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Roundabout coming to PB

SEE PAGE 3



San Diego Pride Parade

SEE PAGE 11



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SAN DIEGO COMMUNITY NEWSPAPER GROUP



Mayor Todd Gloria and District 1 Councilmember Joe LaCava take the inaugural ride in The Beach Bug shuttle on July 12.

COURTESY PHOTO

Beach Bug debuts in Pacific Beach

On July 12, the City of San Diego and the San Diego Association of Governments (SANDAG) officially launched a pilot program for The Beach Bug, a new neighborhood electric vehicle that provides a quick and easy way to get around Pacific Beach.

By providing access to popular locations in Pacific Beach, The Beach Bug shuttle will reduce demand for parking near coastal attractions, make it more convenient to take public transit to the beach and support the City’s Climate Action Plan goals. Operated by Circuit, the service will be free for the first three months.

Neighborhood electric vehicles are all-electric, low-speed shuttles that travel up to 25 miles per hour. With a fleet of four vehicles in rotation, riders can request service on The Beach Bug using the Circuit app, which can be downloaded on the App Store or Google

See **BEACH BUG** , Page 8



Local surfer Jenny Kim has had two close encounters with the beloved seal pup at Tourmaline Surfing Park in North Pacific Beach.

PHOTO BY ED HARTEL

Bollards to stay on Diamond Street for at least a month

By DAVE SCHWAB

During a recent hour-long Zoom meeting, District 1 Councilmember Joe LaCava fielded questions from some Pacific Beach neighbors who are happy and unhappy with turning Diamond into a permanent slow street.

Following discussion, a determination was made by LaCava and neighbors to leave the orange bollards at Diamond Street to create a slow street for a month, before revisiting the issue to see if traffic-calming is working as intended.

As part of an effort to improve safety, create a pedestrian-friendly space and encourage more alternative modes of transportation, the City proposed adding traffic-calming measures on Diamond Street in PB, starting near the Pacific Beach Recreation Center and Pacific Beach Middle School, to Mission Boulevard and the beach. The City has added flexible orange bollard posts to limit continuous vehicular traffic down Diamond Street to right-turn only at the Cass

See **DIAMOND** , Page 8



A woman runs by the orange bollards at Diamond Street on a Friday morning.

PHOTO BY DAVE SCHWAB

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Critical kelp forests are disappearing off La Jolla's coast



The La Jolla Kelp Forest is home to marine mammals, sharks, and rays.

PHOTO FROM SCRIPPS INSTITUTION OF OCEANOGRAPHY

By DAVE SCHWAB

Climate change may be claiming another casualty – the kelp beds off La Jolla.

“The kelp habitat in La Jolla has been drastically reduced for those animals feeding up in the seasonal water column where the surface water is warmer,” said Ed Parnell, a Scripps Institution of Oceanography researcher. “Warmer water decreases the amount of nutrients in it for kelp to grow.”

Parnell, who studies the biological impacts of climate change, added that though there has been patchy kelp improvement in some areas off La Jolla, “huge chunks of kelp off Marine Street north of La Jolla Cove have not grown at all – it’s gone.”

Kelp is a type of algae resembling a plant or underwater tree, which grows vertically in the water forming a canopy over the ocean surface. A kelp forest is an area where the kelp grows in thick, dense clusters with a very lush canopy.

Kelp forests are important habitats because they provide food and shelter for marine life, remove harmful carbon dioxide from the ocean and atmosphere, and furnish the ingredients for products like toothpaste and ice cream, as well as provide a large amount of seafood.

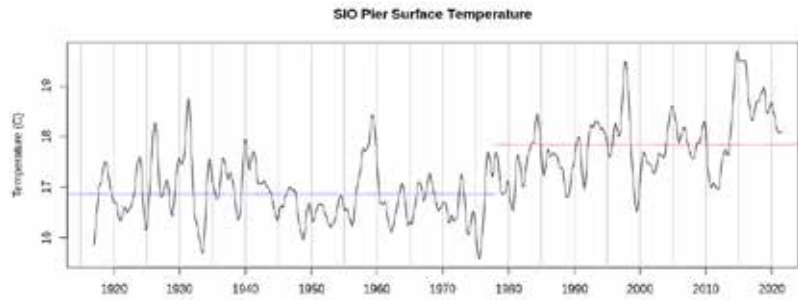
Parnell has been studying gradually rising ocean temperatures over time, which appears to have been decimating kelp beds in northern La Jolla. He noted that a 2016 El Niño (warmer waters) led

to a major kelp die-off along the West Coast. He added that was followed by a cooler water cycle in 2017-18 that should have revived kelp. But he added that is far from living up to expectations.

The marine scientist noted kelp is temperature-sensitive, pointing out that periodic ocean temperature variations can wreak havoc in the ocean environment.

“Water temperatures during El Ninos can be as much as 2 to 6 degrees warmer (at various depths), which is a huge difference,” noted Parnell, adding temperature readings that have been taken at Scripps Pier since 1916 reveal “a dramatic upward shift in the temperature trend, starting in the late ’70s and going all the way up to now. It’s just profound.”

Parnell explained that excess



heat gets stored in the ocean. “If it wasn’t for the ocean, the planet would already be unlivable,” he said noting, “When there’s an El Niño, which typically occurs in cycles every 2-8 years, a lot of that pent-up heat is released back into the atmosphere.”

To put the heat-absorbing power of the ocean in perspective, Parnell said the amount of heat naturally stored in the ocean since 1950 is “enough energy to power human society, at its present state of energy use, for the next 450 years.”

“Even with the relatively recent La Nina (colder waters), the La Jolla and Point Loma kelp still doesn’t seem to be doing well,” said Parnell adding, “That’s unusual because that should have been good for them to grow.”

In the meantime, Parnell pointed out that “we’re coming into another El Niño,” which he noted is especially bad because La Jolla’s kelp hasn’t yet recovered from the last one.

“This heat is going to stay in the ocean for generations,” concluded Parnell. “It’s not going to go away. Even if we stopped using fossil fuels tomorrow, the heat would still be increasing in the ocean. People just don’t realize it, it’s really a catastrophe.”

KELP FORESTS

There are two giant kelp forests in San Diego: the La Jolla Kelp Forest and the Point Loma Kelp Forest. La Jolla is a shallow kelp forest while Point Loma is a deeper kelp forest. Because they’re at different depths, you’ll notice some big differences between them in terms of marine life and diving conditions. The La Jolla Kelp Forest is the most accessible kelp bed in San Diego and can be easily reached from La Jolla Cove without a boat. La Jolla Kelp Forest ranges from 30-50 feet, and strong currents are rare. That makes it a great dive site for beginners and for those who prefer an easygoing dive. When you dive into the La Jolla Kelp Forest, you can also check out the big reefs and swim-throughs at La Jolla Cove. Compared to Point Loma, La Jolla is a more dynamic location for scuba diving. It’s easier to find marine mammals, sharks, and rays at La Jolla.

The Point Loma Kelp Forest is located off the Point Loma peninsula, near San Diego Bay. Marine biologists consider this to be one of the largest, healthiest kelp forests in California. The Point Loma Kelp Forest is so large that it contains a huge variety of dive sites within its enormous kelp beds. Due to its location, this kelp forest can only be reached on a boat dive. For the most part, La Jolla and Point Loma host the same type of marine life, which includes sharks, spiny lobsters, crabs, bass, and eels.

California snowlines could be 1,600 feet higher by century's end

Lower-elevation ski resorts could lose more than 70 percent of natural snow supply, says Scripps Institution of Oceanography

By ROBERT MONROE

This winter produced record snowfall in California, but a new study suggests the state should expect gradually declining snowpacks, even if punctuated with occasional epic snowfalls, in the future.

An analysis by Tamara Shulgina, Alexander Gershunov, and other climate scientists at UC San Diego’s Scripps Institution of Oceanography suggest that in the face of unabated global warming, the snowlines marking where rainfall turns to snow have been rising significantly over the past 70 years. Projections by the researchers suggest the trend will continue with snowlines rising hundreds of meters higher by the second half of this century.

In the high Southern Sierra Nevada range, for instance, snowlines are projected to rise by more than 500 meters (1,600 feet) and even more when the mountains get precipitation from atmospheric rivers, jets of water vapor that are becoming an increasingly potent source of the state’s water supply.

“In an average year, the



A snow-capped Mount San Gorgonio in the San Bernardino Mountains. Mount San Gorgonio is the highest peak in Southern California and the Transverse Ranges at 11,503 feet.

PHOTO BY THOMAS MELVILLE

snowpack will be increasingly confined to the peak of winter and to the highest elevations,” the study says.

Diminished snowfall is a consequence of a changing climate in which places like California will get an increasing portion of their winter precipitation as rain instead of snow. The authors said this study and related research suggest water resource managers will need to adapt to a feast-or-famine

future. California’s water supply will arrive less through the gradual melt of mountain snowpack that gets the state through hot summers and more via bursts of rain and runoff delivered by atmospheric rivers, which are boosted by warming and are associated with higher snowlines than other storms.

Such events will further complicate the balancing act between protecting people and

infrastructure from winter flooding and ensuring enough water supply during warmer summers.

“This work adds insight into the climate change narrative of more rain and less snow,” said California Department of Water Resources (DWR) Climatologist Mike Anderson. “DWR appreciates our partnership with Scripps to help water managers develop, refine, and implement adaptation efforts as the world continues to warm and climate change impacts are realized.”

The study, funded by the U.S. Bureau of Reclamation and the DWR, appears in the journal *Climate Dynamics* May 25.

“This is the longest and most detailed account of snow accumulation in California,” said Gershunov, “resolving individual storms over 70 years of observed weather combined with projections out to 2100.”

The authors make note of what this could mean for ski resorts around the state if climate change progresses unabated. For example, Mammoth Mountain, at an elevation between 2,400 and 3,300 meters (7,900-11,000 feet), is projected to receive 28 percent less snowfall

in the latter half of the century. Lower elevation ski resorts such as Palisades and Northstar, both near Lake Tahoe, span elevational ranges of around 1,900 and 2,700 meters (6,200-8,900 feet). They are projected to lose more than 70 percent of their snow accumulation in an average winter.

“Observations and future climate projections show that already rising snowlines will keep lifting,” said Gershunov. “Epic winters will still be possible, though, and unprecedented snowfalls will ironically become more likely due to wetter atmospheric rivers, but they will be increasingly confined to the peak of winter and to the highest elevations of the Southern Sierra Nevada.”

Study co-authors include Kristen Guirguis, Daniel Cayan, David Pierce, Michael Dettinger, and F. Martin Ralph of Scripps Oceanography, Benjamin Hatchett of the Desert Research Institute of Reno, Nev., Aneesh Subramanian of University of Colorado at Boulder, Steven Margulis and Yiwen Fang of UCLA, and Michael L. Anderson of the California Department of Water Resources.

Construction of roundabout begins at Foothill Boulevard and Loring Street

By DAVE SCHWAB

Construction of the long-awaited traffic-calming roundabout at Foothill Boulevard and Loring Street in Pacific Beach started on June 30.

District 1 Councilmember Joe LaCava and City officials were joined by a construction crew to usher in the infrastructure-improvement project that was requested by the community with the support of Council District 1.

The project aims to improve safety by constructing a roundabout and curb extension at the intersection of Foothill Boulevard and Loring Street. There will also be new continental crosswalks with rapid-flashing beacons, curb ramps, and sidewalks.

These improvements will provide traffic calming on Foothill Boulevard and safer access for motorists crossing or turning left on to Foothill Boulevard from Loring Street, reducing the number of accidents in the area.

A Bird Rock resident, LaCava noted a series of similarly designed roundabouts were successfully constructed along La Jolla Boulevard in that community years ago. Asked if the new PB roundabout will be the same as the ones in Bird Rock, LaCava replied, "It's generally the same," while adding that individual roundabouts are customized to the layout of the streets, the cross streets,



Workers begin construction of the roundabout at Foothill Boulevard and Loring Street. COURTESY PHOTO

and the topography of the streets that come in. "What I really like about this (roundabout) is it's going to solve the drainage problem here. If you came here after a rain, you'd see puddles everywhere. And that's not acceptable anymore."

In addition, to mitigate flooding that occurs during rain storms, a new drainage system, and green street elements will be installed at the new roundabout, including a modular wetland system.

Addressing the unusual configuration of the Loring-Foothill intersection, LaCava, a civil engineer, noted: "When these streets were built way back when everybody had a different idea. So they laid the streets out in different ways. You can see a lot of variation in

the width and alignment, as they were trying to figure out what the streets were ultimately going to look like. So you end up with this kind of mess out here, with way too much asphalt."

Of the advantages of a roundabout, LaCava said: "It doesn't eliminate accidents. There's always that human error, misjudgment. But you've got a few more seconds (to respond). The roundabout can do multiple things. One, it will make it much safer to navigate this intersection, no matter which way you want to go, either through or making a left or right. And it will calm the traffic down, which is so important because it's right in the middle of a residential intersection."

ROUNABOUT PROJECT

The scope includes:

- Installing a roundabout, truck apron, raised splitter islands with passageways, curb extensions, curb and gutter, sidewalks, curb ramps, continental crosswalks with rapid flashing beacons, driveways, asphalt, and concrete pavement, and signage.
- Installing new storm drainpipes, curb inlets, clean-outs, and modular wetland systems.
- Installing stamped concrete within the raised splitter islands, roundabout, and curb extension areas.

Project timeline: summer through spring 2024. The project's planning, design, and construction budget, subject to change, is \$3 million.

The council member pointed out roundabouts are more expensive than more traditional traffic-calming measures because you're fundamentally changing the structure of an intersection. "But it's a worthwhile investment because it keeps the traffic flowing, allows you to get where you want to go, and you're eliminating those puddles you see after a rain," he concluded.

LaCava said San Diegans will likely see more roundabouts constructed in the future. "We're seeing that a roundabout is a more popular solution because it gets rid of a stop sign or a traffic signal and allows the traffic to flow more smoothly," he said. "It's also part of our climate action plan in the City. It's really going to be beneficial."

County releases report with strategies to reduce gun violence

The County of San Diego recently released a report that highlights data related to gun violence in San Diego County and outlines recommendations to reduce this violence.

The Gun Violence Community Needs Assessment Final Report, authored by Health Assessment and Research for Communities (HARC), includes findings from more than 18 months of work with community and government leaders.

As stated in the report, between 2017-21, over 70% of firearm-related deaths in San Diego County were suicide and over 28% were homicide. The report details populations most impacted by firearm-related deaths, injuries, and crimes, including age, race, and geographic location.

Recommendations in the report include prevention and intervention strategies tailored to specific populations at highest risk for violence, such as developing and sharing suicide prevention materials, domestic and intimate partner violence, and working to change norms about gun violence through outreach programs.

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E-bikes are popular and convenient but also pose dangers

By DAVE SCHWAB

Increasingly popular battery power-assisted e-bikes are easier to ride, faster, and environmentally friendly. But they can be extremely dangerous too if proper precautions aren't taken.

There are unquestionably risks associated with any activity involving speed, traffic, pedestrians, and varying road and trail conditions. And e-bikes are no exception, given they involve all of these factors.

So what are the actual dangers presented by e-bikes?

Those can be broken down loosely into categories including danger with batteries, danger due to increased speed, danger with improper assembly/operation, and danger due to lack of proper knowledge of safety precautions.

BATTERY ISSUES

Lithium-ion batteries used in e-bikes, if not used correctly or if damaged, can overheat, catch fire and burn extremely hot giving off toxic gases – or even explode.

Concerning e-bike battery safety, San Diego Fire Rescue spokesperson Mónica Muñoz said: "People should read the manufacturer's instructions to familiarize themselves with the particular product and battery that comes with it. Never add batteries to your e-bike to add more power or speed or longer battery life. This is where problems occur because the device itself is designed for the battery that comes with it, not for additional batteries."

Muñoz noted e-bikes should not be charged overnight where they can't be monitored, as their lithium-ion batteries need to stay within a temperature range of 32 to 105 degrees to operate safely. "Garages can quickly reach 105 degrees in the summer," she pointed out adding, "Devices with lithium-ion batteries should not be left in the sunlight or in cars where they can easily overheat. These are common issues we see. But if the batteries and devices are used per the manufacturer's instructions, we typically don't see any fire hazards."

To prevent safety problems with

batteries, Muñoz advised keeping them "happy" within their safe temperature range. "iPhone batteries (and others) are designed to shut off if they get too hot or 'unhappy,'" she said. "But some batteries don't have that safety mechanism and will overheat and start a fire. We have seen many fires from damaged or inappropriately charged batteries. And also from batteries that are not produced in a certified environment (approved by Underwriters Laboratory). If the battery is overcharged or paired with a device or charger that it isn't designed for – that can cause a fire."

If your e-bike lithium-ion battery does combust, "Your best bet is to leave the room immediately and call 9-1-1, said Muñoz. She added, "Never try and extinguish such a fire as the gas emitted is toxic. These batter fires burn fast and very hot and a person without the proper safety equipment should not be in close proximity. Leave this to the professionals."

Muñoz concluded e-bike users who follow the manufacturer's recommendations, and keep their batteries happy by storing and charging them safely "shouldn't have to worry about fires."

Muñoz reminded e-bike users to never put batteries into a trash or recycle receptacle. "Batteries of any kind can be recycled at an approved facility and the City has one," she said offering another recommendation. "Never store your micro-mobility devices (e-bikes, scooters, skateboards) in front of an exit. If your e-bike starts a fire in front of your door, you won't be able to exit the room. There have been several cases of this happening which resulted in deaths."

For information about battery recycling, visit sandiego.gov/batteryrecycle.

SPEED DANGERS

Battery-assisted e-bikes are faster than traditional bikes, which makes them more dangerous given greater speed translates into a greater chance of serious injury or death in accidents. The average cycling speed of a beginning cyclist on a normal bike is around 12 mph. However, e-bikes can attain a



top speed of more than double that, 20 to 28 mph.

The deadly potential of riding e-bikes was underscored recently by the death of a 15-year-old boy in Encinitas who was struck by a van while riding an e-bike. The crash occurred about 6 p.m. on a weeknight when the teen was headed north on a road and changed lanes into the path of a cargo van.

Part of the increased danger caused by the increased speed of e-bikes can be attributed to the growing trend of e-bikes being ridden by younger riders not schooled on proper safety precautions. Kevin Baross, education programs manager for the San Diego County Bicycle Coalition, agreed that e-bikes today are more frequently being piloted by younger riders.

"Specific cities in the county like Encinitas, Carlsbad, and Coronado have seen more visible increases in young riders," noted Baross. "Class 1 and 2 won't push you faster than 20 mph, and Class 2 has a hand throttle (super useful for getting up to speed from a stop)," he said.

Baross pointed out Class 3 e-bikes have a top unassisted speed of 28 mph.

As such, he noted Class 3 e-bikes are subject to "a few different rules including the requirement of a helmet no matter what your age, a minimum age of 16 to use them, and they aren't allowed on Class 1 bike paths."

OPERATION, SAFETY KNOWLEDGE

E-bikes are increasingly being purchased online before being self-assembled by buyers, often with insufficient knowledge of what they're doing. To resolve this issue, Baross of San Diego County Bicycle Coalition advises prospective buyers to go in and "kick the tires" of bikes they're interested in at brick-and-mortar shops before ordering them online. Special caution is urged for those purchasing factory-direct bikes made in foreign countries, which may have lower-quality standards for their batteries and parts that can cause problems later on.

"I never recommend that anyone buy an e-bike without riding

it first," Baross said. "These are devices that will be operating on the public right-of-way, and as such spending a little bit more money to get a quality product makes a lot of sense. We'll always endorse visiting your local bike shop and finding a bike that fits the type of riding you plan on doing. How far is your average trip? Is this bike for commuting or recreation? Where does the power come from? Is it mounted on the wheels or on the bike itself? Is the power activated through simple crank rotation, or is it affected by torque? Is it comfortable to use?"

Tracy Sheffer, owner-partner at Pedego Electric Bikes La Jolla, 5702 La Jolla Blvd., noted everyone's buying e-bikes today. "We're selling them to people from age 10 all the way up to 85 or 90 for every purpose," Sheffer said. But she agreed that sales to teen riders are becoming more problematic for numerous reasons, including lack of proper training.

"Anybody who does not have a driver's license should get involved in getting a bicycling safety certificate offered throughout the county, so they can know the rules of the road," Sheffer said adding safety is a paramount concern.

Pointing out teens' parents should be intricately involved in ensuring their children get properly educated on e-bike safety, Sheffer said: "Parents assume that, because their child is in the vehicle with them, that they know the rules of the road. And children underage (for operating motor vehicles) who have not undergone bicycling safety certification do not know the rules of the road. So, they're riding very unsafely on the roads along with other vehicles."

Added Sheffer: "Underage e-bike riders need to be taught basic driving safety rules like how they should be positioned in the road, how to make a left turn at a four-way stop, etc. That's where the problem really lies. They don't know the safe way to ride. Which falls on parents to make sure they understand."

There is one rule of the road for e-bikes and other bicyclists that is commonly overlooked, said Sheffer. "It is illegal to ride on the sidewalk

RULES OF THE ROAD FOR E-BIKES

Since 2002, e-bikes have been regulated under federal law. When Public Law 107-319 was passed officially designating e-bikes as a consumer product, it subjected them to the protections and standards of similar products. It also explicitly separated them from motor vehicles. The law, however, does not override local and state traffic laws. Because of this, individual states are allowed to enact or decline to enact, laws specifically for e-bikes.

To help regulate these varying laws, the Bicycle Product Suppliers Association has established three classes of e-bikes to differentiate between types and levels of power. This class system is useful because it gives more freedom to lower-powered bikes by allowing them in most places regular bicycles are used.

THE THREE CLASSES OF E-BIKES:

■ **Class 1 electric bicycle.** This is a bicycle equipped with a motor that provides assistance only when the rider is pedaling, and that ceases to provide assistance when the bicycle reaches the speed of 20 mph. Essentially, a low-speed e-bike that performs much like a traditional bike.

■ **Class 2 electric bicycle.** This is a bicycle equipped with a motor that may be used exclusively to propel the bicycle, and that is not capable of providing assistance when the bicycle reaches the speed of 20 mph. Essentially, a mid-speed e-bike that carries slightly more power than a traditional bicycle.

■ **Class 3 electric bicycle.** This is a bicycle equipped with a motor that provides assistance only when the rider is pedaling and ceases to provide assistance when the bicycle reaches the speed of 28 mph, and is equipped with a speedometer. Essentially, a higher-powered e-bike can outperform a traditional bicycle.

One of 23 states with uniform laws specifically for e-bikes, California uses the three-class system (above) and follows these e-bike regulations: Class 1 and 2 e-bikes are allowed wherever human-powered bicycles are allowed.

■ **Class 3 electric bicycles** can be ridden on streets and roadways where traditional bicycles are permitted, including bicycle lanes, but are restricted from slower-speed areas such as multi-use paths.

■ **Class 3 electric bicycles** may also be subject to additional requirements, such as a minimum user age and helmet mandate.

■ **Electric bicycles** are not subject to any licensing, registration, or insurance requirements.

in California," she noted adding, "That law was passed for a good reason. It's to make it safe for pedestrians to walk, which isn't safe when they're there along with bikes and kids and other types (skateboards, scooters) of vehicles. It's an education piece people just don't know."

Sheffer talked about one of the most important things to remember about purchasing an e-bike. "Quality comes with a price," she pointed out, advising people not to short-change themselves. "If you purchase an electric bike in order to save money, it's almost guaranteed you're going to have issues,"

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Animal overcrowding straining San Diego Humane Society's resources

Nonprofit organization promoting more adoptions, temporary foster care, and volunteer opportunities at its five shelters



San Diego Humane Society needs foster care help with kitties and puppies as well as more adoptions. COURTESY PHOTO

By DAVE SCHWAB

San Diego Humane Society is facing a critical problem this summer – overcrowding. So much so, that the San Diego nonprofit operating five animal shelters countywide has launched an initiative named “Summer To Save Lives.”

The initiative invites the community to partner with them through Aug. 31 to help reduce shelter overcrowding by promoting more adoptions, temporary foster care, and volunteer opportunities to help out in shelters.

SDHS has campuses in El Cajon, Escondido, Oceanside, Ramona, and San Diego at 5500 Gaines St.

This summer initiative was developed because shelters nationwide are facing unprecedented challenges: record numbers of animals in care, staffing and volunteer shortages, and a critical lack of space for incoming

animals. The organization is asking community members to be heroes for homeless pets and shelters in need.

Following July 4th, when SDHS took in 323 stray pets, SDHS had 2,584 animals in care, compared to 1,755 in 2022.

“We’ve never seen anything like this before,” said Gary Weitzman, president/CEO of SDHS. “Our shelters have been over capacity for the past seven months, and we saw a record number of stray animals entering our care over the July Fourth holiday. To put it bluntly, now is the time we need our community’s help.”

Nina Thompson, director of public relations for SDHS, described the current overcrowding situation in animal shelters

as “never seen before. In the past, our busiest season has always been the summer, especially July 4th,” she said. “But since December of 2022, we’ve been overcapacity – and it’s never let up.”

The reasons for the huge increase are uncertain, but there are some theories.

“One of the reasons could be the economy, people moving and they can’t take their pets with them, especially large-breed dogs,” Thompson said. “Another reason could be a pause in spay/neutering, which may have caused a greater number of kittens and puppies being born during the pandemic years. There were also people who adopted pets during the pandemic, and those pets were possibly not

socialized properly. Now, when those pets are a few years older, people are finding they have behavioral problems with those pets and are finding they can’t keep them.

“We have reached a critical point in our shelters with more animals relying on us than ever before,” said Thompson. “We’re doing everything we can to help the need for adoptions with having many

promotions and either waiving or reducing, adoption fees. We’re also asking the community to help us by fostering animals temporarily, or volunteering at our shelter locations.”

With 2,502 animals in care, the animal shelter is looking for gently used and clean – or new – large towels and blankets. You can drop them off at any of SDHS’ locations.

HELP OVERCROWDING AT SAN DIEGO HUMANE SOCIETY'S SHELTERS

*** Adopt:** If you're thinking about adding a pet to your family this summer, SDHS urges you to consider adoption first. Adoption fees are currently 50% off for adult dogs and cats (7 months and older) at all SDHS campuses.

*** Foster:** With shelters facing space crises, fosters are more critical than ever. By temporarily opening your home to a pet, you give them a break from the shelter — and help preserve extremely strained shelter resources. SDHS provides all the supplies, you provide the safe space and love.

*** Volunteer:** With all SDHS shelter campuses facing staff and volunteer shortages, support is urgently needed. Volunteers are especially needed for the 7-10 a.m. morning shifts through Aug. 31.

Reduce the risk of pets getting lost: Licenses are required by law, and they also serve as an extra form of identification to help your pet get home if they go missing. If you are within SDHS' jurisdiction, your dog's DocuPet

license comes with free HomeSafe 24/7 lost pet service. More information at sdhumane.org/license. Make sure your pet is microchipped, and the information connected to the chip is up to date. Make sure your pets wear a collar with contact information tags. If you are hosting gatherings and parties, prepare a safe space within your home where your pet can seek shelter during the festivities. Keep dogs leashed on outings at all times.

If your pet is missing: Access SDHS' Lost2Found program by texting "LOST" to 858-SAN-LOST (858-726-5678). You can also find more information, including how to reclaim your lost pet at San Diego Humane Society, at sdhumane.org/lost.

If you find a stray pet: Try to locate the owner on your own so you can avoid adding another pet to already overcrowded shelters. Oftentimes, the pet lives just a few blocks away. A total of 80% of lost pets are found within one mile of their home. Find more resources at sdhumane.org/found.

E-BIKES»

CONT. FROM PG. 4

she said. “We see it every day.”

Besides, Sheffer noted it isn’t really even necessary these days to sacrifice quality for the price. “It’s (e-bikes) a growing market and getting bigger every day,” she concluded adding, “There are all kinds of tax and other financial incentives being offered now by the government to encourage residents to bike to work or school.”

PROPOSED LEGISLATION

Assembly Bill 530 would prohibit people under 12 years old to ride e-bikes, it would require an online written test and a state-issued identification for riders who do not have a driver’s license. The bill also would establish an e-bike training program and would work with several organizations including the DMV and California Highway Patrol.

Exciting Announcement: Chris Love and team are thrilled to announce the installation of their brand new sign, proudly adorning the building at 4125 Mission Blvd., San Diego, CA.

eXp is open for business in Pacific Beach, perfectly situated within walking distance of the stunning beach and breathtaking bay. With their prime location, you're invited to come and bask in the coastal beauty while experiencing all the wonders that eXp has to offer.

"Our new sign marks an exciting chapter in our journey, and we cannot wait to share it with you. We invite you to come and witness the transformation, to see what all the excitement is about. Immerse yourself in the vibrant atmosphere of Pacific Beach, where the surf meets the sand and memories are made," says Chris Love.

They look forward to welcoming you with open arms. Come, experience the eXp difference, and make unforgettable memories by the beach and bay. See you soon!

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Sammy the seal surfs with locals at Tourmaline Surfing Park

By KYLIE CAPUANO

A seal, lovingly nicknamed Sammy after the popular children's book "Sammy the Seal," has been hopping on surfers' boards and exhibiting unusually friendly behavior at Tourmaline Surfing Park in North Pacific Beach.

Caught on film by local drone pilot Ed Hartel, Sammy the seal was captured hopping from surfboard to surfboard, interacting with the local surfers in a playful manner.

"He'll just paddle up, take their board from them and just chill," said Hartel. "It was almost like he was trying to mimic human behavior as far as surfing. He would go to the nose of the board and then put himself up on his flippers and stick his head up like he wanted to pop up."

What could have been deemed a once-in-a-lifetime surf experience has become an almost daily occurrence. Sammy has been routinely spotted for over a week by surfers within a recurring time frame.

Local surfer Jenny Kim has had two close encounters with the seal.

"The second time I had to climb off my board to give him space," said Kim. "I was in the water with my arms over my board and he kept climbing toward me trying to reach my face and touched my hands with his flippers. He looked like he was trying to sniff me. I think he eventually felt more and more comfortable with people, so he wasn't scared to touch us."

Surfers reached out to SeaWorld San Diego out of concern about the seal's uncommon behavior. SeaWorld sent out their rescue team to check on him, only to find out the seal pup was perfectly healthy.

"My own theory is he lost his mom. It's not officially confirmed, but there were two seal bodies that washed up on that shore," said Kim. "We are learning more about him – he's feeding himself early in the mornings and after eating, he goes and rests on the boards."

Out of respect for the seal's



Sammy the seal has been hopping from surfboard to surfboard at Tourmaline Surfing Park in North Pacific Beach. PHOTO BY ED HARTEL

safety, surfers have been hopping off their boards to give Sammy appropriate space on his new favorite

resting spot.

"People have gotten so used to seeing him and having him

climb on their boards," said Kim. "I'm still stoked, I can't believe it happened."

Mission Bay Puppy Rescue has been saving dogs for 30 years

By KYLIE CAPUANO



Jackie Nipper and her husband run their nonprofit Mission Bay Puppy Rescue out of their Mission Beach home. PHOTO BY KATE PIETRZYK

Around 2,000 dogs have been adopted out of Jackie Nipper's Mission Beach front yard. As the founder of Mission Bay Puppy Rescue, Nipper has dedicated her home for the past 30 years to saving puppies and their moms from kill shelters and unstable living conditions.

What started as an interest in fostering dogs, turned into a full-time commitment to saving recently orphaned dogs and pregnant mothers.

"The other day out of Bakersfield I got seven text messages for moms and puppies. I'm sort of the last place for them," said Nipper. "If I can't take them, then the likelihood is that the litter and their mom are going to be put to sleep."

As a close partner of the San Diego Humane Society and the local dog rescue community, Nipper responds to calls of relinquished dogs or ones unable to find a spot in a shelter. While cities like Bakersfield are home to many high-kill shelters, San Diego is not one of them – this introduces a rising capacity issue in local shelters.

"Fortunately, in San Diego, we don't have kill shelters. But, because of that, the shelters are full all the time with zero room to relinquish your dog. So, if a person, for whatever reason, needs to relinquish their dog, they are in a bad situation. A lot of times, if they are a puppy or a young adult, I may be able to take it. But I am limited to my space."

Mission Bay Puppy Rescue – operating as a small nonprofit – funds its fostering through adoption fees. The organization ensures dogs are spayed/neutered, microchipped, and up-to-date on vaccinations. In nature, running a dog rescue results in high expenses and limited space if there are not enough volunteer fosters.

"What I tell people when they are standing out in front of my yard is here are the ways that you can help me and rescues in your own community – like, follow, share, donate, foster," said Nipper. "Help rescues with their social media and get more people's eyes on their dogs. Donate funds or goods – goods could be old towels, tennis balls, kennels, and pee pads. Foster – the more fosters that I have,

especially within Pacific Beach and Mission Beach, the more dogs I can rescue."

With a max capacity of 25 dogs in her home, Nipper hopes to expand her foster network to combat the increased need for housing.

"We're getting to a point now where we are really trying to build our foster community because the more fosters I have, the more puppies and moms I can save. It's hard for me and I have to wear blinders when I get texts and I have to say no. I look at the pictures of these cute little puppies that I know I could get adopted, but I don't have a foster or enough room in my home," said Nipper.

Mission Bay Puppy Rescue does not rush the adoption process and is committed to finding each puppy and mom a forever home – housing them for as long as it takes to find a secure adoption. Those interested in adopting must fill out an application, which will then be reviewed and followed up by a phone interview.

To fill out an adoption or foster application, head to the Mission Bay Puppy Rescue website.

The intricate dance between waves, wind, and gliding pelicans

It's a common sight: pelicans gliding along the waves, right by the shore. These birds make this kind of surfing look effortless, but actually the physics involved that give them a big boost are not simple.

Researchers at the University of California San Diego have recently developed a theoretical model that describes how the ocean, the wind, and the birds in flight interact in a paper in the journal Movement Ecology.

UC San Diego mechanical engineering Ph.D. student Ian Stokes and adviser Professor Drew Lucas of UC San Diego's Department of Mechanical and Aerospace Engineering and Scripps Institution of Oceanography found that pelicans can completely offset the energy they expend in flight by exploiting wind updrafts generated by waves through what is known as wave-slope soaring. In short, by practicing this behavior, seabirds

take advantage of winds generated by breaking waves to stay aloft.

The model could be used to develop better algorithms to control drones that need to fly over water for long periods of time, the researchers said. Potential uses do not stop there.

"There's a community of biologists and ornithologists that studies the metabolic cost of flight in birds that can use this and see how their research connects to our

estimates from theory. Likewise, our model generates a basic prediction for the winds generated by passing swell, which is important to physicists who study how the ocean and atmosphere interact in order to improve weather forecasting," Stokes said.

"This is an interesting project because it shows how the waves are actually moving the air around, making wind. If you're a savvy bird, you can optimize how

you move to track waves and to take advantage of these updrafts. Since seabirds travel long distances to find food, the benefits may be significant," Lucas said.

Stokes and Lucas are, of course, not the first scientists to study the physics of the atmosphere that pelicans and other birds are hardwired to intuit so they can conserve energy for other activities.

READ MORE ONLINE AT sdnews.com

Learn to paint online at Prima Materia Art Institute

By DAVE SCHWAB

The pandemic turned out to be a boon for the mother-daughter team Nikusha Beatty and Olya Losina, causing them to switch their family art business from in-person to online.

And the pair, who jointly run Prima Materia Art Institute, have successfully made that change – and never looked back.

“We switched completely online after COVID,” said Beatty, who noted she and her mom previously operated out of a brick-and-mortar space at 3350 Sports Arena Blvd. in the Midway District.

Beatty admitted, after having been forced to go online, that she and her mom both thought doing so “would just be temporary.” But as it turned out, “It worked so much better, all of our students begged us to stay online saying now they didn’t have to drive, sometimes as long as two hours, to get here. Now we have students from Brazil, New York, Canada, and Costa Rica. This has definitely been helpful in extending our reach.”

On primamateriainstitute.com, it states that Prima Materia Art Institute is open to all levels of experience ages 14 to adult. Their programming is described as accelerated learning for a wide range of artists including absolute beginners, those self-taught, and those searching for a unique identity.

PRIMA MATERIA ART INSTITUTE

What: Online art instruction.
Info: primamateriainstitute.com, 802-505-7624.

The website notes their ongoing art classes and art techniques are applicable for recreation and personal development, professional training for career artists (certification), art teacher training (certification), one-day workshops like “Learn to Paint in 1 Day” and more.

The Prima Materia Art Institute website claims the “Losina Method” will help artists discover their “art gene” whether they think they have it or not. The method is geared toward helping students learn to draw and paint in less than 30 hours of studio instruction, allowing them to apply for one of the certification courses.

Beatty said techniques taught at Prima Materia Art Institute cover everything from classical to contemporary. “It’s fine art drawing and painting, collages, sculpture, and mixed media, whether it’s about self-expression or realism,” she said.

“We want to emphasize that we are science-based,” said Losina. “We talk about physics and chemistry and history and linguistics. At the same time, we teach people how to express themselves, even those who’ve never tried to paint. We’ve actually ‘converted’ people who thought they were talentless,



Nikusha Beatty (left), art instructor, and Olya Losina, founder. COURTESY PHOTO

turning them into talented masters within one year.”

Online classes at Prima Materia Art Institute are 90 minutes. Most students are either members of the institute or subscribe to year-long programs, though classes are also taught in blocks of weeks. Typical classes cover subjects such as figure drawing or abstract painting focusing on drawing proportionally, sketching people in motion, or rendering facial expressions.

For a class on impressionism, for example, Beatty said students are taught the history of the artistic style before they set out to try to mimic artists using that style.

“We believe in emulating before innovating,” noted Beatty. “Some of our classes are experimental, where people don’t know what’s

going to happen. We propose a technique, and they come up with their own style. We try to introduce people to everything and anything in art that ever existed.”

Prima Materia Art Institute classes involve slideshow presentations, online discussions, and live demonstrations by the instructor. “Students are able to listen and follow step-by-step in real-time,” noted Beatty.

Beatty talked about what’s best about Prima Materia Art Institute. “Our program works,” she said. “When fully committed, our students make more art than they ever did in person. People who used to come in twice a week are now going online six days a week. When the Zoom sessions end, they just keep painting, keep going.”

LJ BUSINESS BREAKFAST

On Tuesday, July 25 at 8 a.m. the public is invited to a free breakfast to learn how to take advantage of Village events and activities. Brian Hileman from the San Diego Tourism Authority will share resources and updates on local, regional, and international tourism post-pandemic. There will be goodies and coffee from Flower Pot Cafe at 7530 Fay Ave. Come for the coffee and pastries and stay for the networking and knowledge.

KEEP PB CLEAN

Discover Pacific Beach, the community’s business improvement district, welcomes the summer months and extra visitors and this means more trash and debris throughout the business district. Discover PB has maxed out on the funding available for clean up. It is asking the business community to help out by maintaining curbside trash barrels and the area outside businesses as needed. If each business could monitor their area at this time, it would be greatly appreciated. If you would like to formally volunteer for a regular clean up shift or organize a monthly clean up, email sunny@pacificbeach.org.



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COMPASS

Hearty home-cooked meals at Grumpy's Meat Pies

By DAVE SCHWAB

If you're an Anglophile foodie, Grumpy's Meat Pies in Pacific Beach is your kind of place. Craig Woolard, owner of Grumpy's, previously owned a sandwich shop in Leucadia, and was an attorney prior to that, before finally staking out a claim in the restaurant business specializing in meat pies.

"Actually, this (food) concept is from Australia and New Zealand," he said characterizing the cuisine as "an everyman's street food almost like a hot dog. It's a really good, hearty home-cooked kind of food. It's Australian comfort food. You can get it (pies) with sides of peas, bell peppers, mashed potatoes, and

mixing vegetables, then it becomes like a little meal."

A meat pie is a hand-sized pie containing diced or minced meat and gravy, sometimes with onion, mushrooms, or cheese, and is often consumed as a takeaway food snack. Australian meat pies were introduced into the United States in 1994 by Mark Allen, of Boort, Victoria, when he and his wife, Wendy, began operation of Pacific Products, Inc. in Marietta, Ga.

Pacific Products was a wholesale-only business, selling their pies to chain retailers throughout the United States. Although Pacific Products is no longer in business, Allen and his partner Neville Steele opened the Australian Bakery Cafe in



Marietta, a retail bakery that also ships its products throughout the USA.

Among the thing that distinguish meat pies are their different fillings, which Woolard said are almost like a stew. "I have Tri-tip steak, chicken breast, mince (ground beef), and Leg of Lamb that come with

Monterey Jack cheese, rosemary and garlic, caramelized onions, Portobello mushrooms, sausage rolls, and sweet pies," he said. "They eat it all over the world where meat pies are sold at gas stations and corner stores like our 7-Elevens."

Of his clientele, Woolard said, "It's a lot of Australians and New Zealanders and surfers that have traveled the world. I get Australians who come down from as far away as Los Angeles."

Woolard noted people the world over eat meat pies, with gravy inside them, off little trays. Aussies put ketchup on them in packets, which they call tomato sauce, so the restaurateur has to keep plenty on hand.

Woolard became a

GRUMPY'S MEAT PIES

Where: 1146 Garnet Ave.
Hours: 11 a.m.-8 p.m. daily.
Info: grumpysmeatpies.net, 619-792-0835.

restaurateur in a uniquely roundabout way. "I was in the legal system and used to be a private investigator," he said adding that ultimately prove unfulfilling. He'd worked in restaurants putting himself through law school adding, "I'd always wanted to own a restaurant. I love to cook. I guess that's where that came from."

Woolard revealed the origin of Grumpy's business name. "It's from a moonshine runner on the East Coast who opened a bakery and that was his name," he said adding, "Everyone really enjoys the name of that place in Virginia on the East Coast."

BEACH BUG »

CONT. FROM PG. 1

Play, or by calling 858-258-9680. A wheelchair-accessible ride is available upon request. More information about The Beach Bug can be found at sandiego.gov/pbshuttle.

"This new shuttle service will better serve both residents and visitors in Pacific Beach," said Mayor Todd Gloria. "By making a connection to a nearby trolley stop, The Beach Bug will give people the option to use public transit to access the beach and nearby restaurants, shops, and other destinations in PB. The size and speed of these

electric shuttles make them an ideal transit option for short trips in dense neighborhoods where parking is a challenge."

In developing plans for The Beach Bug, the City of San Diego and SANDAG conducted extensive community engagement to seek feedback about how people get around the neighborhood, as well as what transportation challenges people face and what destinations they like to visit in Pacific Beach when visiting the beach community.

Locals were even asked to help choose a name for the shuttle. When the votes were tallied, "The Beach Bug" was the winner. Discover PB, Pacific Beach's

business improvement district, reached out to the community to solicit logo ideas. The winning concept seen on the top of the shuttle is a circular design featuring bright orange, purple and blue shades with a wave icon in the middle.

"The Beach Bug will provide easier access to everything that Pacific Beach has to offer including a direct connection to the Balboa Avenue Trolley Station," said District 1 Councilmember and Environment Committee Chair Joe LaCava. "This is the low-impact 'last mile' solution that helps residents and visitors get around, reduces congestion, curtails parking impacts and

helps our Pacific Beach businesses thrive."

Summer hours for The Beach Bug are 7 a.m. to 7 p.m. on Mondays, Tuesdays, and Wednesdays; 7 a.m. to 10 p.m. on Thursdays and Fridays; 9 a.m. to 10 p.m. on Saturdays; and 9 a.m. to 7 p.m. on Sundays. After three months of free service, the cost will be \$2.50 for all-day use, free for youth 18 and younger, and free to those coming to and from the Balboa Avenue Transit Station.

In addition to funds provided by SANDAG and the City, the shuttle will be funded through revenue collected from on-street parking meters coming this

summer and located throughout the business areas in Pacific Beach. Throughout the two-year pilot, other funding options – such as advertising revenue and small-fare collection – will be explored to determine the long-term sustainability of the service after the pilot concludes.

"Every San Diegan should have access to our beaches, regardless of if they own a vehicle. The Beach Bug provides that access," said SANDAG Vice-Chair and City Council President Sean Elo-Rivera. "I look forward to seeing more of these mobility solutions throughout our City that can expand opportunity, reduce traffic and provide environmental benefits."

DIAMOND »

CONT. FROM PG. 1

and Fanuel Street intersections, along with signage along the entire corridor to inform drivers and users of this new roadway design.

The bollards were torn up shortly after initially being put in and were replaced within hours.

"It seems to be working as was initially intended," said LaCava of the Diamond slow street. "They (bollards) can be replaced. This installation is reversible."

LaCava added: "Some people who saw the vandalism said, 'Let's put them (bollards) in concrete. I'm not interested in that. If this isn't working ... We want the ability to change.'"

Beach & Bay Press reached out to PB residents who support the slow streets initiative on Diamond.

"My name is Emma Zackowski and I am a student at Pacific Beach Middle School. I support the slow streets because it provides a safe and practical way to get to school. I believe the slow streets are saving students' lives that would be in danger from

passing cars on their school route."

"I was lucky enough to witness how glorious it was during the pandemic to have a street that became a focal point for the community; a safe haven on which residents could walk, run, ride, and skate while being safe from traffic," said Karim Rafaat, MD. "Since then, I have watched its protected slow status dwindle in import, and with this has come an increase in traffic that ignores stop signs and cares little about the speed limit."

"It has become so unsafe that I will not let my kids play near the street on which they live. It was a reassuring step forward for the community when the local voting came down in favor of keeping the street slow, and to support the placement of some semi-permanent emplacements to ensure traffic speeds were controlled. Quite unfortunately, the desires of the majority are in the process of being displaced by those of a vocal and angry minority."

"The traffic-calming measures installed by the City seem to be having the desired effect," said Michelle Sexton, a naturopathic doctor. "Those driving cars are taking notice of the changes and 90% are being respectful of the new traffic flow. Pedestrian/bicycle, skateboard, etc. traffic continues to be high as many use Diamond Street as an east-west passage to

get to the beach. Around 10% of drivers are maladaptive, and a smaller fraction are defiantly running over the bollards, making U-turns, or driving around honking at them."

"This project has been a great start to help make the roadways in PB safer by helping people to remember to slow down. Let's hope this project can be amplified to keep the many tourists, children, and other residents of PB who support mobility choice, a healthy active lifestyle and greener living safer on our public streets."

"PB is a community that loves to walk and bike, but without safe streets, we aren't able to get around easily or comfortably without a car," said Katie Matchett, president of beautifulPB. "The Diamond Street traffic-calming project is a response to years of requests from community members to slow down traffic on our local streets. We hope that it will be a first step towards creating a safe and sustainable network of slow streets throughout PB."

"The hybrid closure of Diamond Street was such a welcomed development and provided for safe passage to the beach from other parts of the neighborhood," said Breffni Castellanos Barrett. "We (my family and friends) find it difficult to understand the resistance to the hybrid model. Perhaps a vote is warranted. I am confident

the vast majority of actual Pacific Beach residents would vote for a decrease in traffic, improved safety for families, and an improvement in our efforts to contribute toward carbon-emissions reduction."

But several longtime residents on Diamond and side streets continue to argue that the slow streets are problematic and not solving any safety problem on Diamond, but rather creating one.

"These bollards are terrible here," argued Laurise Tomlins of Diamond Street. "There is so much noise, so much confusion. People have run over them. They are herding traffic toward different areas. The cars are not stopping at all these intersections. I am re-routed off my street. I just don't think it's fair. And I have seen more people walking in the middle of the road. This is dangerous. I thought this was supposed to make the road less dangerous."

Greg Daunoras told the council member he felt it was time to "look at the future and the bigger picture. The San Diego County Bike Coalition and beautifulPB are really trying to impose their ideology (promoting non-vehicular transport) to get the rest of us to walk and bike," he said. "A lot of people can not take their bikes to Target or Von's. I'm raising a red flag. I'm concerned that small special-interest groups will be targeting more streets (for closure) in PB."



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FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9011777 Fictitious Business Name(s) a. CALMING CO, 555 W BEECH ST, SUITE 420, SAN DIEGO, CA 92101 is registered by the following: a.U CALMING CO This business is conducted by: A CORPORATION The first day of business was:N/A Registrant Name: a.a.U CALMING CO TITLE of Officer, if Limited Liability Company/Corporation Title of Signor ADAM DAVIES, CEO The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MAY 31, 2023 ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012727 Fictitious Business Name(s) a. SPA BY NIKKI, 3023 BUNKER HILL ST, SUITE 104, SAN DIEGO, CA 92109 is registered by the following: a.BROWSBYNIKKI LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was:N/A Registrant Name: a.BROWSBYNIKKI LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor NICOLE SAITO, MANAGING MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: MAY 31, 2023 ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013062 Fictitious Business Name(s) a. SOAP & STEAM CARPET CLEANING, 6930 HYDE PARK DRIVE, UNIT 107, SAN DIEGO, CA 92119 is registered by the following: a. FABIO HENRIQUE DOS SANTOS PEREIRA This business is conducted by: AN INDIVIDUAL The first day of business was: 1/10/2022 Registrant Name: a. FABIO HENRIQUE DOS SANTOS PEREIRA Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 20, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012935 Fictitious Business Name(s) a.SPICY DELIVERY, 3795 GEORGIA AT ST 201, SAN DIEGO, CA 92103 is registered by the following: a.ADAM BENJAMIN SILVERSTEIN This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.ADAM BENJAMIN SILVERSTEIN Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 16, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9010858 Fictitious Business Name(s) a.PLAN IT SAN DIEGO, 2850 BAYSIDE WALK, SAN DIEGO, CA 92109 is registered by the following: a.RACHEL ANNE PENICHE This business is conducted by: AN INDIVIDUAL The first day of business was: 1/1/2001 Registrant Name: a.RACHEL ANNE PENICHE Title of Officer, if Limited Liability Company/Corporation Title of Signor. The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: MAY 18, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013370 Fictitious Business Name(s) a.FAIRLY LIVING, 4445 SANTA MONICA AVE, SAN DIEGO, CA 92107 is registered by the following: a.GIA GLOBAL, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 6/22/2023 Registrant Name: a.GIA GLOBAL, LLC Title of Officer, if Limited Liability Company/Corporation Title of Signor. SYLVIA G. BUTCHER, CEO The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 23, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012392 Fictitious Business Name(s) a.ELLEJ BEAN, 6757 FRIARS ROAD UNIT 43, SAN DIEGO, CA 92108 is registered by the following: a.NOELLE DIANA EDEJER This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.NOELLE DIANA EDEJER Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 08, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012032 Fictitious Business Name(s) a.MEDISOMA, 2321 MORENA BLVD, SUITE M, SAN DIEGO, CA 92110 is registered by the following: a.FAEGANN HARLOW This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.FAEGANN HARLOW Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 02, 2023. ISSUE DATES: JUNE 30 , JULY 7, 14 &21

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013171 Fictitious Business Name(s) a.LOCKBUSTERS, 4734 TALMADGE CANYON ROW, SAN DIEGO, CA 92115 is registered by the following: a.ADAM SHABLI This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.ADAM SHABLI Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 21, 2023. ISSUE DATES: JULY 7,14,21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013171 Fictitious Business Name(s) a.LOTUS BLOSSOM BOOKS, 1220 ROSECRANS ST #325, SAN DIEGO, CA 92106 is registered by the following: a.MARYA BRUNSON This business is conducted by: AN INDIVIDUAL The first day of business was: MARCH 22, 2007 Registrant Name: a.MARYA BRUNSON Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 26, 2023. ISSUE DATES: JULY 7,14,21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013609 Fictitious Business Name(s) a.VAYNE & SPARKLE b. VAYNE HAIR AND SPARKLE, 1550 FRONT ST #21, SAN DIEGO, CA 92101 is registered by the following: a.SHIETA BLACK This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.SHIETA BLACK Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 27 2023. ISSUE DATES: JULY 7,14,21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013391 Fictitious Business Name(s) a.FUSCO ORSINI &

ASSOCIATES INSURANCE SERVICES, 5095 MURPHY CANYON ROAD STE 200, SAN DIEGO, CA 92123 is registered by the following: a.FUSCO & ORSINI INSURANCE SERVICES, INC This business is conducted by: A CORPORATION The first day of business was: N/A Registrant Name: a.FUSCO & ORSINI INSURANCE SERVICES, INC Title of Officer, if Limited Liability Company/Corporation Title of Signor MICHAEL FUSCO, PRESIDENT The statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 23 2023. ISSUE DATES: JULY 7,14,21 & 28

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012234Fictitious Business Name(s) a.SA POWER MARKETING, KLEEFELD AVE, SAN DIEGO, CA 92117 is registered by the following: a.SANDRA N. ROVIRA This business is conducted by: AN INDIVIDUAL The first day of business was: 1-23-2015 Registrant Name: a.SANDRA N. ROVIRA Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JUNE 06 2023. ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014079 Fictitious Business Name(s) a. MOON AND SUN STUDIO b. MOON AND SUN, 1815 LEWIS STREET, SAN DIEGO, CA 92103 is registered by the following: a.BRIANA SENESCALL This business is conducted by: AN INDIVIDUAL The first day of business was: 7/3/23 Registrant Name: a.BRIANA SENESCALL Title of Officer, if Limited Liability Company/Corporation Title of SignorThe statement was filed with Ernest J. Dronenburg, Jr. Recorder/County Clerk of San Diego County on: JULY 5, 2023. ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013658 Fictitious Business Name(s) a. COWA HOUSE, 1626 CABLE ST, SAN DIEGO, CA 92107 is registered by the following: a. KATHLEEN DOLORES DOOLEY This business is conducted by: AN INDIVIDUAL The first day of business was: 06/13/2023 Registrant Name: a. KATHLEEN DOLORES DOOLEY 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: JUNE 28, 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014048 Fictitious Business Name(s) a. OZONE TATTOOS, 3694 MISSION BLVD, PACIFIC BEACH, CA 92109 is registered by the following: a. OLAJUWON OLUWADAMOLOLA ORENUGA This business is conducted by: AN INDIVIDUAL The first day of business was: 07/03/2023 Registrant Name: a. OLAJUWON OLUWADAMOLOLA ORENUGAC 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: JULY 05, 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013765 Fictitious Business Name(s) a. WIC INC CO, 896 ALBION STREET, SAN DIEGO, CA 92106 is registered by the following: a. EDWARD HAL ANDERSON b.RACHEL ELISE ANDERSON This business is conducted by: A MARRIED COUPLE The first day of business was: 06/01/2023 Registrant Name: a. EDWARD HAL ANDERSON b.RACHEL ELISE ANDERSON 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: JUNE 29, 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014144 Fictitious Business Name(s) a. MAYA ORGANICS, 728 SAN GABRIEL PLACE 1, PACIFIC BEACH, CA 92109 is registered by the following: a. MARIA PAULA NOVAES WOODS b.MARIA CARLA MARCOCCIA This business is conducted by: A LIMITED PARTNERSHIP The first day of business was: N/A Registrant Name: a. MARIA PAULA NOVAES WOODS b.MARIA CARLA MARCOCCIA 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: JULY 6, 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9013723 Fictitious Business Name(s) a. JENNY KANGEN BARBER, 3748 VOLTAIRE ST, SAN DIEGO, CA 92107 is registered by the following: a. JENNY LEE This business is conducted by: AN INDIVIDUAL The first day of business was: 04/27/2023 Registrant Name: a. JENNY 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: JUNE 29 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014035 Fictitious Business Name(s) a. LUCKY VENDING, 4967 NEWPORT AVE STE 12, SAN DIEGO, CA 92107 is registered by the following: a. PEREGGY INDUSTRIES, LLC This business is conducted by: A LIMITED LIABILITY COMPANY The first day of business was: 05/22/2023 Registrant Name: a. PEREGGY INDUSTRIES, LLC TITLE of Officer, if Limited Liability Company/Corporation Title of Signor CHRIS PEREGOV, MANAGING MEMBER The statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JULY 3, 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023-9014376 Fictitious Business Name to be Abandoned: a. TEASE HAIR HOUSE, Located at: 7115 UNIVERSITY AVENUE, LA MESA, CA 91941 . The Fictitious Business name referred to above was filed in San Diego County on: 02/21/2023 and assigned File No. 2023-9003841 Fictitious Business name is being abandoned by: VICTORIA AVALOS, 1618 COPPER PENNY DR, CHULA VISTA, CA 91915 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: VICTORIA AVALOS . Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: JULY 10, 2023 . ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-

9014377 Fictitious Business Name(s) a. TEASE HAIR HOUSE, 7115 UNIVERSITY AVENUE, LA MESA, CA 91941 is registered by the following: a. GIRL OR GUN, INC This business is conducted by: A CORPORATION The first day of business was: 03/01/2023 Registrant Name: a. GIRL OR GUN, INC This TITLE of Officer, if Limited Liability Company/Corporation Title of Signor VICTORIA AVALOS , CEO statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on JULY 10 ,2023 . ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012618 Fictitious Business Name(s) a. OCEANNICA, 1804 GARNET ANE #147, SAN DIEGO, CA 92109 is registered by the following: a. NATASHA NICHOLE CASES This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a.NATASHA NICHOLE CASES 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: JUNE 12 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014400 Fictitious Business Name(s) a. CHIMERA CRATES,4070 43RD STREET, SAN DIEGO, CA 92105 is registered by the following: a. MAX CODA This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. MAX CODA 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: JULY 10 2023 ISSUE DATES: JULY 14,21 28 & AUGUST 4

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME FILE NO. 2023-9014612 Fictitious Business Name to be Abandoned: a.COMUNIDAD HISPANA 619 MAGAZINE, 1031 THIRD AVENUE, CHULA VISTA, CA 91911 . The Fictitious Business name referred to above was filed in San Diego County on:02/07/2022 and assigned File No. 2022-9003118 Fictitious Business name is being abandoned by: MARISA BERTELSEN, 6712 FASHION HILLS BLVD, AN DIEGO, CA 92111 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: MARISA BERTELSEN . Title of officer, if limited liability company/corporation. The statement was filed with Ernest J. Dronenburg, Jr., Recorder/ County Clerk of San Diego County on: JULY 13, 2023 . ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9012823 Fictitious Business Name(s) a. CATHERINE JULIA ART AND WELLNESS , 14674 LYONS VALEY ROAD, JAMUL, CA 91935 is registered by the following: a.CATHERINE JULIA SEELIE This business is conducted by: AN INDIVIDUAL The first day of business was: 05/01/2023 Registrant Name: a. CATHERINE JULIA SEELIE 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: JUNE 15, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014167 Fictitious Business Name(s) a. RUSS ESKILSON REAL ESTATE b.FEELS LIKE HOME, 1169 MORENA BLVD, SAN DIEGO, CA 92110 is registered by the following: a.FEELS LIKE HOME, INC. This business is conducted by: A CORPORATION The first day of business was: 08/13/2004 Registrant Name: a.FEELS LIKE HOME, INC. TITLE of Officer, if Limited Liability Company/Corporation Title of Signor RUSS ESKILSON , PRESIDENT/CEOThe statement was filed with Jordan Z. Marks, , Jr. Recorder/County Clerk of San Diego County on: JUL 06, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014612 Fictitious Business Name(s) a. LA TRADICION MEXICAN FOOD, 673 SAN MIGUEL AVE, SAN DIEGO, CA 92113 is registered by the following: a.FABIOLA SOLIS b. ANTONIO MADRID LOPEZ This business is conducted by: A MARRIED COUPLE The first day of business was: N/A Registrant Name: a. FABIOLA SOLIS b. ANTONIO MADRID LOPEZ 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: JULY 13, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014161 Fictitious Business Name(s) a. MACRAVEN, 2414 BRATTON VALLEY ROAD, JAMUL, CA 91935 is registered by the following: a.MICHELLE CHRISTINE LAWSON This business is conducted by: AN INDIVIDUAL The first day of business was: N/A Registrant Name: a. MICHELLE CHRISTINE LAWSON 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: JULY 06, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014687 Fictitious Business Name(s) a.A.R.E. PRECISION PAINTING, 25152 MANZANITA LANE ,DESCANSO, CA 91916-9821 is registered by the following: a. ARE PRECISION PAINTING, LLC This business is conducted by: A LIMITED LIABILITY COMPANYThe first day of business was: 6/18/2023 Registrant Name: a. . A R E PRECISION PAINTING, LLC 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: JULY 13, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

FICTITIOUS BUSINESS NAME STATEMENT FILE NO. 2023-9014533 Fictitious Business Name(s) a. ANALYTIXHUB, 3272 LOMA RIVERA DR, SAN DIEGO, CA 92110 is registered by the following: a.BIN LIN b. JING JIANG This business is conducted by: A MARRIED COUPLE The first day of business was: N/A Registrant Name: a.BIN LIN b. JING JIANG 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: JULY 12, 2023 ISSUE DATES: JULY 21 28 ,AUGUST 4 & 11

deepening collaboration with other food security initiatives on campus. The award is part of \$5.56 million in grants provided to 43 community-based organizations – including San Diego Mesa College – to help San Diegans experiencing food insecurity by supporting localized, sustainable food production

and distribution throughout the region. The San Diego Mesa College TerraMesa Community Garden was established in 2015 when a student presented a vision to create a local, sustainable source of organic produce right on campus.

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COLLEGE FOOD GRANT

The San Diego Foundation, in partnership with the County, has awarded San Diego Mesa College \$125,000 to work with program partner Garden 31 and student leaders to address food sovereignty by improving the TerraMesa Community Garden, expanding programming, and



SAN DIEGO SHOWS ITS PRIDE

On July 15, the Pride Parade made its way through Hillcrest and Bankers Hill with around 300,000 people cheering on the participants. Here are photos by Thomas Melville documenting San Diego's largest annual civic event near the end of the parade at Marston Point in Balboa Park.



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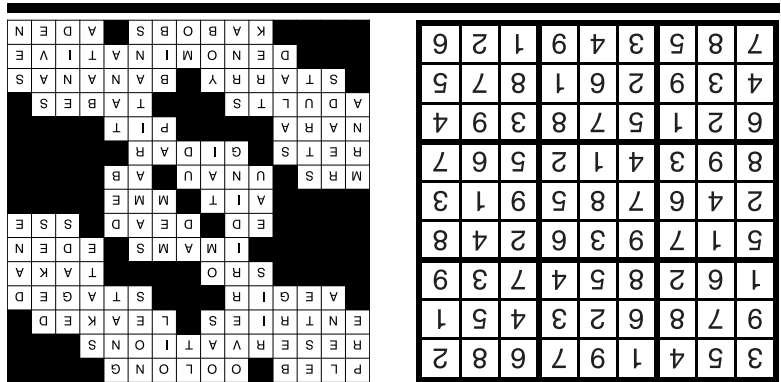
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1. Commoner	29. Denotes past	46. Japanese prefecture
5. Tea leaf	30. Not living	47. Place to be during a rock concert
11. They save you a table	32. Midway between south and southeast	49. Fully grown humans
14. Submissions	33. Small island (British)	52. Emaciation
15. Secretly revealed	35. Woman (French)	56. Sparkling
18. Personification of the sea (Norse)	36. Wife	58. Fruits you peel
19. Unreal	39. Two-toed sloth	60. Derived from a noun
21. No seats available	41. Blood group	62. Popular items to grill
23. Bangladeshi currency	42. Soaks	63. Port in Yemen
24. Leaders	44. Bii-Mandara language of	

1. Before	20. A citizen of Denmark	50. A way to march
2. Actress Dunham	22. Mystic syllable	51. Soluble ribonucleic acid
3. This (Spanish)	25. Commercial	53. Egyptian bull-god
4. Director Peter	26. Letter of the Hebrew alphabet	54. Children's author Blyton
5. Dominant	27. Helpers	55. Baseball pitching stat
6. English artists' society (abbr.)	29. Water (French)	57. Rude young person
7. NY Giants legend	31. Young woman	58. Table napkin
8. It's in the ground	34. Red-brown sea bream	59. Monetary unit in Asia
9. No No No	36. Messenger ribonucleic acid	61. One-time AL MVP Vaughn
10. Pesky insect	37. Comprehends	
12. Danish-American muckraking journalist	38. Walk with confidence	
13. Kids love to do it	40. Home of the Flyers	
16. Good Gosh!	43. Appetizer	
	45. News organization	



LIVE FROM SAN DIEGO – Music performances this week



Rockabilly/Americana favorite Rosie Flores (above) returns to San Diego for a show at Humphrey's Backstage Live on July 25. Flores got her start in rock 'n' roll while living in San Diego, helming a string of groups, including Penelope's Children and Rosie & The Screammers, eventually heading East in the early 1980s and finding acclaim as a solo artist. Flores' latest album, "Simple Case of the Blues," finds her in fine form, including a version of "Mercy Fell Like Rain," penned by another local hero, King Biscuit guitarist Paul Cowie. Flores always puts on a great show, but the homecoming aspect of this performance will make the night a bigger party than usual.

Rosie Flores: July 25 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 7 p.m. \$25. humphreysbackstagelive.com.

On July 21, the La Jolla Community Center will host a Blues & Rock 'n' Roll Dance Night with Robin Henkel. The night's soundtrack will feature compositions from the 1940s through the 1960s, as originally performed by the likes of Ella Fitzgerald, Muddy Waters, and Elvis Presley. A multiple San Diego Music Award winner in the "Best Blues" categories,

The racing at Del Mar begins on Friday, July 21 with opening day and the hat contest celebrations, and the season will run through Sept. 10. For the opening day hat contest, there will be more than \$4,000 in prizes in one of four categories: Best Racing Theme, Most Glamorous, Best Fascinator, and Best Flowers. Show off your hats before 3 p.m. in the Plaza de Mexico. Winners will be announced after the sixth race. With opening day sold out, no need for racing fans to fret – the excitement continues with racing throughout the weekend and the Del Mar Beer Festival on Saturday, July 22. For more information, visit dmtc.com.

In late June, SDG&E announced that it awarded \$10 million in grants to help local nonprofit

Henkel is a lot of fun to watch play, with a manic performing style, great stage banter, and a set list full of tunes meant to get audiences up and dancing.

Robin Henkel: Friday, July 21
at the La Jolla Community Center,
6811 La Jolla Blvd. 8 p.m. \$20.
ljcommunitycenter.org.

Vocal powerhouse Cassie B performs at Campland on the Bay on July 21. One of the area's top dance bands, Cassie B and her musicians specialize in R&B-driven songs from the 1970s to today, with an eclectic repertoire that might include a wide range of tunes, from the Isley Brothers "Shout" or Labelle's "Lady Marmalade." Fans might also want to keep an ear out for Cassie B's originals, including her latest single "Honey," a radio-friendly pop gem that fits in perfectly among the crowd-pleasers in her show.

Cassie B: Friday, July 21 at Campland on the Bay. 7 p.m. No cover. campland.com.

Guitarist Chris Isaak opens his latest tour on July 27 at Humphrey's Concerts by the Bay. Isaak's latest album is a Christmas collection, so attendees can expect this performance to be a career overview, including nods to his early influences such as Elvis, Roy Orbison, and James Brown included in recent set lists. Forty years since Isaak first hit radio, his music still exudes a cool late 1950s/early 1960s vibe, with

organizations expand their essential services for vulnerable residents who struggle with basic needs. Meals on Wheels San Diego County received one of the largest grant amounts at \$500,000. The SDG&E Community Assistance Fund is a \$10 million shareholder-funded charitable initiative aimed at improving housing stability and food security. The 21 nonprofits selected received grants of \$250,000 to \$1 million.

The Community Assistance Fund builds on SDG&E's long history of giving back to local communities. The San Diego Foundation is administering the grants on behalf of SDG&E. Meals on Wheels San Diego County is excited to use the \$500,000 grant toward its meal delivery program to support the hundreds of local homebound seniors that the nonprofit serves daily, even on holidays. In

his best-known songs, including "Wicked Game" and "Somebody's Crying," becoming standards in the musical tradition of his heroes.

Chris Isaak: Thursday, July 27 at Humphrey's Concerts by the Bay, 2241 Shelter Island Drive. 7:30 p.m. \$98.50. humphreysconcerts.com.

Classical aficionados will want to hear a new production, *Journey in Light*, taking place at the Baker Baum Concert Hall on July 29. Featuring a 14-piece ensemble, including mezzo-soprano Sasha Cooke and pianist Roman Rabinovich, this ambitious concert will transport the listener on a musical trip through the moods of a day, from sunrise to sunset, featuring music from Haydn, Debussy, and Schubert. With its unifying theme and mix of composers, *Journey in Light* will be the perfect introduction to classical music for young listeners, while longtime fans will find much to admire in the orchestral pieces.

Journey in Light: Saturday, July 29 at The Baker Baum Concert Hall at The Conrad Prebys Performing Arts Center, 7600 Fay Ave. 7:30 p.m. \$43 - \$100. theconrad.org.

Few musicians have a fan following as fervent as those of Bruce Springsteen. While tickets for his San Diego show on Dec. 2 have long since sold out, on July 30 fans can hear the next best thing, The Springsteen Experience, as part of the free Concerts by the Sea series at Scripps Park. The band does a good job of replicating both Springsteen and his backing group's look and sound, with a greatest hits set full of sing-a-long favorites, from "Born to Run" to "Dancing In the Dark." Springsteen fans will love every second of this concert, with the bonus of one of the most beautiful concert settings in San Diego.

The Springsteen Experience:
Sunday, July 30 at Scripps Park,
1133 Coast Blvd. 3:30 p.m. Free.
[kiwanisclublajolla.org/event/
concerts-by-the-sea](http://kiwanisclublajolla.org/event/concerts-by-the-sea).

addition, the grant will cover the development of a public service announcement (PSA) to help the organization reach more seniors throughout San Diego County, as well as attract more volunteers and supporters.

Following up on the latest Rental Competitiveness Report, it has been determined that San Diego's rental market is one of the most competitive in California. A quick turnover rate of 38 days, a significant occupancy rate of 95.9%, and high demand shown by 14 prospective renters per vacancy, contribute to the competitiveness. The balance between new and renewing tenants is nearly even, at a lease renewal rate of 49.4%, while the small percentage (0.17%) of new apartments implies most are existing units.

CONCERTS ON THE GREEN

Sunday, July 23, will be the launch of this year's summer concert series, sponsored by Pacific Beach Town Council called Concerts on the Green held at Kate Sessions Park, 5115 Soledad Road. The free, family-friendly concert series, spanning four Sundays in July and August, kicks off with Full Strength at 4 p.m. Come enjoy the electric music and snacks and beverages from local business vendors. The community stage will open around 4 p.m. every Sunday and will feature some local amateur and youth bands, with the headliner bands to start playing around 5-7 p.m. at sunset. This year's four bands are Full Strength - Sunday, July 23, Paging The 90s - Sunday, July 30, Cassie B Project - Sunday, Aug. 6 (Community Night), Band Overboard - Sunday, Aug. 13

Want to support Concerts on the Green as well as have a brand, group, or family crest that you'd like honored in the public view? Consider a corporate sponsorship. All of these tiers will be honored on various promotional materials. Reach out to general@pbtowncouncil.org if you have any questions.

MOST WUTHERING HEIGHTS

Once again this year, the Pacific Beach Taylor Branch Library at 4275 Cass St. will hold San Diego's edition of The Most Wuthering Heights Day Ever in the library's park from 2-3 p.m. on Sunday, July 30. Described as a flash mob/community dance, the event has taken place internationally every July since 2013. San Diego is one of only five locations hosting an event in the United States in 2022, and the only one on the West Coast.

"Whether you are more a fan of Emily Bronte's classic 1847 novel 'Wuthering Heights' or Kate Bush's 1978 song adaptation, we invite you to express your inner Cathy at The Most Wuthering Heights Day Ever," said PB Library manager Christina Wainwright. "Don a red dress and dance to Kate Bush's 'Wuthering Heights' in the Pacific Beach Library's park, using the moves that Kate Bush immortalized in her music video. Afterward, we invite you to hang out in our park."

"Wuthering Heights" is an 1847 work by Emily Bronte, an English novelist and poet who is best known for this, her one and only novel, concerning two families of the landed

gentry and their turbulent relationships. The novel was influenced by Romanticism and Gothic fiction. "Wuthering Heights" is now considered a classic of English literature. But it was controversial for its depictions of mental and physical cruelty, including domestic abuse, and for its challenges to Victorian morality and religious and societal values.

Kate Bush wrote the song from a TV mini-series based on one scene, now captured in her song, showing people in red dresses dancing in a field. Because it is so dramatic, over the top, years later, in 2013, people in English art groups thought it would be a neat thing to invite folks to wear red dances and dance out in the fields. It has since become an international movement.

OVER THE LINE

The 70th annual World Championship Over The Line tournament on Fiesta Island held on back-to-back weekends, continues July 22-23 with four-inning games starting at 7:30 a.m. Over The Line is a public event and requires no ticket or entrance fee to watch the games and enjoy the tournament. However, it is not appropriate/safe for children due to crowds, bat and ball related games and strong language.

The following rules will be strictly enforced: The no "B"s - no bottles, no bicycles, no bowzers (dogs), no babies, no boas, no bad attitudes, no battles (fighting). Drones are prohibited in the permit area. Alcohol rules and restrictions will exactly the same as previous years' OTL tournaments. Public displays of nudity or violations of San Diego Municipal Code (Section 56.53) are illegal and will not be tolerated. Bikes are not permitted within the dunes, so be smart to bike and store your bike at the bike racks.

OMBAC is a nonprofit organization focusing on amateur sports, youth athletics, and local charities. OTL is the group's main fundraising event. Past recipients of OMBAC's fundraising and donations have included UC San Diego Cancer Research, Jr. OTL Scholarships, Wounded Warrior Foundation, Huntington's disease, Bikes for Kids, Jr. Lifeguard Foundation, Cancer Walk, Marine Family Christmas Fund, Alpha Project, Meals on Wheels, Hospice, Pacific Beach Youth Group, San Diego St. Patrick's Day Parade, San Diego Blood Bank, OMBAC Rugby, OMBAC Lacrosse and OMBAC Water Polo.



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COMPASS

A fashionable French twist in San Diego



Fashion Files

Diana Cavagnaro

LOULOU DAMOUR is a high-end fashion label with a twist of French chic. Zee Fields is the designer and founder behind this elegant brand. She is originally from Paris, migrated to Canada, and then transplanted to San Diego where she established Profade Apparel, a private-label



Model walks the runway wearing a dress from Hummingbird Collection.

manufacturer. Their clientele primarily consists of department stores and well-established brands. However, she also has had the privilege of assisting numerous young entrepreneurs in launching their own brands.

Most recently the LOULOU DAMOUR brand was launched with a Parisian touch. These wardrobe essentials are complemented with the signature scent LOULOU, Eau de Parfum. Forbes said this was one of 9 Perfume brands you need to know. More buzz is out about this San Diegan who has been in Authority Magazine and USA Today.

Last September, Fields unveiled the SS23 Collection at Fashion Week in New York. This collection consisted of three groups: Hummingbird, Fig, and Lili.

Fields said: "This collection embodies a harmony between nature, tradition, and nostalgia. We captured the spirit of the picturesque landscapes of Seube by incorporating delicate floral patterns and soft hues that evoke the delightful shades of a French summer. The pieces evoke the timeless charm of Provence, with fluid and feminine silhouettes gracefully embracing the body."

Fields said they had a mere seven months to prepare for SS23. The experience was incredibly intense with a whirlwind of excitement and energy. She said that the only condition

for participating in NYFW was to have Bennie, her mascot, join her on the runway.

The Hummingbird Collection was just released on the website and I asked her what was her inspiration. She said: "I live in Carmel Valley and in our backyard, we have a fountain. Every morning and evening, we are greeted by a delightful sight as many birds come to bathe in the water. I love watching them gracefully dance around the flowers and the trees. They come so close, displaying their vibrant colors and swift movements. Their beauty brings me immense joy, inspiring me to create the July collection in their honor."

Talking with Fields, I asked her about her views on sustainability

"LOULOU DAMOUR prioritizes the use of organic materials in our collections, and is also committed to gradually increasing the use of recycled materials in each new collection," she said. "LOULOU DAMOUR is proud to support the San Diego Humane Society, the White Feather Foundation, and many other causes aimed at saving pets and combating animal cruelty. All manufactured products are cruelty-free and do not contain any animal products."

Look for LOULOU DAMOUR next at Fashion Week 2025 in London. For more information, <https://louloudamour.com/>.



Model shows off the Priscila Dress from the Hummingbird Collection.



Zee Fields walks the runway with Bennie her mascot.

UPCOMING EVENTS

Thursday, July 20 – Her Universe Fashion Show at Comic-Con at the Manchester Grand Hyatt Hotel. They are presented by Hot Topic and Disney. Begins at 6 p.m. and is free for San Diego Comic-Con attendees.

San Diego Swim Week, July 27-29, check the schedule for locations at SanDiegoSwimWeek.com.

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.

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Personal stylist helps ordinary people look their best

By DIANA CAVAGNARO

Mahjuba Levine is a top personal stylist in San Diego and Orange counties for the past 20 years. Levine said there are many different kinds of stylists. First, there is the editorial stylist who works mainly with magazines and fashion shoots. They pull clothes and dress models for fashion shoots. There is the wardrobe stylist who works for film and television and then the production stylist who works for commercials and advertising. A prop stylist puts together photoshoots with backdrops and clothing. A personal fashion stylist is what she does. She first got started working retail at Saks Fifth Avenue. Although most stylists want to work with celebrities, she loves working with normal people and 30% of her clients are men. She helps them feel amazing and look

their best. It is so rewarding to have clients who achieve a goal that they are happy with. When Levine meets a new client, she goes through their wardrobe at home and goes through their wardrobe and takes out some of the pieces to get rid of. The second step is to shop for the items missing in the closet. Before Covid, she used to meet the customer at stores. Currently, the inventory in the malls is low, especially with the colors and sizes, so she buys the clothes online and then takes them to the customer's home. The third step is styling the different outfits and looks. She also helps the customer if they need photos, a lookbook, or styling help. "I get to work with people one-on-one and I just love my job," Levine said. Levine models for her own Instagram. She does influencer styling and collaborates with other brands. On social media, she

gives tips on what to wear, what is in style, and other inspirations. Levine said, "It is not just about the clothing. It is an emotional impact that changes people's lives. It is amazing to give that confidence to people in doing what I do, I give back in that way. It makes you continue to do what you are doing because it makes a difference in the person's life that you are helping." For the next step in her career, Levine opened a style studio in Liberty Station. It will be by appointment only at 619-838-7706. She is bridging the gap for clients who don't want to go to the mall but want to get out of their homes. This will be a place that is not a boutique but a location where she edits the clothes for her clients. They will be coming into the studio to be styled. "Change your clothes, change your energy," Levine said. For more information on looking your best, visit Mahjuba.com



Mahjuba Levine

New craft brew uses local photographer's OB Pier shot on label



Jim Grant's photo of the OB Pier at sunset is on the label of the new Ocean Beach Hazy IPA. COURTESY PHOTO

By DAVE SCHWAB

Ocean Beach has a new collaborative craft brew to boast about with a colorful label courtesy of local freelance photographer Jim Grant. San Diego-based Resident Brewing Co. and Pizza Port OB have teamed to create Ocean Beach Hazy IPA, which was released on July 7. The new brew is the latest iteration of Resident Brewing's San Diego Series, with labels showcasing photos of the neighborhoods from which the brewery draws inspiration. "Ocean Beach is an IPA designed and brewed in appreciation of San Diego's quintessential beach community," said Jordan McDonald, Resident's marketing director. McDonald noted Resident's head brewer, Bill Lindsay, and assistant brewer, Keith Holter, joined with longtime OB institution Pizza Port OB head brewer Matt Palmer and assistant brewer, Alexis Gutierrez, to brew a hazy IPA utilizing a combination of hop varieties from New Zealand and the Pacific Northwest. "The result is an approachable and flavorful IPA with relatively low bitterness and vibrant aromas reminiscent of lime, tangerine, and white peach," said McDonald. "Those two entities just have an unbelievable history with prestigious beer awards. It's ridiculous," said Jim Grant, one of OB's most prolific and talented photographers

who freelances for the Peninsula Beacon. It was Grant who provided the image for OB Hazy IPA's label. "One of my photos of the Ocean Beach Pier and a green flash shot will be the new label for Ocean Beach Hazy IPA," Grant said, adding both breweries involved have "stellar reputations in craft beers. The brew team was aiming for a bright, citrus-forward IPA with aromas of tangerine, grapefruit, and refreshing lime. They believe they have hit the bullseye." The tale of how Grant got involved with OB Hazy IPA is interesting. "I was approached by someone at Resident Brewery about a year ago to do this San Diego Series, and they asked if they could use one of my images," he said. "And I said, 'Sure, what do you guys want?' I was flattered. But then I didn't hear anything from them, and a year goes by. I figured they found someone else's photo to use in OB." Then Grant got a letter from Resident Brewing that read, "We're getting ready to go forward and we need to get the OK to use your image for the label." "That's when they went into high gear. And they've been working on it ever since," Grant said.

Grant, who does photography as a sideline, and whose day job is cleaning and sealing exterior lumber tropical hardwood decks, is well known for his OB Pier and green flash photos. Green flashes are optical phenomena that sometimes occur around sunsets or sunrises. When the conditions are just right, a distinct green spot is briefly visible above the sun's upper limb; the green appearance usually lasts for no more than two seconds. Such pier and flash photos led to Grant's being featured on "Good Morning America," an ABC morning television broadcast. Grant, however, is modest about his amateur photography, claiming there isn't anything "magical" about his images, other than their being the product of long experience and knowing where and when to be in the right place at the right time. Grant admitted though that he's "having fun" having one of his trademark photos on a local craft brew label. "All my friends are asking me, 'You son of a gun, how did

you make that happen?'" he said. "And I tell them, 'They came to me. I didn't do anything. It just fell into my lap.'" Grant added, "That was my first (label) image – and probably the last also." Ocean Beach Hazy IPA will be available on draft and in four-packs of cans at Resident Brewing's Downtown tasting room at 1065

Fourth Ave. starting on July 7 at 4 p.m. At that time, canned 4-packs will also be available for shipping statewide via the brewery's online store. Additionally, the Hazy IPA will be available for purchase on draft and in four-packs of cans at Pizza Port OB. For more information about Resident Brewing visit residentbrewing.com.

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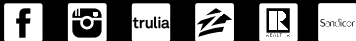
This cute and quaint, vintage 2 bedroom, 1 bathroom beach bungalow in North PB is on the market for the first time in decades. This diamond in the rough on Diamond lives larger than its 840 square feet would suggest. A full-sized lot, a bonus room/studio off the oversized garage, alley access and a sizable backyard all provide a blank slate to turn this property into your own little beach house oasis.

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FUN FACT

In Hawaiian Pidgin, a native Hawaiian language, kakigori became known as shave ice. Shave ice was first sold by Japanese immigrants to plantation workers in the early 1900s and became a regular product in many Japanese owned grocery stores by the 1950s.



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