





# City's decarbonization plan reduces gas usage, increases renewables

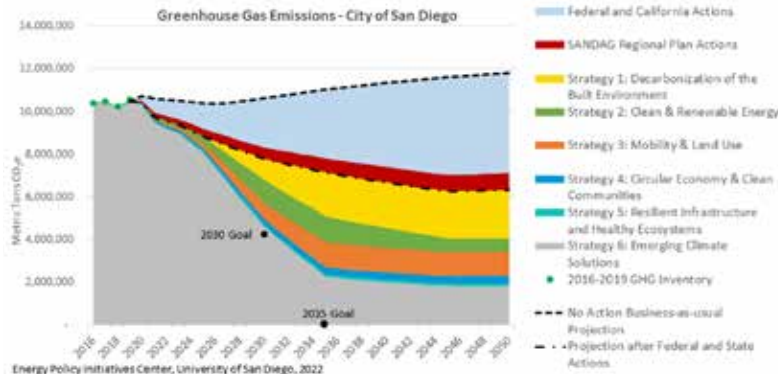
By DAVE SCHWAB

Climate change caused largely by greenhouse gas emissions is hastening the transition from fossil fuel to a green economy, and decarbonization plays an important role in that process.

Decarbonization, the reduction of carbon dioxide emissions through the use of low-carbon power sources achieving a lower output of greenhouse gases into the atmosphere, is integral to the City's recently updated Climate Action Plan addressing global warming and climate change.

Last August, the City Council voted 8-0 to update San Diego's Climate Action Plan, the goal of which is to achieve 100% renewable energy by 2030 and net zero emissions by 2035. One hundred percent renewable energy means getting all energy from renewable resources – sunlight, wind, rain, tides, waves, and geothermal heat – to be used for electricity, heating, cooling, and transport.

A low-carbon or decarbonized economy is one based on energy sources that produce low levels of greenhouse gas emissions from heat-trapping elements like carbon dioxide from car exhaust and methane from a variety of sources including landfills, oil, and natural gas, agricultural activities, and coal mining.



San Diego has joined the rest of the nation and world in shifting away from dependence on oil, natural gas, and other fossil fuels to the accelerated use of renewable energy. The ultimate goal of a green economy is to achieve net zero emissions, bringing global greenhouse gas emissions into balance with emissions reductions. Carbon dioxide emissions are still generated, but an equal amount of carbon dioxide is removed from the atmosphere, resulting in a zero increase.

San Diego's updated Climate Action Plan now calls for eliminating nearly all natural gas use from buildings in the city by 2035. That entails eliminating natural gas hookups in all new construction, as well as slashing 90 percent of natural gas use in existing buildings, including residential along with commercial and industrial structures, within the city's limits in the next 13

years.

Following is a Q&A conducted with the City's Sustainability and Mobility Department, addressing what is being done to shift away from fossil fuels and toward a cleaner, greener, and more sustainable economy.

**BBP/LJVN:** *Why is natural gas bad and polluting?*

**City:** Natural gas combustion produces greenhouse gas emissions with many times more warming potency than carbon dioxide. Indoor use of natural gas significantly impacts the health of our residents, even when you can't smell it. One study showed that health-damaging air pollutants such as nitrogen oxides (NOx) are released into homes and can trigger respiratory diseases like asthma in youth, older populations, and those with compromised lung and heart health. Another study suggests that up to 12% of childhood asthma rates in the U.S. are attributable to gas stoves. For more information, visit California Air Resources Board webpage.

**BBP/LJVN:** *What will take the place of natural gas?*

**City:** Cleaner, zero-emissions sources, and technologies are already replacing burning methane and other fossil fuels. High-efficiency electric heating, cooking, and hot water appliances are all available in the market today, including not only induction stoves but air fryers, toaster ovens, electric kettles, and microwaves. Electric appliances can immediately be powered by clean energy, such as rooftop solar or other on-site renewable energy generation.

The City's partnership with San Diego Community Power, which



Bayside Fire Station 2, located at 875 W. Cedar St., is a three-story building with solar panels and a rooftop greenery.  
PHOTO COURTESY OF CITY OF SAN DIEGO

already offers a 100% renewable electricity rate option, means that electricity will continue to get cleaner as more renewable energy sources are brought online and right to your home.

**BBP/LJVN:** *Why is it important to decarbonize?*

**City:** Natural gas is one of the largest sources of GHG emissions. Decarbonization of buildings in San Diego contributes 22% of the emissions reductions necessary to achieve the CAP goal of net zero by 2035. Removing natural gas from homes improves indoor air quality, leading to better health for our residents and families. This impact is especially acute for San Diegans in smaller or older homes where natural ventilation is difficult due to older windows or outdoor noise and smells.

A recent study found that children growing up in homes with gas stoves, even when you cannot smell them, have a 42% increased risk of developing asthma. Switching to electric stoves will eliminate invisible toxic pollutants that are released when not only burning natural gas in the home but at times when small amounts can seep out of appliance gas lines.

**BBP/LJVN:** *Will decarbonization be costly?*

**City:** We acknowledge that the cost of retrofitting existing buildings will be costly. Therefore, the City is actively working on programs, partnerships, and potential solutions to identify funding

sources with our stakeholders. In terms of costs for residents, high-efficiency electric appliances, such as heat pumps, are "three to five times more energy efficient" than their gas counterparts, which can save money on energy bills.

Multiple studies have shown that newly constructed or retrofitted all-electric homes can significantly lower total utility bills. For new construction, the lifetime savings (upfront costs plus operating costs) can be between \$130 and \$540 per year. It will be necessary, though, to find ways to offset the initial cost for those appliances or systems as many residents and small businesses won't be able to afford the upfront costs.

Additionally, the decarbonization efforts will directly impact many of our workers and laborers. It is essential to work with those groups to find ways to 'green' existing skills to ensure no worker is left behind. Partnering on training programs and new technologies is essential for the City to prioritize as we move forward with decarbonization.

**BBP/LJVN:** *What does decarbonization involve?*

**City:** Decarbonization, as laid out in Strategy 1 of San Diego's landmark 2022 Climate Action Plan, is defined as the removal of carbon from a system, with a focus on the source with the greatest potential for reduction: natural gas or methane. Primarily, what this means is switching to more efficient electric appliances.

The decarbonization strategy has three components that will work toward electrification, with the first being our City municipal facilities, like recreation centers, fire stations, libraries, and offices. This will allow the City to learn from our own decarbonization efforts for better programs and practices that can be available to our residents and small businesses for a successful transition.

This is followed by new homes and commercial buildings via the adoption of the State Building Code and the City's development of a Reach Code. Lastly, we are working on a decarbonization roadmap for retrofitting existing homes, businesses, and office buildings.

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The Thursday Club, started in 1921, is a non-profit, volunteer organization of more than 300 women. Our goal is to promote educational, cultural, social, moral and civic activities. The Rummage Sale is our biggest annual fundraiser with proceeds of more than \$150,000 each year helping San Diego organi-

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# Plunge debuts new floating obstacle course at Belmont Park

By DAVE SCHWAB

What could be more fun than a floating obstacle course for kids of all ages? A new and improved obstacle course at Plunge San Diego in Belmont Park.

Operators of the historic Plunge pool opened its latest aquatic attraction to the public on March 1. The new course, designed exclusively for Plunge in collaboration with Union Aquaparks, provides increased space to play, inclusivity for more ages, and increased safety.

Spencer Meinburg, the general manager at Plunge San Diego, divulged the reason for the redesigned obstacle course. “We’re appealing to children and families,” he said, pointing out that Plunge held some 1,300 kid’s birthday parties last year for its approximately 4,000 members.

“When we reopened our facility after COVID, we realized our huge pool had nothing fun to do for kids that were here, other than some inflatable toys that we had that didn’t amuse them for more than an hour. That’s where the obstacle course came in.”

Meinburg described one stretch of the new obstacle course called risky business. “It’s an up and down wave that guests will run up and over with a couple of little hills, then they come around and go through a tunnel and a wiggle



Kids run on the new floating obstacle course at Plunge San Diego in Belmont Park on Feb. 28.

PHOTO BY THOMAS MELVILLE

track before more running while floating on the water: They (kids) love it,” he said.

“We’re excited to see this exclusive inflatable obstacle course come to life,” agreed Steve Thomas of Belmont Park. “We believe that this course will be a game changer for Plunge San Diego as we are always looking for innovative ways to create a more inclusive experience for all of our guests. We can’t wait to see visitors take on the challenge and have a blast with their friends and family.”

The new course will feature a variety of challenging obstacles, inflatable tunnels, and hurdles

that will test the balance and coordination of guests of all ages. The official obstacle course’s name will be announced, once the community votes on the winning name.

For the comfort of its members and guests, Meinburg said the water temperature of the pool is kept between 82 and 84 degrees year-round. And because its roof is retractable, the general manager noted the pool is “open to all weather conditions.”

Meinburg added the Plunge is historical in more ways than one. “It is a historic landmark in the City,” he said. “Some scenes from the movie ‘Top Gun’ were filmed

here, as well as ads for Nike and Speedo. We’ve also had Olympic gold medalists train here.”

Meinburg added the pool accommodates 1,000 to 2,000 guests per day, adding the new obstacle course “adds space for people to recreate and play together as a family.” The obstacle course is open to those ages 5 through 60. “There will be a toddler time early in the morning for kids ages 3 to 6 before it gets too busy,” he said, noting the Plunge is now divided between the obstacle course and seven, 25-yard swim lanes where swim lessons and other aquatic programs are offered.

## PLUNGE SAN DIEGO

The nearly century-old Belmont Park on Ocean Front at Surfrider Square is renowned for its iconic Giant Dipper roller coaster, which turns 98 this year, and the historic and recently rebuilt indoor pool, The Plunge, inside of Fit Mission Beach. Originally built in 1925, the historic Plunge Pool was, at the time, the largest saltwater pool in the world, holding 355,000 gallons of water. The pool was designed after the Spanish Renaissance-style buildings in Balboa Park, built in 1915 and 1916. The pool was converted to fresh water in 1940, becoming the largest heated pool in Southern California. In 2019, Plunge San Diego reopened after undergoing a \$12 million renovation, transforming it into a new and modernized experience that included the addition of the original obstacle course. Today, Plunge San Diego is one of the largest pools in Southern California, with aesthetics that reflect floor-to-ceiling windows and a retractable roof, allowing swimmers to enjoy the warm San Diego weather year-round. The pool is 10,500 square feet, 175 feet long, and 60 feet wide with views looking out to Mission Beach.

“We’re here to enhance the fun and serve the San Diego community,” concluded Meinburg. “This new obstacle course just allows us to better serve those people who come through our doors, and to attract new customers as well.”

Plunge San Diego is open daily from 7 a.m.-7 p.m. Swim passes are available to the general public and can also be purchased on-site. For more information, visit [plungesandiego.com](http://plungesandiego.com).



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The logo for Broken Yolk Cafe, featuring a stylized orange yolk with a blue outline and the text 'Broken Yolk Cafe' in a playful font.

A collage of images showing various food and drink items from Broken Yolk Cafe. It includes a bowl of fruit and granola, a plate of waffles with fruit, a plate of breakfast burritos, and several glasses of smoothies and juices.

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# What's San Diego's whole plan for potholes?

CITY TRYING TO GET IT DONE WITH 'ALL HANDS ON DECK'

By DAVE SCHWAB

Since January, the City, spurred by ongoing heavy winter rains – and more storms this week – has conducted an “all hands on deck” approach to addressing problematic potholes under the direction of Mayor Todd Gloria.

In a matter of weeks, work crews have repaired more than 14,000 potholes citywide, dramatically decreasing a backlog of pothole repair reports by more than 80%. That has been accomplished thanks to an increase in staffing and resources devoted to pothole repairs.

As of Feb. 15, there were approximately 350 open pothole reports in the City's Get It Done app, down from a high of 2,233 in January. Get It Done reports only account for some of the potholes identified by City crews as needing repair.

Those familiar with roads in Pacific Beach and La Jolla are well aware of several severe pothole areas plaguing both communities. In PB, potholes are pronounced along Crown Point Drive, Riveria Drive, and Grand Avenue close to Mission Bay Drive, as well as along Ingraham Street, which is known to have some of the worst potholes in the City. La Jolla Parkway coming off

Interstate 5 has also proven to be a problematic pothole area.

Beach & Bay Press/La Jolla Village News held a Q&A with City senior spokesperson Anthony Santacroce, to bring the residents all up to speed on the nature of the pothole problem citywide, and what is being done about it.

**BBP/LJVN:** *What are potholes and what causes them?*

**Santacroce:** The elemental definition is a hole in the roadway roughly the size of your cooking pot. What causes them is the same everywhere: Asphalt is applied to resurface roadways. Asphalt is porous and, when it is exposed to elements such as weather and temperature, it is expanding and contracts with the days, seasons, and temperatures. Normally what happens is rain comes and the water gets in between those cracks in the roadway and destabilizes the base layer, the foundation of the asphalt. It lifts up the top layer of the asphalt a little bit along those vulnerable areas, especially on busy streets that have a lot of automobiles and heavy truck traffic. Those vehicles keep hitting the asphalt, lifting it up, and kind of throwing it around. Then, a pothole is formed over time from exposure to precipitation and water.

**BBP/LJVN:** *Walk us through the procedure for repairing potholes.*

**Santacroce:** The City has nine pothole-patching trucks with two people per truck. The main “leads” come from the Get It Done platform. Those form the basis of what we receive that are turned into service notifications, which are then divided up between the trucks and crews on any given day. Crews come out for work early in the morning from the Rose Canyon work yard, and go to the plant to get asphalt in their trucks, then proceed to the pothole locations. That can be 15 to 30 depending on the day. Crews go until the asphalt runs out in their trucks, usually mid-afternoon, 3 or 4 p.m.

**BBP/LJVN:** *What process is involved in patching potholes?*

**Santacroce:** Pothole trucks are followed up by pickup trucks that put out the (orange) cones to stop traffic and make sure everything is safe. Crews then work quickly dumping the asphalt into the hole. They rake it (hole) smooth, flattening it with a push iron device. The asphalt gets ironed, the heat is applied to it solidifying it, and that patches the hole.

**BBP/LJVN:** *How long does a pothole patch last?*

**Santacroce:** It doesn't last forever. It depends on the season and the traffic load that particular roadway has. Patches are meant to keep the road smooth and help keep damage from happening to cars.

**BBP/LJVN:** *Why is Ingraham Street in PB, and surrounding areas, especially bad for potholes?*

**Santacroce:** There are pothole issues across the City, and we recognize that some areas are worse, due to the frequency of travel and exposure to the elements, tending to have more severe potholes more frequently than other areas. Saltwater and moisture have



This crevasse opened up on Crown Point Drive near the entrance to Crown Point Park after heavy rains in February. City crews were out filling potholes on Crown Point Drive on Feb. 17 but didn't get to this one.

PHOTO BY THOMAS MELVILLE

something to do with it and are factors presenting more obvious pothole issues.

**BBP/LJVN:** *Does La Jolla have any particularly problematic pothole areas?*

**Santacroce:** La Jolla Parkway coming off Interstate 5. This has been a road issue of concern for the community, which is why it has been included in roadways to be resurfaced this March. It is part of Mayor Gloria's “sexy streets” proposal, wherein City Council districts offer up their special (road) priorities for consideration. And La Jolla Parkway was one of them. Recently, I was out on La Jolla Parkway

with crews at 11:30 p.m. patching potholes in advance of the street's resurfacing. We patched those potholes, even though the street is scheduled to be resurfaced soon. La Jolla Parkway is a priority for us.

**BBP/LJVN:** *Is there anything that can be done to prevent potholes from forming?*

**Santacroce:** Potholes are an issue not only in San Diego but across the region, the country, and the world. We are not sure prevention is possible. But certainly, mitigation can be possible. And you do that with a robust pothole resurfacing program to try and accommodate more and more (potholes).

**BBP/LJVN:** *Why stick with softer asphalt for pothole patching, why not patch with a material more solid like concrete?*

**Santacroce:** We have infrastructure – water, cable, sewer, etc. – underneath the streets. If those streets were concrete, just imagine how difficult it would be to get down to the infrastructure. Asphalt being a softer material allows us to fix problems and do repairs under our roadways. So asphalt is the material used to resurface a roadway in all cases. These standards are set on a regional basis and by municipalities using standard formulas. The asphalt you put down in San Diego is the same as the asphalt put down in San Marcos or Oceanside.

**BBP/LJVN:** *Is there quality control to ensure asphalt is of proper quality?*

**Santacroce:** [The City] has a testing facility and lab on Ruffin Road where we test the materials. Every time we get a batch of asphalt from suppliers, we take a sample of that for testing.

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# Film and television star, and La Jolla High grad Raquel Welsh dies at age 82

By JILL ALEXANDER

If you're wondering what the late actress and 1960s' sex symbol/bombshell Raquel Welsh and La Jolla might have in common, you might be surprised. The 82-year-old, who died on Feb. 15, attended La Jolla High School and later San Diego State University.

"Raquel Welsh, the legendary bombshell actress of film, television, and stage, passed away peacefully early this morning after a brief illness," stated Media Four, her management company. "Her career spanned over 50 years starring in over 30 films and 50 television series and appearances. The Golden Globe winner, in more recent years, was involved in a very successful line of wigs."

Known for her roles in such films as 1966's "One Million Years B.C." and 1970's "Myra Breckinridge," she passed away peacefully early this morning after a brief illness," according to her agent, Stephen LaManna of the talent agency Innovative Artists on Feb.15.

The actress appeared in several other 1960s TV shows such as "The Virginian," "McHale's Navy," and "Bewitched."

It was her appearance in "The



Raquel Welsh

Three Musketeers," that earned her the Golden Globe in 1974 for best actress in a motion picture comedy or musical.

### ANOTHER NAME

Of course, she was not always Raquel Welsh but rather born Jo-Raquel Tejada in Chicago on Sept. 5, 1940. Welsh was the oldest of three children and her mother was a seamstress of English descent. Her father, a Bolivian-born aeronautical engineer, relocated the family to San Diego when Welsh was 2 years old to design aircraft during World War II.

While a student at La Jolla High, where she graduated with honors in 1958, she won the titles



Raquel (Tejada) Welsh's senior photo at La Jolla High. PHOTO COURTESY OF LJHS

of Miss La Jolla and Miss San Diego — the Fairest of the Fair.

No stranger to beauty pageants, Welsh began winning pageants at age 14. Though she attended San Diego State University on a drama scholarship, she dropped out to get married and take a job doing weather forecasts at KFMB a local TV station.

She later married her high school sweetheart, James Welch, and had two children by the age of 21. After they separated, Welsh moved to Los Angeles with her children to pursue acting and three years later became a household name.

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

## Sheila Meek

Passed away peacefully on 02/02/2023, at the age of 81. She struggled for many years with Alzheimer's disease.



She is survived by her daughter, Julie Kazmi, her two grandsons, Noah and Wolfie, her sister, Margot Hamann, as well as several nieces, grandnephews and grandnieces.

From a young age, Sheila was a big dreamer. At eighteen years old she moved away from her family and friends in England, towards big dreams in the United States. She naturalized and became a US Citizen in 1968, and her immediate family eventually followed her. Sheila worked hard all of her life. She was proud to be an American and a patriot.

Sheila had many different careers including secretary, hairdresser, florist, liquor store owner, caretaker for the elderly, and, as most notoriously known, a bar owner. A true Pacific Beach legend, Sheila's legacy will not be forgotten. Sheila has provided PB with 50 years of hospitality.

A pioneer for women in business, Sheila was respected in Pacific Beach and known for her hospitality. In 1972 Sheila, along with her husband Tommy, started up and named their first bar Stinger's. In 1980 they sold Stinger's, and bought The Silver Fox Cocktail Lounge. Sheila and Tommy divorced in 1983, and Sheila took over The Fox. As a woman in the bar business at that time, Sheila became a trailblazer, paving the road for many women behind her.

Sheila was gracious and kind. She was generous to all who knew her, and she was loyal to a fault. Her smile and laughter lit up any room, people would gravitate towards her, and she was always making friends. She is loved and adored by many.

In lieu of flowers, a small donation can be made to the Alzheimer's Association in her name.

Sheila Meek  
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The Silver Fox, immediately following



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COMPASS



# Sail into Captain's Quarters, a nautical bar with tapas and cocktails

By DAVE SCHWAB

Ever wondered what it would be like to have a fancy cocktail in a high-class, decorative nautical bar? Now you can.

Captain's Quarters at 910 Grand Ave. in Pacific Beach is open for business accepting on-line bookings and limited walk-ins aboard its speakeasy-style sophisticated bar offering nightly booze cruises.

The new escapist establishment is the brainchild of Matt Spencer, who also owns The Grass Skirt, previously Good Time Charlie's, and the former Tiki Bar in PB. Those restaurants are part of SDCM, a hospitality group employing some 600 at local restaurants and bars including Ketter Exchange, Waverly, and Camino Riviera.

Regarding the origin of

Captain's Quarters, Spencer said: "We bought Good Time Charlie's, which had its time and was a PB staple, and opened The Grass Skirt and The Poke Shop, which were effectively one business. The Poke Shop was open during the daytime and would close at night and the Tiki bar would open up, and The Poke Shop became the hostess stand for the 'secret door area' for The Grass Skirt."

Post-COVID, Spencer decided to drop The Poke Shop concept in favor of something altogether novel, and a departure from the community's more garden-variety establishments where he noted people went "to eat and drink, and then go home."

"We wanted to have a new kind of restaurant experience," Spencer said pointing out each of SDCM's restaurant locations "give you some kind of



Captain's Quarters at 910 Grand Ave. is reminiscent of vintage 1800s Spanish galleon-style ships with room for about 75 seats for drinking and dining. COURTESY PHOTO

experience you take away and talk about."

So Spencer took The Grass Skirt's "secret door" concept a step further in creating Captain's Quarters, reminiscent of the captain's quarters in vintage 1800s

Spanish galleon-style ships with a window in the back and room for about 75 seats for drinking and dining. "It's only about a third, maybe half as big as The Grass Skirt, though it seems a lot bigger," Spencer said adding,

## CAPTAIN'S QUARTERS

**Where:** 910 Grand Ave.

**Info:** thegrassskirt.com, 858-412-5237.

"We have a tapas menu with a Spanish influence to it. We wanted to do something a little bit up-scale for PB, but also casual and approachable."

Why gin in the nautical bar?

"Gin is making a big comeback," answered Spencer adding, "I did some research and that was the drink on 1800s sailing ships for officers, whereas crews drank rum."

Captain's Quarters opened recently and has a grand opening planned soon. Reservations are not required but are highly recommended. Walk-ins are allowed in the new establishment, which opens at 5 p.m. and closes at midnight or 1 a.m.

Concluded Spencer of Captain's Quarters, "It is a work of art and it is going to be in PB for years to come."

# SD TapRoom celebrates 16 years in PB with Pliny the Younger

By DAVE SCHWAB

SD TapRoom marked its 16th anniversary in Pacific Beach the week-end of Feb. 24-26. Twin brothers and co-owners Kevin and Kyle Conover celebrated their craft-brew bar and restaurant in style, tapping a keg of Pliny the Younger, a seasonal, award-winning Triple IPA from the Russian River Brewing Co. in Sonoma Valley, which created a line at the door both mornings.

"We've seen a lot of places come and go," said Kevin Conover, noting he and his brother started home brewing.

The success of TapRoom at 1269 Garnet Ave. is no secret. "We focus on providing a good experience and customer service, and try to be involved in the community," said Conover adding, "We're a favorite among locals. We are a little unique in the sense we're a locals hangout and a full-service restaurant. We have a good regular customer base, as well as getting a lot of beer enthusiasts from all over. What we've

been doing has been working."

Conover pointed out that TapRoom "procures a pretty extensive craft beer list every year. We have 50 taps and 100 beers from all over San Diego and the United States."

At sdtaproom.com, it is pointed out that the brewpub offers a wide range of elevated food from pizza to burgers and tacos, all available for dine-in or delivery. "Our pizza delivery service is the best in PB and our large patio is great for

large groups and is dog friendly," states the website. "With a lot of TVs, TapRoom is the place to catch a game or hang out with some friends."

"Above the L-shaped bar, televisions allow guests to watch the latest game," adds the website. "Centered in the dining area, groups can eat or drink at tables."

## SD TAPROOM

**Where:** 1269 Garnet Ave.

**Hours:** Mondays-Thursdays

10:30 a.m.-11 p.m.,

Fridays-Sundays

10 a.m.-midnight.

**Info:** sdtaproom.com, 858-274-1010.



SD TapRoom's 16th Anniversary Triple IPA (left) and the stout Parabola by Firestone Walker. PHOTO BY THOMAS MELVILLE



The TapRoom's beer selection includes Red Trolley, Stone IPA, White Rascal, and more. For those interested in lunch or dinner, they offer salads, hand-tossed pizzas, subs, and more. And TapRoom offers a happy hour every night of the week.

The pub features several daily specials: trivia night, \$3 off Kobe beef burgers and 15% off

The SD TapRoom's hand-tossed and stone-baked pepperoni pizza.

PHOTO BY THOMAS MELVILLE

all specialty beers on Mondays; half-off pizza for online orders on Mondays and Wednesdays; half off all wine bottles on Wednesdays; happy hour 3-6 p.m. and \$2 off all taps, apps, cocktails and wines Mondays-Fridays; 2 for \$12 lunch specials for dine-in from 11 a.m.-3 p.m. on specified items; and weekend brunch Saturdays and Sundays 10 a.m.-1 p.m.

Noting the craft-brew industry in San Diego has changed a lot offering plenty of choices and lots of competition, Conover said, "That isn't a bad thing. We just have access to a lot more good beer, which is a good thing."

Taproom has a full-scale brewery in North Park at 2000 El Cajon Blvd. "We're making our beer, come check out that place if you get a chance," said Conover. "We encourage people to get out and try some craft beer. That's what San Diego is known for."



From left to right: Pacific Beach Kiwanis President Tony Bayona, Dan Riley, Henry Riley 5th Grade at Sessions Elementary, Meredith Riley Kelly Gill, Lillian Gill 2nd Grade at Crown Point Junior Music Academy, Zach Gill and Dylan Gill.

Pacific Beach Kiwanis honors Students who are chosen by their teachers for their leadership skills and roll models for others to follow. Henry Riley From Sessions Elementary and Lillian Gill from Crown Point Junior Music Academy each received a Certificate of accomplishment and Mr. Frostie Dollars to enjoy.

## Kiwanis Students of the Month

Pacific Beach Kiwanis honors Students who are chosen by their teachers for their leadership skills and roll models for others to follow.

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# San Diego's Single Use Plastic Reduction Ordinance starts April 1

The City of San Diego's Single Use Plastic Reduction Ordinance goes into effect April 1. In summary:

- Most polystyrene foam containers are prohibited from distribution and sale. This includes food service ware such as bowls, plates, trays, cups, lids, and other similar items, as well as egg

cartons and meat trays.

- Single use plastic (and bio-plastic) straws and utensils may only be provided upon the request of the customer.

- The following may not be distributed if made from polystyrene foam unless encased within another material:

- Coolers, ice chests, or similar

containers.

- Pool or beach toys.
- Dock floats, mooring buoys, or anchor or navigation markers.
- All polystyrene foam products are prohibited from City facilities (including parks and beaches).

Waivers are available for feasibility-based hardships, financial hardships and contractual

requirements. There is an automatic waiver through March 31, 2024 for entities with gross income less than \$500,000 on most recent federal income tax filing. To apply for a waiver, email [sdrecyclingworks@sanidiego.gov](mailto:sdrecyclingworks@sanidiego.gov).

To learn more, you can attend one of the information sessions that will cover:

- The importance and background of the ordinance.

- How to prepare for implementation, including waiver options, alternatives to polystyrene and resources available.

- Q&A session with City staff. In-person workshop.

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



## The Theatre School @ North Coast Rep



The Theatre School @ North Coast Rep has an exciting summer of Theatre day camps! We're proud to offer you performance-based classes that will give your child a fun, skill-building, and playful summer. For Broadway Babies ages 4-8 check out six different one-week half-day camps, where students will have fun building confidence and playing as an ensemble. For greater playful release of creative energy, find three different two-week full day fun production camps for ages 8-12. Students will work on putting together a short version of one of your family's best-loved stories. For more intensive fun skill-building for Tweens and Teens we offer three different two-week full day performance camps for ages 12-19. Students will go from the audition process to performance in a fast paced, fun, and creativity enhancing experience. All camps focus on actor training, not on spectacle, and culminate in a showcase for family and friends. For full camp descriptions and to register, call 858-481-1055 or [NorthCoastRep@TheatreSchool.org](mailto:NorthCoastRep@TheatreSchool.org), or email [Ben@northcoastrep.org](mailto:Ben@northcoastrep.org) with questions.

## San Diego Jr. Theatre's Popular Summer Camps are Back!

JT campers will participate in daily acting, singing, movement and specialty classes in weekly sessions offered from June 12 through August 18 in beautiful Balboa Park. Acting and musical theatre intensives, as well as pre-professional conservatory camps are also available. For more information and to register, visit [juniortheatre.com](http://juniortheatre.com) or call 619-239-1311.

## Elementary Institute of Science

Come explore fascinating animals of the land, sky, and sea! Students will learn all about animal habitats, adaptations, and how to protect endangered species! Your future scientists, engineers, and artists will enjoy science experiments, games, arts and crafts, and more!

Field trips: San Diego Zoo and Children's Nature Retreat Animal Sanctuary  
Register at [eisca.org/register](http://eisca.org/register)

## Summer Camps Are Back at Birch Aquarium

From snorkeling with Leopard Sharks to touring the Scripps Pier and hands-on animal encounters, Birch Aquarium offers an abundance of camps to choose from this summer!

As the public outreach center for Scripps Institution of Oceanography at UC

San Diego, the aquarium offers a unique opportunity for children ages 4-13 to learn about the ocean. Campers will explore underwater worlds, meet ocean creatures, create crafts, play games and more.

Birch Aquarium's educators facilitate summer camps that range from immersive half-day experiences at the aquarium for younger campers to full-day adventures,



## Spring Break Camp: Animal Adventures March 27-31

Come explore fascinating animals of the land, sky, and sea! Students will learn all about animal habitats, adaptations, and how to protect endangered species! Your future scientists, engineers, and artists will enjoy science experiments, games, arts and crafts, and more!

**Field trips:** San Diego Zoo and Children's Nature Retreat Animal Sanctuary

**Register at:** [eisca.org/register](http://eisca.org/register)

**Eligibility:** Grades 2 - 8 (Ages 7 - 13)

**Duration:** 5 days

**Hours:** 9:00am-4:00pm

**Price:** \$300 per student

Sibling and military discounts available. Registration is required. A limited number of scholarships are available for students who qualify.



## Playtime at Claytime

Caroline started her venture into art

after leaving the practice of Law both in Boston and San Diego 20 years ago. Since taking ownership of a ceramic painting Studio, Caroline has incorporated several services in art mediums such as Day Camps, Mosaics, Canvas Painting, tie Dye

Teas, Clay Handbuilding, and pottery throwing classes.

Caroline has an undergrad in both Fine Arts and Psychology, along with a Masters in Education in addition to her JD from Boston. Register at [claytimeceramics.com](http://claytimeceramics.com)





# Pacific Beach Middle garden grows again with students' help

Ruth Stout (1884-1980), the American gardener and author, once wrote, "I love spring any-where, but if I could choose I would always greet it in a garden."

That's what happened on Friday, Feb. 17. More than 55 students met at Pacific Beach Middle School to provide an early greeting to spring. The sixth to eighth-grade garden club students, along with school staff and community members, worked from 9:30 a.m.-2:30 p.m. restoring a school garden on the south side of the campus adjacent to the new parking lot's traffic circle.

PBMS has for many years had a successful onsite garden program. With COVID closing the school campus, the garden was left unattended. Then to complete the recent school modernization project, a large portion of the original garden was removed. The school was primed for a garden reboot.

Under the coordination of garden club staff advisor and school librarian Sally Kaufman, students assisted in shoveling the topsoil and compost mixture, bringing it by wheel barrel to the new metal planters, and filling them to the brim.

Other students prepped the storage area (The Garden Hut) for the garden club's rakes, trowels, and supplies. Still, other students assisted with connecting irrigation



From left, PB Middle School students Coco Scatena, Evan Souza, Lena Clapp, Ophie Chen, and Joqtzan Hernandez shoveled top soil for the planter bins on Feb. 17. COURTESY PHOTO



David Peña (left) and Frida Gonzalez fill planter bins at PB Middle School's garden workday. COURTESY PHOTO

lines. And here the story takes a unique turn – the primary mover and shaker for the successful garden work party was high school sophomore and Boy Scout Maxwell Chen.

Chen, an alumnus of Barnard-Mandarian and PBMS, selected the "restoration of the PB Middle School Garden as my Eagle Scout project. My middle school years were ones I couldn't fully enjoy because of COVID. I wanted to do a project that will bring joy to students now attending PB Middle School."

Chen, a member of local Boy

Scout Troop 506, spent the better part of a year planning this Eagle Scout project, consulting with school staff and vendors, and coordinating the various aspects of his project. Once funding, donations, and supplies were secured, his project moved forward.

"Receiving donations from troop members, planter bins donated by Kevin the Epic Gardner, steep discounts from Home Depot for irrigation materials, and finally, the generosity of FOPBSS providing the topsoil/compost mixture, allowed my project to commence," said Chen.

He added: "Without these people, this project would have taken longer. Thankfully, my community is filled with extremely kind and generous people."

On Jan. 28, Chen and his troop cleared and leveled the school's new garden site and constructed and placed the planter boxes. The irrigation trenching was completed by Feb. 5. On Friday, Feb. 17, the topsoil/compost mixture was delivered, shovels and wheelbarrows were at the ready, and more than 50 sixth, seventh, and eighth-grade students and students from Troop 506 arrived to

connect irrigation lines and fill the planter boxes with the topsoil. By 2 p.m. the job was done.

"I am deeply grateful to those who have helped me and I am so happy to give back to the community," Chen said.

There will be an Eagle Scout citation plaque placed in the school garden area to acknowledge the efforts of Maxwell and Troop 506 in the school garden reboot 2.0.

Now what? "Now," said Kaufman, school garden staff coordinator, "the PBMS garden club officially starts right after school on Thursday, Feb. 23 from 2:50-4 p.m. What we plant will evolve organically. There will be a mix of vegetables, flowers, and plants that will attract 'beneficials' like birds, bees, hummingbirds, and butterflies."

Visiting with Kaufman, you are immediately aware of the deep affection and commitment she carries for the PBMS garden. In her long tenure as garden club coordinator she is so appreciative of the several Eagle Scout projects in the garden, the Little Library, the Peace Pole, support from PB Rotary, FOPBSS, and on and on.

"Money is always tight. With a limited budget, I'm hoping we receive seed and plant donations... especially flowers," Kaufman said.

If you would like to donate to the PBMS garden, contact Kaufman at skaufman@sandinet.com.

– Submitted by Cyril A. Reinicke



## 41st Annual Parade and Festival Saturday March 11, 2023 (rain or shine)



9:45 am **Flag Presentation Ceremony** Main Stage  
10:30 am **Parade** Fifth Ave & Sixth Ave Route from Laurel to Upas  
9 am-6 pm **Irish Festival** Sixth & Maple

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



Pacific Life Church  
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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 ROBLED0 This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. ADRIANA ROBLED0 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 ISKAND 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 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: 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: V. Melissa Reyes, Deputy Clerk (ISSUE DATES:) February 17, 24 & MARCH 3 & 10

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 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: 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: V. Melissa Reyes, Deputy Clerk (ISSUE DATES:) February 17, 24 & MARCH 3 & 10

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 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: 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: V. 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00006262 -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): 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: 03/28/2023 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00006262 -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): 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: 03/28/2023 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00006262 -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): 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: 03/28/2023 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00006262 -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): 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: 03/28/2023 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00006262 -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): 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: 03/28/2023 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 G. LOPEZ, 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

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 G. LOPEZ, 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 patent, 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 03, 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/Corporation 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001860 Fictitious Business Name(s) a. UPTOWN COMMUNITY PARKING DISTRICT, 2720 5th Ave #H, SAN DIEGO, CA 92103 Is registered by the following: a. UPTOWN PARTNERSHIP, INC This business is conducted by: A CORPORATION The first day of business was: 01/15/2012 Registrant Name: a. UPTOWN PARTNERSHIP, INC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor GERALDINE TRUSSELL, MANAGER 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. 2023-9001857 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002907 Fictitious Business Name(s) a. BLUE MOON ESTATE SALES OF DEL MAR-SAN DIEGO b. ATBAYTI LLC, 5528 PORTER CREEK ROAD, SAN DIEGO, CA 92130 Is registered by the following: a. ATBAYTI LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 02/06/2023 Registrant Name: a. ATBAYTI LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor MANAL ABDELHAMID, CEO statement was filed with Jordan Z. Marks, , Jr



# Martin Luther King III ignites gratitude movement with La Jolla students

By DAVE SCHWAB

**O**n Feb. 23, more than 1,000 students heard motivational speeches from Martin Luther King III, Say It Now founder Walter Green, and others at a special La Jolla Country Day School event highlighting the importance of expressing gratitude now to those who've positively impacted people's lives.

Green, author of the book "This Is The Moment," launched the Say It Now movement stressing how expressing gratitude to those significant in our lives solidifies relationships and eliminates the prospect of having regrets for not having done so.

The gala production included a choir performance. Joining LJCD students at 9490 Genesee Ave. were student guests from Monarch School serving unhoused students, and The Preuss School UC San Diego, which offers a college preparatory curriculum for sixth- to 12th-grade low-income students whose family members have never attended college.

Opening remarks at the celebratory event were delivered by Colleen O'Boyle, assistant LJCD Head of School for Academic Affairs, and Jameel McDaniel, along with comments from MC

and LJCD student Ava Mendoza.

Student speakers expressing their gratitude to those meaningful in their lives included: Jaden Mangini (LJCD), Fabian Garcia from The Preuss School, Harper Goff (LJCD), and Mahlia Washington (LJCD). Zora North read Amanda Gorman's poem "Talking Gets Us There."

"I have a finding I want to gift to you," Green told students about Say It Now and its mission. "What you're going to hear is a new idea relevant to all ages, but particularly relevant to change leaders who are youth. It's a message that can change your life and the lives of people who are really important to you. And the more you do it – the happier you are."

Continued Green: "I hope you're inspired by the message. And even more importantly, that you will become an ambassador and spread this message to many others. It's customary to honor someone and pay tribute to them when they are no longer here. The person being honored never hears the message. And then we are left wishing we'd said it. That makes no sense. Say It Now is a movement to inspire you to express gratitude to people who've been important to you while they are alive and well."

Green proceeded to ask the



Martin Luther King III speaks to students during the Say It Now event at La Jolla Country Day School on Feb. 23. COURTESY PHOTO

crowd if there was someone who has been important to them and is still alive. Nearly everyone raised their hands. To which Green replied: "Say It Now is for you."

Green introduced MLK III, the oldest son of Dr. Martin Luther King Jr. and Coretta Scott King, characterizing him as "a thought leader on the world stage, a peacemaker, and a negotiator of some of today's most critical national and international platforms for social change."

"Spread the word, have you heard, all across the nation, we are going to be a great

generation," said MLK III, three times, in introducing himself to students. "It is an honor to have seen students from this community actually share gratitude for what is going on in their lives. Any of us can do this: just saying it right now."

Pointing out there were "so many people in my life who helped me through very difficult times, losing a father at 10 years old 55 years ago," King added, "all of us at some point have to go through that (losing loved ones). I'm glad to have had people in my life who helped me navigate through those difficult times."

Addressing ongoing racism, King said, "I, like many African-American children, was exposed to racism. We must build our lives on a strong foundation. And always retain a sense of gratefulness and gratitude, and always be willing to share that gratitude. We as a human species must do better. And that is why we must say it now."

Concluded King: "Sixty years ago my father delivered a speech titled 'I Have A Dream.' In 2023, we're still unfortunately dealing with racism. Dad talked about the triple evils of poverty, racism, and violence, and eradicating them from our nation and our planet. What I know is that it only takes a few good women and men to bring about change. I know that we, as a community, can make our nation and world better. And so, I want to challenge you to be your best selves. You've just got to be the best at what you are. That is the challenge. We must become a better nation. And we can become even better by saying it now."

Say It Now recently launched a year-long initiative to empower 1 million expressions of gratitude and is providing free resources at [justsayitnow.org](http://justsayitnow.org) to help guide people of all ages through a transformative gratitude journey.

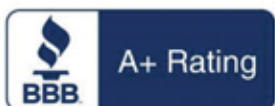


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# SUDOKU PUZZLE

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

## CROSSWORD PUZZLE

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

### CLUES ACROSS

1. Relaxing place
4. Plant by scattering
7. A type of explorer
12. Unique traits
15. Lady
16. Dismayed
18. Railway
19. Type of whale
20. Sodium
21. Manning and Lilly are two
24. Where golfers begin
30. Influential punk artist
31. Hebrew calendar month
33. Car mechanics group
34. Undesirable rodent
35. Minneapolis suburb
37. Witch
39. Get free of
41. A written proposal or reminder
42. British School
44. Country on west coast of Africa
47. Cool!

### CLUES DOWN

1. A person with unusual powers of foresight
2. Single sheet of glass
3. Portrays a character
4. Expresses happiness
5. Acquires
6. "The Martian" author
7. Degree
8. 60-minute intervals
9. A detective's pal
10. Group of nations (abbr.)
11. Popular Georgia rockers
12. Basement
13. Samoan monetary unit
14. Male parent
15. Finnish lake
16. A smooth fabric
17. Arctic explorers (abbr.)
18. Mild yellow Dutch cheese
19. Very willing
20. Expressed pleasure
21. Lasso
22. Hindu model of ideal man
23. Move your head in approval
24. Tilt - gained illegally

- |                                |                                    |
|--------------------------------|------------------------------------|
| 12. Fencing swords             | 40. Die                            |
| 13. Basement                   | 43. Accused publicly               |
| 14. Samoan monetary unit       | 44. Precious stone                 |
| 17. Male parent                | 45. Individual thing or person     |
| 22. Finnish lake               | 46. Behaved in a way that degraded |
| 23. A smooth fabric            | 51. Derogatory term                |
| 24. Arctic explorers (abbr.)   | 54. No seats available             |
| 25. Mild yellow Dutch cheese   | 55. Liability                      |
| 26. Very willing               | 56. Popular beverage               |
| 28. Expressed pleasure         | 57. Tough outer skin of fruit      |
| 29. Lasso                      | 58. __ Spumante (Italian wine)     |
| 32. Hindu model of ideal man   | 59. Troubles                       |
| 36. Move your head in approval | 60. Negative                       |
| 38. Ill- : gained illegally    | 62. Camper                         |

48. Information
49. \_\_\_ route
50. Jim Nantz's network
52. Something to register (abbr.)
53. Give cards incorrectly
56. One who's learning on the job
61. Stevenson adventure novel
63. Taking careful notice
64. CNN's founder
65. Speak badly of

## Mission Bay music ensembles hold fundraising concerts

**By ANNIKA WESTER**

Mission Bay High School's premier jazz ensemble The Preservationists have been holding concerts throughout San Diego to raise funds for their anticipated trip to Japan in April. With help from the Sea Monks, a band composed of Mission Bay students and alumni, who held a concert at Tio Leo's in January, the school's music ensembles followed up at Deft Brewing with a successful concert.

The show at Deft Brewing consisted of performances from Mission Bay's Chamber Orchestra, Concert Choir, Swing Choir, Mambo Orchestra, and The Preservationists, along with a closing set featuring alumni of the Mission Bay music program. The concert helped raise more than \$7,000, chipping away at

## LEGALS >>

CONT. FROM PG. 10

00005632 - 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): LILLIAN PARKER PAUL-FISHER filed a petition with this court for a decree changing names as follows: Present name: a LILLIAN PARKER PAUL-FISHER to Proposed name: LILLIAN ANNETTE PAUL 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: 03/27/2023 TIME: 8:30 AM DEPT: 61; b. The address of the court is SAME AS NOTED ABOVE; c. 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 09, 2023. JUDGE OF THE SUPERIOR COURT MICHAEL S MYTH ISSUE DATES: February 24, MARCH 3, 10 & 17 ATTACHMENT TO ORDER TO SHOW CAUSE – Name Change (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTING 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

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00007160 -CU-PT-CLT 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): JACOB NELSON SOO filed a petition with this court for a decree changing names as follows: Present name: a JACOB NELSON SOO to Proposed name: JACOB NOAH SOO court at a 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: 04/05/2023 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 21, 2023. JUDGE OF THE SUPERIOR COURT MICHAEL T SMYTH ISSUE DATES: February 24, March 3, 10 & 17 ATTACHMENT TO ORDER TO SHOW CAUSE – NAME CHANGE (NC-120) Due to the Covid-19 Pandemic, and the Court not conducting in-person hearings, the following order is made: NO HEARING WILL OCCUR ON THE DATE SPECIFIED IN THE ORDER TO SHOW CAUSE. The Court will review the documents filed as of the date specified on the Order to Show Cause. If all requirements for a name change have been met as of the date specified, and no timely written objection has been received (require at least two court days before the date specified), the petition will be granted without a hearing. One certified copy of the Order Granting the Petition will be mailed to you. If all of the requirements have not been met as of the date specified, the court will mail you a written order with further directions. If a timely objection is filed, the court will set a hearing date and contact the parties by mail with further directions. IF YOU ARE A RESPONDENT OBJECTION TO THE NAME CHANGE, YOU MUST FILE A WRITTEN OBJECTION AT LEAST TWO COURT DAYS (excluding weekends and holidays) BEFORE THE DATE SPECIFIED. Do not come to the court on the specified Date, you will be notified by mail by the Court of a future hearing date. Any petition for the Name Change of a minor, that is signed by only one parent, must have this Attachment served along with the Petition and Order to Show Cause on the other, non-signing parent, and proof of service must be filed with the court. IT IS SO ORDERED.



Mission Bay Preservationists played concerts to raise funds for their Japan trip.

the \$15,000 needed for the trip to take place. The Yokohama Sister City Society is covering an additional \$15,000. The sold-out fundraising concert on Feb. 22 at La Jolla Women's Club raised an additional \$13,000, to help the band meet its fundraising goal.

Mission Bay junior Dahlia R. is the bandleader, bassist, and singer

in The Preservationists. "People have been very supportive," she said while noting that she is looking forward to performing in Japan while familiarizing herself with another culture. "It's going to be so amazing to hear and experience Japan's jazz scene."

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

2820 HISTORIC DECATUR ROAD, SAN DIEGO, CA 92106 Is reg  
 istered by the following: a. MINOCQUA POPCORN SD, LLC This  
 business is conducted by: A LIMITED LIABILITY COMPANY Th  
 first day of business was: N/A Registrant Name: a. MINOCQU  
 A POPCORN SD, LLC This TITLE of Officer, if Limited Liability Co  
 mpany/Corporation Title of Signor ERIC HOWARD, MANAGER state  
 ment was filed with Jordan Z. Marks, , Jr. Recorder/County Cler  
 of San Diego County on FEBRUARY 14 , 2023 . ISSUE DATES  
 FEBRUARY 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 20230903687 Fictitious Business Name(s) a. CALIFORNIA VAE SHOP  
 4919 NEWPORT AVE, SAN DIEGO, CA 92107 Is registered by the following: a. BRAD FERNAUBACH b. GOKHAN ALI KUCUK This business is conducted by: a. GENERAL PARTNERSHIP The first day of business was: N/A Registrant Name: a. BRAD FERNAUBACH b. GOKHAN ALI KUCUK This TITLE of Office, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Marks, Jr. Recorder/County Clerk of San Diego County on FEBRUARY 16, 2023. ISSUE DATE: February 24 & MARCH 3, 10 & 11, 2023

090301194 Fictitious Business Name STATEMENT FILE NO. 2023  
1069 DIAMOND STREET, SAN DIEGO, CA 92109 Is registered b  
the following: a. JESUS GARCIA MR. This business is conducte  
by: AN INDIVIDUAL The first day of business was: 01/23/2023  
Registered Name: a. JESUS GARCIA MR. This TITLE of Officer,  
Limited Liability Company/Corporation Title of Signor statement  
was filed with Jordan Z. Marks , Jr. Recorder/County Clerk of Sa  
San Diego County on FEBRUARY 10, 2023 . ISSUE DATES: Februar  
24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023033537 Fictitious Business Name(s) a YANG SPA, 4019 AVA  
90035 SAN DIEGO, CA 92117 Is registered by the following: a  
CHUNYANG DU This business is conducted by: AN INDIVIDUAL  
The first day of business was: 01/23/2023 Registrant Name: a  
CHUNYANG DU This TITLE of Officer, if Limited Liability Company  
/Corporation Title of Signor statement was filed with Jordan  
Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY  
15, 2023 . ISSUE DATES: February 24 & MARCH 3,10 & 1

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023  
9003102 Fictitious Business Name(s) a NICKY SLAYZ H&M  
DESIGN, 7260 HYATT ST, SAN DIEGO, CA 92111 is registered  
by the following: a NICOLE MICHAL JONSSON This business is  
conducted by: AN INDIVIDUAL The first day of business was  
N/A Registrant Name: a NICOLE MICHAL JONSSON This TITLE  
of Officer, if Limited Liability Company/Corporation Title of Signer  
statement was filed with Jordan Z. Marks, , Jr. Recorder/County  
Clerk of San Diego County on FEBRUARY 09, 2023 . ISSUE DATES  
February 24 & MARCH 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-  
9003515 Fictitious Business Name(s) a FINEST CITY DOG TRAINING  
INC. b. FINEST CITY PET CARE, 3527 Arizona St, San Diego, CA  
92104 is registered by the following: a. FINEST CITY DOG, LLC  
This business is conducted by: A LIMITED LIABILITY COMPANY  
The first day of business was: 1/19/2018 Registrant Name: a  
FINEST CITY DOG, LLC This Title of Officer, if Limited Liability  
Company/Corporation Title of Signor JESSICA MCLOSKEY, PRES  
IDENT statement was filed with Jordan Z. Marks, Jr. Recorder  
County Clerk of San Diego County on FEBRUARY 15, 2023. ISSUED  
DATES: February 24 & MARCH 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023  
 900307778 Fictitious Business Name(s) a BETTER UNITED, 7777  
 ALVARADO RD, UNIT 700, LA MESA, CA 91942 Is registered d  
 the following: a BBE REALTY, INC This business is conducted by:  
 CORPORATION The first day of business was: 04/17/2021 Reg  
 Liability Name: a BBE REALTY, INC This TITLE of Officer, if C  
 Liability Company/Corporation Title of Signor BLAKE MILLER, CEO  
 statement was filed with Jordan Z. Marks, , Jr. Recorder/Count  
 Clerk of San Diego County on FEBRUARY 17, 2023. ISSUE DATES  
 February 24 & MARCH 3, 10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 202309001452 Fictitious Business Name(s) a BM PARTNERS, 8990 MIRAMAR ROAD, SUITE 200, SAN DIEGO, CA 92126 Is registered by the following: a. JUSTIN DEAN MANDELBAUM b. ALISON BERGLAS MANDELBAUM This business is conducted by: A TRUST The first day of business was: 08/15/2012 Registrant Name: a. JUSTIN DEAN MANDELBAUM b. ALISON BERGLAS MANDELBAUM 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 20, 2023 . ISSUED DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023030305 Fictitious Business Name(s) a. LENNON HAIR STUDIO, 96001 HAZZARD CENTER DRIVE, SUITE #703-305, SAN DIEGO, CA 92108 Is registered by the following: a. CASEY PARINGTON This business is conducted by: AN INDIVIDUAL The first day of business was: 02/06/2023 Registrant Name: a. CASEY PARINGTON This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor statement was filed with Jordan Z. Marks, Jr. Recorder/Clerk of San Diego County on FEBRUARY 06, 2023. ISSUE DATES: February 24 & MARCH 3,10 & 17

SUMMONS CASE # 37-2022-00051185-CU-BT-NC NOTICED  
TO DEFENDANT : ROGER PAWSON, an individual; OPTEC INTERIORS  
NATIONAL, INC., a Wyoming corporation; and DOES 1-10 YOUR  
ARE BEING SUED BY PLAINTIFF: RB CAPITAL PARTNERS, INC.

California corporation, derivatively on behalf of Nominal Defendant Optec International, Inc. You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SAN DIEGO SUPERIOR COURT, 325 SOUTH MELROSE DRIVE, VISTA, CA 92081. The name, address and telephone number of petitioner's attorney, or petitioner without an attorney, is: A.D. YOUSSEFYEY, 1925 CENTURY PARK E, SUITE 200, LOS ANGELES, CA 90067 - 310-772-2872. NOTICE TO THE PERSON SERVED: You are served as an individual defendant. Date: 12/22/2022 Clerk, by, J. WOOLF Deputy Clerk (ISSUED DATES): 12/23/22, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023:  
9003841 Fictitious Business Name(s) a. TEASE HAIR HOUSES  
11715 UNIVERSITY AVENUE, LA MESA, CA 91941 is registered by  
the following: a. VICTORIA AVALOS This business is conducted by  
AN INDIVIDUAL The first day of business was: 1/1/23 Registrant  
Name: a. VICTORIA AVALOS This TITLE of Officer, if Limited Liab-  
ility Company/Corporation Title of Signor statement was filed with  
Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County  
on FEBRUARY 21, 2023. ISSUE DATES: MARCH 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023  
9004000 Fictitious Business Name(s) a. SO CAL PERFORMANCE  
SD LLC, 7155 MISSION GORGE ROAD, SAN DIEGO, CA 92120 IS  
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## Mission Bay Buccaneers selected for American Football Worldwide Elite Team



Ethan Silber



Jack Ryan

**J**ack Ryan and Ethan Silber, standout athletes at Mission Bay High School, have been chosen to represent the United States as part of the American Football Worldwide Elite Team. Ryan, a 5 feet 8 inches tall, 155-pound safety/slot receiver/holder, and Silber, a 5 feet 8 inches tall, 160-pound quarterback/receiver/cornerback, will be two of 30 players on the high school senior select team squad.

The American Football Worldwide Elite Team will travel to Italy for a week of educational touring, serving as ambassadors for American football and culminating the week by participating in a rare and special international game against a national 20U American football team representing Italy. The game will take place at Vigorelli Stadium, in Milan, on Saturday, April 8.

American Football Worldwide's Elite Team builds its roster from scouting, recommendations, and nominations provided by high school coaches. The roster has representation from every region of the United States and this year will have student-athletes from 13 different states and the District of Columbia.

Ryan spent four years on the varsity for the Buccaneers and head coach Greg Tate. During his career, he was a two-way starter at receiver and defensive back. He caught 60 passes for 1,008 yards with 16 touchdowns on offense and had 130 tackles, two interceptions, and a forced fumble on defense. He was a first-team all-conference wide receiver in the City League and in 2021 Mission Bay won the conference championship and made it to the CIF finals. He was selected to play in the 2022 SDNFL all-star game.

Ryan excelled in the classroom as well, winning academic merit awards as a freshman, sophomore, and junior and art awards as a freshman and a junior. He was also awarded the President's Volunteer Service Award as a freshman.

"I love playing football and am excited to share this great sport with the world," said Ryan on his selection to the AFW Elite Team.

Silber had an outstanding career for the Buccaneers. During his career, he recorded 30 passing touchdowns and more than 1,000 rushing yards. He was first-team all-conference twice in the City League and was also named his team's Most Valuable Player. He excelled in the classroom as well with a 4.00 cumulative grade point average.

Ryan and Silber were part of a resurgence in football for the Buccaneers as the program was 2-18 in the two years before they got to Mission Bay. During their final two campaigns, they helped the team to an 18-8 mark.

Team members and staff will all gather for the first time in Rome on Sunday, April

2. During the week the team will practice daily, typically in the early morning, with the remainder of the day invested in educational touring of many of the historical and cultural highlights of Italy. Dozens of parents and family members will also join the tour party for a highly memorable experience in one of the world's most historically fascinating countries.

The team and tour party will travel from Rome in central Italy to the tip of Lake Como just north of Milan. During the week, the players will tour many of the historical icons of Italy including the Roman Coliseum and Forum, the piazzas of Rome, Vatican City and St. Peter's Basilica, Sienna, Florence, Cinque Terra, Lake Como, and Milan.

This game will be the 10th contest between AFW Elite and American football teams in Europe. In March of 2013 and 2014, AFW Elite traveled to France for a similar educational and cultural tour defeating the French national 19U team on two occasions. From 2015 through 2019, AFW Elite Team accepted invitations from the Italian Federation of American Football earning victories each year over their Italian national 19U team.

In 2017 and 2018 American Football Worldwide also fielded two teams, including a second Elite Team that toured Ireland and competed with the Irish National 20U team. Those games were historical in that they were the first and only contests by 20U Irish players against competition from outside of Ireland.

"Observing these young men grow from the education that international travel uniquely provides will once again be the most rewarding aspect of the tour," said AFW president Jim Barnes. "Each day will hold special life-expanding experiences for these young men all of whom demonstrate that they possess a grander vision for their future. In so many respects, this is a tremendous experience for a student to have before going on to the collegiate level."

Intermixed with the immense educational value of the trip, these student-athletes will improve as football players. The team will look to come together in one week's time to learn new terminology and football schemes as well as put together a formidable game plan for their Italian hosts.

"Meeting one another for the first time and installing a well-coordinated game plan in all phases of football in less than a week will be a significant challenge," said Barnes, who is also the head coach. "However, from the scouting and research we have done our staff believes there is excellent talent on this roster and we are very excited about the potential for this team. To culminate their week playing a game of American football at the international level representing the USA will be an unforgettable thrill."

## Knights girls water polo: A precision machine with finely-tuned parts

By ED PIPER

**T**o break into the "inner sanctum" of the Bishop's girls water polo team is a feat in itself. But once you're in, people are real, and you begin to appreciate the magnitude of a 13-year run with 12 CIF titles.

Listen to senior Chiara Marmanillo, the Bishop's top-flight goalkeeper: "I learned from the best goalies before me. I'm focused on one play at a time, and trying to bring energy for everyone." Marmanillo, in the Knights' first-round SoCal Regional 10-9 overtime win Feb. 21, was magnificent, deftly blocking skip shots as well as attempts up in the zone.

So crucial on defense, fellow senior Lisbon Zeigler helps Marmanillo with near-net protection. "Making plays on defense is based on instinct and how much you want it," Lisbon says. "Playing for my teammates, combined with the countless hours looking at small details on film, allows our team to be successful."

Whatever "it" is, it is being passed down, among select athletes, who are willing to submit their wills to the greater good — a winning program. Coach Doug Peabody, the architect of the program, with his close ally and assistant coach, Ian Davidson, a 2005 graduate, says, "This year we basically have eight field players (in the rotation), and they play like starters, not just role players."

Peabody attests, Aileen Shin and Lucille Proul have had multiple-goal games as Bishop's has gone 21-9 against Southern California's elite. "Lucille (a senior) is a



Senior Lisbon Zeigler (black cap No. 7) defends against Emerson Hensley of Laguna Beach in the Knights' 10-9 overtime win on Feb. 21 in the SoCal Regionals.  
PHOTO BY ED PIPER

pass-first player who is a great on-ball defender.

"Aileen (a freshman) came in as a very strong offensive player, and she has adapted well to learning new defenses."

There is life outside water polo. Kate Weatherup, another Class of 2023 member in the senior-heavy rotation, says she wants to remember "CIF day together, hype-up sessions before games, and watching other (Bishop's) teams' games, like basketball and soccer" from her high school experience.

Julia Bonaguidi, a prolific scorer who had one goal posted up against Laguna Beach in the Regionals where she just turned and slammed the ball over her defender from close range, lets you into her mental process: "I always try to envision the specific things that our opponent does. Bringing those specific things to the front of my mind gets me in game mode and gives me a little more confidence going into the game."

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## Pacific Coast Men's Doubles Championship in La Jolla to honor former champion

Tournament officials have announced that former tournament champion Ryan Redondo of San Diego will be honored at the 134th annual Pacific Coast Men's Doubles Championship scheduled through March 5 at the La Jolla Beach & Tennis Club, 2000 Spindrift Drive.

It was 20 years ago when Redondo, a two-time All-American for the San Diego State University Aztecs, and teammate Oliver Maiberger, a native of Germany, thrilled hometown tennis fans as they won six straight matches without the loss of a set to capture the 2003 Pacific Coast Men's Doubles Championship.

Redondo and Maiberger, who were the No. 2 seeded collegiate team, were so dominant at the La Jolla Beach & Tennis Club that year, they never dropped more than three games in a single set. The Aztec duo eased past the second-seeded independent team of Shuon Madden and Ryan Newport 6-2, 6-1 in the final to secure the prestigious doubles title.

After winning the 2003 Pacific Coast Men's Doubles Championship, Redondo and Maiberger continued their outstanding play and would go on to reach the NCAA Men's Doubles Final and finish the season as the No. 3 ranked doubles team in the nation. Redondo completed his collegiate tennis career in 2004 as one of the most heralded players in Aztec history.



Ryan Redondo

"I want to thank the Pacific Coast Men's Doubles Championship for honoring me on the 20th Anniversary of the championship in 2003. As I look back on that week, it was such a special time in my life and there are so many great memories from that tournament. I've never forgotten the feeling of holding up the championship trophy after we won that year," said Redondo, who now lives in the San Diego community of North Park.

The 39-year-old Redondo, currently the CEO and general manager of Youth Tennis San Diego / Barnes Tennis Center, will be given the honor of presenting the trophies to the champion and runner-up teams at the conclusion of this year's Pacific Coast Men's Doubles Championship on Sunday, March 5.

"We are very happy to honor Ryan Redondo on the 20th Anniversary of his memorable title run at the Pacific Coast Men's Doubles Championship in 2003," said Tournament Director Bill Kellogg. "Following his brilliant college career, he has become a very well-respected member of San Diego's tennis community. He has transformed Barnes Tennis Center into a world-class tennis destination and his programs at Youth Tennis San Diego have helped thousands of children across San Diego County."

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# A stream of consciousness about the ever-changing values of our world



## Doing it Better

By Natasha Josefowitz, Ph.D.

I recently read about a Missouri Congressman who was among the majority who voted on a new rule forbidding women from entering the chamber with bare arms, requiring them to cover up. My initial reaction was: “Here we go again! Men controlling what women wear.” It made me ponder about the role men have held throughout history, attempting to keep women compliant and subservient.

Here’s an interesting statistic: tall men make considerably more money than short men. In other words, size matters. Big fish eat little fish. Bucks with the largest antlers come out the winners more often during confrontations. We, too, are animals, no different from other species — bigger and stronger males often try to control the

smaller and weaker females. So, it’s all a matter of biceps. Even with the inroads we have made over the years, this disparity may always remain.

I remember a law in England from a few centuries ago that defined the size of the stick with which a husband could beat his wife. It was legitimate to beat one’s wife as long as the thickness of the stick did not exceed the prescribed measurement. What is considered good and legitimate in one century is viewed as deplorable in another. Consider slavery, which was acceptable to many societies in the 1800s, but has fortunately become repulsive to the world today (even though it still exists in many places and forms).

There is no absolute good or evil, no right or wrong; these are all human constructs defined by the century we live in, the country we call home, or the generation we were born into. To wit, child labor is no longer permissible in many countries and we no longer burn witches at the stake. Within my lifetime, inter-racial marriage, as well as

same sex marriage, was forbidden. Now it is legitimate. I wonder what aspects of society that we take for granted today will be considered inhumane to the next generation — the way we raise livestock like chickens, cows or pigs, unable to move in small enclosures.

In Act II, Scene 2 of “Hamlet,” Shakespeare writes, “There is nothing good or bad that thinking makes it so.” If there is no consensus about good or evil, there is no morality. These days morality is up for grabs depending on your belief system or religion. Missionaries once forcefully removed children from their Native American parents, placing them in schools to be indoctrinated into Christianity. The church is apologizing for this episode today.

Our brains do not like uncertainty. They look for reasons to explain various behaviors and seek explanations for what they do not understand, especially when living in uncertain times, as we are today. To alleviate feelings of discomfort and anxiety, our brains invent or believe conspiracy theories. The

more risk-averse or anxious individuals are, the more they seek certainty and predictability, which can be filled by authoritarian figures who tell us what to do and what to believe (“Daddy knows best”). The need for security triggers the search for others to provide us with an answer.

The more in flux a country is, the more the status quo is favored. Democracy, by definition, is a system in flux as opposed to rigid, authoritarian systems. To quote Plato: “All democracies contain the seeds of their own destruction.” Change is welcomed by some people while seen as threatening to others. Even parenting has its opposing advocates such as rigid feeding schedules for babies versus the Dr. Spock demand-feeding approach. The good news is that it doesn’t much matter. Children will grow into their genetic destiny. Neurogenesis, the impact of their environment, also influences behaviors.

We are living today on the cusp of a totally new world with the advent of social media and the

potential impacts of artificial intelligence. Being 96 years old, I am sorry I won’t be privy to the changing roles we will have to pursue. We are already required to prove we are humans to legitimize our writing as our own. It will be an unimaginable world. Our brains will have to adjust to new ways of thinking and acting. Our planet may be uninhabitable within this century. We may have to rely on AI to indicate a new way to survive. We humans have not been willing to give up our creature comforts for the good of future generations. Greed has prevailed in industries, which contributes to the continuous rise of global warming.

So, dear readers, my stream of consciousness and random thoughts are an indulgence I sometimes permit myself. I am grateful for your patience if you have gotten this far.

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.

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

By BART MENDOZA

### RECOMMENDED

One of San Diego’s most unique annual events, The Mardi Gras Cruise, takes place on March 4 aboard the sternwheeler boat the William D Evans as it sails around Mission Bay. Fans of New Orleans-styled jazz or roadhouse R&B will love every second of this highly-themed event. Costumes are encouraged, but not required, with the fun taking part on three levels, including two dance floors. The non-stop dance party will feature music from a slew of local headliners including Whitney Shay, Lady Dottie and the Diamonds, The Sure Fire Soul Ensemble, Sue Palmer and her Motel Swing Orchestra, the Euphoria Brass Band, and the Zydeco Mudbugs. Additionally, blues guitarists Ben Powell and Robin Henkel will perform solo on the ship’s open-air deck. For anyone who wants to feel the spirit of Mardi Gras, this cruise is hard to beat.

*Mardi Gras Cruise: Saturday, March 4 aboard the William D Evans, docked at the Bahia Resort, 998 West Mission Bay Drive. 5 p.m. \$55 and up. thesixstringsociety.com.*

### SPOTLIGHTS

Guitarist Mark Langford has been a major part of San Diego’s music community for over four decades, first making waves with metal heroes, Bible Black, and later drawing acclaim with his classical and flamenco guitar performances. Currently, in the studio working with an all-star band that includes members of Oingo Boingo, The Steve Miller Band, and The Elvin Bishop Group, on March 3, Langford will make a rare solo appearance in the Artois Lounge at Pechanga Arena, just prior to The Eagles performance. Early concert arrivals will want to check out Langford’s masterful guitar playing, which is well-matched to the night’s headliners.

*Mark Langford: Friday, March 3 in the Artois Lounge at Pechanga Arena, 3500 Sports Arena Blvd. 8 p.m. \$240 and up. pechangaarena.com.*

Mission Bay High School’s Annual Pop Concert takes place on March 8 in the school’s auditorium. Featuring all of the school’s classical ensembles, with musical director JP Balmat, the night will be dedicated to songs from the movies. With such a broad choice of options, this night presents one of the year’s most eclectic set lists for the school, with music scheduled to be performed from classic films such as “An American in Paris” and “Phantom of the Opera,” as well as more recent favorites, like “The Mandalorian” and “Bohemian Rhapsody.”

*MBHS Pop: Wednesday, March 8 at Mission Bay High School Auditorium, 2475 Grand Ave. 7 p.m. and up. \$5. missionbay-music.com.*

Portland-based smooth jazz saxophonist Patrick Lamb stops in Humphrey’s Backstage Live on March 12. Lamb has built an intense following through decades of touring with the likes of Dianne Shuur, Gino Vanelli, and The Jeff Lorber Fusion, while at the same time notching up an impressive seven hits on the Billboard charts. Lamb’s expressive playing and excellent soul-tinged melodies, such as on his hit song, “Maceo,” will please even the most jaded jazz listener.

*Patrick Lamb: Sunday, March 12 at Humphrey’s Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$20. humphreysbackstagelive.com.*

Cellist Alisa Weilerstein brings her “Fragments” project to Baker Baum Hall on March 14. Geared to the adventurous classical fan, Weilerstein will perform an extended piece that mixes together the 36 movements of Bach’s solo cello suites with 27 newly commissioned works, in the process creating a brand new musical piece. Weilerstein is one of the finest cellists performing today. For classical listeners, this show is a rare opportunity to hear iconic pieces, alongside new music, crafted to complement Bach’s original compositions.

*Alisa Weilerstein: Tuesday, March 14 at Baker Baum Hall at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 7:30 p.m. \$49 - \$94. theconrad.org.*

Powerpop and rock ‘n’ roll aficionados won’t want to miss Canadian quartet, The Dreamboats, appearance at Tio Leo’s on March 16. Similar in look and sound to the Wonders, as seen in the film, “That Thing

You Do,” the sharply dressed band has terrific originals alongside a slew of late 1950s and early 1960s classics.

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Germany implemented daylight saving time in 1916 to save fuel during World War I. The United States adopted the practice in 1918, but daylight saving time wasn't standardized across the country until the passage of the 1966 Uniform Time Act, which gave the federal government oversight over the time change.