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KFMB-TV (Channel 8) aired a reunion of the family with Chanco at the Northern Division police station that showed Chanco giving them lots of kisses and jumping up and down.

PHOTO COURTESY OF THE SAN DIEGO MUSEUM OF ART. PHOTO BY ANGELA GARZON, CREATE WITH GUSTO

UC San Diego expert on violence assesses police brutality and mass shootings

Psychologist Tage Rai works to prevent violence by understanding the motives that underlie it

By CHRISTINE CLARK

Tage Rai is a psychologist and assistant professor of management at UC San Diego's Rady School of Management who studies ethics and violence. He co-authored the book "Virtuous Violence" outlining research that finds that most acts of violence are driven by moral motives on the part of perpetrators. That is, perpetrators believe they are doing the right thing when they hurt and kill their victims. In this Q&A, Rai, who teaches negotiation at the Rady School, addresses dual crises impacting America — police brutality and gun violence — and what can be done to prevent them.

Q: A lot of your work is focused on understanding why people hurt other people, so we can better understand motives to treat and prevent violence. In the case of police brutality, it has garnered more attention in recent years because it is increasingly caught on tape, and yet instances continue to persist, why is that?

A: I think that if you want to prevent violence, then the first key is understanding the motives that underlie it. We need to confront the possibility that a lot of violence isn't driven by an absence of morality in the minds of perpetrators. It's driven by a presence of moralistic and ideological motivation.

In the case of police brutality, ethnographic and historical evidence suggests that police officers involved may view themselves as authorities who demand respect and obedience from civilians. I outlined this in chapter four of "Virtuous Violence," "the right and obligation of parents, police, kings and gods to violently

enforce their authority." In this context, officers believe that they are entitled to hurt civilians and that bystanders should trust their judgment absolutely — anything less than absolute trust is perceived as betrayal and disloyalty. The worst offenses are disrespect, disobedience or any effort to harm the officer. Such offenses are worse even than the crimes that police are tasked with preventing. Spitting in the face of an officer or cursing them out might be more likely to result in police brutality than robbing a store or harming another civilian.

Q: How much is race a factor in police brutality?

A: This authority relationship also takes on racial connotations, with some officers seeing themselves as warriors policing "the enemy," largely composed of Black citizens who are seen as less worthy of full citizenship and who pose a threat to the social hierarchy that the police defend. Officers of all races use force against Black civilians more than white, but those effects are at least somewhat reduced when officers are Black too. However, race of the officers alone won't solve the problem of police brutality.

Q: What do think are some of the possible solutions to curb police brutality?

A: First, I think it's important to focus on what is called "subtraction neglect," which refers to the phenomenon wherein people are trying to improve something. In many cases, they have a bias toward coming up with solutions that add to the design rather than subtract from it. In the context of policing, this means that when faced with police brutality, our immediate intuition is to think

that the answer is more training, more personnel, more resources, more funding. This is instead of a more obvious solution — that we should give police fewer responsibilities to reduce police-civilian interactions as well as less funding for weaponizing and militarization of the police. Such calls to "defund the police" are always met with opposition because we have a bias toward thinking that reducing funding means that we care less about public safety, but that's just a cognitive bias. What could be more effective is allocating those same resources toward social services, mental health responders, community infrastructure, jobs programs and even universal basic income.

Q: Your work also addresses an increase in mass shootings that are plaguing the nation. We know these numbers increase every year, with over 50 in January 2023 alone. Are these shootings inspiring each other?

A: Mass shootings are defined based on the number of people who are harmed, not the motives of the shooter. I'd be hesitant to assume that people involved in mass shootings that are motivated by gang disputes, workplace grievances, white supremacy, misogyny, or bullying are necessarily drawing inspiration from each other. I think it's more likely that when we see, for example, a spate of shootings in California, that's just a coincidence that becomes more likely as the number of mass shootings increases overall.

It should be noted that while the number of mass shootings continues to climb, data shows mass shootings account for less than 2% of all annual homicide deaths in the United States, yet they garner the most attention. We are probably not paying enough attention or giving enough resources to the other kinds of gun violence that go on. We're not paying enough attention to violence in the home, we're not paying enough attention to suicide deaths by gun, we're not paying enough attention to a lot of other kinds of gun violence that we see.

Q: Is increased mental illness a factor in the rise of gun violence?

A: Mental illness contributes to less than 5% of all gun violence. The vast majority of mass shootings are going to be committed by people who have no diagnosable mental health illness before the incident. The vast majority who have been diagnosed with a mental health illness are never going to engage in a shooting. Even if mental illness is involved in gun violence, it's a mistake to think that we can use mental health diagnoses to identify a small subset of shooters. Instead, such efforts will just stigmatize those who benefit from mental health services.

There's a broader question in how we think about violence. I think people have a kind of implicit



Tage Rai is a psychologist and assistant professor of management at UC San Diego's Rady School of Management.

belief — and I think a lot of academics do, too — that a sane, rational, mentally healthy person would not hurt another human being. If they're harming someone, or killing someone, it must be because something has gone wrong in their psychology.

A lot of my research argues that this belief is just not true. Most of the time when people hurt other people it's because they feel that they're doing it for the right reasons. They think that a person deserves it — that they have a moral obligation to hurt those people. What's driving this is not mental illness — at least not in the diagnosable sense.

Q: Are there any other factors driving mass shootings?

A: Many shooters, especially in the American context, are often misogynistic, White supremacists. They are often young men searching for meaning through violence. With those factors coming together, these shooters justify violence because they feel that they're "defending something greater than themselves" when they attack people.

Q: What can we do to prevent more gun-related deaths?

A: One of the proposed solutions to better address the problem of gun violence is treating mental illness, so we can identify a perpetrator before a violent act is committed. And we can't. Trying to identify mentally ill shooters through health screening is like looking for a needle in a haystack. And there are always going to be needles that get through. The only way it's going to work is to prevent those "needles" from getting AR-15s.

What we find when we look at violence across the world, not just mass shootings, but all sorts of violence, is that most of the time when people hurt others,

they think it's the right thing to do. They think that their social communities are going to praise them for it. And, in some cases, their particular communities will. So, in the case of, for example, the Highland Park shooter, the community we need to be thinking about is the kind of online right-wing extremist communities that the shooter was floating in.

If perpetrators think that their communities won't approve of their violent actions then they're not going to want to do it as much anymore. And so, really trying to communicate to people that violence is not acceptable is going to be key, and that means making it not acceptable within those communities. When we've seen successful community interventions, oftentimes it's been the case where people who are prone to violence are confronted by people in their community who are expressing to them that they don't approve of violence. And that does have an effect.

Q: Did your research find any potential tools to counteract these ideological ties that you say can lead to someone committing violence?

A: There are no easy answers here. If we wish to stop the violence caused by misogyny and racism then we have to destroy the culture of misogyny and racism that excuses, validates, and valorizes violence. In some cases that may mean restricting communication channels so that these ideas don't have a place to fester. In other cases, it means having people that potential perpetrators respect talk to them about how these cultural values are wrong and will not be tolerated in the community. If we wish to end violence, then we have to make it morally unacceptable in our culture.

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Bicyclists and pedestrian advocates demand safer streets in San Diego

By DAVE SCHWAB

A full-court press is on to spur City government to spread awareness of the number of traffic crashes involving bicyclists and pedestrians, calling on Mayor Todd Gloria and City Council to dedicate more funding toward Vision Zero.

Adopted by the City Council in 2015, the goal of Vision Zero is to eliminate all traffic deaths and serious injuries by 2025. Since then, the City has invested more than \$140 million into projects – improved intersections, sidewalks, bikeways, roundabouts, and streets – to protect and save lives.

But bicycling and safety enthusiasts claim Vision Zero hasn't gone far enough to protect cyclists and pedestrians on the City's streets. On March 18, San Diego County Bicycle Coalition, a nonprofit advocating for bicyclists' rights, and Families For Safe Streets San Diego, families who've lost loved ones to traffic violence, teamed to hang posters at the sites of every crash that killed a bicyclist or pedestrian since 2021. The posters read, "Our Neighbor was Killed Here," and direct viewers to a web page encouraging them to email Gloria and their council member to request more funding for traffic safety.

"Despite the City's pledge to eliminate traffic fatalities by 2025, more people are dying on San Diego's streets than ever before," said Will Rhatigan, advocacy director for the

SDCBC. "We hope that this campaign will serve as a visual reminder to all San Diegans that when we fail to build safe sidewalks, bike lanes, and intersections, our neighbors are killed. We know that safe streets save lives, and we are calling on Mayor Todd Gloria and the San Diego City Council to invest in the proven road safety measures that will prevent any other families from losing their loved ones to crashes."

"The City is currently developing a Mobility Master Plan, which is a comprehensive transportation planning effort to create a balanced, equitable, and sustainable transportation system for the City," said Nicole Darling, director of the City's Communications Department. "In addition to focusing on safety and Vision Zero, the plan also includes an approach to achieve sustainability and equity goals. It will combine community, mode, and objective-specific planning into one comprehensive document to identify and prioritize mobility projects, programs, and policies that will have the largest benefit in our communities and on the environment."

"The Mobility Master Plan will ensure that citywide mobility initiatives support investments in communities of concern, promote Vision Zero, and advance the goals of the Climate Action Plan," continued Darling. "The Mobility Master Plan will focus on strategies, policies, programs, and projects that make walking, rolling, bicycling,



A sign on W. Mission Bay Drive in Mission Beach raises awareness of the number of traffic deaths in San Diego. COURTESY PHOTO

and using transit more attractive, easier, efficient, and affordable."

The beaches have joined the community outreach traffic-safety campaign. "BeautifulPB is joining in a recent citywide campaign launched by San Diego County Bicycle Coalition and Families for Safe Streets San Diego, which hung posters at the sites of all fatal bicycle and pedestrian crashes since 2014, including seven in Pacific and Mission beaches," said Katie Matchett, president of the grassroots nonprofit working to create a more sustainable, equitable, and beautiful community. "The idea is to both raise awareness of this issue and to encourage elected officials to take action to fund safety improvements in the next fiscal year."

Bicycling and safety advocates point out that, while this crisis of fatal crashes has impacted everyone, it has hurt cyclists, pedestrians, and

wheelchair users the most. Between 2012 and 2021, the number of pedestrians killed in San Diego County nearly doubled, from 58 to 101. In the same year, the number of cyclists killed in San Diego County reached 17, setting the highest bicycle fatality rate of any large California county.

While the causes of increasing traffic fatalities are complex, including heavier vehicles and distracted driving, the solutions are obvious, claim safety advocates. They cite that replacing a stoplight with a roundabout can reduce fatal or serious injury-causing crashes by 80%. They also add that, while the risk of death for a pedestrian or cyclist is only 10% when hit by a car traveling 23mph, that risk increases to 50% when a car is traveling 42 mph. Thus, safety advocates conclude lowering speeds in places people bike and walk undeniably saves lives.

To begin saving bicyclist and pedestrian lives in San Diego from serious and fatal traffic crashes, Families for Safe Streets San Diego and the San Diego County Bicycle Coalition are calling on the mayor and City Council to commit to three actions:

- Double the funding for San Diego's quick-build bikeways program in the fiscal year 2024, to enable it to build 18 miles of connected, protected bikeways each year. Separated bikeways are proven to reduce serious crashes by over 80% and should be installed on every urban road with speed limits of 30 mph or above.
- Upgrade 15 of San Diego's most deadly intersections with lead pedestrian intervals, high-visibility crosswalks, and other lifesaving safety measures in FY 2024. Though Vision Zero's first strategy is to make traffic signal and crosswalk improvements to San Diego's most dangerous intersections, over 100 identified dangerous intersections have still not received safer crosswalks and traffic signals. Mayor Gloria's administration needs to speed up the pace of installing these lifesaving safety measures.
- By the end of 2023, approve an updated Bicycle Master Plan that follows NACTO's guidelines for building bike facilities for people of all ages and abilities. The master plan has not been updated since 2013 and needs to include protected bikeways on all of San Diego's high-speed or high-volume roads, and it needs to come with strict deadlines that will hold the City accountable for actually building bikeways it plans.



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Results mixed on enforcement of new Sidewalk Vending Ordinance

By DAVE SCHWAB

It's too early to tell if enforcement of the new Sidewalk Vending Ordinance in the beach areas has been working as the City expected. Local leaders have seen mixed results and are curious about how the City will handle the summer.

"I'd say the results are still to be determined," said Larry Webb, Mission Beach Town Council president, about early returns on the Sidewalk Vending Ordinance. "[Poor] weather has played a factor in not as many vendors attempting to be out. So when better weather comes it may lead to more vendors. We will have to see how enforcement goes at that point."

"Many community leaders and I are very frustrated with the resurgence of the vending appearing along our coastline parks and beaches," said Bob Evans, president of La Jolla Parks & Beaches, Inc.

"Initially, park rangers and other enforcement were very effective with the ordinance at removing all the vending that had taken over the coastal areas. However, now the City's policy is to let any vendor who claims, insincerely, they're exempt from the ordinance because of their freedom of speech rights, to continue to operate in just about any place they desire," Evans said.

"Since the implementation of the sidewalk vending ordinance, many people in Pacific Beach have

noticed a drastic increase in public access to the beach," said Charlie Nieto, president of Pacific Beach Town Council. "It is almost like comparing night and day when you contrast the difference of what the boardwalk is like now to how it was last summer."

"Park rangers did an excellent job educating vendors on the ordinance," said Susan Crowers of PBTC noting, "Within a week, there was a noticeable improvement in the situation and residents enjoyed unimpeded views and access to public beaches and shoreline park pathways. Since then, some vendors have returned and are claiming protection under the First Amendment."

"I pay taxes and rent as well as buying permits and business licenses," noted Chris Cott, a La Jolla artist who worked over 20 years on the Mission Beach boardwalk. "Scripps Park wasn't donated so vendors could turn it into Kobey's Swap Meet."

"It is better without the vendors for most everyone except the vendors," said Gary Wonacott of Mission Beach questioning, "Is this issue done? Probably not. It all comes down to what happens in July and August."

Will some of the vendors come back? Probably. Will code enforcement or rangers step in? Depends on how much money the City is getting versus time/money required to manage the vendors,"

Playtime at Claytime

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

Caroline has an undergrad in both Fine Arts and Psychology, along with a Masters in Education in addition to her JD from Boston. Register at claytimeceramics.com

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Vendors set up at the entrance to Ellen Browning Scripps Park near La Jolla Cove.

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Wonacott added.

The City Council voted to approve the new Sidewalk Vending Ordinance in May 2022, bringing San Diego into compliance with SB 946, a California law that decriminalized sidewalk vending statewide and set parameters on how cities could impose regulations.

San Diego law enforcement personnel began fully enforcing the Sidewalk Vending Ordinance in beach areas on Feb. 1 of this year. The ordinance then went into effect in the City's Coastal Overlay Zone, which includes Point Loma, Ocean, Mission and Pacific beaches, La Jolla, and Sorrento Valley.

Webb of MBTC believes Sidewalk Vending Ordinance enforcement thus far has "had a positive effect" while noting "some vendors are still around." He added that "Initially, City officials stated vendors claiming First Amendment rights would not be allowed unless their goods were political or religious. Over the last several weeks, we learned that park rangers are not allowed to enforce the ordinance if a vendor claims First Amendment rights regardless of the goods offered. The city attorney is once again acting in fear of litigation."

Crowers of PBTC questions whether vendors are obeying all Sidewalk Vending Ordinance rules.

"I have spoken with vendors who display their goods and offer services for a donation, and I've also spoken to vendors who claim it's okay for them to sell their goods as long as they're homemade," she said. "That doesn't align with what the ordinance says. It seems the park rangers are still waiting on a clear directive from the city attorney. But with summer just around the corner – we need action now."

"The families who are using Scripps Park can't find a place to park because it's all being taken up by vendors," complained Cott of La Jolla. "The so-called vendor artisans who are selling knick-knacks, sunglasses, T-shirts, and doing wetsuit rentals at taxpayer's expense should all be run off."

Evans of LJPB believes the new Sidewalk Vending Ordinance isn't being properly enforced.

"Until the City changes their policy on the ordinance and decides to enforce it as intended, the rangers are essentially powerless to get results," he said. "No other California coastal communities seem to have this vending problem, and all state and national parks don't allow

vending. You don't see merchandise vendors set up at Cabrillo National Monument, nor Torrey Pines State Park, Yellowstone, or the DC Mall. San Diego needs to return its great coastline parks and beaches to recreational use and scenic beauty, and not be a commercial zone."

"There are certainly still some concerns about some remaining vendors along coastal pathways," pointed out Nieto. "The work that remains has to do mainly with some fine-tuning and determining the distinction between actors who are earnestly exercising their First Amendment rights versus those who are abusing loopholes in the system."

But, having confidence in park rangers and law enforcement, Nieto concluded: "Ultimately, with the current ordinance in place, I do believe that this summer, many will see that the coastline has returned to a place for families and recreation."

BEAUTIFULPB PROJECTS

"For art, we're continuing to work on a new mural project with Audubon," said Katie Matchett, president of beautifulPB, a nonprofit working to implement community projects and programs that create a more sustainable, equitable, and beautiful community. "We'll be choosing an artist in the next month and hope to have it installed over the summer."

Regarding progress on communitywide mobility, Matchett said the City's preliminary design for Diamond Street went to the Pacific Beach Planning Group's Streets and Sidewalks committee "and will be presented to the full group on April 12." She added the City is moving away from the "Slow Street" term for Diamond, as "they've received federal money to develop an official Slow Street program for San Diego. But it will be another year or two before that program is fully implemented."

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Always Forward.

Pacific Beach annual graffiti clean-up day set for May 13

By DAVE SCHWAB

Pacific Beach Town Council was told by its Community Enhancement Committee in March that the group's 12th annual graffiti cleanup in 2022 was a huge success with more than 80 community volunteers removing 600-plus tags.

The group was clued in via a slideshow presentation by Jim Menders of Pacific Beach Graffiti Busters. Menders discussed the results of last year's cleanup, wherein community volunteers gathered at Pacific Beach Presbyterian Church at 1675 Garnet Ave. for a three-hour cleanup around the community on a Saturday morning. Volunteers were provided with materials, equipment, and training to participate. Minors were allowed to get involved with a safety waiver signed by their parent or guardian.

Menders also pitched the town council on this year's 13 annual graffiti clean-up set for May 13.

PBTC officials talked about the event's significance, discussing the need for removing unsightly tags and why doing so has become a mainstay of their yearly event schedule.

"The PBTC's annual graffiti cleanup was started in 2008 by then PBTC president Jerry Hall," said Community Enhancement



Volunteers participate in last year's Pacific Beach graffiti clean-up day.

COURTESY PHOTO

Committee member Marcie Beckett, who talked of the process involved. "Before the event, Jim Menders organizes a group of volunteers to survey the community for graffiti, which Jim uses to make maps of graffiti locations," Becket pointed out "volunteers are trained to remove graffiti and receive supplies and maps of where to go. Each year, 70 to 100 volunteers

get rid of about 1,000 tags in a few hours."

Beckett noted the impact of the graffiti cleanup on volunteers is long-lasting. "The rest of the year these folks are more likely to remove or report graffiti on their own, which results in a better-looking community and discourages future graffiti and crime," she said. "It is a fun event and it makes people feel

good to make such a positive impact on the community."

Charlie Nieto, PBTC president, considers the annual cleanup to be part of the town council's mission to enhance the coastal community.

"One of many historic duties of the PBTC is to act as custodians and caretakers of the community that we all reside in and love," Nieto said. "The work of

GRAFFITI DAY

To learn more or to sign up to volunteer, visit pbtowncouncil.org/graffiti-day/.

the graffiti busters is one way we can execute that. Not only do the graffiti busters offer an aesthetic service of community beautification for those who live in PB, but they also support our business community. Many mom-and-pop [businesses] become victims of vandalism, and are unfortunately ill-equipped to tackle it on their own."

"Planning for this year's event is being spearheaded primarily by the brilliant Marcie Beckett and Community Enhancement chair, Susan Crowers," continued Nieto. "The data-driven approach to tagging by the graffiti busters is the brainchild of Jim Menders, which allows a fully encompassing and efficient way to manage the issue and direct volunteers to the most critically impacted areas of town."

Concluded Nieto: "Last year's graffiti cleanup was the first since a pandemic hiatus, and it was a smashing success with full volunteer attendance and several hundreds of graffiti tags removed. We are happy to say that this year, we anticipate the 13th annual graffiti cleanup to be our biggest yet."

Pacific Beach planning groups now required to meet in person

By DAVE SCHWAB

California's Covid-19 State of Emergency lapsed on Feb. 28 and community planning groups will now be required by the Brown Act ensuring open public meetings to begin meeting in-person only.

Under the new guidelines, such groups may only conduct hybrid or remote meetings under special circumstances. There is also a state bill pending in the legislature, Senate Bill 411, that would allow advisory groups to host hybrid (in-person and remote)

meetings. However, this bill has yet to be adopted.

"The Brown Act does not contain a grace period, so these changes take effect immediately," said Nicole Darling, director of the City's Communications Department. "City boards, committees, and commissions must comply with the open meetings requirements of California's Ralph M. Brown Act. The Brown Act's provisions concerning so-called 'hybrid' meetings will be in effect, resulting in changes from current practices. Among them: members of boards, committees, and

commissions will not be able to attend meetings virtually except in specific circumstances, and virtual attendees will not count toward the number of members needed to attain a quorum."

"The emergency provisions of the Brown Act related to virtual meetings (i.e. by teleconference) will no longer be in place and all CPG meetings will need to be either conducted in-person or comply with Brown Act requirements for virtual meetings," said City deputy planning director Tait Galloway in a letter to City staff dated Feb. 16. "Starting March 1, all CPG meetings, including standing subcommittee meetings, are to be conducted under the Brown Act as they were prior to Gov. Newsom's Covid-19 declared state of local emergency. CPGs will need to secure an accessible physical meeting location or comply with the requirements for the Brown Act for virtual meetings."

Brown Act requirements of CPGs include:

- Posting agendas at ALL teleconference locations containing information about the meeting, including the street address of all teleconference locations.

- Allowing the public access to ALL teleconference locations. A teleconference location is a physical location where a CPG member is attending the meeting virtually such as a home or office.

- Allow the public to make public comments from each teleconference location.

- All votes are to be taken by roll call.

CPG members attending virtually will need to disclose their teleconference location on the agenda and allow public access to their location, including giving personal addresses. CPGs are responsible for providing all necessary technology to conduct a teleconference meeting at ALL teleconference locations. This includes computers, wifi access, and audio/visual equipment. Also, anytime there is a technical interruption that prevents the CPG from broadcasting the meeting or prevents the public from providing comments remotely, the CPG cannot take further action on action items until public access is restored.

Reacting to the new rules strongly suggesting planners return to pre-pandemic live meetings, community leaders in Pacific Beach said they've already adapted to the change.

"The PB Planning Group resumed in-person meetings with our March 8 meeting at the PB Library's Community Room, which is the same location where we met prior to the pandemic," said longtime group chair Karl Rand.

"The library staff has been very

accommodating. I believe most people are very happy about our return to in-person meetings, and I have not received any complaints about our discontinuing Zoom. We will continue to meet in the Community Room on the second Wednesday of each month, starting at 6:30 p.m. Our agendas are posted at least 72 hours in advance at pbplanning.org."

"Our meetings aren't bound by the same requirements as others, so we can continue to hold our meetings virtually," said Katie Matchett, president of beautifulPB, a nonprofit working to create a more sustainable and equitable PB. "Our plan is to move to semi-regular in-person meetings, with virtual meetings the rest of the time."

Noting she both attends and leads "a ton of public meetings," Matchett said, "There is value to meeting in-person, and the dynamic and interaction is different (sometimes better) with in-person meetings. However, as a mom of young kids, I recognize that virtual meetings are more realistic for many people, and can allow for participation from a broader and more diverse group. My own preference is for a combination of virtual/hybrid and in-person meetings, to maximize participation."

"Discover Pacific Beach will be holding all meetings in person," said executive director Sunny Lee.



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City increases potentially developable areas for housing

The San Diego City Council adopted updates to the City's development regulations, including an update to the definition that determines the geographical boundaries for certain home construction incentive programs. The move will increase the amount of developable land near major public transit stops.

Every year City staff updates the Land Development Code to keep up with the ever-changing needs of the City's development regulations. These draft updates include clarifications, corrections, regulatory reforms and changes to the regulations to bring the City into compliance with state law and advance the City's housing and climate goals.

Among this year's 78 adopted items is a new definition for

Sustainable Development Area, which is replacing the City's definition of Transit Priority Area. Properties within these areas are eligible for the City's local incentive programs like the Complete Communities Housing Solutions program and the Accessory Dwelling Unit (ADU) density bonus program to help build more homes near transit.

Transit Priority Areas allowed for incentive programs to be used within a half-mile radius of an existing or planned major public transit stop. The distance was measured as the crow flies, or in a straight line, so barriers to accessing transit, like canyons and freeways, which may have realistically made access to transit miles away, were not considered.

The new Sustainable

Development Area definition removes the "as the crow flies" distance and instead allows local incentive programs to be used if the development is accessible to a major public transit stop up to a 1-mile walk. The change increases the potential developable areas by more than 5,200 acres while also removing other areas that would otherwise be less accessible to public transit.

"The new definition of Sustainable Development Area aligns development with the City's Climate Action Plan goals to expand housing near transit so more people can bike, walk, roll or take transit to their work, home, shopping and other places of enjoyment within their community," said Planning Director Heidi Vonblum. "At the same time, it furthers fair

and affordable housing opportunities in our city that desperately needs it."

The City will still use the State of California's definition of Transit Priority Areas for other state-mandated incentive programs.

Developers will continue to be able to use the local incentive programs under the City's definition of a Transit Priority Area for a full year after the latest Land Development Code Update takes effect.

CITY AWARDED STATE CANNABIS EQUITY GRANT

As part of an ongoing effort to promote equity in the local cannabis industry, the City of San Diego was awarded a statewide grant for more than \$880,000 by the Governor of California's

Office of Business and Economic Development (GO-Biz). The money will support residents seeking to enter the legal cannabis industry in San Diego through funding grants to cover permit and license fees and associated start-up property costs while providing access to the cannabis industry workforce.

San Diego was among 16 cities and counties across the state to receive a combined \$15 million in grants, funded through tax revenue generated from statewide recreational cannabis sales. The GO-Biz funds will be dispersed locally, supporting the state's effort to advance economic justice for populations and communities harmed by cannabis prohibition.

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Concerts on the Green at Kate Sessions Park back this summer

By DAVE SCHWAB

It will be greener still at Concerts on the Green at Kate Sessions Park this summer, as the free Pacific Beach Town Council-sponsored annual event is planning to add more concerts and possibly a shuttle service.

"We are going to have six concerts up from four last year and they will all still be in July and August," said Marcella Bothwell, immediate past PBTC president who has chaired the concerts event series since 2017. "We are going to have kid's activities. We are also hoping to have a shuttle from the new Balboa Avenue Trolley stop."

In 2022, family-friendly Concerts on the Green was held Sunday afternoons on four consecutive weekends July 24-Aug. 14. The updated contemporary musical series at the park on Soledad Road last year saw an expansion and improvements. One of those was moving the concert stage from the top of the park down to the base of the hill so that the entire hill could be used as a natural amphitheater.

"We will have the stage where

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we put it last year," Bothwell said noting that, however, presents complications. "The problem with putting the stage down at the bottom of the hill is it requires a much more stable and complex stage than we had before, doubling the cost. And everything (cost) is up about 10% or 15%."

Bothwell said Concerts on the Green is going where no PBTC-sponsored concert event has gone before. "We are taking it to the next level," she said pointing out, until now, that the event has always been intended to "just break even. But now we'd like this to be our main fundraiser for the town council. We'd like to make some money for the community. That's the goal. And all the money that we make from the concerts will go into community projects."

PBTC applied for and was awarded a \$5,000 City of San



Diego Commission for Arts & Culture grant for nonprofits, which will help defray expenses for staging this year's summer concert series.

"The stage was moved in 2022 to the bottom of the amphitheater hillside capturing a much larger area for concert-goers thus doubling our attendance to about 2,000 per concert," stated PBTC's City grant application. "With this momentum, we have collaborated

with the Mission Hills concert series for promotions and advertising for their Friday and our Sunday concerts. We are excited to promote whole weekends of summer entertainment.

"With the opening of the Balboa trolley station, we are engaging a service for shuttle pickup at available parking lots distant from the park and at the trolley station," continued the PBTC grant application. "Promotions for concertgoers

will include the trolley convenience to encourage those interested south of the I-8, or in the eastern portion of the City, to venture to Pacific Beach. Promotions to SDSU, USD, and UCSD students who are now also all connected via the trolley will be done."

The PBTC grant application added plans being made to engage kids and adults in a kids activity zone and a vendor area with an emphasis on visual arts.



SPRING HAS SPRUNG

A runner heads down the Mission Bay Park path around Crown Point past blooming flowers on Friday (above), March 24. Spring officially started on March 20 and after all the late winter rain storms, San Diego should have a colorful couple months as it slides into summer. (Photo by Thomas Melville).

RUBIO'S AND PADRES TO OFFER FREE TACOS

Rubio's Coastal Grill and the San Diego Padres are giving fans a steal of a deal during the 2023 MLB season. Each time the Padres steal a base at Petco Park, fans will score a free, à la carte Rubio's taco, with any purchase, the day after the game. Padres fans will receive one taco of their choice, with the purchase of any menu item, on the day after the stolen base. Guests can order online, or through the app, and enter code GOPADRES, or mention the offer when visiting a restaurant.

FIVE-YEAR ANNIVERSARY

Mavericks Beach Club at 860 Garnet Ave. will celebrate its fifth anniversary on Wednesday, April 5 with a big top for the big five at its circus-themed anniversary party. From 9 p.m. to close, guests can enjoy over-the-top circus performers, magic acts, live music, aerial artists, and more.

UNDERWATER EASTER EGG HUNT AT PLUNGE

Belmont Park is holding its annual Underwater Easter Egg Hunt at Plunge Pool on Saturday, April 1 from 9:30 a.m. to noon. The underwater egg hunt will include floating and sunken eggs in the shallow end of the pool and a more challenging egg hunt in the deep end for older children and adults. After completing the Easter egg hunt, each child will receive an Easter goodie bag along with a special appearance from the Easter Bunny, a complimentary day pass to return to Plunge San Diego at another time, a chance to try out the newly launched floating obstacle course, dry-land Easter egg hunts, bouncy houses and local vendors.

MILLIONTH RIDER

SeaWorld San Diego is celebrating the one-year anniversary of its Emperor coaster by giving guests the opportunity to be the millionth rider since opening just over a year ago. If you're lucky number 1,000,000, you'll be the first person to ride Arctic Rescue. Join in and brave California's tallest and fastest floorless dive coaster featuring a heart-pounding 14-story, 90-degree drop, three thrilling inversions, and top speeds of 60 miles per hour.

ADULT DOG ADOPTION

Love is in Bloom at San Diego Humane Society/ At least 244 adult dogs (7 months and older) are available for adoption and waiting for new homes across the organization's campuses in Escondido, El Cajon, Oceanside and San Diego. To help these pups find a new family, the shelter is waiving adoption fees for adult dogs through Friday, March 31. The Love is in Bloom promotion is sponsored by Purina. San Diego Humane Society is open for walk-in adoptions Tuesdays-Sundays, from 10 a.m.-5 p.m. at its campuses. Visit sdhumane.org/adopt to view animals available for adoption.

NEW HOMELESS DIRECTOR

Mayor Todd Gloria announced that Hafsa Kaka, director of the city's Homelessness Strategies and Solutions Department, has accepted another yet-to-be announced role of "regional significance in the area of homelessness." City hall veteran Sarah Jarman, a former assistant deputy director in the department who once worked on housing policy for ex-City

Councilman Scott Sherman, will take over the post effective April 3.

SPRING BREAK SAFETY

Recently, the San Diego Fire-Rescue Department Lifeguard Division and San Diego Police shared important information regarding beach and bay safety during spring break, which unofficially began March 24. SDFD lifeguards typically see an increase in visitors and activity at Mission Bay, one of the nation's top destinations for aquatic enthusiasts. When the weather is warm, there is also a noted increase in beach visitors this time of year. "Lifeguards and police officers patrolling the beaches and Mission Bay want everyone to have a safe and enjoyable experience," said Lifeguard Chief James Gartland. "Boaters and passengers should learn safety regulations before operating a vessel and be aware of individuals illegally renting vessels."

Regarding Mission Bay, Gartland said: "Safety out there is paramount. We're definitely out there making sure people (boaters) keep their speed at a proper level in proper areas. We also ask that, whatever you pack into the beach, you pack out. Listen to what lifeguards are telling you to do. We are trained observers and we can see where the rip currents are. We know you're in danger before you're in danger."

With more than 40 miles of oceanfront and bay shoreline to patrol throughout the city, SDFD lifeguards help keep an average of 17 million visitors safe and conduct an estimated 7,000 rescues at local beaches each year. Additionally, lifeguards manage cliff, scuba and swift water rescues, enforce boating safety regulations

and respond to emergencies involving seafaring vessels and other watercraft. The San Diego Police Department has a full-time beach team whose members patrol the sand, boardwalks and Mission Bay.

BOYS TO MEN

An evening celebrating 25 years of changing the lives of young men in San Diego with Boys to Men Mentoring Network will be Saturday, April 22 at 6 p.m. at Catamaran Resort Hotel, 3999 Mission Blvd. The event will feature special guest and Grammy Award-winning artist Jason Mraz with Gregory Page, Carlos Olmeda, and Greg Gerson. Don't miss the inaugural presentation of Boys To Men's Community Hero Award to Shaun Tomson for his nine years of sharing his stoke and raising funds for the community. For more information, sponsorship opportunities, or to purchase tickets call, visit boystomen.org/25th-celebration.

EASTER BRUNCHES

Easter Champagne brunch buffet at Oceana Coastal Kitchen (Catamaran Resort), takes place April 9, 10 a.m.-3 p.m. Details/menu at catamaranresort.com/easter-brunch. Easter Champagne brunch buffet at Dockside 1953 (Bahia Resort), will be April 9, 10:30 a.m.-4 p.m. Details/menu at bahiahotel.com/easter-brunch. Both brunches will be holding egg hunts for the kids and a complimentary ticket to cruise on the William D. Evans sternwheeler. Onboard, kids can partake in arts and crafts and visit with the Easter Bunny while adults imbibe mimosa and Bloody Mary specials. There will also be live entertainment.

Mission Bay High team excels at County Mock Trial Competition



The Mission Bay High School team during the 2022-2023 San Diego County Mock Trial Competition. COURTESY PHOTO

Throughout February, the Mission Bay High School Mock Trial team competed in the San Diego County Mock Trial Competition. They competed in a series of four rounds, culminating their performance with a third-place finish overall. A total of 38 schools participated, including several private schools and other "big names."

In mock trial competitions, the arguments are scored by attorneys. However, a team doesn't know if they've won after each trial — they only find out their score. During the semifinals, the

score received by Mission Bay was the highest the team had scored during the entire competition.

But it was only at the awards ceremony that the team learned they had made the top four, and while both the prosecution and the defense presented their cases twice, only the defense advanced into the semifinals to compete against Scripps Ranch High School (which ended up finishing second).

Team advisor and Mission Bay faculty member Nathan Sheehy said, "We had a lot of support from the community." As the team

ramped up preparations, they practiced up to three times a week and included scrimmages against other school's trial teams in their regimen as well.

The team had several stand-out members, notably Mission Bay junior Chelsea L, who received the "Most Outstanding Witness" award for the entire competition. Chelsea is part of a successful trend in the Mission Bay Mock Trial program — this year marks the third consecutive top-five finish for the team in the County competition, a streak they hope to continue in the years to come.

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



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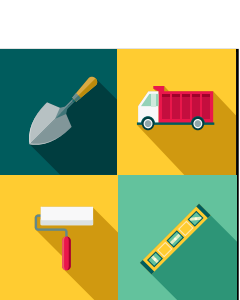
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Business Name(s) a. MY KAWAI CUTE STUFF a. 4653 CARMEL MOUNTAIN
ROAD,SUITE 308 #A101 SAN DIEGO, CA 92130 Is registered by the follow-
ing: a.ONE GORGEOUS WORLD, LLC This business is conducted by: A
LIMITED LIABILITY COMPANY The first day of business was: 1/10/2023
Registrant Name: a. ONE GORGEOUS WORLD, LLC TITLE of Officer, if Limited
Liability Company/Corporation Title of Signor AIKK HIPPMEMBER The state-
ment was filed with Jordan Z. Marks, , Jr. , Jr. Recorder/County Clerk of San Di-
ego 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 :VIS-
TA, 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 coun-
ty (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 (ex-
cluding 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 ORDED

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 misde-
meanor 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 TINT-
ING a. 4505 CLAREMONT 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 DA-
MON AVE, SAN DIEGO, CA 92109 Is registered by the following: a. QWIK
AUTO SALES, LLC This business is conducted by: A LIMITED LIABILITY COM-
PANY 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.
PEREGUY INDUSTRIES, LLC This business is conducted by: A LIMITED LIABILI-
TY COMPANY The first day of business was: 09/01/2017 Registrant Name:
a. PEREGUY INDUSTRIES, LLC TITLE of Officer, if Limited Liability Company/
Corporation Title of Signor CHRIS PEREGUY 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 AMAR-
AL 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 FOR-
EVER, LLC This business is conducted by: A LIMITED LIABILITY COMPANY
The first day of business was: 1/3/2018 Registrant Name: a. SLAYER FOR-
EVER, 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

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9002322 Ficti-
tious Business Name(s) a. LOADRUP a. 1650 GARNET AVENUE #1067,
SAN DIEGO, CA 92109 Is registered by the following: a. MATT CORLESS
This business is conducted by: AN INDIVIDUAL The first day of business was:
01/30/2023 Registrant Name: a. MATT CORLESS 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: JANU-
ARY 31 ,2023 ISSUE DATES: March 17,24,31 & April 7

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005245 Fictitious
Business Name(s) a. SWAN APOTHECARY a. 11937 WOODSIDE AVENUE,
SUITE C1, LAKESIDE, CA 92040 Is registered by the following: a. HAPPY
DOG, LLC This business is conducted by: A LIMITED LIABILITY COMPANY
The first day of business was: 02/01/2023 Registrant Name: a. HAPPY DOG,
LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor
ROBIN J SWAN, MANAGING MEMBER The statement was filed with Jordan
Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MARCH 08
,2023 ISSUE DATES: March ,24,31, April 7 & 14

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005822 Fictitious
Business Name(s) a. ALEXANDRIA MAIELLO b.HELFPUL VETERINARY SER-
VICES a. 4085 ROSENDA CT, U 246, SAN DIEGO, CA 92122 Is registered
by the following: a. HELFPUL VETERINARY SERVICES, PC This business is
conducted by: A CORPORATION The first day of business was: 02/01/2023
Registrant Name: a. HELFPUL VETERINARY SERVICES, PC TITLE of Officer, if
Limited Liability Company/Corporation Title of Signor a. ALEXANDRIA MAIEL-
LO, PRESIDENT The statement was filed with Jordan Z. Marks, , Jr. Record-
er/County Clerk of San Diego County on: MARCH 15 ,2023 ISSUE DATES:
March ,24,31, April 7 & 14

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005558 Fictitious
Business Name(s) a. ENIGMA UNEARTHED LLC a. 9129 VILLAGE GLEN
DR #173, SAN DIEGO, CA 92123 Is registered by the following: a. ENIG-
MA UNEARTHED LLC This business is conducted by: A LIMITED LIABILITY
COMPANY The first day of business was: N/A Registrant Name:a. ENIGMA
UNEARTHED LLC TITLE of Officer, if Limited Liability Company/Corporation
Title of Signor a.SARA GORMIRAN, OWNER The statement was filed with
Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MARCH
10 ,2023 ISSUE DATES: March ,24,31, April 7 & 14

SUMMONS CASE # 37-2022-00016362 -CU-BT-NC NOTICE TO DEFEN-
DANT : James Kozen, Mark Kozen, , Mark Pack, Ryan Buenafior, Jim
Jenkins, Vardan Kushklyan, Wayne Yamamoto, Rattlesnake Pine LLC, OEM
National, a corporation, John Does (1-6), and XYZ Corporations (1-6), in-
clusive; YOU ARE BEING SUED BY PLAINTIFF: JAMES LAKE 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.
courtfinfo.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 lo-
cate these nonprofit groups at the California Legal Services Web site (www.
lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.
courtfinfo.ca.gov/selfhelp), or by contacting your local court or county bar as-
sociation. 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 MEL-
ROSE DRIVE, VISTA, CA 92081 The name, address, and telephone number of
petitioner's attorney, or petitioner without an attorney, is Jeffery T. Graham,
Eounselaw, Ltd. 7023 Camino Degrazia, Unit 212 San Diego, CA 92111
NOTICE TO THE PERSON SERVED: YOU are served as an individual defendant.
Date: 03-24-2023 Clerk, by , ERIKA DEEVERS Deputy Clerk (ISSUE DATES:)
March 31, April 7 , 14 & 21

NOTICE OF CLAIM FOR PUNITIVE DAMAGES STATEMENT CASE #
37-2022-00016362 -CU-BT-NC Jeffery T. Graham(SBN-262305)Ecountse-
law,Ltd. 7023 Camino Degrazia, Unit 212 San Diego, CA 92111 Phone: 619-
796-1377 Counsel for Plaintiff James Lake VS Defendant James Kozen,
Mark Kozen, R. Michael Pack, Ryan Buenafior, Jim Jenkins, Vardan Kushklyan,
Wayne Yamamoto, Rattlesnake Pine LLC, OEM National, a corporation, John
Does (1-6), and XYZ Corporations (1-6), inclusive; IN THE SUPERIOR COURT
OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN DIEGO JUDGE:
Honorable Robert P Dahlquist, Dept. N-29 NOTICE OF CLAIM FOR PUNITIVE
DAMAGES STATEMENT UNLIMITED JURISDICTION JURY TRIAL DEMANDED
COMPLAINT FILED: May 2, 2022 TRIAL DATE: TBD - NOTICE TO: James
Kozen Plaintiff James Lake reserves the right to seek \$4,000,000 in punitive
damages when James Lake seeks a judgment in the suit filed against you.
Date: 3/22/2023 March 31, April 7 , 14 & 21

NOTICE OF CLAIM FOR PUNITIVE DAMAGES STATEMENT CASE #
37-2022-00016362 -CU-BT-NC Jeffery T. Graham(SBN-262305)Ecountse-
law,Ltd. 7023 Camino Degrazia, Unit 212 San Diego, CA 92111 Phone: 619-
796-1377 Counsel for Plaintiff James Lake VS Defendant James Kozen,
Mark Kozen, R. Michael Pack, Ryan Buenafior, Jim Jenkins, Vardan Kushklyan,
Wayne Yamamoto, Rattlesnake Pine LLC, OEM National, a corporation, John
Does (1-6), and XYZ Corporations (1-6), inclusive; IN THE SUPERIOR COURT
OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN DIEGO JUDGE:
Honorable Robert P Dahlquist, Dept. N-29 NOTICE OF CLAIM FOR PUNITIVE
DAMAGES STATEMENT UNLIMITED JURISDICTION JURY TRIAL DEMANDED
COMPLAINT FILED: May 2, 2022 TRIAL DATE: TBD - NOTICE TO: Mark Kozen
Plaintiff James Lake reserves the right to seek \$4,000,000 in punitive dam-
ages when James Lake seeks a judgment in the suit filed against you. Date:
3/22/2023 March 31, April 7 , 14 & 21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9006280 Ficti-
tious Business Name(s) a. THE NORI b. THE NORI HANDMADE a.2150
PACIFIC BEACH DRIVE APRO 130, SAN DIEGO, CA 92109 Is registered by
the following: a. NORI HANDMADE LLC This business is conducted by:
A LIMITED LIABILITY COMPANY The first day of business was: 03/21/2023
Registrant Name:a. NORI HANDMADE LLC TITLE of Officer, if Limited Li-
ability Company/Corporation Title of Signor a.DA YANI DUARTE DA SILVA
MELO POJOL, MANAGER The statement was filed with Jordan Z. Marks, ,
Jr. Recorder/County Clerk of San Diego County on: MARCH 21 ,2023 ISSUE
DATES: March 31, April 7 , 14 & 21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9005778 Fictitious

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

By BART MENDOZA

RECOMMENDED

The Athenaeum's Acoustic Evening series returns on April 7. Promoted by local music favorite, Jefferson Jay, each concert features three top performers playing short sets, with a great lineup for this year's first edition: guitarist Greg Douglass (right), the singer-songwriter duo of Blossom and Bloom, and rhythmic combo Ritmo Latino. All are well worth hearing, but the nod here goes to Douglass, an inspired, unique lead player, who has scored major chart hits as a member of both The Steve Miller Band ("Jungle Love") and The Greg Kihn Band ("Jeopardy") and also penned TV theme songs (CBS-TV's "Everybody Loves Raymond"). These shows are a great way to showcase the best of San Diego's performers, in one of the area's best listening rooms.

Acoustic Evenings: Friday, April 7 at the Athenaeum Music & Arts Library, 1008 Wall St. 7:30 p.m. \$15-\$39. l Athenaeum.org.



Music Awards in an impressive three categories, including "Best Rock Band," "Best Rock Album" for their latest, "Gird Valley," and "Song of the Year," for their single, "Never A Goodbye." With accomplishments like that it won't be long before Daring Greatly moves from Humphrey's relatively intimate Backstage Live to their major Concerts by the Bay outdoor stage.

Daring Greatly: Friday, March 31 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 8 p.m. \$15. humphreysbackstagelive.com.

1980's era R&B hitmakers, New Edition, stop in at Pechanga Arena on April 6. Billed as a "Legacy" tour, the night also includes singers Keith Sweat and Guy, as well as Tank, however, it's New Edition's string of hits and founding member

Bobby Brown's appearance with the group that will most thrill fans. It's been nearly two decades since New Edition released new music, but concertgoers won't mind the night's "greatest hits" set featuring close harmony classics such as "I'm Still in Love With You" and "Can You Stand the Rain."

New Edition: Thursday, April 6 at Pechanga Arena, 3500 Sports Arena Blvd. 7:30 p.m. 74.50 and up. pechangaarenasd.com.

On April 7, the 2023 Wu Tsai QRTyrd Concert Series, at The Conrad Prebys Performing Arts Center, kicks off with an afternoon celebration of Women in Jazz. Part of the First Friday La Jolla Art Walk, the event will be headlined by The Lori Bell Quartet, featuring Bell on flutes, with Melonie Grinnell on piano, Evona Wascinski on bass, and Monette Marino on percussion. Bell's most recent album, "James Taylor Reimagined," contains masterful reworkings of Taylor's hits, however, jazz fans will first want to give Bell's 2016 original release, "Brooklyn Dreams," a listen to hear the full range of her talents.

The Lori Bell Quartet: Friday, April 7 at Wu Tsai QRTyrd at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 4:30 p.m. Free. www.theconrad.org.

Vocalist Lauren Leigh performs at the Mission Bay Resort on April 8. Nominated this year for two SDMA's, Best Pop Artist and Best

Pop Album, for her release, "Ghost In The Picture," the "pop" category barely contains Leigh's talent. One of the busiest musicians in town, she's at home singing the blues or letting loose on a Pink Floyd cover, Leigh can do it all. For fans used to seeing her on festival stages or headlining venues such as the Belly Up Tavern, this intimate solo performance will be a real treat.

Lauren Leigh: Saturday, April 8 at the Mission Bay Resort 1775 East Mission Bay Drive. 6 p.m. No cover. missionbayresort.com.

Fourth time the charm? Following the postponement and rescheduling of their area concerts in 2020, 2021, and 2022, quirky rock duo, They Might Be Giants, finally play San Diego concerts on April 12 and 13 at Humphrey's Concerts by the Bay. Currently touring in support of their most recent album, "Book," the group's sound hasn't strayed too far from their early 1990s hits such as "Birdhouse In Your Soul" or "Istanbul (Not Constantinople)," both of which feature in the current setlist. While the group hasn't scored a major hit in some time, they have a fanatical fan base that's sure to know the lyrics to every song, no matter how deep the band digs into its catalog.

They Might Be Giants: Wednesday, April 12 and 13 at Humphrey's Concerts by the Bay, 2241 Shelter Island Drive. 8 p.m. \$49. humphreysconcerts.com.

CELEBRATE THE CRAFT RETURNS ON APRIL 16

The Lodge at Torrey Pines will hold the 20th Celebrate the Craft culinary festival on April 16. A premier showcase of California's agricultural bounty and epicurean craftsmanship, Celebrate the Craft brings together dozens of the region's finest chefs, food artisans, farmers, ranchers, fishers, wineries, distilleries, and breweries in one stunning outdoor setting: The Lodge's Arroyo Terrace overlooking the Torrey Pines Golf Course. The ultimate food fête will take place from 11:30 a.m.-3 p.m.

Hundreds of gourmets of every ilk will converge at The Lodge's kickoff event of the culinary season to mingle, sip and savor regionally grown ingredients, innovative cooking, masterful winemaking, and more. Tickets are available for \$250 per person at CelebrateTheCraft.com. Each all-inclusive ticket includes extensive offerings of food tastings, wine, craft beer, and complimentary valet and self-parking. A VIP experience is also available for \$350 per person, which includes a private seating area in the luxurious Gamble Suite and the opportunity to sample exclusive reserve wines from the event's featured wineries.

Guests interested in extending their Celebrate the Craft experience can reserve a deluxe room package, starting at \$1,129,

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FOR OVER 30 YEARS

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

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

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

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



SUDOKU PUZZLE

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

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

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9	10	
11				12						13	
14								15			16 17
	18							19			20
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49				50	51			52		53	54 55
	56					57		58			59
			60				61				
				62						63	

- CLUES ACROSS**

 - 1. Millisecond
 - 5. Narcotic drug
 - 11. Accident
 - 14. Formal submissions
 - 15. Popular 70s rock band
 - 18. Discourage from doing
 - 19. More socially elite
 - 21. Arid
 - 23. A way to look
 - 24. Heroes
 - 28. A surfer rides it
29. Potato state

30. Insect repellent

32. Cool!

33. Have already done

35. Collegiate women's fraternity

36. To the ___ degree

39. Gasteyer and de Armas are two

41. Blood type

42. Looked over

44. Language of Cameroon and Chad
46. Species of armadillo

47. Touch softly

49. Part of your upper body

52. Large, stocky lizards

56. Lack of social or ethical standards

58. Congressman

60. Unofficial force

62. As a result of this utterance

63. A main branch of Islam

- CLUES DOWN**

 - 1. Woman (French)
 - 2. Province of Pakistan
 - 3. This (Spanish)
 - 4. Transportation device
 - 5. Greater in importance or priority
 - 6. The human foot
 - 7. Within
 - 8. Consumed
 - 9. Respectful Malaysian term
 - 10. Therefore
 - 12. Ceased to exist
 - 13. Type of macaroni
 - 16. English composer
17. Wooded tract

20. Tall, slender-leaved plant

22. 36 inches

25. Take too much (abbr.)

26. Allow

27. Individually

29. Journalist Tarbell

31. Bar bill

34. Hong Kong food stall: ___ pai dong

36. Not messy

37. Species that includes reed-mace

38. Former MLB catcher Ed

40. Northern U.S. state
43. Wilt

45. Commercial

48. Bolivian river

50. Nursemaid

51. A car needs four

53. Guns (slang)

54. American state

55. Clusters of fern fronds

57. Body part

58. A person's brother or sister

59. Breed of sheep native to Sweden

61. Of I

V	I	H	S		A	B	E	R	E	H	
A	B	V	L	I	T	I	W	V	V	d	
H	O	L	V	N	E	S		E	I	W	O
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9	1	6	9	8	2	8	2	7
7	8	9	1	9	2	6	8	2
8	2	2	7	8	6	9	9	1
2	7	8	2	9	1	9	8	6
8	9	1	6	2	8	2	7	9
6	9	2	8	7	9	1	2	8

Belmont in Bloom festival in Mission Beach



By DAVE SCHWAB

Spring is bursting and so is Belmont Park in Mission Beach, which is kicking off its colorful second annual Belmont in Bloom festival from April 1 through May 31.

In springtime, Belmont Park flourishes with color, life, and joy through one-of-a-kind photo opportunities and Instagrammable moments including towering flowers, tasty treats, and floral-inspired cocktails at boardwalk eateries.

Fun and attractions at Belmont in Bloom will feature live art performances and community “give back” events. You can also gift mom a day at the park for Mother's Day on Sunday, May 14 with a “Mom-osa” from the traveling bubble cart, along with brunch by the beach.

Belmont in Bloom will be a many-splendored thing and a continuation of the oceanside amusement park's restoration and revitalization. “We fully reopened after

COVID in April 2021,” said park general manager Steve Thomas. “Since 2014, we have rebuilt the restaurants and the Plunge pool building, as well as building a new rock wall this year and adding another 2,000 square feet to our arcade with 20 or more games, which are new, fresh, and updated.”

Starting in 2019, Thomas said a conscious decision was made to begin promoting the amusement park on a seasonal basis, launching a Winter Wonderland festival in 2020 and a Harvest Walk fall festival in 2021, before debuting the Belmont in Bloom fest in 2022.

“We're going to have a seven-days-a-week floral activation throughout the park including sculptures and picture opportunities to bring spring to life,” said Thomas. “Then on weekends, we will have action character appearances with a flower princess, dancing tulips, a balloon twister, a bubble girl, and the Easter Bunny on Easter weekend. We will have

BELMONT PARK

Where: 3146 Mission Blvd.
Belmont Park was developed by sugar magnate John D. Spreckels and opened on July 4, 1925, as the Mission Beach Amusement Center.
Features: Giant Dipper roller coaster turns 98 this year. The Giant Dipper is listed on the National Register of Historic Places. The Plunge historic beachfront pool features floor-to-ceiling glass walls for ocean views and a retractable roof. Originally, the world's largest saltwater pool was called the Natatorium.
Rides: Flip Out, Beach Blaster, Octotron, Overdrive Bumper Cars, Krazy Kars, Tilt-A-Whirl, Mic Drop, Liberty Carousel, Crazy Submarine, Wave Jumper, Speedway, Zero Gravity
Attractions: Laser Tag, Lazer Maze, Sky Ropes, Rock Wall, Zip Line, Tiki Town Mini Golf, Xanadu 7D Theater, Coconut Climb.
Games: Arcade, Escapology San Diego, Jungle Gems, Midway Games, Belmont Lanes Mini Bowling, Old Time Phone Booth.
Restaurants: Beach House Grill, Cannonball, Draft, Belmonty's Burgers, Hot Dog on a Stick, Sweet Shoppe, Dippin' Dots, Round Table Pizza, Icee, Wetzel's Pretzels, Beach Treats, and Dole Whip.

face painting and live music in our food court on April 27 and May 25. We will also have floral arrangement classes on different dates in April and May, as well as live music 2-5 p.m. on Saturdays and 3-5 p.m. Sundays every weekend of the two months.”

Also on weekends, Thomas said there will be a bubble bar from noon to 7 p.m. where adult park guests can come and sip mimosas.

Noting Belmont Park turns 98 this July 4th, Thomas said Belmont is “building toward our centennial celebration in 2025. We're still cooking it up. But we've got some new projects we are working on, and we will be unveiling some new rides. It will be a lot of really fun stuff.”

Belmont Park has three full-service restaurants including Cannonball serving sushi on the rooftop overlooking the ocean, the Beach House Grill on the lower level overlooking the boardwalk, and Draft sports bar with an outdoor patio on the boardwalk.

LEGALS »
CONT. FROM PG. 10

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San Diego Crew Classic returns to Mission Bay March 31-April 2

The United States' largest springtime rowing regatta will return to the shores of Mission Bay from March 31-April 2 to celebrate its 50th anniversary. The San Diego Crew Classic originated in 1973 as a means to bring the titans of East Coast and West Coast collegiate rowing together for early season competition.

Since its original iteration as a three-hour event featuring just 11 rowing teams, the Crew Classic has grown into one of the largest regattas in the world, bringing together rowers of all ages and ability levels for three days of racing. Over 4,000 competitors from 100 teams will come together for this year's event, with an anticipated spectator draw of over 20,000.

50 YEARS: A MAJOR MILESTONE

In reaching its 50th year, the San Diego Crew Classic joins an elite list of annual San Diego events that have stood the test of time, including Comic Con and the San Diego (Farmers Insurance) Open. Over the years tens of thousands of athletes have raced at the Crew Classic; for many of whom it is their first rowing regatta as a youth or collegiate athlete. The regatta is proud to welcome these athletes back year after year as they continue to race the Crew Classic as masters rowers well into their 60s and 70s. To honor the Crew Classic's 50th anniversary, City Councilmember Joe LaCava will attend the regatta on April 2 to present a proclamation from City Hall.

FEMINIST REGATTA FROM THE START

The San Diego Crew Classic is proud to be

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Participants will race a 2,000-meter race in a multi-lane side-by-side format. The Crew Classic race course starts from SeaWorld in Fiesta Bay and finishes at Crown Point Shores. Youth (high school), Collegiate, Masters (21+), Elite (Olympic level), and Para (adaptive) categories will be offered in Eights, Fours, and Quadruple Sculls. The regatta will consist of approximately 140 races over three days.

Regatta Headquarters will be at Crown Point Shores. Friday, March 31, 3-5 p.m., Saturday, April 1, 7 a.m.-7 p.m. Sunday, April 2, 7 a.m.-7 p.m. For more information, crewclassic.org.

a regatta founded — and currently run by — women. The regatta was started in 1973 by Patty Wyatt, a civic-minded San Diegan, and member of ZLAC rowing club, who saw the potential in San Diego hosting a prestigious large-scale rowing regatta. Wyatt worked to include women's events from the beginning — no easy feat during the pre-Title IX era — and worked constantly to get the women's events to run the same 2k distance as the men's (a change that was not implemented until 1985). The current regatta staff consists entirely of women, including executive director, Bobbie Smith; associate director, Megan Kalmoe, OLY; and marketing and volunteer coordinator, Hannah Broadland.

TOP COMPETITORS

The Crew Classic will have some of the top collegiate teams in the country in its marquee events: the Jessop-Whittier Cup (varsity women) and Copley Cup (varsity men).

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BIRCH AQUARIUM CELEBRATES EARTH DAY

This Earth Day, Birch Aquarium is throwing a Party for the Planet, offering guests a fun opportunity to celebrate our ocean's biodiversity and learn how they can take action to make a difference. As the public outreach center for Scripps Institution of Oceanography at UC San Diego, the aquarium aims to connect families to the ocean through research, play and social learning that support healthy habitats.

Held over two weekends, Party for the Planet runs from 11 a.m. to 3 p.m. on April 22-23 and 29-30, 2023. Interactive activities include earth-friendly crafts, live music, a community art project, a scavenger hunt and more.

Birch Aquarium educators and Scripps scientists will be hosting hands-on stations that discuss how we can collectively tackle some of our planet's greatest challenges. Party for the Planet is part of an annual nationwide initiative by the Association of Zoos & Aquariums (AZA) and its 220-plus accredited members. The event is included with the cost of admission, which is \$24.95 for adults and \$19.95 for children ages 3-17. The aquarium is open from 9 a.m. to 5 p.m. daily and advanced reservations are required for all guests, including members. Visit aquarium.ucsd.edu for more information about Party for the Planet.

CONRAD COURTYARD CONCERTS

The Conrad's free courtyard concerts, launched last year, are returning for three months this spring.

This year's series at the concert venue at 7600 Fay Ave. in La Jolla is expanded to three months, with Traffic Jams kicking

off on Friday, April 7 offering live jazz during rush hour. Midday Classics will present live classical music beginning on Tuesday, May 23. April celebrates National Jazz Month with flutist Lori Bell kicking off the courtyard concert series with an all-women jazz quartet featuring pianist Melonie Grinnell, bassist Evona Wascinski, and percussionist Monette Marino.

"With the opening of The Conrad in 2019, La Jolla Music Society gained an amazing new resource that can help us build and strengthen our connection to the community," said Allison Boles, director of learning and engagement. "I hope the free concerts featuring talented local musicians will serve as a point of entry for many individuals and help us build excitement and engagement at The Conrad."

EASTER AT GEORGE'S

George's at the Cove, 1250 Prospect St., doesn't typically serve brunch, but Easter Sunday, April 9 is one of the few exceptions for the restaurant. Executive chef Masa Kojima, pastry chef Aly Lyng, and the entire kitchen staff welcome guests for Easter Brunch from 10 a.m.-3 p.m. Brunch will be served only indoors in Level 2, which still offers floor-to-ceiling views of La Jolla Cove.

EDDIE V'S EASTER

Eddie V's Prime Seafood at 1270 Prospect St. is offering a prix fixe three-course brunch menu of indulgent favorites on Easter Sunday, April 9, from 10 a.m.-2 p.m. A La Carte dinner options are available as well as a dedicated children's brunch menu. To learn more or to make a reservation, visit EddieV.com.

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Our beliefs impact our brains influencing our behaviors



Doing it Better

By Natasha Josefowitz, Ph.D.

Dear readers,

This is the last column I will be writing. I have been writing to you for 40 years. You may not know it, but I will be 97 and I think my time has come to put down my pen.

Thank you for all your comments and letters. One of the highlights of my life has been writing this column and hearing from all of you.

Warmly, Natasha.

(Editor's note: Natasha Josefowitz died peacefully at her home in La Jolla on March 15. She was 96.)

We hope for...
We expect to...
We believe in...

Expectations are a strong belief about the future. It is something we anticipate, whereas hope is a feeling of optimism, a desire that something will happen.

Hope is both a verb and a noun. The opposite of hope is despair or hopelessness.

Unfulfilled expectations lead to sadness and disappointment. The importance of expectations is that they lead to beliefs – you believe that something good will happen. You can choose how you think about your future. Imagining a positive future self creates an expectation that results in greater optimism, higher life satisfaction, and well-being.

The technique for doing this is to challenge your perception by using the sentence “there is another way to look at this.” Thinking of the different possible ways of seeing the situation and embracing alternative possibilities is called “deliberate rumination;” this allows us to think differently about the situation. To quote Thoreau, “The question is not what you look at, but what you see.” You can deliberately choose to see otherwise. This is a skill that can be developed.

Beliefs are the guiding principles of life providing direction

and meaning. They are the filters through which we perceive the world, both external and internal. Beliefs originate in what we hear starting as children. They encompass all the various inputs of our environment; we have the power to choose our beliefs, which are intertwined with our emotions, both conscious and unconscious.

This is why, when challenged, we feel threatened and respond at times with uncalled-for or aggressive reactions. When contrary information reaches the brain, it creates distress, challenging the existing patterns. The brain does not like change.

However, we also have innate desires and willingness to learn and grow from new experiences, allowing new perceptions to enter the brain, learn new skills, and respond in new ways. This is one of the secrets of youth. Some people, as grow they older, become more rigid and get set in their ways.

Thoughts and beliefs are an integral part of the brain's operation; by consciously changing our beliefs, we can change the

biochemistry of our bodies. Our thoughts influence our beliefs, our beliefs influence our brains, and our brains influence our behavior... this is how it works.

Beliefs can have a powerful effect on the brain and our behaviors. This phenomenon is known as the placebo effect and occurs when an individual has the belief that a certain action will have a particular result, even though the action has no physiological effect. When an individual expects a particular outcome, such as a medication that will make them feel better, they might experience a decrease in symptoms, even though the medication has no real physiological effects. This is because the belief in the medication triggers the release of chemicals in the brain that can lead to a decrease in symptoms.

The placebo effect is particularly powerful when it comes to pain relief; this is because the belief releases endorphins and other natural pain relievers in the brain. Endorphins are hormones that are released when your body feels

pain or stress. They are produced in your brain and act as messengers in your body. Endorphins are produced to help relieve pain, reduce stress, and improve mood. (Cleveland Clinic, May 19, 2022). The placebo effect can induce pain relief endorphins, improve mood with serotonin, and change behavior with dopamine.

Serotonin is another feel-good chemical released in the brain by believing it will help. Serotonin is a neurotransmitter like dopamine; both are feel-good hormones. (Serotonin can be increased by eating salmon, turkey, cheese, tofu, pineapple, nuts, and seeds.) Getting daily sunlight (10 to 15 minutes a day) also increases one's level of serotonin.

Beliefs, expectations, and behaviors are all ours for the choosing. We have the ability to focus and take charge of our lives. Choose wisely.

Natasha Josefowitz was the author of 21 books. She resided at White Sands Retirement Community in La Jolla. Copyright © 2023. Natasha Josefowitz. All rights reserved.

Grant helps UC San Diego School of Medicine launch mental health program



Yusra Benhalim, M.D., senior national medical director with Optum Behavioral Solutions.

By DAVE SCHWAB

A four-year, \$4 million UnitedHealth Group grant is helping UC San Diego expand the state's mental health workforce with a focus on inclusivity and diversity.

With the grant, UC San Diego School of Medicine has launched the Child and Adolescent Psychiatry Inclusive Excellence program (CAPIE), an innovative approach to building a more diverse child and adolescent psychiatry workforce.

The CAPIE program offers novel learning opportunities, individualized mentorship, pre-clinical courses, and financial support for participating medical students.

Yusra Benhalim, M.D., senior national medical director with Optum Behavioral Solutions, who works to provide effective solutions in the child and adolescent psychiatry field, talked about what the grant will allow UC San Diego to do.

“The intention for it was to enable the launch of the CAPIE program, which is not only an investment in the expansion of the mental health worker field itself but also focuses on inclusivity and diversity, hopefully getting a workforce better representative of the communities served,” said Benhalim. “This program is focused on helping students learn more about the field of child and adolescent psychiatry, and getting them connected with opportunities to get mentorships from those who are working in the field, and really understand what a child and adolescent psychologist does.”

Based on a survey conducted by UC San Diego, 87% of all students who engaged with the CAPIE program were more likely to pursue child and adolescent psychiatry as their medical specialty. The Centers for Disease Control and Prevention estimates 1 out of 5 children experience a mental illness in any given year. However, only half of children and adolescents with diagnosable mental health problems receive the treatment they need.

According to the American Academy of Child & Adolescent Psychiatry, California has a mental health worker shortage projected to worsen unless meaningful action is taken to address the problem. Benhalim noted becoming a child and adolescent psychologist is a “long haul,” taking 10 years after college including medical school and an adult psychiatry residency program before someone can become a practitioner.

“Those extra years of training are essential to understand the mental health symptoms affecting young people, who can be super emotional when it comes to their mental health and well-being,” said Benhalim. “We learn to work with both the children as well as their families.”

Benhalim has first-hand experience with the impact of social inequities in child and adolescent psychiatry, citing an example. “If a parent loses their home, now their child is at-risk for experiencing homelessness,” she said. “So it becomes even more important for us to think about what wrap-around services we can provide to those families.”

Meanwhile, the need for trained mental-health practitioners continues to grow. “Across the country for the past several years, we’ve seen a huge surge in the needs of adults and youth when it comes to mental and emotional health treatment and support, particularly youth who are more prone to anxiety and depression,” said Benhalim. “With the impact of COVID and all the other changes and challenges we’ve seen, more and more young people, who are at the mercy of those around them, are reaching out signaling they are struggling more.”

Concluded Benhalim: “When we think about mental healthcare, it is essential to

think about expanding the workforce. And there are some mental health ‘deserts’ where people just don’t have access to mental health care at all. We need to be able to reach out to support those people earlier, rather than wait

for their problems to become more severe and end up requiring a higher level of care. I’m excited about the possibility of making more and more people pivot toward child and adolescent psychiatry as their field of medicine.”

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