake entrée all day; and Scotty Dogs, elevating the local hot dog experience.

"We were looking to expand," said Scott Slater, owner of food franchises he is expanding from La Jolla, redeveloping the corner lot at Garnet Avenue and Mission

Boulevard in the heart of PB's business district. "We wanted to get six brands in here sharing a kitchen and, with six revenue streams, we were able to make a go of it."

The idea, noted Slater, is to give customers broader menu choices, everything from hot dogs served from a cart to Mexican cuisine including tacos and breakfast burritos, to whole meat sandwiches along with vegetarian and healthier menu items.

Opening hours for the new PB food court are 7 a.m.-3 a.m. daily seven days a week serving breakfast, lunch, and dinner.

Slater noted his business model with several restaurants under one roof with the same kitchen is "the first one I know of." He added, "These are designed to be standalone brands, not relying on each other. But at the same time, that one kitchen will eventually have nine or 10 brands, and will be able to execute all nine or 10 of those menus."

Asked what has changed in



Entrepreneur Scott Slater's new concept will open at the corner of Garnet Avenue and Mission Boulevard.  
PHOTO BY DAVE SCHWAB

the local food market exiting COVID quarantine times, Slater answered: "Prices. The minimum wage has gone up to \$16 an hour. Our cost of doing business has skyrocketed and our energy bills are through the roof."

Added Slater: "As far as service is concerned, our business volume, COVID really hasn't affected anything, we're back to pre-COVID

levels. It is just that the cost of doing business is materially so much higher."

Slater added construction of Mission + Garnet got bogged down somewhat by delays due to difficulties in getting concrete and steel through the supply chain.

Mission + Garnet is not only a multi-faceted eatery but an anytime-of-day venue. "If it's late at

## MISSION + GARNET

**What:** Spitfire tacos, Checkered Churros, Harvey Carvers, Head Lettuce, Scotty Dogs, and Earlybird Breakfast Burritos.

**Where:** Corner of Mission Boulevard and Garnet Avenue.

**Contact:** [www.missiongarnet.com](http://www.missiongarnet.com)

night, or you're on your way to the beach, you walk up and it's quick casual service," Slater said adding, "We're going to have a little fruit car out front. We've got a lot of space to be creative and have fun with it. This is a marquee intersection in San Diego. Our hashtag is going to be meet me at Mission + Garnet."

The half-century-old Denny's at 800 Garnet Ave. closed for repairs and remodeling following a suspected arson-set kitchen fire in October 2018. That fire caused an estimated \$850,000 in damages. The restaurant never reopened, as Denny's franchisee Jeff Jones was unable to renew his lease.

Slater said Mission + Garnet is currently hiring staff for all positions. He said 40 employees of the approximately 70 needed have already been hired. People can apply at [missiongarnet.com](http://missiongarnet.com).



Ralph Rubio working on taco recipes in the San Diego Test Kitchen. COURTESY PHOTO

## Rubio's to hold battle for best fish taco

**C**alling all fish taco lovers – does your recipe have what it takes to go head-to-head with the Original Fish Taco?

Rubio's Coastal Grill is holding its first battle for the best fish taco. Taco fans, age 18 and over, are encouraged to submit their best, original, and most delicious fish taco recipes. Finalists will come to San Diego for the chance to win \$1,000 and have their taco featured on Rubio's menu.

The window to submit online

recipes, along with mouth-watering photos, is now through Feb. 27. For more information, visit [rubios.com/fish-taco-battle](http://rubios.com/fish-taco-battle).

The public will vote for the top three crave-worthy recipes. The three finalists will be invited to Rubio's San Diego Test Kitchen during the week of April 17. While in San Diego, they will cook their fish tacos live for a panel of judges, including the man behind Rubio's fish taco phenomenon, Ralph Rubio.

"It's Rubio's 40th anniversary, and

we're looking forward to tasting some delicious and innovative fish taco recipes from our fans," said Rubio. "To this day, I remember that incredible bite of my first fish taco in San Felipe. It's that same cravable 'wow factor' that we are looking for in our grand prize winner. Good luck!"

Fish taco recipe submissions should fit in with Rubio's menu, and can include one protein of shrimp, mahi mahi, or pollock.

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

## SHAMROCK BLOCK PARTY

The San Diego ShamROCK Music + Beer Festival returns to the streets of the Gaslamp Quarter on Friday, March 17 from 4-11 p.m. New in 2023: ShamROCK will be accessible to all ages for the first time ever. For 27 years, locals and tourists alike have flocked to the

Gaslamp Quarter as shamROCK transforms the bustling San Diego downtown neighborhoods into a Celtic carnival for the senses with an abundance of pub-style seating, flowing green beer, traditional Irish steppers, and activities.

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

## Feeding San Diego's Pairings with a Purpose to raise funds for hunger relief

**F**or the first time since 2019, Feeding San Diego will hold its annual culinary event to raise funds for its year-round hunger-relief programs. Keeping the name Pairings with a Purpose, the reimagined event will be a community-centric dinner party with dishes created by powerhouse chefs Angelo Sosa of "Top Chef" fame, and Ruffo Ibarra, who was recently tapped to lead the new food and beverage program at downtown's The Guild Hotel.

Guests will enjoy a four-course culinary exploration on the patio of The Conrad Prebys Performing Arts Center, a new venue in La Jolla. The fundraiser takes place on Thursday, March 2 from 6-9 p.m.

"At Feeding San Diego, we believe access to nutritious food is a basic human right, and sharing a meal with others can be

transformational," said Dana Williams, Feeding San Diego's director of marketing and communications. "By reestablishing our culinary-focused fundraiser, our hope is to bring a new community of people together to discover our mission and celebrate the work of two fabulous chefs who are lending their talent to give back to the community."

Pairings with a Purpose originated as a large-scale food and drink pairing event held annually at the Bobby Riggs Racket & Paddle in Encinitas. The event drew hundreds of people and celebrated local chefs and beverage brands who created complementary pairings.

After a pandemic hiatus, the event is returning as a dinner party with the help of Chrome City Creative, the San Diego-based agency known for putting on The Blank Table dinner series.

The Blank Table team will bring its talent of igniting a sense of togetherness through cuisine, cocktails, and creativity to the non-profit's signature event.

Feeding San Diego has seen a surge in need for its services since the onset of the COVID-19 pandemic, and continues to serve a high volume of San Diegans who are in need of food resources amidst record-high inflation and high cost of living. Guests of the dinner will be directly supporting the critical work being done by the organization and its network of food rescue and distribution partners to provide nutritious meals to people in need.

The event will benefit Feeding San Diego and its hunger-relief and food rescue programs, which support vulnerable communities including kids, families, seniors, college students, military families, and veterans.



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# 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.

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

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world by the sea where the water sculpts the shore and where you can continue to enjoy what you love or discover new passions. Here, you can connect with extraordinary people as well as enjoy delicious food, the fresh salt air, Spanish architecture and much more The community is as warm as the coastal sunshine. It's resort-style living and old-world charm that's surprisingly attainable—with no entrance fee. We are open for in-person tours or move-

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# Celebrate spring at The Bahia, Catamaran resorts on Mission Bay

**D**iscover the best of the beach and warm vibes at the Bahia Resort Hotel and Catamaran Resort Hotel and Spa on Mission Bay this spring. Springtime makes an entrance at the Bahia and Catamaran with a plethora of activities to keep visitors entertained, including family-friendly movie nights, Polynesian cultural delights, St. Patrick's Day, Easter, and Mother's Day festivities, wellness pursuits, and more.

Guests can wiggle their toes in the sand, bask in the sun, and make it a spring break to remember with these top things to do at both resorts.

## ALOHA SPOKEN HERE

The Polynesian-inspired Catamaran Resort gets into the "spirit of aloha" with several family-friendly, island-themed activities for guests amidst its tropical setting. The poolside Keiki Klub (Kids Club), going on Saturdays and Sundays from 1-3 p.m., features complimentary, interactive Hawaiian-inspired arts and crafts.

On Saturdays, guests of all ages can gather bayside with fresh flower Lei Making (cost \$20), 3-4 p.m., and complimentary Hula Lessons, 4-5 p.m. Continuing the island vibe, every Saturday at 6 p.m. a Traditions of Polynesia show fills the air with rhythmic drums, hula dancing, and a torch lighting ceremony. On Saturdays and Sundays, 1-5 p.m., guests can also sway and hula to live Polynesian-inspired musical entertainment poolside while catching some rays or sipping on tropical drinks.

A real-life, outdoor enchanted tiki room, guests can view the Catamaran's six colorful talkative parrots during a daily Bird Show (except Sundays and Wednesdays) at 3 p.m. The resort's fine feathered friends and professional bird handlers were recently featured in Fortune Magazine.

## PARTY CRUISES

The Bahia Belle After Dark Cruise returns on weekends, 8-11 p.m., popular with hotel guests and locals. While cruising the waters of the bay, partygoers can dance to DJ-spun music and imbibe in drink specials and featured breweries. The cruise



boards at the Bahia Resort on Fridays and the Catamaran Resort on Saturdays. Cost: \$20 for hotel guests; \$30 general admission. Guests must be 21-plus.

Gather with friends and family aboard the William D. Evans and Bahia Belle sternwheelers for four celebratory cruises this spring. Celebrate St. Patrick's Day Cruise on the William D. Evans on March 17 (8:50 p.m.-12:30 a.m.), featuring DJ-spun music, festive drink specials, snacks, and a photo booth to capture guests "wearing of the green." Cruise departs from the Bahia Resort. Cost: \$45 per person; \$30 early bird pricing. Reservations are required and guests must be 21-plus.

On April 9, families can hop over to the Bahia or Catamaran resorts to board the Easter Cruise on the William D. Evans (11:45 a.m.-3:30 p.m.), featuring live music, a Kids Corner with arts

and crafts, mimosa specials and Bloody Marys for moms and dads, and visits with the Easter Bunny. Cost: \$40 general admission; complimentary for guests who purchase the Easter Day Champagne Brunch at Dockside 1953 in the Bahia Resort or Oceana Coastal Kitchen in the Catamaran Resort.

The William D. Evans will have a Cinco de Mayo Cruise on May 5 (9 p.m.-12:30 a.m.), departing from the Bahia Resort. Festivities include a cash bar and margarita specials, two DJs spinning music, and dancing. Cost: \$60 per person; \$40 early bird pricing. Reservations are required and guests must be 21-plus.

Families are invited aboard the William D. Evans for a Mother's Day Cruise on May 14 (11:45 a.m.-3:30 p.m.), departing from the Bahia and Catamaran Resorts. Enjoy live music and

Bloody Marys with toppings and mimosas to toast mom's special day. Cost: \$40 general admission; complimentary for guests who purchase the Mother's Day Champagne Brunch at Dockside 1953 or Oceana Coastal Kitchen.

## SCREEN TIME

The Bahia and Catamaran resorts stage complimentary outdoor, family-friendly movie nights. Movies on the Bay takes place at the Catamaran on Tuesdays and Fridays at dusk with a stunning backdrop of Mission Bay. Family Movie Night at the Bahia takes place every Saturday at 7 p.m. on the Resident's Lounge patio.

## BEACH BLISS

A popular and relaxing open-air yoga session overlooking the calm waters of Mission Bay, Yoga on the Bay returns to the Catamaran Resort daily from 8:30-9:30 a.m. Yoga mats are provided.

## DIVE IN

Weekends were made for play at the Bahia Resort's newly refurbished junior Olympic-size swimming pool. On Saturdays and Sundays at noon, children accompanied by an adult are invited to join in fun pool games. Health and fitness-minded guests can participate in special wellness activities on the pool deck on Saturdays and Sundays at 10 a.m.

Get the scoop on more springtime activities, plus special offers and promotions, by visiting [bahiahotel.com](http://bahiahotel.com) and [catamaranresort.com](http://catamaranresort.com).



## Warty Frogfish takes up residence at Birch Aquarium

**D**here is a new resident at Birch Aquarium — the unique Warty Frogfish, which is part of the anglerfish family. Guests can find this fish in the Nursery in the Hall of Fishes.

Here are some cool facts about Warty Frogfish:

- An adult frogfish is pretty small — this one is about the size of a tennis ball. Their hardy body resembles a sponge.
- Frogfish are experts at blending in with their surroundings by changing colors. Their colors can vary widely, from browns to reds, yellows to purples and white. They camouflage well in reefs.
- This fish can fish! Frogfish have a lure (modified spine) on their heads that looks like a little worm or shrimp.
- They wave their lure, which acts like a "fishing pole" to attract potential prey. They will wait for the prey to take the bait and quickly gulp down their meal.
- Frogfish move around by using their specialized fins and change position by "walking" on their hand-like fins.

# Let the good times roll during Mardi Gras at SeaWorld

**S**eaWorld San Diego is bringing back New Orleans flare, food, and festivities with the return of Mardi Gras, and fireworks this weekend. The excitement of Mardi Gras comes to life with a party vibe full of new live music and performances including a New Orleans Jazz band, Mardi-Gras procession, Louisiana-inspired laser show, plus multiple performers, colorful costumes, and festive decor.

Guests can indulge in new and returning menu items including king cake, beignets, and gumbo. The event runs every weekend through Feb. 26, plus select dates.

Mardi Gras is included with park admission. Event times are subject to change or cancellation without notice. See [seaworld.com/san-diego/park-info/theme-park-hours](http://seaworld.com/san-diego/park-info/theme-park-hours) for the daily schedule.

## BOURBON STREET-STYLE ENTERTAINMENT

Guests are cordially invited to join the park's colorful cast of performers to let the good times roll. SeaWorld will be jumping with upbeat, musical fun with the new Mardi Gras-inspired procession led by Mardi Gras Madame, Mama, and full of festive performers,



including stilt walkers, dancers, and jugglers. The procession will move around the park, encouraging park partygoers to join along the way and culminate at the Mardi Gras stage. The procession will end, yet the party continues as the crowd will be treated to a rousing song and dance number, "No Bad News."

The Mardi Gras stage will also showcase performances by New Orleans Good Time Jazz Band, performers from the San Diego Circus Center, and a DJ every event day. During the evening hours, guests can walk through the SeaWorld

Tunnel of Lights and watch a new special laser Louisiana-inspired light show, both filled with traditional Mardi Gras colors. The festival area will also include a face painting booth, ribbons, lights, masks, and more!

## TASTES OF NEW ORLEANS

Guests can indulge in classic food dishes including a choice of Shrimp or Roast Beef Po'Boys, plus Muffulettas and Andouille Sausage and Shrimp Jambalaya. Vegetarians can choose from new menu items including a plant-based Dirty Rice, Seafood

Jambalaya, and Hush Puppies. A sweet side of Mardi Gras returns with beignets or guests can opt for new Pecan Praline King Cake, both pair perfectly with Chicory Coffee. Drink options will also be aplenty, with a beer trailer and mimosa bar serving Mint Juleps, Hurricanes, and Abita New Orleans Beer.

"We're excited to bring an even bigger and better Mardi Gras experience to SeaWorld San Diego this year," said Tim Hamilton, vice president of entertainment at SeaWorld San Diego. "Guests are invited to join the soiree because we're offering a true New Orleans-style party. Just like dancing in the streets, our guests will be dancing through the park and immersed by the sights, sounds, and tastes of a San Diego-style Mardi Gras. Laissez le bon temps rouler!"

To get the most out of all SeaWorld has to offer, guests can have unlimited visits throughout 2023\* for the price of a single day ticket with a Fun Card. \*Some restrictions and blackout dates apply. Fun Card valid through Dec. 31.

For more information on events, park hours, and to purchase tickets and/or Fun Cards, visit [SeaWorldSanDiego.com](http://SeaWorldSanDiego.com).



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## Pacific Life Church

Pacific Life Church offers church services every Sunday and we have 2 amazing opportunities for you to worship with us! We offer an in-person worship service every Sunday at 9:00am. We meet at Crown Point Jr. Music Academy – 4033 Ingraham St. There is parking in the school's parking lot, found on the corner of PB Dr. and Jewell St.

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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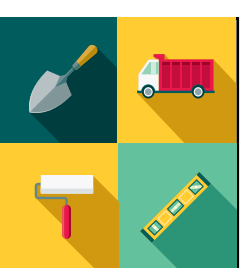
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00002179 -CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: SUPERIOR COURT . TO ALL INTERESTED PERSONS: 1. Petitioner (name): BRITTANY PAIGE CARRICO filed a petition with this court for a decree changing names as follows: Present name: a BRITTANY PAIGE CARRICO to Proposed name: BITA PAIGE CARRICO 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: 03/02/2023 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: January 18, 2023 . JUDGE OF THE SUPERIOR COURT MICHAEL T. SMYTH ISSUE DATES: January 27, February 03,10 & 17 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

SUMMONS CASE # 37-2022-00047047-CU-OR-CTL NOTICE TO DEFENDANT : BC ATLAS STREET LLC, a California Limited Liability Company; EQUITY TITLE COMPANY, a California Corporation, Trustee of the Deed of Trust recorded on February 8, 2022; ISACABI CAPITAL, LLC, a California Limited Liability Company; All persons unknown, claiming any legal or equitable right, title, estate, lien or interest in the property described in the complaint adverse to Plaintiffs' title to real property commonly known as 3415 Atlas Street, San Diego, 92111, or any cloud on Plaintiffs' title thereto; and DOES 1 through 10, inclusive, YOU ARE BEING SUED BY PLAINTIFF: TERRY THRUSH and CAROL THRUSH, as Trustees of the Terry L. and Carol D. Thrush Living Trust dated December 29, 2008 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), 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), the California Courts Online Self-Help Center (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: SAN DIEGO SUPERIOR COURT, - CENTRAL, 330 WEST BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Steven W. Blake, Esq, Blake Law Firm, 533 2nd Street, Suite 250, Encinitas, CA 92024; (858) 232-1290 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 11/22/22 Clerk, by, B. Krause Deputy Clerk (ISSUE DATES:) January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001090 Fictitious Business Name(s) a. FUSCHIA ZEBRA, 8536 VIA MALLORCA, APT B, LA JOLLA, CA 92037 Is registered by the following: a. FAY LORRAINE SUELTZ This business is conducted by: AN INDIVIDUAL The first day of business was: 01-01-2023 Registrant Name: a. FAY LORRAINE SUELTZ This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 18,2023 ISSUE DATES: January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001099 Fictitious Business Name(s) a. COLLEEN TOMOMI PHOTOGRAPHY , 554 WEILER ST, OCEANSIDE, CA 92058 Is registered by the following: a. COLLEEN TOMOMI PHOTOGRAPHY , LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. COLLEEN TOMOMI PHOTOGRAPHY , LLC This TITLE of Officer, if Limited Liability Company/Corporation COLLEEN ELLIS, MANAGER Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 18,2023 . ISSUE DATES: January 27, February 03,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000150 Fictitious Business Name(s) a. THE SUMMIT GROUP b. THE SUMMIT PROPERTIES , 1821 AMALFI DRIVE, ENCINITAS, CA 92024 Is registered by the following: a. FORTIFIED TEX, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 01/03/2023 Registrant Name: a.FORTIFIED TEX, LLC This TITLE of Officer, if Limited Liability Company/Corporation STEVEN JOHN HODSDON, MANAGING MEMBER Title of Signor statement was filed with Jordan Z. Marks,. Recorder/County Clerk of San Diego County on: JANUARY 04,2023 . ISSUE DATES: January 27, February 03,10 & 17

SUMMONS CASE # 37-2020-00044935-CU-PA-CTL NOTICE TO DEFENDANT : FRANCO LOPEZ;; and DOES 1 through 30, inclusive, YOU ARE BEING SUED BY PLAINTIFF: TAM NGUYEN; CUC LE; HANG NGUYEN 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), 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: SAN DIEGO SUPERIOR COURT, - CENTRAL, 330 WEST BROADWAY, SAN DIEGO, CA 92101 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Binh Bui, Esq., 333 H Street, Suite 5000, Chula Vista, CA 91910, (858) 348-2755 NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 12/09/2020 Clerk, by, C.Martinez Deputy Clerk (ISSUE DATES:) February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001555 Fictitious Business Name(s) a. MARGARO ROAMING MECHANIC , 3046 IRIS AVE, UNIT 305, SAN DIEGO CA 92154 Is registered by the following: a. MARGARITO GONZALEZ R. This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name:a. MARGARITO GONZALEZ R. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001504 Fictitious Business Name(s) a. M SPORTS GROUP , 3711 DUPONT ST, SAN DIEGO CA 92106 Is registered by the following: a. ALEX MONNAR This business is conducted by: AN INDIVIDUAL The first day of business was: 2/1/2018 Registrant Name: a. ALEX MONNAR This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 , 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001505 Fictitious Business Name(s) a. BAJA SPORTS VENTURES , 3711 DUPONT ST, SAN DIEGO CA 92106 Is registered by the following: a. ALEX MONNAR This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ALEX MONNAR This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002055 Fictitious Business Name(s) a.FINEST CITY BEVERAGES , 2999 MISSION BLVD #301 , SAN DIEGO CA 92109 Is registered by the following: a. JOSEPH FORSTER IV This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. JOSEPH FORSTER IV This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 27,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000978 Fictitious Business Name(s) a.BURGER MATE , 5075 NIAGARA AVENUE, UNIT 5, SAN DIEGO CA 92107 Is registered by the following: a. WORLD CLASS PROPAGANDA MACHINE, INC. This business is conducted by: A CORPORATION The first day of business was: 01/17/2023 Registrant Name: a. WORLD CLASS PROPAGANDA MACHINE, INC. This TITLE of Officer, if Limited Liability Company/Corporation CANYON GROVE, PRESIDENT Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 17,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001520 Fictitious Business Name(s) a.A.A.V. CASH FOR CARS , 670 CRESCENT DR, CHULA VISTA, CA 91911 Is registered by the following: a. ALFONSO VASQUEZ JR. This business is conducted by: AN INDIVIDUAL The first day of business was: 4/20/2021 Registrant Name: a. ALFONSO VASQUEZ JR. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002053 Fictitious Business Name(s) a. GUAAJAJA b. GUAAJAJA PRODUCTIONS , 6220 STREAMVIEW DR, SAN DIEGO, CA 92115 Is registered by the following: a. CHAD MAKINGS This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name: a. CHAD MAKINGS This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002054 Fictitious Business Name(s) a. ELEKTRA HEALING , 409 CAMINO DEL RIO SOUTH #308 , SAN DIEGO, CA 92108 Is registered by the following: a. AMBER MAKINGS This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name: a. AMBER MAKINGS This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 27,2023 . ISSUE DATES: February 03,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001705 Fictitious Business Name(s) a. LAREIN 5225 GENESEE COVE, SUITE 37, SAN DIEGO, CA 92122 Is registered by the following: a. IULIA BRILLIANTOVA This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2023 Registrant Name:a. IULIA BRILLIANTOVA This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 24,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002463 Fictitious Business Name(s) a. TRAILER VILLA, 288 BROADWAY, CHULA VISTA, CA 91910 Is registered by the following: a. SAM DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST b. SANDRA DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST c.. ZACHARY DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST This business is conducted by: A TRUST The first day of business was: 03/01/1985 Registrant Name: a. SAM DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST b. SANDRA DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST c.. ZACHARY DIMENSTEIN, CO-TRUSTEE DIMENSTEIN FAMILY TRUST This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 01,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002748 Fictitious Business Name(s) a. B & B SERVICES, 5512 SANTA ALICIA , SAN DIEGO, CA 92154 Is registered by the following: a. ADRIANA ROBLEDO This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ADRIANA ROBLEDO This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on:FEBRUARY 06,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000815 Fictitious Business Name(s) a. ANGELICA'S TAMALES, 239 CLEARCREEK PLACE, SANTEE, CA 92071 Is registered by the following: a. IVAN YONEL VALENZUELA This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. IVAN YONEL VALENZUELA This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on:JANUARY 12,,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002886 Fictitious Business Name(s) a. SOLEDAD ESTATES b. THERESA PANISH REAL ESTATE, 1248 TURQUOISE ST, SAN DIEGO, CA 92109 Is registered by the following: a. THERESA PANISH REAL ESTATE INC. This business is conducted by: A CORPORATION The first day of business was: 02/06/2023 Registrant Name: a. THERESA PANISH REAL ESTATE INC. This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor THERESA PANISH, PRESIDENT statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 07,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001586 Fictitious Business Name(s) a. EYE CANDY SKIN LASH BROW STUDIO LLC, 2734 SHELTER ISKANDR DRIVE, SAN DIEGO, CA 92106 Is registered by the following: a. EYE CANDY SKIN LASH BROW STUDIO LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 07/09/2019 Registrant Name: a. EYE CANDY SKIN LASH BROW STUDIO LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor AMELIA FINNIGAN, MANAGER statement was filed with Jordan Z. Marks., Jr. Recorder/County Clerk of San Diego County on: JANUARY 23,2023 . ISSUE DATES: February 10 ,17,24 & MARCH 3

SUMMONS CASE # 37-2022-00035958-CU-PA-CTL NOTICE TO DEFENDANT : LUIS FERNANDO ESPARZA HERNANDEZ; KILTER HOME SERVICES INC. DBA KILTER TERMITE & PEST CONTROL; and DOES 1 through 100, inclusive YOU ARE BEING SUED BY PLAINTIFF: PATRICIA SMITH; and KENNETH R. SMITH 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



# UCSD grad named Emerging Artist at Arts District Liberty Station

By DAVE SCHWAB

Last year, fledgling artist Leslye Villaseñor visited Arts District Liberty Station but could only imagine having her own studio space there. Now, thanks to her selection as the winner of the 2023 Emerging Artist Program, she has her own space at that place.

The 27-year-old oil-painting artist was announced as the recipient of this year's fourth-annual Emerging Artist Program by NTC Foundation, the nonprofit overseeing the development of 26 buildings in Arts District Liberty Station.

"The Emerging Artists Studio Program provides up-and-coming artists with the opportunity to grow their skill sets in an awarded studio space right in the heart of Arts District Liberty Station," said Lisa Johnson, president/CEO of NTC Foundation. "This year we are honored to present the studio space to Leslye Villaseñor, an oil painting artist who captures the essence of human emotion through a personalized philosophical lens. The space will allow her (for one year) to build her career in San Diego and strengthen her ties to San Diego's arts community."

A recent studio arts graduate from UC San Diego, Villaseñor



Leslye Villaseñor

has participated in several exhibitions throughout San Diego including South Central Library in Chula Vista, the Student Gallery at Southwestern College, the Adam D. Kamil Gallery at UC San Diego, and most recently at the Athenaeum Music and Arts Library in La Jolla.

Villaseñor noted she is "excited for the opportunity to get space for me in which I can create and explore new ideas, and to build my career and make my own projects and connect with other people."

The emerging artist will reside on the first floor of Barracks 19 in unit 104. "I've been moving all my things for the past week

and arranging the space so it's comfortable for me to use," Villaseñor said adding she plans to inhabit her space three or four days during the week.

She discussed her artistic style. "I'm really interested in memory, human perception, and emotion, while being primarily focused on oil painting," she said. "I do mostly portraits. But I'm trying to explore more mediums. Mostly my oil paintings are realistic."

Most of her work, which features melancholic and haunting themes, aims to capture a moment in time allowing audience members to feel connected with and insert themselves into her dream-like scenarios.



The oil painting 'Intertwined' by Leslye Villaseñor.

Villaseñor described her artistic style as being memory-based, drawing inspiration from her family and past. "The way I jump into the artwork, or the ideas, is from personal experience, my family relations in Tijuana, my ancestry, and moving here to San Diego," she said.

The feet of Villaseñor are planted firmly on both sides of the border. She grew up in Tijuana but came to San Diego after high school to attend UC San Diego and Southwestern College. Having started out as an ESL student, she is now

fluent in both languages and cultures.

"It was really overwhelming at first," she said. "But you get used to it. Then you learn to love both places. I'm able to be part of both cultures, both societies."

Besides the opportunity to exhibit her work, Villaseñor is looking forward most to "getting to know other artists in the galleries and museums and sharing my ideas and art with different people, having conversations together."

For more information, visit [ntcfoundation.org](http://ntcfoundation.org).

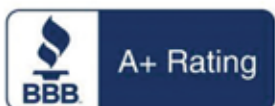


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SUDOKU PUZZLE

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CROSSWORD PUZZLE

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- CLUES ACROSS**

  - 1. River in Tuscany
  - 5. A way to represent
  - 8. Rocker's guitar
  - 12. Civil Rights group
  - 14. Brew
  - 15. Scratch
  - 16. W. Asian country
  - 18. The Eye Network
  - 19. Clarified butter
  - 20. Part of the Cascade Range
  - 21. Downwind
  - 22. A way to steer
- 23. Loop
  - 26. Not ingested
  - 30. Swampy coniferous forest
  - 31. Musician
  - 32. Signing
  - 33. Containing iron
  - 34. Part of a theorem or proof
  - 39. Veterans battleground (slang)
  - 42. Of enormous proportions
  - 44. Italian city
  - 46. Come before
  - 47. Balm
  - 49. Undergarments
- 50. Male parent
  - 51. Ropes
  - 56. Ear part
  - 57. Investment vehicle
  - 58. Dictator
  - 59. Cain and \_\_\_\_
  - 60. A type of code
  - 61. Border river along India and Nepal
  - 62. It's what's for dinner
  - 63. Consume
  - 64. Christian \_\_\_\_, designer

- CLUES DOWN**

  - 1. Cuckoos
  - 2. Skin issue
  - 3. City in central Japan
  - 4. Sorrels
  - 5. Twinned diamond
  - 6. Canadian province
  - 7. Monetary units
  - 8. Head honcho
  - 9. Goddess of wisdom
  - 10. Part of a play
  - 11. Get rid of
  - 13. Applicant
- 17. Bowling alleys have many
  - 24. Explosive
  - 25. "The Say Hey Kid"
  - 26. Ultrahigh frequency
  - 27. No (Scottish)
  - 28. Make a mistake
  - 29. Credit card term
  - 35. Keyboard key
  - 36. Woman (French)
  - 37. In the middle of
  - 38. Score perfectly
  - 40. Coat a metal with an oxide coat
  - 41. Deadly disease
- 42. A place to dock a boat (abbr.)
  - 43. Belch
  - 44. Member of U.S. Navy
  - 45. "In \_\_\_\_": separate from others
  - 47. Examine extensively
  - 48. Adjust
  - 49. Tattle
  - 52. Actor Pitt
  - 53. Gulls
  - 54. Within
  - 55. Exceptionally talented performer

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Padres Pedal the Cause to celebrate 10 years of impact

Curebound, a San Diego-based philanthropic organization that raises and invests strategic funding in translational cancer research projects, will host its annual signature event, in partnership with the San Diego Padres, Padres Pedal the Cause, on Saturday, March 18 at Petco Park.

The community is invited to come together in the fight against cancer and celebrate 10 years of impact by raising awareness and funds for innovative cancer research in San Diego. Padres Pedal is gearing up to surpass \$20 million in fundraising, making this year the biggest and best Padres Pedal yet. The event brings together upbeat spinning, cycling, and running/walking courses with many ways to get involved and participate:

- Participants can select from one of three cycling courses (25, 55, or 75 miles), all of which will take riders over the beautiful Coronado Bridge;
- Participants will also have the option to run or walk a scenic 5K course in downtown San Diego that finishes on the field at Petco Park;
- There is an option to join a rooftop spin class on top of the

historic Western Metal Supply Co. building overlooking Petco Park and downtown San Diego. The spin classes will feature fun, inspirational rides from some of San Diego's most popular instructors and high-energy music from a live DJ.

Attendees will be inspired by the energy and passion of the Padres Pedal community, which is made up of thousands of survivors, families and friends, doctors, scientists, children, and volunteers – all of whom are determined to see cures in their lifetime.

Every dollar raised from this event funds collaborative cancer research between Curebound's six institutional research partners: Moores Cancer Center at UC San Diego Health, Salk Institute, Sanford Burnham Prebys, Rady Children's Hospital, La Jolla Institute for Immunology, and



Curebound staff was on site at La Jolla Elementary School with the Friar and Padres Pad Squad on Friday, Feb. 10 to raise awareness for cancer research here in San Diego and how students could get involved and help make a difference. Nearly 500 students took part in the assembly and had a chance to meet the Friar and grab some Padres Pedal swag.

Scripps Research. Registration is open for all forms of participation. Sponsorship opportunities and corporate challenges are also available. To register for Padres Pedal the Cause, visit [curebound.org/padrespedal](https://curebound.org/padrespedal). For more information about sponsorships and the corporate challenge, email [shannon@curebound.org](mailto:shannon@curebound.org).

LEGALS»  
CONT. FROM PG. 10

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 DIVISION, HALL OF JUSTICE, 330 W BROADWAY, SAN DIEGO, CA 92101. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is Kane Handel, Esq., State Bar # 131624, 3525 Del Mar Heights Road, Suite 231, San Diego, CA 92131. NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 09/08/2022 Clerk, by, Melissa Reyes, Deputy Clerk (ISSUE DATES: February 17, 24 & MARCH 3 & 10

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00005759 -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: SUPERIOR COURT. TO ALL INTERESTED PERSONS: 1. Petitioner (name): TONYA DANIELLE DANIEL filed a petition with this court for a decree changing names as follows: Present name: a TONYA DANIELLE DANIEL to Proposed name: DANIELLE RAE DANIEL 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: 03/28/2023 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: February 10, 2023. JUDGE OF THE SUPERIOR COURT GLOPEZ, DEPUTY ISSUE DATES: February 17, 24 & MARCH 3 & 10 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

PERIOR COURT. TO ALL INTERESTED PERSONS: 1. Petitioner (name): MONIQUE DIANE CAI filed a petition with this court for a decree changing names as follows: Present name: a MONIQUE DIANE CAI to Proposed name: MONIQUE DIANE MURPHY 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: 03/29/2023 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: February 14, 2023. JUDGE OF THE SUPERIOR COURT GLOPEZ, DEPUTY ISSUE DATES: February 17, 24 & MARCH 3 & 10 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002584 Fictitious Business Name(s) a. BLUE TURTLE EVENTS, 5050 LA JOLLA BLVD, SAN DIEGO, CA 92109 Is registered by the following: a. RONALD EDWARD LACHANCE This business is conducted by: AN INDIVIDUAL The first day of business was: 3-5-12 Registrant Name: a. RONALD EDWARD LACHANCE This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 03, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002700 Fictitious Business Name(s) a. HAMMERHEAD EXCAVATION, 11211 POSTHILL ROAD, LAKESIDE, CA 92040 Is registered by the following: a. BROCK JAMES BARNARD This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. BROCK JAMES BARNARD This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 08, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002983 Fictitious Business Name(s) a. LAS TOXICAS J&B MEXICAN FOOD Is registered by the following: a. BLANCA ELENA GONZALEZ ARELLANO b. HILDA JOHANA ROBLES MOLINA 1835 This business is conducted by: A MARRIED COUPLE The first day of business was: 02/01/2023 Registrant Name: a. BLANCA ELENA GONZALEZ ARELLANO b. HILDA JOHANA ROBLES MOLINA 1835 This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 08, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003104 Fictitious Business Name(s) a. AZURE VISTA AUDIO LLC, 8632 SOMERSET AVENUE, SAN DIEGO, CA 92123 Is registered by the following: a. AZURE VISTA AUDIO LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 01/18/2023 Registrant Name: a. AZURE VISTA AUDIO LLC This TITLE of Officer, if Limited Liability Company/Cor-

poration Title of Signor DAVID JONATHAN LEYTON, CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 09, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001857 Fictitious Business Name(s) a. CAYMAN POOL CONSTRUCTION b. CAYMAN POOL & OUTDOOR LIVING, 4071 DALLAS AVE, SAN DIEGO, CA 92117 Is registered by the following: a. CAYMAN POOL CONSTRUCTION This business is conducted by: A CORPORATION The first day of business was: 01/15/2006 Registrant Name: a.CAYMAN POOL CONSTRUCTION This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor GERALDINE TRUSSELL, SECRETARY statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JANUARY 26, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002533 Fictitious Business Name(s) a. REVIEWSCREENING, 1264 REED AVE #2, SAN DIEGO, CA 92109 Is registered by the following: a. SHERI LYNN GOBEC b. JEFFREY LAMB This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: 04/15/2019 Registrant Name: a. SHERI LYNN GOBEC b. JEFFREY LAMB This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 02, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003252 Fictitious Business Name(s) a. FANUEL CONSULTING, 4727 FANUEL ST, SAN DIEGO, CA 92109 Is registered by the following: a. FANUEL CONSULTING This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. FANUEL CONSULTING This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MARCO BRICHETTI, CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 10, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9000373 Fictitious Business Name(s) a. A02 MANAGEMENT b. A02 MARKETING, 3900 FIFTH AVENUE, SUITE 260, SAN DIEGO, CA 92103 Is registered by the following: a. A02 LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 10/01/2022 Registrant Name: a. A02 LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor NATHAN NEELEY, FOUNDER/CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JANUARY 6, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002768 Fictitious Business Name(s) a. SEA WHIMISIES, 6460 CONVOY COURT #46, SAN DIEGO, CA 92117 Is registered by the following: a. LINDA KING WHIMS This business is conducted by: AN INDIVIDUAL The first day of business was: 03/12/13 Registrant Name: a. LINDA KING WHIMS This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 6, 2023. ISSUE DATES: February 17, 24 & MARCH 3 & 10



# Pacific Beach schools make push for electric bike safety

Friends of Pacific Beach Secondary Schools (FOPBSS) provided an electric bike education and safety seminar for students and parents at Mission Bay High School on Jan. 31. The program, which was also open to the community at large, was made possible by a grant from the San Diego Association of Governments and in coordination with Scripps Injury Prevention, the San Diego Police Department, and the San Diego Bike Coalition.

The number of students who ride e-bikes within Pacific Beach has increased significantly over the last year. It is estimated that up to 60 students at Pacific Beach Middle School and 70 students at MBHS use e-bikes or non-motorized bikes to commute to school on any given day.

While e-bikes offer students greater independence and reduce car traffic, they also come with increased risk. According to Rady Children's Hospital-San Diego Trauma Center, the number of trauma cases related to e-bikes is on the rise. Pedestrian and cyclist road collisions are also increasing. With this information in mind, parents and residents of Pacific Beach expressed a need for better education among both e-bike and non-motorized bike riders, as well as automotive drivers, to keep everyone safe on the road.

"The number of students riding e-bikes and non-motorized bikes is increasing every year," said Mission Bay High associate principal Allison West. "I think e-bikes are a great form of transportation and great for the environment, but safety is a big concern.



Students at Mission Bay High School use e-bikes to get to school on a daily basis. COURTESY PHOTO

Classes like these are important so that student riders and parent drivers know how to stay safe on the roads – especially during the hectic morning commutes."

Another e-bike safety seminar will be held at PBMS on Wednesday, March 1, from 6-8 p.m. Middle and high school students and community members from the greater San Diego area are encouraged to register here for the event.

Friends of Pacific Beach Secondary Schools is a joint Parent Teacher Organization (PTO) and nonprofit corporation for both PBMS and MBHS. The FOPBSS board of directors consists of teachers, principals, and parents from both schools. For more information on FOPBSS or to make a donation, visit [www.fopbss.org](http://www.fopbss.org).

# San Diego Community College District has \$4.3 billion economic impact in county

The San Diego Community College District's economic impact totaled \$4.3 billion in the 2021-22 fiscal year, an amount equal to 1.6% of San Diego County's total gross regional product and enough to support 45,365 jobs, a new study shows.

According to Lightcast, the labor market data firm that conducted the study, the district's \$4.3 billion impact is the equivalent of San Diego hosting 12 Super Bowls.

"The latest findings are beyond profound and illustrate in detail how the San Diego Community College District (SDCCD) is a major driver of the local economy," said SDCCD Chancellor Carlos O. Cortez.

Highlights from the Lightcast report include:

- The SDCCD employs 4,645 full-time and part-time faculty and classified professionals, nearly all of whom (96%) live in San Diego County and spent much of their combined earnings of \$326 million in the region.

- Combined with spending on day-to-day operations, the SDCCD added \$504.7 million in income to the county during the year. That added income is equivalent to supporting 5,891 jobs in the region.

- Spending on construction projects generated \$5.4 million in added income to the region.

- Spending by the 6% of students from outside the county who attended SDCCD campuses, combined with spending from students who would have left the region had it not been for the SDCCD's educational programs, generated \$179.8 million in added income.

- SDCCD students who earn an associate degree will see annual earnings that are \$9,900 higher than a person with just a high school diploma or GED working in California.

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

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

By BART MENDOZA

## RECOMMENDED

On Feb. 23, Sue Palmer & Her Motel Swing Orchestra (right) celebrate the release of a blue vinyl edition of their latest EP, "Movin' Along," with a special performance at Humphrey's Backstage Live. Musical guests on the night include amazing lead guitarist Laura Chavez, but the spotlight will be squarely on Palmer's amazing piano-playing skills. Known as the Queen of Boogie Woogie, Palmer, and her band specializes in songs meant to keep a dance floor filled and bar owners happy. Expect to hear the entire EP played, with Palmer's music being the perfect soundtrack to what's sure to be a great party.

*Sue Palmer & Her Motel Swing Orchestra: Thursday, Feb. 23 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$15. [humphreysbackstage.com](http://humphreysbackstage.com).*

## SPOTLIGHTS

German chamber music ensemble, the



Aris Quartett, performs at the Baker Baum Hall on Feb. 19. While it's rare for classical artists to get the same attention as their pop music counterparts, The Aris Quartett, featuring Anna Katharina Wildermuth and Noémi Zipperling (violins), Caspar Vinzens (viola) and Lukas Sieber (violin), are up to the challenge. Founded in 2009, the

string quartet is currently one of the brightest stars on the classical music circuit, with six albums to their credit and a growing fan base, built on touring and stirring renditions of works by composers such as Haydn and Schubert.

*Aris Quartett: Sunday, Feb. 19 at Baker Baum Hall at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 7:30 p.m. \$43. [theconrad.org](http://theconrad.org).*

The 2023 Fourth Friday Jazz Series kicks off at the La Jolla Community Center on Feb. 24, with an appearance from singer Melissa Morgan, backed by Sam Hirsh on piano. Morgan has drawn notice with a vocal delivery in the tradition of legendary jazz singers such as Dinah Washington, working with luminaries ranging from The San Diego Symphony to trumpeter Gilbert Castellanos. Although she has released two acclaimed solo albums, most recently, "Days Like These," for this program Morgan will select music from The Great American Songbook, performing standards from Cole Porter to Gershwin.

*Melissa Morgan: Friday, Feb. 24 at the La Jolla Community Center, 6811 La Jolla Blvd. 8 p.m. \$25 - \$35. [ljcommunitycenter.org/ffjs](http://ljcommunitycenter.org/ffjs).*

Guitarist Fred Benedetti and company celebrate late Beatle George Harrison's 80th birthday with a show at Dizzy's on Feb. 25. The night's set list includes music from both Harrison's time in the Beatles and his solo career, but this is not just a standard run through of a few well-known songs. Joined by vocalists Regina Moomjean and Julia Picone, multi-instrumentalist/bassist Jeff Pekarek, and percussionist James Morton, Benedetti's arrangements of the likes of

"Here Comes The Sun" or "I Want To Tell You," are inspired, breathing new life into these classic tunes.

*The Benedetti Ensemble celebrates George Harrison's 80th birthday, Saturday, Feb. 25 at Dizzy's, 1717 Morena Blvd. 8 p.m. \$20. [dizzysjazz.com](http://dizzysjazz.com).*

Acclaimed La Jolla-based pianist Adam Hostomsky performs at the Athenaeum on Feb. 27, as part of the venue's free lunchtime concert series. Hostomsky is a gifted artist, playing such difficult pieces as Scarlatti's Sonata K35 in g minor, with a manic energy that matches his virtuoso skills. The concert might include his renditions of works by Hayden, Chopin, or Bach, but whatever he plays, classical fans or anyone who likes instrumental piano music will be impressed by his delivery, clearly full of passion for the music he is performing.

*Adam Hostomsky: Monday, Feb. 27 at the Athenaeum Music & Arts Library, 1008 Wall St. Noon. Free. [l Athenaeum.org](http://l Athenaeum.org).*

Fans of roadhouse R&B, the blues, and country-tinged rock 'n' roll, will want to check out Chickenbone Slim and the Biscuits, performing at Tio Leo's on March 2. The band has an arsenal of vintage-sounding, dance-inspiring original tunes, as heard on their latest album, "Serve it Hot." Chicken Bone's music covers a bit of stylistic ground, but where the group truly excels, is their upbeat tempo tracks with a bit of groove, such as "Queen of the Wires," which allow guitarist Laura Chavez to stretch out. Swing dancers in particular will love this group's sound.

*Chickenbone Slim: Thursday, March 2 at Tio Leo's, 5302 Napa St. 7 p.m. and up. \$10. [tioleos.com](http://tioleos.com).*

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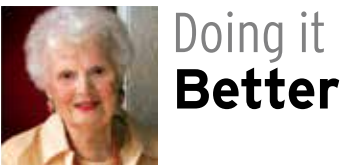
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# Nostalgia: Reminiscing about similar German and French childhoods



By Natasha Josefowitz, Ph.D.

**Doing it Better**

A few nights ago, I was having dinner with Marianne, a close friend. We were reminiscing about our European childhoods and the surprising similarities in our upbringing. Marianne was born in Germany in 1922. I was born four years later in France. We were eating root vegetables together, a combination of carrots and turnips, which was a staple in both of our childhood kitchens. We ate calves' brains with black butter, unknown to our American friends. Neither one of us had ever seen a marshmallow before coming to America. We never ate corn on the cob because corn was only food for pigs. We also had never heard of peanut butter. Both of our mothers would remedy any stomach ailment with grated apples. Our fathers always came home for lunch and took a nap before going back to work. Children also came home from school to eat lunch, which was the main meal of the day. We called this afternoon meal "dinner." The evening meal was called "souper." This consisted of soup with bread and cheese, and some fruit. We also had tea at 4 o'clock with a chocolate croissant. Breakfast consisted of a "petit pain" (a soft roll) with jam.

We both remembered the toilets with a large container of water beneath the ceiling and a chain one had to pull to get the water to run into the toilet bowl. I was very proud when I grew tall enough to stand on my toes and reach the chain by myself; I must have been 3-4 years old.

Clothes were washed in a large tub and then rung out through two wooden rolls with a hand-turned ringer, and then hung out on the balcony to dry. Paris street balconies were strung with clothes flapping in the wind. We had a bath once a week and our hair was washed once a month. Both of our mothers collected rainwater to rinse our hair to make it soft. My mother used lemon juice to make my red hair shine. There was no such thing as a shower. We used a bidet to wash before going to bed.

We had chamber pots by our beds to use at night. All the hotels in France had chamber pots in bedrooms with maybe

a bathroom down the hall. Every winter we stayed at a ski resort in the mountains of Switzerland. I had wooden skis with lace-up leather boots. In the summer we vacationed on the beaches of Brittany.

My toys consisted of a doll and a small miniature car. I also had a tricycle and roller skates. My brother had a little car he could sit in and pedal around. We enjoyed reading books; my favorite was "Babar, The Elephant." My parents spoke only Russian at home; I also had a Russian wet nurse who was Russian Orthodox. Every Sunday I went to church with her; I still love icons. My next governess was a German fraulein who spoke only German, followed by a French made-moiselle who spoke only French. By the time I was 6, I was fluent in three languages; my parents considered me to be educated.

Although we were Jewish, my mother sent me to the nearest school, which happened to be a Catholic elementary school run by nuns; I was the only Jewish girl. I had never been to a synagogue until we moved to America when I attended a friend's Bar Mitzvah. For Christmas, I got a bag of oranges from Palestine and a stick to beat me with when I needed to be punished. My German friend also remembers getting oranges and a stick for Christmas.

My mother was a refugee from the communists; she was 13 when she and her family escaped from Moscow to Finland and then on to Berlin. I was also 13 years old when my mother, father, and 6-year-old brother fled from the Nazis. We escaped from Paris on the last ship out of Genoa en route to Ellis Island and America. We were refugees; none of us spoke English. These were difficult times. We were lucky to be living in Southern California when Paris fell. In 1940, my family bought a home in Beverly Hills, where they remained until they passed away. We loved California, and were forever grateful to have become American citizens!

All of this may seem strange to my readers. Ask your parents and grandparents whether these stories resonate with their own childhood memories. You will then have tales to tell your children about their long-ago ancestors.

*Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2023. Natasha Josefowitz. All rights reserved.*

## PB CYCLING CLASS

On Saturday, Feb. 25 from 10 a.m. to 1 p.m., a bicycling class covering emergency maneuver skills and legal rights and responsibilities will be offered at Pacific Beach/Taylor Branch Library at 4275 Cass St.

Not a learn-to-ride class, it is open to bike riders of all ages, and class content applies to bikes of all types including e-bikes. The three-hour class will be broken up into three parts: a lecture, a skills drills and road riding. Make sure your bike is in good working order and ready to ride. Helmets are required and can be provided free upon request. To register, visit [sdbikecoalition.org/events](http://sdbikecoalition.org/events).

## FOPBSS MIXER & FUNDRAISER

Friends of Pacific Beach Secondary Schools is holding a mixer-fundraiser Saturday, March 18 from 6-10 p.m. at Mission Bay Yacht Club, 1215 El Carmel Place in Mission Beach. This is a community-building event. Wear cocktail attire or festive Saint Patrick's Day garb. Tickets are \$75 per person and include a cocktail, hors d'oeuvres and a live performance.

## COMMUNITY MIXER

Join together at The Local at 809 Thomas. Ave. in Pacific Beach on Wednesday, March 1 from 5:30-7:30 p.m. for a community mixer.

# City offers grant funding for artists to help increase awareness of regional issues

The City of San Diego and its regional partners have released a new grant opportunity for artists and cultural practitioners to inspire change within their communities.

Through the Far South/Border North program, grant award recipients will develop artistic content and carry out public campaigns that increase regional awareness of issues impacting San Diego and Imperial counties, including public health, energy and water conservation, climate mitigation, civic engagement and social justice matters.

"The Far South/Border North program offers artists and cultural practitioners in our region an extraordinary opportunity," said Jonathon Glus, executive director of the City's Commission for Arts and Culture. "We know artists and cultural practitioners bring an important engagement perspective to intersectional work in environmental, civic and community health, and we appreciate the California Arts Council's investment in San Diego and Imperial counties' most disproportionately impacted communities."

Spearheaded by the City of San Diego, Far South/Border North is a California Creative Corps arts program implemented through a bi-county regional collaborative and partnership with the Catalyst of San Diego and Imperial Counties, San Diego Regional Arts and Culture Coalition, and San Diego Foundation.

The program provides funding to artists and cultural practitioners to help support the health and well-being of communities in the lowest quartile of the California Healthy Places Index in San Diego and Imperial counties while continuing to enrich their creative, artistic and

cultural practices.

"We are pleased to partner in this work that will shine a light on and grow public and private funding for artists and cultural practitioners," said Megan Thomas, president and CEO of Catalyst of San Diego and Imperial Counties. "We are excited about this opportunity to artistically and creatively elevate the dialogue about equitable resources for health, environmental, and other social justice issues across San Diego and Imperial counties."

"Implementing the Far South/Border North program is vital to building a stronger regional creative sector," said San Diego Regional Arts and Culture Coalition executive director Felicia Shaw. "Collectively, we will help support San Diego and Imperial artists and cultural practitioners while bringing awareness to the importance of the arts and health equity within our communities."

Far South/Border North is funded through a \$4.75 million California Creative Corps grant from the California Arts Council.

Grant guidelines and information sessions to assist potential applicants are available at [farsouthbordonorth.com](http://farsouthbordonorth.com). Applications will be accepted through 5 p.m. on Wednesday, March 22. A second round of grant applications for organizations to regrant to artists and cultural practitioners will be released in the spring.

The City of San Diego advances and drives an equitable and inclusive creative economy and cultural ecosystem by investing in the work of artists and creatives and the institutions and systems that amplify creative work and experiences. To learn more, visit [sandiego.gov/arts-culture](http://sandiego.gov/arts-culture).

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## 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.

**Riviera Property Management:  
Karen Lee 910 Grand Ave Suite 209  
858-273-2255**

This month I had the pleasure to sit down and talk with Karen Lee, the owner and founder of Riviera Property Management here in PB. Karen moved here at the age of 7 when her Dad, who was in the Navy, was transferred to San Diego. Her family, which included Mom, Dad, Karen and her 11 siblings (you read that right, 12 kids!) were raised strict Catholic and in an environment where family was important. Karen attended Clairemont High and then later went on to attend Mesa College where she studied business. After a bit, she decided to transfer to National University and switch her studies to real estate. Soon afterward, in 1976, she started her career in real estate primarily focusing on multi-unit properties across San Diego.

In 1980, Karen got her broker's license, and then in 1983, she started working for Shore Realty here in PB, which was located where Coldwell Banker currently is on Mission Blvd. She ran their property management division as well as taught property management at Mesa College. She thrived at Shore Realty and built up their management portfolio to a very prosperous business. After a few years of teaching, she hung up her teacher's hat and focused on raising her two sons and continuing to build the property management side of things at Shore Realty. After many successful years with Shore Realty, the owner decided to sell the business to Coldwell Banker. CB didn't have or want an in-house property management division, so Karen, being the driven and savvy business woman that she is, negotiated the buyout of the property management part of the business and set off to start her own company. She knew where she *didn't* want to open an office, and after looking for the right location for a time, she found a great location at 910 Grand that was an old pizza place. The space needed a ton of renovations, but this would allow her to create what she wanted and where she wanted it to be. After renovations, Riviera Property Management opened its doors on 1/1/94. Originally, the property management office was downstairs and the brokerage part was upstairs. Eventually, she got rid of the brokerage/sales part of the business and focused on property management only, and they've been at 910 Grand ever since. They recently moved upstairs to a freshly



Learning on the way she was raised where family came first, Karen has run her business in the same fashion. She currently runs the business with her eldest son, Darren, who joined her 10 years ago, managing most of the day-to-day responsibilities. Of her other 3 employees, her "newest employee" has been with her for 8 years and the other two for over 10. She truly treats the ladies that work for her like they're part of her family. Her dedication to her staff flows over to her clients as well, some of whom have been with her for over 30 years and many being with her for over 20 years. She's always led from the front and prided herself on being an honest and fair business woman, as well as a positive contributor to the PB community. Her success at this is unquestionable as she has created one of, if not the most, respected property management companies here at the beach.

Karen is full of life and is the proud matriarch of 2 sons, 4 grandsons and a great granddaughter, all of whom she loves more than life. She is a shining example of not only a successful small business owner here in PB, but a successful small business owner that is also a woman and a single mother. I've known Karen and Darren for many years, and Karen and I served together on the board of directors for the Mission Bay Real Estate Association. She's a ball of energy, always good for a laugh, loves to play poker and she's a throwback to a time when your word was your bond, an attribute we need more of in this world.

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### VALENTINE'S DAY FUN FACT

*At the end of the 5th century, Roman Pope Gelasius officially declared the date of February 14 "St. Valentine's Day." It wasn't until the Middle Ages that the holiday became associated with love and romance, a tradition that first started from the common belief in France and England that birds started their mating season on February 14.*