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THIS WEEK



Fashion Redux 2023
with Mesa College

SEE PAGE 9



Executive chef Masa
at George's at the Cove

SEE PAGE 6



The Social Diary:
March Madness begins

SEE PAGE 8

PUPPING SEASON AT CHILDREN'S POOL



The Children's Pool beach is closed to public access during harbor seal pupping season annually from Dec. 15 through May 15. Ongoing through Saturday, April 1, from 2-3:30 p.m., the Sierra Club Seal Society will be holding sessions about the harbor seals pupping season at the Mangelsen Images of Nature Gallery. The sessions are followed by walks to view the pups at Children's Pool and Point La Jolla. These talks aim to bring awareness to locals and tourists about the needs and vulnerability of the colonies of sea lions and harbor seals living year-round in La Jolla.

PHOTO BY THOMAS MELVILLE

Driver gets 8 years prison for two deaths in La Jolla

By NEAL PUTNAM

A driver who was convicted of vehicular manslaughter while intoxicated in the deaths of two passengers in La Jolla was sentenced on March 3 to eight years in state prison. The sentence handed down to Peter John Meno, 28, was one year less than the maximum in the deaths of Jaden Rowley, 22, and Matthew "Max" Cate, 19, who were killed on Nov. 22, 2020.

"I'm happy for the eight years," said

Neicy Rowley, the mother of Jaden Rowley, afterward.

Meno, wearing tan jail clothes, spoke first and apologized to several dozen family members of both victims "for my bad choices that night and for the heartaches and the pain that I may have caused."


The grandfather of one victim repeated Meno's words – "he may have caused" – to San Diego Superior Court Evan Kirvin, saying Meno was in denial of what he had done.


Meno testified at his trial that he had been

speeding on Torrey Pines Road and slowed down as he made a left turn onto Girard Avenue in La Jolla around 3:15 a.m. while looking for a taco shop.

He lost control of his Nissan Altima and it struck a curb before striking two trees and then losing a tire. The two passengers apparently unfastened their seat belts and Meno claimed both of them stuck their heads out the window.

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City of San Diego unveils plan to fully implement bold Climate Action Plan

NEWLY RELEASED CLIMATE ACTION IMPLEMENTATION PLAN ADVANCES CLEANER, MORE SUSTAINABLE FUTURE

Last week, the City of San Diego unveiled the Climate Action Implementation Plan draft, safeguarding a cleaner, healthier and more sustainable future for San Diegans. This living planning tool guides the full implementation of the measures laid out in San Diego's landmark 2022 Climate Action Plan (CAP) by clearly defining each City department's responsibilities and providing cost estimates for those actions.

The Implementation Plan will also help guide and organize the City's processes and governance structure around climate action with equity, accountability and transparency at the center.

As part of the broader City program called "Our Climate, Our Future," San Diego's 2022 CAP includes six strategies that set a path toward achieving the City's interim 2030 fair-share reduction goal and ambitious 2035 goal of net-zero greenhouse gas (GHG) emissions. The strategies include 17 quantified performance targets, outlining how the City will track progress and achieve its overall GHG reduction goals. Each of the 21 CAP measures is broken down into discrete actions and supporting actions, including 190 in total, that work together to achieve targets and emissions reduction goals.

While the Implementation Plan does lay out a robust outline of future actions to be taken, much of the climate action work is already underway, including the rollout of citywide organic waste collection, transitioning all City electricity accounts to San Diego Community Power's 100% renewable energy provider and drafting building code amendments to electrify new construction.

The Implementation Plan is just one part of a larger shift in City processes and decision making to center climate action.

"It is a sea change in the Mayor and Council's commitment to adopt an ambitious plan and implement the individual steps to achieve our goals and timelines," said District 1 Councilmember Joe LaCava, chair of the Environment Committee. "This Plan informs policies, ensures that climate action is part of every City department's work plan, and it documents actions already underway. We can no longer delay ensuring our City's future is sustainable and resilient. I invite the public's input as the Environment Committee discusses the draft plan at our next meeting."

Each action and supporting action included in the CAP will require funding and City staff resources. To plan for these budgetary and staffing needs, the Implementation Plan includes the results of a comprehensive Implementation Cost Analysis (ICA). The ICA estimates the funding and resources needed to be repurposed or added to implement the CAP over the next five fiscal years (FY2024-2028).

As identified in the ICA, existing programs account for 96% of the total cost estimate of \$4.2 billion for the CAP. The remaining 4% represents incremental costs for new and expanded programs, which translates to about \$30 million annually. Approximately 75% of that amount is estimated to cover currently known costs associated with local water supply, tree canopy, decarbonization of City facilities and sequestration (the process of capturing and storing atmospheric carbon dioxide). For context, \$30 million



The City's Park and Recreation Department is working to restore Tecolote Canyon Natural Park, just east of Pacific Beach and south of La Jolla, to its natural state by removing non-natives plants and replanting native plants in the canyon.

PHOTO BY THOMAS MELVILLE

represents less than 1% of the City's adopted FY2023 budget.

The concept of climate equity is critical throughout the CAP and the Implementation Plan connects directly to the principles outlined in the City's Strategic Plan. During the preparation of the CAP, City staff worked closely with stakeholders to develop a method for scoring each action to understand its potential to prioritize and empower residents within Communities of Concern, and to address those disparities where the greatest needs exist.

In parallel with development of the Implementation Plan, the Office of the Independent

Budget Analyst (IBA) has prepared Council Policy for Climate Action Plan Implementation Prioritization, which helps prioritize actions set forth in the CAP. The Council Policy reflects the metrics developed for each action and supporting action and assigns a weighted score to each measure. Details about the calculated prioritization scores are included in the tables in the Implementation Plan. Together, the Implementation Plan and Council Policy will inform the City's ongoing annual work plans as well as budget and resource allocation decisions.

At the Environment Committee meeting on March 9, the Climate

Action Implementation Plan draft will be presented by the Sustainability and Mobility Department, and the new Council Policy will be presented by the IBA.

"The City's 2022 Climate Action Plan update laid out our ambitious goals, and this week, we released our comprehensive plan to fully implement them," said Mayor Todd Gloria. "This Implementation Plan is just one part of a larger framework to ensure our climate goals are embedded in decisions across the City. We have a long way to go, but many steps are already complete or in progress."

SDPD advocates use of surveillance technology in streetlights

By DAVE SCHWAB

San Diego Police Department has been promoting the use of Smart Streetlights and Automated License Plate Recognition technologies to conduct investigations and enhance police response and public safety.

The new technologies are proposed to be included in the City's Surveillance Ordinance, which requires City Council approval of technology used to monitor and identify individuals.

If Smart Streetlight and ALP Recognition technologies are ultimately adopted by the City, annual reports outlining their intended use will be required. A newly created privacy advisory board will also have to sign off on and monitor police use of the new technologies.

Capt. Jeff Jordon, of SDPD Chief's Office/legislative affairs and special projects, has been giving extended



'We're having meetings to solicit public feedback and comments.'

- Capt. Jeff Jordon, of SDPD



public presentations explaining the need for and advocating police use of, the new Smart Streetlights and ALP Recognition technologies.

"We're having meetings to solicit public feedback and comments that will get translated into a community impact report to be presented to what is now known as a Privacy Advisory Board," said Jordon. "The PAB will be tasked with listening to this information and saying this is a good idea – or reject it – in their recommendations to the City Council."

The Smart Streetlights project began as a cost-saving effort by the City to replace high-energy-use

streetlights with more efficient LED lights. Many of the 3,200 smart streetlights installed in public spaces citywide were also equipped with sensors used to generate processed data including pedestrian and vehicle movement, along with parking activity as well as standard environmental measures of temperature, pressure, and humidity.

The use of data from Smart Streetlights began in 2018. But that practice was suspended after two years of use in 2020, due to legal concerns that their implementation could infringe on privacy rights.

"From the police department's

standpoint, Smart Streetlights and ALP Recognition technologies are both really powerful tools," said Jordon adding, "But they raised all kinds of concerns because no policies and procedures had been immediately developed for their use."

Jordon noted SDPD has 125 beats covering 350 square miles. He said police have studied where 500 Smart Streetlight cameras could best be deployed to "have the greatest immediate impact on crime."

During the two years when Smart Streetlight data was allowed to be used by police, Jordon noted there were clear-cut instances where the review of the data solved crimes. He gave one instance where a murder Downtown recorded by a Smart Streetlight camera confirmed that a man charged with murder in a shooting had actually been acting in self-defense.

Regarding ALP readers, Jordon

noted they "take a snapshot of license plates that tells us the make and model of the car." But he added ALP readers "don't tell us who the driver or the registered owner is or who the passengers are. In short, it doesn't give us a person's identifying information."

Jordon said ALP readers have also proven to be useful. "There has been a lot of benefit to us using that data in identifying suspects," he said adding ALP Recognition has also been used in databases searching for stolen vehicles or in Amber Alerts to search for missing or kidnapped children.

The use of the new Smart Streetlight and ALP Recognition technologies could also help out with SDPD's ongoing personnel shortage. "We have roughly 1,850 officers in the City right now," Jordon noted. "We're the second lowest-staffed department, behind only San Jose, for a city of more than 500,000 people."

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Meet Your Local Women in Business



Michelle Serafini

Michelle Serafini is a La Jolla based real estate professional, writer, and speaker. Michelle’s real estate practice focuses on coastal seller and buyer representation. She is a specialist in architectural and historic homes, trust and probate sales, relocation, and investment properties. With a background in marketing and public relations, Michelle is also a published freelance writer. Her book, Getaway Home, will be published this summer. She resides in La Jolla with her husband, enjoys time with her family, and is a philanthropist serving on the board of St. Germaine Children’s Charity and is a supporter of local and national non-profits, focusing on: the arts, children and housing.

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Rosa Buettner



Rosa Buettner (“bet-nehr”) is a business owner, philanthropist and civic leader. She is also a seasoned real estate investor and entrepreneur with a portfolio that includes commercial and residential properties. Rosa is a Founder of the La Jolla Compass Real Estate office and a three year recipient of the Five Star Real Estate Agent Award. She is a sought-after real estate expert skilled in negotiations and contracts with a comprehensive understanding of industry trends, markets, asset building, and sales and acquisitions. She is a trust and probate specialist, and a certified negotiator.

Originally from Mexico, Rosa is a bilingual, first generation immigrant and 35+ year resident of San Diego. Formerly, for over 15 years, Rosa served as a Vice President of Sales for the luxury division of Expedia’s, Classic Custom Vacations, where she was responsible for a \$200M+ portfolio, managing a global team, including growth strategy, sales, communications, and customer retention.

The same integrity, professionalism, and commitment that has propelled her professional and business successes, she devotes to her volunteerism, philanthropy and community service. She currently serves as the chairman of the board of trustees of New Americans Museum and Immigration Learning Center leading efforts to uplift the stories of the contributions of immigrants to America’s success. She is a founding member of Latinas Foundation and from 2005-12 she served on the executive committee of the board of the National Latina Business Women’s Association, San Diego Chapter. Throughout her career she has received many industry accolades and has been recognized for her volunteer and civic service.

Rosa calls Pacific Beach home, and remains grounded in family life, savoring the time spent with her teenage son, Teddy. She enjoys traveling, hiking and sports, wine and great food, and especially spending quality time with family and friends.

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DRE #01089718 | LinkedIn: rosabuettner



Bianca Jackson - Beach Mailbox and Gifts



If you’ve visited Beach Mailbox and Gifts, you’ve met Bianca Jackson. Bianca has been serving our customers for nearly 5 years and co-owner for 3. Having grown up in South San Diego, the opportunity to be a business owner has been life-changing for this single mom of Mexican American and African American heritage.

Bianca loves interacting with her PB neighbors and tourists. Beach Mailbox is one of only two independent mailbox and shipping centers in PB. Offering private mailboxes, virtual mailboxes, and shipping through USPS, FedEx, UPS, and DHL, customers enjoy both convenience and more options than any other store in the area.

Just 2 blocks from the beach, Beach Mailbox is an ideal location to pick up postcards, beachy greeting cards, souvenirs, and beach gear. Walk, cycle, skateboard, or drive over to drop off an e-commerce return, make a copy, print a document, or send a FAX. Worried about porch pirates? Ask about a private mailbox or “PackageSafe” service.

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Amy Ballester - Crushed Restaurants in Pacific Beach and North Park

My name is Amy Ballester and I am the operator/owner for Crushed. For the past 10 years I have worked hard to integrate myself into the Pacific Beach Community. I started in the bar and restaurant industry working at Bub’s at the Beach where I was able to quickly establish connections within the industry due to both my reputation as a hard worker and my charismatic personality. Through these connections, I was able to build a professional network of industry leaders with the common goal of building each other up; cooperation over competition.

It was a challenge getting Crushed off the ground. We were different; a chef-driven and family oriented restaurant. Instead of TVs, we built large community tables to foster discussion and friendly get-togethers. Despite being different, it wasn’t long before we filled a long vacant neighborhood niche. Today, Crushed remains a food-first restaurant, offering a wide variety of delicious offerings with a special focus on brunch. We boast one of the best craft beer selections in town and our hand-crafted mimosas are a unique treat not found anywhere else.

Need Contact Info



Chris Love

A 3rd generation native of San Diego and community leader. With over 40 years of Real Estate experience and loyalty to her clients, Chris Love has paved the way in the evolution of Mission Bay and Pacific Beach real estate industry. Through hard work and devotion to her clients, she became a Top Producing Agent at Coldwell Banker Pacific Beach, and remains at the top. Listing and selling real estate in Coastal San Diego with husband Bill Clapperton of Custom Development remains her passion. Chris is also a proud mother to her daughter, Lauren.

Chris Love makes the most of every new day with a big smile and her oh so stylish ways! You will find her at the Catamaran, golfing, embracing new cultures or taking a stroll with her clients on the Mission Bay boardwalk.

Stay tuned via social media for all your Real Estate happenings @chrisloveteam San Diego is Americas Finest City. Love where you live!

Love, Chris

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Rosamaria Acuña



Rosamaria Acuña is a bilingual real estate professional, entrepreneur, and humanitarian deeply committed to her community and a range of causes and nonprofits. As an advocate for homeownership, she has built a successful business by always placing her clients’ needs first. Rosamaria has a special focus on guiding clients to invest in both their homes and therefore their future.

With 35 years of experience representing buyers and sellers, Rosamaria knows the San Diego real estate market exceptionally well. Rosamaria specializes in residential real estate for a wide ranging clientele from first-time home buyers to the luxury market. She has established a stellar reputation. Her dedicated work ethic, with her outstanding marketing skills, and network of professional alliances has consistently placed her in the top tier among all real estate professionals working today. Together with Berkshire Hathaway and her team, Rosamaria is dedicated to offering her clients superior personalized service, and providing the latest innovations in marketing and technology to facilitate every transaction.

“The most rewarding part of being a Realtor is helping people create security, along with the home of their dreams.” “It’s an honor to be trusted by so many. Giving back is my way of expressing gratitude to the community I live in and care so deeply about.”

Contact Rosamaria today for a complimentary consultation or to receive up to the minute details about the real estate market. She is happy to address all inquiries so don’t hesitate to call her today at 619-890-2828.

Rosamaria Acuña Realtor, CRS,GRI | DRE# 00980917
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To be a part of this special section or Meet Your Professional contact:
Mike Fahey at 858-337-8546 or Paul Welsh 858-926-9063 (La Jolla)
or Mike or Heather Long at 858-232-5638 (PB)



Sauced Pizzeria
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4475 Ingraham St
San Diego, CA 92109
saucedpizzeriab.com

Let's Break Bread Together

Born and raised in East County, San Diego native Christina Cunningham has brought her entrepreneurial expertise West for her most recent adventure...-Sauced Pizzeria!

Opening her first business at 18, Christina has found that her favorite ventures were those that helped families and friends gather around a table to share a meal. "There is something powerful in sitting around a table with those you love most; be they family or friends. Countless studies show that this one simple action nourishes both our bodies AND our souls. This time together is grounding; it forces the busiest of us to slow down and just breathe.. Children actually crave family mealtime, and although they won't admit it, our teens do also! The positive impacts it makes upon a person's life (be it visible or invisible), are endless"

My Mission Statement for Sauced Pizzeria reads; "Our goal is to become the neighborhood hub; a place for family and friends to reconnect, recharge & rejoice. Where our home-cooked dishes will nourish your body & your experience will nourish your soul." We see this happening every single day, and we consider it an honor to be part of it!

"No one sitting beside you cares if the food in front of them was made in your kitchen or picked up on the way home. They don't care if the table is in your house or in a restaurant. They just care that it happens, and Sauced Pizzeria can help with exactly that."

Meet Your
Local Women in Business

Support Women in Business during Women's History Month and every Month!

As we celebrate Women's History month in March, it seems appropriate to recognize the women who are local leaders. You'll find professionals, entrepreneurs and passionate creative females in your neighborhood. Let them know they are appreciated - we encourage you to stop by and support these hardworking women!



Terry Richman AAA Pet Pros Inc. Grooming La Jolla Pets Since 1987



Yes, that is right Terry has been in the same location for 36 years! Terry grew up in New Hampshire and learned how to groom and care for animals starting at age 14 by working in a dog kennel.

Terry enjoys going to the beach, paddle boarding, hiking and horse back riding when she isn't grooming.

Terry finds much joy in working with people and their pets. AAA PET PROS provides friendly, fast and consistent services in a fun and happy environment. Specializing in small dogs and all breeds of cats. Come meet the team at AAA PET PROS and bring your furry friend for some fun, treats and outstanding haircuts and baths.

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La Jolla Mailbox Rentals



For years locals of Bird Rock have relied on the services of the La Jolla Mailbox Rentals and its owner, Anita Wood.

Anita acquired the business February 1987. Anita accredits her success to her ability to interact well with her customers.

Anita says "I have personal interests in all the people; I take the time to service people individually. My customers know that they can send anything anywhere around the world and it will arrive safe and sound.

La Jolla Mailbox Rentals offers customers 24-hour access to mail and postal deliveries. When you have a mailbox at their convenient location, you receive not only a private mailing

address, access to delivery of large packages and 24-hour access to your mailbox, but also peace of mind.

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La Jolla Mailbox Rentals also offers DHL, UPS, and Fed Ex services. They truly are your one stop postal shop.

You can rest assured your in good hands- La Jolla Mailbox is a consistent winner of the "Best Shipping" award in La Jolla.

For further information:
Anita Wood - La Jolla Mailbox Rentals
858-456-2216
Open Monday - Friday 9:00am - 5:00pm
Saturday - 9:30am - 12:00pm



The Esthy Besties Behind Honest Skin

Hi, We're Chrissy and Lianna! We are two esthy besties who met while working together at a med spa where we bonded over our shared love for Jesus, real community, and of course, skincare. Through our friendship, we realized that we had both had some big God-given dreams we needed to bring together. After working side by side for a number of years, and a little push from the wild times of the pandemic, we knew it was time to make our vision a reality. With hard work and a whole lot of prayer, we've been able to persevere and grow through these unique and challenging times.

As skincare specialists, we saw a need and met it. We know that people want real results, and truthfully, you can't get lasting results with just one facial. Consistency is the true gold standard. We have been able to bridge a gap so that the everyday working professional can get a monthly quality facial without breaking the bank. We know what it is to budget to get your hair done, save up for vacations, and still enjoy dinners out with family. Therefore, we take a lot of pride in keeping high-end skincare and self-care within reach. We would love to welcome you into the spa for a truly customized treatment, designed specifically for you!

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pretty plant-based life

Jennifer Carter is the founder of The Pretty Plant-Based Lifestyle Method. She is quickly becoming the go-to woman everyone wants to connect with when it comes to going plant-based. The Plant-Based wellness industry is exploding with everything and everyone jumping on the hottest new trend of being healthier by adopting a plant-based lifestyle.

Pretty Plant-Based Life is a Lifestyle method that includes awareness for overall health, plant-based food, clean products and compassionate choices. Jennifer specializes in teaching her clients and their families to balance all of this with her step-by-step sustainable lifestyle method. Her team is dedicated to providing clients personalized solutions to help change the way they perceive food and fitness and to develop positive new habits so they can live a healthy happy life!

Sessions are available in person or over zoom calls.
You can check her monthly Plant-Based Lifestyle column in QP Magazine.

prettyplantbasedlife@gmail.com
Plant-basedlife.com
QPmag.com



Juice Wave

Arleigh Rose has been working in the food industry for over 20 years. She was born and raised in Olney, Maryland. After graduating from Colorado State University, she moved to San Diego for the grand opening of Snooze, an A.M. Eatery in Hillcrest. After two years working with Snooze, she attended the New England Culinary Institute in Montpelier, Vermont.

Arleigh had the honor of working with James Beard Award Winning Chef, Michael Tusk at Quince, a three Michelin-Star Restaurant. She also butchered for his sister restaurant, Cotogna. Arleigh attended many farmer's markets in the Bay Area. This was the turning point in her career as she recognized the true beauty of sourcing fresh and local ingredients. Arleigh moved back to San Diego and worked on a farm in Leucadia with Farmer Leo through WWOOF.

In 2014, Arleigh opens Juice Wave, the first mobile juice/smoothie truck in the San Diego area. A year later, she opens her first storefront on Mission Boulevard in Mission Beach. Arleigh continues to prepare from scratch most of her products such as cold pressed juices, smoothies, acai bowls, granola, peanut/almond butter and almond milk. You will find Arleigh at the weekly farmer's markets gathering the freshest and locally grown produce for her store. Juice Wave has been recognized as Best Juice Bar by the Reader's Choice Award for the past 8 years.

Juice Wave
3733 Mission Boulevard - Phone: (858) 488-0800 | OPEN Everyday 8am-3pm (CLOSED Tuesdays)



A journey back to La Jolla for George's at the Cove's executive chef

By DAVE SCHWAB

There is an interesting tale to relate about how George's at the Cove's executive chef, Masafumi "Masa" Kojima, got his start at the La Jolla restaurant in 2009.

"Kojima's dad, Yoshinori, tricked him into a full-time job under Trey Foshee at the restaurant (Yoshinori was previously Trey's executive chef at Röckenwagner in Santa Monica and had known Trey for years)," said Mark Rogoff of Alternative Strategies, which handles public relations for George's, a multi-level eatery at 1250 Prospect St.

"Kojima's dad told him George's need some part-time help. Kojima applied for a job expecting to just help out a few days a week. He then showed up to work on his first day and was surprised to learn he had accepted a full-time position."

"My dad told me, 'Hey, my friend Trey, he owns a restaurant in La Jolla, would you be able to help him out, he just needs help for three days?' said Kojima adding he then asked, 'Three days a week, or just for three days in general?' His dad then replied, 'Just for three days, and then you're done.' So I came in and started



Masafumi 'Masa' Kojima

to do the paperwork and I asked the sous chef, 'Is this full-time?' And she said, 'Yeah.' And I was like, 'OK.'"

Kojima, who was already employed at another restaurant at the time, then began working for about a year from 6 a.m. to 2:30 p.m. at his other job, before coming to George's to work a second shift from 3 p.m. until 11:30 p.m. or midnight.

In April, Kojima will be celebrating his second anniversary at the helm of George's kitchen. He started out there as a pastry-plater and eventually moved



up to pantry, raw bar, hot appetizers, hotline, grill, and then to sous chef in 2013.

Kojima served as sous chef for three years, then left for Juniper & Ivy to become its chef de cuisine. He was there for nearly five years before returning to George's in April 2021 to become an executive chef.

The son of a chef, Kojima never went to school to learn his craft, but rather picked up all the tools of the trade starting from the bottom as a dishwasher and prep cook, gradually working his way up the culinary ladder.

About his role at George's now,

Kojima said, "I run the day-to-day operations, menu development, and hiring."

George's menu has undergone numerous changes over the years including some recent adjustments. "It's now called California modern," explained Kojima of the cuisine. "It used to be a fine-dining restaurant. But with COVID and staffing issues, we decided to turn (part of George's) into a banquet hall or private event space. We also have another kitchen (on the upper level) where we do lunch and dinner service from 11 a.m. to close. In the very top kitchen, we serve a seasonal bistro menu.

Down here we have a banquet menu that we change seasonally."

Kojima noted George's menus tend to be seafood-driven being located right on the ocean. He added they try to use locally sourced fish from the tuna harbor dockside in Point Loma.

Of the mainstays of George's cuisine, Kojima said one is George's Smoked Chicken Soup, which has been on the menu for years. Regarding the upcoming spring menu at George's, Kojima noted, "We might do a take on scampi shrimp but use creamed garlic and a snap pea dish. We used to do this tuna with cherry ponzu sauce with avocado on the menu and it was very popular. A lot of the staff are asking to bring it back. So maybe we'll do a rendition of that."

The restaurant business is known for being extremely time- and labor-intensive. While that is true, Kojima pointed out it is all worth it. "This profession has ups and downs," he concluded. "But at the end of the day, working with the people here you become family almost because you spend time with them more than you do with your actual family. So you have friends wherever you go, whether it is a different city or a different place in the world."

Life Time – ultimate social and athletic destination in La Jolla

By DAVE SCHWAB

As much a lifestyle as a fitness establishment, Life Time in La Jolla is part workout studio, restaurant, full-service salon and spa all at once.

"Life Time is the ultimate social and athletic destination offering the best multi-boutique programming and premier amenities," said Mahlon Thomas, membership concierge, about the luxurious country club-like setting of Life Time at 1055 Wall St. "It is a one-stop shop for everything health and fitness related."

A Minnesota-based Life Time is a corporation with 170-plus locations nationwide. Since opening its doors nearly 30 years ago, Life Time has evolved into something completely unique. Members and guests can lift on the workout floor, flex in a class, work with a trainer, eat a meal, enjoy the full-service spa, or just relax in a variety of comfortable, casual social settings.

Life Time offers individualized fitness instruction with trainers but really sparkles in its offering of small-group classes in compartmentalized settings. The La Jolla facility has instruction in yoga, cycling, Zumba, and barre. The experience includes executive locker rooms furnished with complimentary toiletries and towel service. There are dry saunas and eucalyptus steam rooms to pamper members and guests.

"Group experience is one of



The cardio theater at Life Time in La Jolla.

COURTESY PHOTO

our biggest pillars," pointed out Thomas adding, "We also have Pilates classes. You name it, we definitely have it here."

Thomas added seeing is believing at Life Time, before conducting a tour of the two-level facility. The first stop was the café offering healthy meals and vitamin supplements along with free wifi and seating for students and business professionals working on laptops.

The next stop was the fitness floor where hour-based, small-group training classes are held. Thomas introduced Michael Moore, a small-group training coach.

Moore said his section of Life Time covers three different bases: strength and

cardiovascular-based training, along with instruction on sprinting and balance. "It is like personal training in a group setting," Moore said. "You have the benefit of a coach to teach you proper mechanics, pushing you and holding you accountable, just making sure you are getting the most out of the experience. It is one of the best aspects of our club, allowing members of all ages and all different levels to come in here and have a nice structured workout with a coach there to keep it nice and fun."

On the bottom level of Life Time are several different standard types of workout equipment along with plenty of TVs for an entertaining as well as an athletic

experience.

The upstairs level features a full-service spa and several separate rooms where yoga, cycling, barre, and other small-group classes are taught in comfortable, well-lit, and extremely sanitary settings.

"We try to kill many birds with one stone around here," said Thomas noting one of the biggest advantages of Life Time is that you "never have to wait for a machine." He added Life Time caters to "everyone from 14 to 80 years old."

Thomas added there are members of all sorts using the facility, including those with injuries they sustained that they want to work through and clear up. "We have

LIFE TIME'S FEATURES

- Spacious fitness areas with industry-leading equipment.
- Small Group Training – GTX, UltraFit, Alpha.
- Executive locker rooms – Dry saunas, eucalyptus steam rooms, toiletries, personal showers, and complimentary locker/towel service.
- Studio group fitness programs include 70-plus signature classes each week.
- Heated and non-heated Yoga, HIIT, Cycle, Zumba, Kettlebell, Core, and LifeBarre.
- Four total studios – 1 Yoga, 1 Group Fitness, 1 Barre, 1 Cycle.
- LifeSpa – full-service salon and spa.
- LifeCafé.

lots of high school students getting involved with some type of sporting program and they want a strength-training program," he said adding, "You have well-advanced folks who have been in the gym 15 years but want to step to the next level. So we have well-educated, nationally certified trainers who are going to push that threshold for them."

"We are trying to really provide a unique experience," concluded Thomas noting Life Time "really focuses on finding activities that everyone can do. It is a place to get a nice meal to eat or hang out in the spa to get a massage or a pedicure. It is very much more than just a typical gym. If anybody is looking to live an active, happy healthy life – this is what we are here to do."

Coastal water pollution transfers to air in sea spray aerosol

Scripps scientists find bacteria, chemical compounds from coastal water pollution in sea spray aerosol at San Diego beaches

By ROBERT MONROE

New research led by Scripps Institution of Oceanography at UC San Diego has confirmed that coastal water pollution transfers to the atmosphere in sea spray aerosol, which can reach people beyond just beachgoers, surfers, and swimmers.

Rainfall in the US-Mexico border region causes complications for wastewater treatment and results in untreated sewage being diverted into the Tijuana River and flowing into the ocean in south Imperial Beach. This input of contaminated water has caused chronic coastal water pollution in Imperial Beach for decades. New research shows that sewage-polluted coastal waters transfer to the atmosphere in sea spray aerosol formed by breaking waves and bursting bubbles. Sea spray aerosol contains bacteria, viruses, and chemical compounds from seawater.

The researchers report their findings March 2 in the journal *Environmental Science & Technology*. The study appears in the midst of a winter in which an estimated 13 billion gallons of sewage-polluted waters have entered the ocean via the Tijuana River since Dec. 28, 2022, according to lead researcher Kim Prather, a Distinguished Chair in Atmospheric Chemistry, and Distinguished Professor at Scripps Oceanography and UC San Diego's



Large waves splash up on the rocks where people are taking photos near La Jolla Cove. Scientists have confirmed water pollution transfers to air in sea spray aerosol that people may breathe.

PHOTO BY THOMAS MELVILLE

Department of Chemistry and Biochemistry. She also serves as the founding director of the NSF Center for Aerosol Impacts on Chemistry of the Environment (CAICE).

"We've shown that up to three-quarters of the bacteria that you breathe in at Imperial Beach are coming from aerosolization of raw sewage in the surf zone," said Prather. "Coastal water pollution has been traditionally considered just a waterborne problem. People worry about swimming and surfing in it but not about breathing it in, even though the aerosols can

travel long distances and expose many more people than those just at the beach or in the water."

The team sampled coastal aerosols at Imperial Beach and water from the Tijuana River between January and May 2019. Then they used DNA sequencing and mass spectrometry to link bacteria and chemical compounds in coastal aerosol back to the sewage-polluted Tijuana River flowing into coastal waters. Aerosols from the ocean were found to contain bacteria and chemicals originating from the Tijuana River. Now the team is conducting follow-up research

attempting to detect viruses and other airborne pathogens.

Prather and colleagues caution that the work does not mean people are getting sick from sewage in sea spray aerosol. Most bacteria and viruses are harmless and the presence of bacteria in sea spray aerosol does not automatically mean that microbes – pathogenic or otherwise – become airborne. Infectivity, exposure levels, and other factors that determine risk need further investigation, the authors said.

This study involved a collaboration among three different research groups – led by Prather in collaboration with UC San Diego School of Medicine and Jacobs School of Engineering researcher Rob Knight, and Pieter Dorrestein of the UC San Diego Skaggs School of Pharmacy and Pharmaceutical Science, both affiliated with the Department of Pediatrics – to study the potential links between bacteria and chemicals in sea spray aerosol with sewage in the Tijuana River.

"This research demonstrates that coastal communities are exposed to coastal water pollution

even without entering polluted waters," said lead author Matthew Pendergraft, a recent graduate from Scripps Oceanography who obtained his Ph.D. under the guidance of Prather. "More research is necessary to determine the level of risk posed to the public by aerosolized coastal water pollution. These findings provide further justification for prioritizing cleaning up coastal waters."

Additional funding to further investigate the conditions that lead to aerosolization of pollutants and pathogens, how far they travel, and potential public health ramifications has been secured by Congressman Scott Peters (CA-50) in the Fiscal Year (FY) 2023 Omnibus spending bill.

Besides Prather, Pendergraft, Knight, and Dorrestein, the research team included Daniel Petras and Clare Morris from Scripps Oceanography; Pedro Beldá-Ferre, MacKenzie Bryant, Tara Schwartz, Gail Ackermann, and Greg Humphrey from the UC San Diego School of Medicine; Brock Mitts from UC San Diego's Department of Chemistry and Biochemistry; Allegra Aron from the UC San Diego Skaggs School of Pharmacy and Pharmaceutical Science; and independent researcher Ethan Kaandorp. The study was funded by UC San Diego's Understanding and Protecting the Planet (UPP) initiative and the German Research Foundation.

Scientists and surf organizations confirm what surfers already know

STUDY AT KELLY SLATER WAVE CO. SURF RANCH DEMONSTRATES THAT WIND EFFECTS ON BREAKING WAVES CAN SIGNIFICANTLY INFLUENCE NEARSHORE PROCESSES

By ROBERT MONROE

Scientists at Scripps Institution of Oceanography at UC San Diego and colleagues have found that offshore wind (blowing from land to sea) tends to encourage development of the tubular barrel waves favored by advanced surfers.

Onshore winds, those blowing from the ocean onto land, instead tend to contribute to "spilling" breaking waves in which white-water cascades down the faces of waves resulting in lower levels of turbulence generation.

Beyond what this means to surfers, the strength and direction of the wind interests scientists in how it influences nearshore ocean physics. Wind influences how breaking waves generate, and subsequently how sand is picked up from the seafloor under breaking waves. Ultimately wind-effects on waves may play a role in what beaches and surf zones look like. "Wave models to date have not included these wind effects," said Scripps Oceanography coastal physical oceanographer Falk Feddersen, who led the study.

"Surfers know when wind is offshore, the surf is generally better than onshore," Feddersen said. "This is common surfing wisdom, but it has not been something that has been scientifically studied."

The analysis, which appears in the *Journal of Fluid Mechanics*, is co-authored by scientists from the University of Southern California (USC), the U.S. Army Corps of Engineers (USACE), and the University of North Carolina at Wilmington (UNCW) as well as scientists and engineers from the World Surf League and its subsidiary the Kelly Slater Wave Co. (KSWC).

The KSWC operates the Surf Ranch, a recreational surfing facility, in Lemoore. In 2019, the research team instrumented the Surf Ranch wave basin to record breaking waves using mounted cameras, uncrewed aerial vehicles, and light detection and ranging (LIDAR) technology to observe the shape of breaking waves. The researchers also measured the strength and direction of the wind.

Offshore and onshore winds,

they concluded, change the distribution of pressure on the surface of the wave, changing its shape as it breaks.

"It is remarkable to see a facility built exclusively for recreational surfing being used as a scientific instrument. The controlled environment and repeatability of the waves were of prime importance to this function," said study



Researchers outfit a rig with cameras and instruments to record wave shapes under different wind conditions at the Surf Ranch.

PHOTO BY FALK FEDDERSEN

co-author Adam Fincham, chief scientist of the KSWC and also a researcher at USC.

Feddersen noted key support for the research from the Mark "Marko" Walk Wolfinger Surfzone Research Fund. The fund was created by the Wolfinger family to honor the memory of Marko, an avid surfer from La Jolla. In addition,

funding for USACE participation in the experiment was provided by the Coastal and Ocean Data Systems Program.

Other co-authors of the study were Katherine Brodie of USACE; Adam Young, M.S. Spydell, and Kentaro Hanson of Scripps Oceanography; Michal Pieszkowski of the World Surf League; and Derek Grimes of UNCW.

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The Social Diary – March Madness has begun, Timken, Forsyth's, and the cutest Frosted Faces

By MARGO SCHWAB

Mix a little stellar comedy, a silent auction, and some devoted Frosted Faces Foundation friends, fans and really fun funny comedians, and you've got a winning night. Mike Vinn helped coordinate The Comedy Store fun and funny stand-up performances by Jason Lawhead, Monty Franklin, James Schrader, and Lisa Gilbert. Event committee members Angela Rowe, Rosie McAuliffe, Courtney Olinger,

Christina Orlovsky, Rebecca Stepnick, Kim Lohnas, Fred Hill, and Anne Case added their talents. Over \$6,000 was raised for adoptable senior dogs.

FYI, the Comedy Store family's Scott Shore is an animal lover himself. He would always bring his dog to the off-the-charts Deasons' summer parties. Love it! By the way, when you adopt a senior dog from FFF, you get free medical care. How is that for a win-win!

Meanwhile when Tom and Karian Forsyth come to town, the town wakes up with a new

level of fashionable. Friends gathered at the Poseidon in Del Mar to toast and mingle the lovely couple who now call the East Coast home.

And don't miss the Timken Museum's 'Night Watching' by world famous artist Rineke Dijkstra based on Rembrandt's Dutch masterpiece The Night Watch. It's multi-media, it's multi-fascinating. A triumphant flip on the POV ie point of view to the viewer viewing the masterpiece while ultimately being viewed! I am going back for a second 'viewing!'



Cultural Attaché, Head of Cultural Affairs Monique Ruhe with artist Rineka Kijkstra and Hans der Hartog Jager – Timken.



Michael and Mariela Brunnhoelzl with Timken's star President Megan Pogue – Timken.



Lauren and Stephen Wemple – Timken.



Mia Stewart (center in white jersey) and Keira Roberts (right) sprint to the ball for UCHS in action against SDA.
PHOTO BY ED PIPER

Cents girls lacrosse: Raring to go in 2023

By ED PIPER

These words come to mind when one pictures the University City girls lacrosse team this spring: enthusiastic, doggedly determined, hard-working, fun-loving.

Second-year coach Lizzy Des Enfants ("of the infants") definitely directs the high-decibel friendliness, addressing players and visitors alike by first name, greeting them with a smile, and turning it into a motivator for the skills she wants to continue to build in her young players — with child-like enjoyment.

Lillian Haley, the Centurions' goalkeeper also for the second year, has already benefitted from Des Enfants' can-do approach: "My coach offered me the spot (last year) for a couple of games, but then I fell in love with the position, and ever since I have been pushing myself to be better."

Says Coach Lizzy of her senior goalie: "Lillian has great hand-eye coordination and a quick reaction time. She is also very vocal and demanding in goal (in directing the defenders in front of her)."

Grace Doolittle, another returner from last year's undefeated Eastern League champs, was the league MVP with the highest scoring record. Brooke Hudson also helps lead the Cent offense with a "high lacrosse IQ", according to her coach.

Plus shout-outs go to Addi Stoppenhagen and Emilia Ghandour for their leadership and commitment to the team.

"Addi and Emilia are two offensive powerhouses," says Des Enfants. "Besides scoring goals and helping create our motion offense, they are amazing leaders off the field."

Hudson, an attacking player and one of five captains selected by the coach, is interested in studying sports psychology and pursuing further studies in college in abnormal psychology and criminology. "Lacrosse is an offensive sport and is very fast-paced," explains the junior. "There is a lot of communication. There are many types of players on the offense, including cutter, feeder, and driver. We try to open lanes to score."

She wants to help support teammates as far as mental health and being a safe person to come to during personal challenges.

Mia Stewart, a new senior to the squad, listened to Des Enfants, who is also her field hockey coach in the fall, and decided to try lacrosse out. She is enjoying learning new skills from teammates as well as staff.

"In my first few games, I played attack and midfielder," says Stewart. "Since I'm new, I'm trying different positions and still learning the game. It has been fun so far, and I'm excited about the season."

Says Des Enfants, in her follow-up year as new head coach, "We've added a JV team this year, which is a huge win for our program." They've updated things with new uniforms and assistants. "About 50 percent of our team are returners," she said.

An opposing coach, Chuck Kaczmarek from San Diego Academy, who has coached lacrosse for 40 years, complimented the Cents on their willingness to fight and not give up. During an early JV game, he pointed out that, despite SDA's leading by 11 goals, the UC players, who were beginners, still were not giving up and were being relentless.



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San Diego History Center and Mesa College collaborate on Fashion Redux 2023



Fashion Files

Diana Cavagnaro

San Diego History Center and Mesa College's Fashion Program will celebrate the 12th annual collaboration for Fashion Redux 2023. Four 1980s garments from the San Diego History Center's historic clothing collection were used by Mesa's students as inspiration for designing their contemporary designs.

The students viewed these garments in the San Diego History Center's Historic Clothing and Textile Collection and used their creativity to come up with a new design. The students start off with a sketch, a mockup, and then the final inspiration.

The next step was to set up a photo shoot that worked for all the garments. Creative director Liese Victoria envisioned the scene shot outside with the tall skyscrapers and breathe taking view of San Diego as a backdrop. The weather had other ideas! It was raining buckets so it was time to quickly pivot.

Victoria shifted her creative visions indoors at the Punch Bowl Social in East Village. This family-oriented restaurant has an '80s vibe to it with a photo booth,



Holiday lodge – designs by (from left) Eddie Villarreal, Leo Cotton, Ramses Alfaro Mendoza, and Robbie Matawaran.
PHOTOS BY NATASHA SACHI

karaoke, table tennis, an arcade, and bowling. It is a modern take on today's market.

Ramses Alfaro Mendoza and Leo Cotton modeled their own designs. Mercedes Villarreal modeled the creation of Eddie Villarreal, and Maia D. Magno modeled the designs of Robbie Matawaran.

A finale party and fashion show will be presented on Thursday, April 20, from 6-7:30 p.m. The evening will show this year's designer challenge, which focused on historic garments from the 1980s. This is the first time they are back in person since 2020. It is a great opportunity to meet the designers and see the garments

the students created along with the historical pieces.

Mesa College director of fashion Jordyn Smiley, said: "The 1980s were a decade of vibrancy and larger-than-life energy and exuberance, with bold shapes and colors dominating the fashion world. From Madonna to Princess Diana, the fashion icons of the time encompassed a wide array of styles, and all of them were pushing the boundaries of what came before them."

The program will include a reception, gallery opening, runway show, and presentation of the final four garments with models at the San Diego History Center. The audience will be able to vote on

their favorite garments and then there will be an announcement of the People's Choice Award. The evening will conclude with Q&A and discussion panel with the student designers.

The collection will be on exhibit along with the original garments from the San Diego History Center's Collection beginning on April 20. For tickets for this evening, visit <https://sandiegohistory.org/events/> or call 619-232-6203.

UPCOMING EVENTS

Sunday, April 16 – Bridal Bazaar with fashion shows presented by Gretchen Productions at the Del Mar Fairgrounds. Two shows presented during the day. Info: 760-334-5500.

Saturday, April 22 – Spring Showcase 2023 presented by Fashion Week San Diego at the Hotel Republic from 6-9 p.m. For tickets: <https://fashionweeksd.com/events/spring-showcase-2023/>.

fashionweeksd.com/events/spring-showcase-2023/.

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



Design by Leo Cotton



Design by Eddie Villarreal

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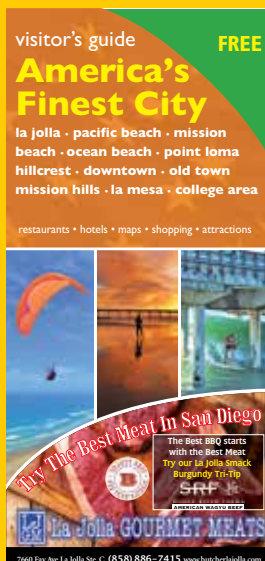
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ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00005632 -CU-PT-CTL SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 330 W BROADWAY CITY AND ZIP CODE: SAN DIEGO, CA 92101; BRANCH NAME: SUPERIOR COURT . TO ALL INTERESTED PERSONS: 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; 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 09, 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 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: 37-2023-00007160 -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): 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 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: 04/05/2023 TIME: 8:30 AM DEPT: 61; 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 patent, and proof of service must be filed with the court. IT IS SO ORDERED

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003485 Fictitious Business Name(s) a. WICKED POPCORN, 2820 HISTORIC DECATUR ROAD, SAN DIEGO, CA 92106 Is registered by the following: a. MINOQUA POPCORN SD, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. MINOQUA POPCORN SD, LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ERIC HOWARD, MANAGER statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 14 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003687 Fictitious Business Name(s) a. CALIFORNIA VAPE SHOP, 4919 NEWPORT AVE, SAN DIEGO, CA 92107 Is registered by the following: a. BRAD FERNBAUGH b. GOKHAN ALI KUCUK This business is conducted by: A GENERAL PARTNERSHIP The first day of business was: N/A Registrant Name: a. BRAD FERNBAUGH b. GOKHAN ALI KUCUK 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 16 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003194 Fictitious Business Name(s) a.BARRON CONSULTING, 1069 DIAMOND STREET, SAN DIEGO, CA 92109 Is registered by the following: a. JESUS GARCIA MR. This business is conducted by: AN INDIVIDUAL The first day of business was: 01/23/2023 Registrant Name: a. JESUS GARCIA MR. 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 10 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003537 Fictitious Business Name(s) a. YANG SPA, 4019 AVATI DR, 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 Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 15 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003102 Fictitious Business Name(s) a. NICKY SLAYZ HAIR 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 Signor 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, 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 MCCLOSKEY, PRESIDENT statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 15 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003778 Ficti-

tious Business Name(s) a. BETTER LIMITED, 7777 ALVARADO RD, UNIT 700, LA MESA, CA 91942 Is registered by the following: a. BBE REALTY, INC This business is conducted by: A CORPORATION The first day of business was: 04/17/2021 Registrant Name: a. BBE REALTY, INC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor BLAKE MILLER, CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 17 ,2023 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001452 Fictitious Business Name(s) a. BM PARTNERS, 8996 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 . ISSUE DATES: February 24 & MARCH 3,10 & 17

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003035 Fictitious Business Name(s) a. LENNON HAIR STUDIO, 7601 HAZZARD CENTER DRIVE, SUITE #703-305, SAN DIEGO, CA 92108 Is registered by the following: a. CASEY PARRINGTON This business is conducted by: AN INDIVIDUAL The first day of business was: 02/06/2023 Registrant Name: a. CASEY PARRINGTON 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 24 & MARCH 3,10 & 17

SUMMONS CASE # 37-2022-00051185-CU-BT-NC NOTICE TO DEFENDANT : ROGER PAWSON, an individual; OPTEC INTERNATIONAL, INC., a Wyoming corporation; and DOES 1-10 YOU ARE BEING SUED BY PLAINTIFF: RB CAPITAL PARTNERS, INC., a 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), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. NOTE: The court has a statutory lien for waived fees and costs on any settlement or arbitration award of \$10,000 or more in a civil case. The court's lien must be paid before the court will dismiss the case. The name and address of the court is: SAN DIEGO SUPERIOR COURT 325 SOUTH MELROSE DRIVE, VISTA, CA 92081 The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: A. DAVID YOUSSEFYEH, 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 , A WOOLF Deputy Clerk (ISSUE DATES:) MARCH 3, 10, 17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003841 Fictitious Business Name(s) a. TEASE HAIR HOUSE, 7115 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 Liability 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 registered by the following: a. SO CAL PERFORMANCE SD LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 02/22/23 Registrant Name: a. SO CAL PERFORMANCE SD LLC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor LAWRENCE LEDFORD, PRESIDENT statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 22 ,2023 . ISSUE DATES: MARCH 3,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002670 Fictitious Business Name(s) a. THE PUBLIC HOUSE – LA JOLLA, 3639 MIDWAY DRIVE, STE B420, SAN DIEGO, CA 92110 Is registered by the following: a. F AND B MANAGEMENT CORP This business is conducted by: A CORPORATION The first day of business was: 01/18/2023 Registrant Name: a. F AND B MANAGEMENT CORP This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor WILLIAM G DICKEY, PRESIDENT statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on FEBRUARY 03 ,2023 . ISSUE DATES: MARCH 3,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004219 Fictitious Business Name(s) a. SAN DIEGO WUSHU CENTER a. 8898 CLAIREMONT MESA BLVD, SUITE G, SAN DIEGO, CA 92123 Is registered by the following: a. WUSHU UNITED, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 08/31/2021 Registrant Name: a. WUSHU UNITED, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor XIAOTANG LIU, MANAGER. The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 24, 2023. ISSUE DATES: MARCH 3,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9001095 Fictitious Business Name(s) a. ERICK'S PRINTING AND DESIGN a. 3774 GROVE STREET, LEMON GROVE, CA 91945 Is registered by the following: a. KAREN SMITH This business is conducted by: AN INDIVIDUAL The first day of business was: 01/18/2023 Registrant Name: a. KAREN SMITH TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: JANUARY 18,2023 ISSUE DATES: MARCH 3,10 ,17 & 24

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003872 Fictitious Business Name(s) a. GOODBUDY SKATEBOARDS a. 3944 WILDWOOD RD, SAN DIEGO, CA 92107 Is registered by the following: a. ADRIAN BUENO b. ARMAN DAYANI This business is conducted by: CO-PARTNERS The first day of business was: 08/25/2021 Registrant Name: a. ADRIAN BUENO b. ARMAN DAYANI TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , 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. 2023-9002848 Fictitious Business Name(s) a. 1502 BEANCOUNTER a. 5108 MUIR AVENUE, SAN DIEGO, CA 92107 Is registered by the following: a. KRISTY A FUKUDA This business is conducted by: AN INDIVIDUAL The first day of business was: 01/18/2023 Registrant Name: a. KRISTY A FUKUDA TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 07 ,2023 ISSUE DATES: MARCH 10 ,17,24 & 31

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004185 Fictitious Business Name(s) a. SHANNON VETTER PILATES b.SHANNON VETTER PILATES a. 1955 HORNBLEND ST, SAN DIEGO, CA 92109 Is registered by the following: a. SHANNON LEANN VETTER This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2023 Registrant Name: a. SHANNON LEANN VETTER TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 24 ,2023 ISSUE DATES: MARCH 10 ,17,24 & 31

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003618 Fictitious Business Name(s) a. SEAWENCHES b.SECURITY INDUSTRIES c.BODY

PB Middle School students go ‘Beyond King Tut’ to study ancient Egypt

By DAVE SCHWAB

Pacific Beach Middle School social science teacher Courtnee Donohoe’s sixth-grade students recently took a tour of the Beyond King Tut exhibit at Del Mar Fairgrounds, and everyone came away with a greater knowledge of all things ancient Egypt.

“We were approached by a student’s parent, Scott Yoffe, a promoter, and he wanted to know if we wanted to go to the Beyond King Tut immersive experience by National Geographic, and students here were excited,” said Donohoe, noting it was an opportune time given her students just happened to be continuing their studies of ancient cultures and are presently covering Egypt.

Three of Donohoe’s students were impressed by the King Tut exhibit and all it had to offer.

“I enjoyed the experience, it was really fun and I learned a bunch of new stuff,” said Andrew Bischoff, who added the exhibit was different than what he had anticipated. “I expected it to be one room with a bunch of stuff,” he said. “It was completely different: We walked through this whole area.”

“It was really inclusive,” said Damian Urias. “They presented it very well and it really showed you the life of King Tut. It was easy to



PBMS instructor Courtnee Donohoe and most of her sixth-grade social studies students recently went to the Beyond King Tut exhibit in Del Mar. (From left) Andrew Bischoff, Donohoe, Damian Urias, and Delaney Booth talked about their experience.

understand and was explained smoothly. They had a lot of items, more than I expected, like canes and tools.”

“I thought it was really cool,” said Delaney Booth, noting she was surprised by what she experienced. “You walked through curtains and there were big screens all around you,” she pointed out.

Donohoe said the tour complemented her teaching plan. “I thought it was a great extension to what we had learned,” she noted. “They learned a lot about what life was like for the ancient Egyptians



All three students discussed what most impresses them about ancient Egyptian history.

“That they were very advanced for their time, built giant pyramids and sculptures and they had so many different tools – it was crazy,” said Bischoff.

“It’s crazy how they had this deep understanding of so many things, even way back when,” said Urias.

“It was crazy how they built these big pyramids, and how the rooms underneath the tombs were so complex that people couldn’t get in,” agreed Booth adding, “How did people so far back even think about booby traps and mazes and stuff?”

“When [archaeologists] found King Tut’s Tomb it was nice to find something intact and to learn so much about their civilization,” said Donohoe, noting it isn’t often her students get to go on a field trip. “It was a great opportunity for them to see something outside of the classroom,” she concluded.

For the remainder of the run (through May 7), Beyond King Tut is welcoming sixth-grade students in San Diego to the exhibition free of charge when visiting with an adult with paid admission. Details are available on Beyond King Tut’s website. Already this year, the San Diego County Office of Education made it possible for more than 1,400 sixth-grade students to attend the exhibit.



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SUDOKU PUZZLE

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

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

CROSSWORD PUZZLE

			1	2	3			4	5	6	7	8	9			
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51									52							
			53						54				55			
			56					57		58						
			59						60							

- CLUES ACROSS**

 - 1. Belonging to a thing
 - 4. Pass or go by
 - 10. Partner to cheese
 - 11. Subjects
 - 12. U.S. State (abbr.)
 - 14. Bits per inch
 - 15. Forest-dwelling deer
 - 16. Illinois city
 - 18. A salt or ester of acetic acid
 - 22. Wholly unharmed
 - 23. Cuddled
- 24. Bane
 - 26. Global investment bank (abbr.)
 - 27. Oh my gosh!
 - 28. Arrive
 - 30. Famed Spanish artist
 - 31. Home of "Frontline"
 - 34. Group of quill feathers
 - 36. Keyboard key
 - 37. Army training group
 - 39. Detail
 - 40. Pole with flat blade
 - 41. Football play
- 42. Makes unhappy
 - 48. Island in Hawaii
 - 50. Back in business
 - 51. Of an individual
 - 52. Painful chest condition
 - 53. Tropical American monkey
 - 54. Matchstick game
 - 55. For instance
 - 56. Even again
 - 58. Popular beverage
 - 59. Evaluate
 - 60. Time units (abbr.)

- CLUES DOWN**

 - 1. Stain one's hands
 - 2. Nocturnal hoofed animals
 - 3. Back condition
 - 4. Popular movie alien
 - 5. City of Angels
 - 6. Peaks
 - 7. Infantry weapons
 - 8. Left
 - 9. Atomic #99
 - 12. Told a good yarn
- 13. Vale
 - 17. Resistance unit
 - 19. Aquatic plant
 - 20. Bluish greens
 - 21. About some Norse poems
 - 25. Reinforces
 - 29. Egyptian mythological goddess
 - 31. Supportive material
 - 32. Subatomic particle
 - 33. Expired bread
 - 35. Cereal grain
- 38. Goes against
 - 41. Walkie ____
 - 43. One who does not accept
 - 44. Beliefs
 - 45. Indicates near
 - 46. Brazilian NBA star
 - 47. Grab quickly
 - 49. Romantic poet
 - 56. College dorm worker
 - 57. Set of data

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3	9	7	5	1	6	2	4	8
6	2	5	4	7	8	1	3	9
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Arctic Rescue on track for spring opening

SeaWorld’s project and design team, including Jim Lake, SeaWorld San Diego park president, along with Clark Construction representatives, guided attendees, and local media through the Arctic Rescue coaster site on Tuesday, March 14 to highlight the newest coaster’s progress and construction milestones leading up to its scheduled spring debut.

Arctic Rescue will be the longest and fastest straddle coaster on the West Coast. This family-friendly multi-launch ride invites guests to hop on a snowmobile and launch at up to 40 mph on an adventure as they race through the unpredictable arctic climate to help animals in danger.

The new coaster will feature an indoor launch station where passengers will start their journey inside the Wild Arctic exhibit and launch outside straddling a unique snowmobile-style vehicle. The straddle snowmobile-style seats allow for an immersive ride experience for each rider as they lean into banks and turns and glide up heights as tall as 30 feet along the 2,800 feet of track. Each train will hold 16 riders in eight, two-person rows.

The ride entrance, located within the Wild Arctic exhibit, is home to three beluga whales, five Pacific walruses, three harbor seals, and one ringed seal. The ride is manufactured by Intamin Worldwide.

SEVEN SEAS FOOD FESTIVAL

SeaWorld San Diego’s Seven Seas Food Festival has returned to SeaWorld every Friday, Saturday



The Arctic Rescue straddle coaster track is in the foreground with three of the park’s coasters – Emperor, Journey to Atlantis, and Electric Eel – semi-encircling it on the west side.

PHOTO BY THOMAS MELVILLE

and Sunday now through April 30 and guests can sip and sample the world with over 30 all-new international food offerings, over 30 craft beers, and over 30 cocktail and wine options, plus live music performances every event day and fireworks on select nights. With an all-new globally inspired, unique menu, guests will sample their way across the oceans and sip on perfectly paired craft beers, cocktails, and wine selections.

To get the most out of Seven Seas Food Festival has to offer, SeaWorld has brought back the SoCal Pass for \$11 per month for a limited

time. Guests will receive unlimited admission for 12 months and discounted parking, plus three free bonus food samples to use during the Seven Seas Food Festival event.

Along with food, Seven Seas will feature live music stages and entertainment performances all new to the event this year — all included with theme park admission. Get ready to samba with the premier of the new Brazilian Carnival Dancers. They will transport guests to the streets of Brazil with their high-energy dance routines, vibrant costumes, and infectious rhythm on select dates.

LEGALS >>
CONT. FROM PG. 10

CONTOUR d. G 4 G a. 1004 CHALCEDONY ST, SAN DIEGO, CA 92109 Is registered by the following: a. KELLY LYNN BYERS GUSTAFSON This business is conducted by: AN INDIVIDUAL The first day of business was: 01/01/2023 Registrant Name: a. KELLY LYNN BYERS GUSTAFSON TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 15, 2023 ISSUE DATES: MARCH 10 ,17,24 & 31

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004614 Fictitious Business Name(s) a. SPICY SPORE a. 4267 44TH ST 12, SAN DIEGO, CA 92115 Is registered by the following: a. BRENDAN’S AMAZING MEALS This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a. BRENDAN’S AMAZING MEALS TITLE of Officer, if Limited Liability Company/Corporation Title of Signor BRENDAN WHITE, CEO The statement was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Diego County on: MARCH 01 ,2023 ISSUE DATES: MARCH 10 ,17,24 & 31

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004133 Fictitious Business Name(s) a. THE POPN CEVICHE STAND a. 4525 TWAIN AVE #31, SAN DIEGO, CA 92120 Is registered by the following: a. PHILLIP RAYMOND LEE This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. PHILLIP RAYMOND LEE TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. , Recorder/County Clerk of San Diego County on: FEBRUARY 23 ,2023 ISSUE DATES: MARCH 10 ,17,24 & 31

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9003113 Fictitious Business Name(s) a. MY KAWAII CUTE STUFF a. 4653 CARMEL MOUNTAIN ROAD,SUITE 308 #AA101 SAN DIEGO, CA 92130 Is registered by the following: a. ONE GORGEOUS WORLD, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 1/10/2023 Registrant Name: a. ONE GORGEOUS WORLD, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor AIKK HIPPIE MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 09 ,2023 ISSUE DATES: MARCH 10 ,17,24 & 31

ORDER TO SHOW CAUSE FOR CHANGE OF NAME; CASE NO: 37-2023-00010074 -CU-PT-NC SUPERIOR COURT OF CALIFORNIA, COUNTY OF SAN DIEGO; STREET ADDRESS: 325 S. MELROSE DR CITY AND ZIP CODE :VISTA, CA 92081 ; BRANCH NAME: SUPERIOR COURT . TO ALL INTERESTED PERSONS: 1. Petitioner (name): THOMAS STANLEY CONKLE filed a petition with this court for a decree changing names as follows: Present name: a THOMAS STANLEY CONKLE to Proposed name: THOMAS STANLEY BONN 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: MAY 2, 2023 TIME: 8:30 AM DEPT: 61; 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: 3/13/23 . JUDGE OF THE SUPERIOR COURT BRAD A. WEINREB ISSUE DATES: March 17,24,31 & April 7 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

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023- 9004737 Fictitious Business Name to be Abandoned: DIVINE COUPLES Located at: 2733 POWHATAN AVE., SAN DIEGO, CA 92117. The Fictitious Business name referred to above was filed in San Diego County on: 03/13/2021 and assigned File No. 2021-9004731 Fictitious Business name is being abandoned by: NAOMI SLATER, 2733 POWHATAN AVE., SAN DIEGO, CA 92117 . This business is conducted by: AN INDIVIDUAL. I declare that all information in this statement is true and correct. (A registrant who declares as true any material matter pursuant to section 17913 of the Business and Professions code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).) Registrant name: NAOMI SLATER, Title of officer, if limited liability company/corporation. The statement was filed with Jordan Z. Marks, , Jr. , Recorder/ County Clerk of San Diego County on: MARCH 02, 2020. ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005232 Fictitious Business Name(s) a. 3B SMOG CHECK b.3B AUTO GLASS & WINDOW TINTING a. 4505 CLAIREMONT MESA BLVD, SAN DIEGO, CA 92117 Is registered by the following: a. BHW AUTOCARE, LLC This business is conducted by: A CORPORATION The first day of business was: 03/01/2023 Registrant

Name: a. BHW AUTOCARE, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor BASAM SADIQ, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MARCH 08 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004612 Fictitious Business Name(s) a. COLLISION FIX b. QWIK AUTO SALES, LLC a. 2909 DAMON AVE, SAN DIEGO, CA 92109 Is registered by the following: a. QWIK AUTO SALES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: N/A Registrant Name: a.QWIK AUTO SALES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor SAEID SEDAGHAT, MANAGING MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/ County Clerk of San Diego County on: MARCH 01 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005152 Fictitious Business Name(s) a. OCEAN BEACH BUSINESS CENTER a. 4967 NEWPORT AVE, STE 12 AVE, SAN DIEGO, CA 92107 Is registered by the following: a. PEREGOY INDUSTRIES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 09/01/2017 Registrant Name: a. PEREGOY INDUSTRIES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor CHRIS PEREGOY MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MARCH 07 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005495 Fictitious Business Name(s) a. I AM CREATION a. 419 MARINE ST, LA JOLLA, CA 92037 Is registered by the following: a. FERNANDA RALSTON FERRAZ DO AMARAL SEMLER This business is conducted by: AN INDIVIDUAL The first day of business was: 09/01/2017 Registrant Name: a. FERNANDA RALSTON FERRAZ DO AMARAL SEMLER TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MARCH 10 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005428 Fictitious Business Name(s) a. THE CAP GIRL a. 3960 WEST POINT LOMA BLVD, SUITE H # 5007 , SAN DIEGO CA 92110 Is registered by the following: a. HING TRIV This business is conducted by: AN INDIVIDUAL The first day of business was: 03/02/2023 Registrant Name: a. HING TRIV TITLE of Officer, if Limited Liability Company/Corporation Title of Signor The statement was filed with Jordan Z. Marks, , Jr. Recorder/ County Clerk of San Diego County on: MARCH 09 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9004159 Fictitious Business Name(s) a. BUBS NATURALS a. 1028 NORTH COAST HIGHWAY 101, ENCINITAS, CA 92024 Is registered by the following: a. SLAYER FOREVER, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 1/3/2018 Registrant Name: a. SLAYER FOREVER, LLC TITLE of Officer, if Limited Liability Company/ Corporation Title of Signor SEAN LAKE, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: FEBRUARY 23 ,2023 ISSUE DATES: March 17,24,31 & April 7

City Ballet of San Diego to present ‘Inspiration in Motion’

Pacific Beach-based City Ballet of San Diego, under the direction of Steven and Elizabeth Wistrich, pays tribute to its talented and versatile resident choreographers, Elizabeth Wistrich and Geoffrey Gonzalez in a program fittingly titled, “Inspiration in Motion,” again redefining how ballet is performed.

This production of favorites and new contemporary ballets also includes the iconic “Giselle Pas de Deux” for classical ballet enthusiasts. The program is offered at both The Conrad Prebys Performing Arts Center in La Jolla and California Center for the Arts, Escondido March 17-22.

Ballet isn’t always about telling stories. Audiences can be thrilled by the stunning athleticism and artistry of the dancers.

The program includes Elizabeth Wistrich’s “Straw Feet” choreographed in 1990 to an original commissioned score by Brian Köhn, and her “Beyond the Circle” choreographed in 1999 to music by Osama Kitajima and Tetsuro Naito, her staging of “Giselle Pas de Deux” choreographed in 1841 with music by Adolphe Adam, and Geoffrey Gonzalez’s “Battu” originally choreographed in 2019 now re-choreographed to an original score by drummer Adam Larocca played live on stage.

The critically-acclaimed City Ballet of San Diego is known nationally for its commitment to presenting ballets by the legendary George Balanchine. But the company also is committed to presenting works by its own award-winning resident choreographers, who both create cutting-edge works and



longer story ballets. And for lovers of classical romantic ballet, Elizabeth Wistrich will present her staging of “Giselle Act II Pas de Deux,” thus showing the contrast between contemporary and classic ballets from the past.

“In planning our 30th anniversary season, I wanted to showcase our amazing resident choreographers. I asked them to pick some of their favorite contemporary works to be staged.

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

Birch Aquarium welcomes nearly 70 baby Weedy Seadragons

Birch Aquarium at Scripps Institution of Oceanography at UC San Diego is celebrating the arrival of more than 70 tiny newborn Weedy Seadragons, which are incredibly difficult to breed and rear in captivity.

Only a handful of facilities have successfully hatched and reared this unique species of fish that are related to seahorses and pipefish.

“This is huge for us. We’ve been working on this for decades,” said associate curator Leslee Matsushige who leads Birch Aquarium’s Seahorse and Seadragon Breeding Programs. “This is a very challenging yet exciting process. We’ve had some previous experience raising young seadragons, so we hope to successfully raise an even greater number of babies this year.”

The baby weedies are about 1 inch long and weigh less than 1 gram, and will grow to be 13-15 inches long. They began hatching on Sunday, Feb. 26, and continued hatching through Thursday, March 2. Weedy Seadragons are fairly solitary creatures. Once the eggs hatch, the babies are fully independent. They feed on their own and fend for themselves. The father’s role in protecting the fry is done.

The babies are being raised behind the scenes so aquarists can monitor and feed them a special diet. Weedy Seadragons are notoriously picky eaters. Their food of choice is tiny mysid shrimp.

For several weeks, the husbandry team had been closely monitoring the father who carried more than 70 eggs on the underside of his tail. Baby seadragons have leaf-like



camouflaging appendages, which are usually very large for their bodies, and not as colorful when compared to an adult. They also have a much shorter snout.

The aquarium has experienced an influx of guests coming through its doors following the announcement of the egg transfer on Jan. 9. A previous egg transfer happened in 2020 when five eggs were released and two of them hatched. However, that transfer took place behind the scenes.

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

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

By BART MENDOZA

SPOTLIGHT

One of the brightest stars on the modern jazz scene, Samara Joy (right), performs two shows at the Jai on March 19. Winner of two 2023 Grammy's including "Best New Artist" and "Best Jazz Vocal Album," for her latest recording, "Linger Awhile," Joy's concerts are in the tradition of the likes of Sarah Vaughn, classic tunes with piano, bass, and drums, designed to showcase her heartfelt vocals. Though only 22, joy has lived a life immersed in music, with gospel roots, and it shows. While "Linger Awhile" is worthy of its accolades, Joy is at her best life, making these two concerts a must for local jazz aficionados.

Samara Joy: Sunday, March 19 at The Jai, at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 3 and 8 p.m. \$43. theconrad.org.

RECOMMENDED

Timed for St. Patrick's Day, award-winning Irish folk fusion group, Skelpin, makes a rare appearance at Humphrey's Backstage Live on March 17. Each member of Skelpin is a headliner in their own right, including the duo of Enrique Platas (drums) and Jimmy Patton (flamenco

guitar), Wesley Forsberg (bass), Tim Foley (uilleann pipes), and Patric Petrie (fiddle). All are virtuoso musicians, with Petrie's stage presence making her one of the area's most popular violinists. It's been more than a decade since Skelpin has released new music, but they've lost none of their fire in the ensuing time, always giving a rousing performance.

Skelpin: Friday, March 17 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 5 p.m. \$5. humphreysbackstagelive.com.

San Diego has an incredibly vibrant jazz community with new events popping up regularly. The latest is the Sunday Night Jazz series, held at Tio Leo's. On March 26, the venue hosts a special set from vocalist Rose Mallett, with pianist Ed Kornhauser, bassist Rob Thorsen, and drummer Richard Sellers, and opener, vocalist Dennis Gittens. For fans of jazz, it doesn't get much better than this, with Mallett's vocals perfectly matched to Kornhauser's lyrical piano playing and Thorsen's emotive bass work. Mallett is a wonder on such classics as "Summertime" and "Besame Mucho," making this a great show for fans of the American Songbook and other tunes of the era.

Sunday Night Jazz: Thursday, March 26 at Tio Leo's, 5302 Napa



St. 5 p.m. tioleos.com.

For a retro music act in town, nothing beats Courtly Noyse, whose songs go back to the 14th through 16th centuries. Performing as part of the Athenaeum's weekly Monday lunchtime concert series on March 27, Courtly Noyse goes the extra mile, both in its music, as well as its presentation. They not only play both instrumental and vocal songs, accurately using reproductions of period piece instruments, but for that extra touch of authenticity, they

also perform in full Renaissance costumes, intertwining their performance with stories about the material performed and a bit of humor. A concert from Courtly Noyse is both a musical history lesson and a lot of fun.

Courtly Noyse: Monday, March 27 at the Athenaeum Music & Arts Library, 1008 Wall St. Noon. Free. ljathenaeum.org.

The Hawaiian-themed duo, Slack Key Ohana, stops in at Duke's on March 28. Nominated this year for a San Diego Music Award (Best World Music)

for their album, "Live at Tiki Oasis," Slack Key Ohana has taken Southern California by storm with its mix of authentic Hawaiian folk tunes and new, like-minded originals. Popular festival favorites with their full combo, for this intimate gig they'll play in stripped-down duo mode, with guitar and ukulele, offering the perfect island soundtrack for Duke's patrons.

Slack Key Ohana: Tuesday, March 28 at Duke's, 1216 Prospect St. 4 p.m. No cover. ljathenaeum.org.

Guitarist Richard Galiguis can be heard at the La Valencia on March 30. Perhaps best known as lead guitarist in the much-missed television variety show, Tonight in San Diego's house band, The Mondaze, Galiguis, performs instrumental music, playing his lead work over backing tracks to wonderful effect. Though he performs solo, Galiguis is as captivating to watch as a band, with an impressive range of tunes in his set list, from Eric Clapton to Tears For Fears, all topped by his superb playing. Fans of singer-songwriters will enjoy Galiguis's set, but guitarists in particular will love Galiguis's playing.

Richard Galiguis: Thursday, March 30 at the La Valencia, 1132 Prospect St. 5:30 p.m. No cover. la-venancia.com.

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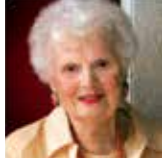
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'They're out to get us!' Conspiracy theories against the elderly



Doing it Better

By Natasha Josefowitz, Ph.D.

There are definitely conspiracy theories against old people, and I can prove it. Whoever the conspirators are, they just want to make life harder for us seniors. Those of you who are young may not have noticed the terrible hardships created for us older folks. "They" (the conspirators) have made all the stairs significantly steeper. I used to easily climb stairs; now I have to pull myself up using the handrails on the ramps.

"They" did the same thing to street curbs. I used to step down from the sidewalk without thinking; now I have to look down before carefully stepping off. "They" made the sidewalks longer so that it would take more time for us to

get everywhere, and "they" have made them uneven so that we risk tripping.

"They" have even come into my home, maybe while I am at lunch, and raised all of the top shelves in my closets so that I can no longer reach my clothes hangers even when I'm standing on my toes; this eliminates many wardrobe options. "They" did the same to my bookcases. I can't reach the books on the top shelf and have no room on the lower shelves to put whatever is there, so the books up high will forever remain unread. "They" also lowered the toilet seats to make it harder for the elderly to get up. "They" also have gotten into my kitchen and tightened all the jars so that I cannot open them. "They" then got into my refrigerator, but there I outwitted them! I had arranged all my chocolates, candies, and cookies on the top shelf so that, unwittingly, "they" did me a favor by preventing

me from eating too much sugar... ha-ha.

Here's another conspiracy: everyone who talks to us has decided to mumble or talk in very low voices; so not only do we not hear, but we can't make out what "they" are saying. When we eat in our community dining room everyone speaks in whispers, so there's no way to join the conversation. It is clear that "they" want to keep us in the dark on purpose. "They" have also intentionally dimmed the lights in the dining room as well as in restaurants so we can't read the menu.

I don't know how "they" know when "they" are talking to an older person on the phone, but as soon as I pick up the receiver, "they" start talking very fast so that there is no way for me to know what "they" are referring to. I don't even bother to have them repeat their names; "they" keep saying it louder and louder (as if it's a matter of volume).

Even if I ask "them" to spell "their" name, it is impossible to figure out the letters when "they" say "it's an M like Mary;" the problem is I don't decipher the word "Mary."

As soon as I turn the TV on, I can see the anchors' mouths moving, but very little sound is audible, making the news hard to understand. That's not all. "They" made newspaper print smaller and the ink color, which used to be dark, is now a light grey so that it practically disappears.

The world has become very difficult to navigate. What to do? Where to go? Our options are nonexistent. From what I hear, going to Mars is not a possibility. The elderly are obliterated from the mainstream of life. As our world narrows, we become less and less relevant. I'm sure you, my readers, appreciate what I mean and will commiserate with me.

On the other hand, the conspirators are missing out. We, old

folks, have wisdom. We have been through a lot and have survived. We know history, which we are willing to share; the pity is that no one asks or seems to care. Even if our bodies are deteriorating, most of our minds are still sharp. Having seen and experienced so much, we are not as distressed by the current world disasters. We have learned from our mistakes and don't assume we are always right. We don't have a strong egos; we do have thick skins. We are not concerned anymore with material possessions. We are compassionate and non-judgmental. We offer sage advice. You younger people can learn from us if only you would take the time to listen. Do ask us; we will be happy to help.

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.

AT LEAST 8 DEAD AFTER TWO BOATS CAPSIZED

On March 12, at least eight people died after two smuggling boats capsized on Black's Beach in San Diego County, officials said. San Diego Fire-Rescue Department lifeguards responded to a 911 call on Saturday around 11:30 p.m. The 911 caller, a woman speaking Spanish, described two panga boats that had capsized near Torrey Pines beach.

"One boat carrying eight people made it to shore, while another boat carrying 15, overturned in the surf," said Capt. James Spitler, sector commander for the US Coast Guard in San Diego.

James Gartland, the head of the San Diego Fire-Rescue Department's lifeguard division, said that lifeguards tried to save people from the water. But the first rescuers are not available to approach the beach because of the high tide and had to wade through deep water. When rescuers and federal agents arrived, both boats were already capsized.

All eight victims were adults and nationalities are uncertain, according to Gartland. The bodies were transferred to the San Diego County Medical Examiner's office, fire department officials said. It is not clear the cause of why the boats were capsized, and how many people may still be missing.

COMMUNITY HAPPY HOUR

Bird Rock Community Council is re-instituting its community happy hours starting Wednesday, March 22 from 5-7 p.m. at Beaumont's, 5662 La Jolla Blvd. Bring your friends and meet your neighbors for a lively conversation about the beach community. Visit birdrockcc.org for more details.

UCSD CHAIR NAMED SOCIETY PRESIDENT

Cynthia Gyamfi-Bannerman, MD, MS, chair of the Department of Obstetrics, Gynecology, and Reproductive Sciences at University of California San Diego School of Medicine has been named as the 2023 president-elect of the Society for Maternal-Fetal Medicine (SMFM). SMFM is the leading society and national voice for more than 5,500 highly qualified maternal-fetal medicine (MFM) subspecialist physicians, as well as scientists, nurses, genetic counselors,

ultrasound technicians and administrators, with expertise in high-risk pregnancy and collaboration for optimal and equitable perinatal outcomes.

TALK OF THE TOWN

The Athenaeum Music & Arts Library at 1008 Wall St. will toast the town in their version of the exuberant art scene of the 1920s at the Talk of the Town benefit on Friday, April 14, at 6:30 p.m., its first fundraising event since 2019. The occasion will celebrate the Athenaeum's past and bright future at the historic William Templeton Johnson building in downtown La Jolla that opened in 1921. Guests are encouraged to dress in their finest 1920s attire, and as a favorite cultural figure from the 1920s if they choose.

Available will be delicacies and indulgences to be expected from a party worthy of the Great Gatsby. There will be an open bar with 1920s cocktails, and food will be plentiful. They invite guests to walk around and enjoy demonstrations of the many offerings of the Athenaeum. There will be jazz music, a live art demonstration by Andrew Alcasid (whose exhibition will be on view in their Claves Gallery), a photo opportunity with a vintage car, a 1920s dance demonstration, and a silent auction. Purchase needed by April 1 to guarantee entry. Visit ljathenaeum.org.

BFREE EXHIBITION

BFREE Studio run by gallery owner Barbara Freeman announced the next exhibition by artist Peter Fay running March 21-April 8 at the studio at 7857 Girard Ave. Fay's worldwide travels have provided a constant source of inspiration and material for his expansive portfolio. He has captured award-winning photographic treasures in exotic locales across the globe. His fusion of light, color, and forms create powerful dramatic images spanning genres of landscape, portraiture, wildlife, documentary and fine art photography. Fay's exhibition, titled "The Way I See It," is composed of 60 pieces structured into four groupings highlighting Fay's interests: Nature, Portraiture, Americana and Automobiles shared in an unusual way – 20 of the pieces are on metal and 40 of the pieces are on archival paper. For more information, visit bfreetstudio.net.

CONCERT @ LJ CHURCH

To start its 2023 season of concerts, Bodhi Tree Concerts, the award-winning San Diego performing arts organization that commits intentional acts of kindness through music, presents San Diego favorites Ken Anderson and Dale Fleming in "An Evening of Songs that Heal," Sunday, March 19, at 4 p.m. at St. James by-the-Sea, 743 Prospect St. "An Evening of Songs that Heal" is taken from the Negro

Spiritual, the Civil Rights Movement, the Vietnam War era, Broadway, and directly from the church. It will be an evening that will inspire, make you want to sing (and you're welcome to), and hopefully help you with your own healing process. In keeping with the mission of Bodhi Tree Concerts, profits from this concert will benefit the Martin Luther King Jr. Community Choir Scholarship Fund. Purchase tickets at bodhitreeconcerts.org.

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