



# Carlsbad Business Journal

A W A R D W I N N I N G P U B L I C A T I O N

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AUGUST 2023

## Congrats to our Rising Stars of the Year

In September 2022 the Carlsbad Chamber launched its fourth annual Rising Star of the Month program to honor local area high school seniors for demonstrating character, integrity, love of learning, involvement in school and community activities and the ability to overcome challenging life circumstances without compromising their education. This year we honored 33 high school seniors from seven different high schools here in Carlsbad.



CHAMBER

**BRET SCHANZENBACH**  
PRESIDENT & CEO  
CARLSBAD CHAMBER OF COMMERCE

ent high schools here in Carlsbad. The students who are honored each month are selected by the high schools themselves. At the end of the school year, those students who were honored throughout the year as Rising Stars of the Month, are then eligible to apply for the Rising Star of the Year scholarship. This year the Carlsbad Chamber was able to honor ten exceptional students. They were all recognized for making a difference in their home, school and community. Each of the ten Rising Stars of the Year were acknowledged in May with a \$1,500 scholarship. A short description about each student is listed here to introduce them to you.

**Ava Grosely (Carlsbad High School)** – Ava is Senior Class President of Carlsbad High School. She has overcome a very challenging and abusive upbringing to make a huge impact at Carlsbad High. In the fall she will be attending USC as an English Major with aspirations of possibly being a lawyer.

**Carleigh Lyon (Carlsbad High School)** – Carleigh is a legally deaf teenager who has refused to let her challenges stop her. Despite her challenges she's a major contributor to Best Buddies at Carlsbad High

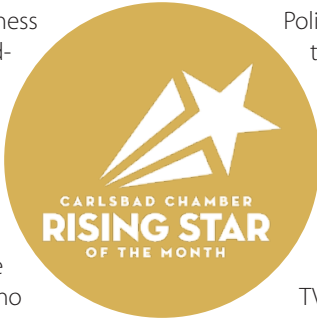


**2023 Rising Stars of the Year, from left to right: Ava R. Grosely, Carlsbad High; Carleigh Lyon, Carlsbad High; Curt White, Carlsbad High; Shane Baum, La Costa Canyon; Madison Desjardins, La Costa Canyon; Drea McIver-Fiorica, La Costa Canyon; Reilly Goueth, Sage Creek High; (Diana Salazar, not pictured, Sage Creek High); Hope Hansen, Pacific Ridge, and Louisa Cliff, Carlsbad Seaside Academy.**

and she helped form a Kindness Club. Carleigh will be attending the Rochester Institute of Technology, majoring in Hospitality & Tourism Management.

**Curt White (Carlsbad High School)** – Curt is a child cancer survivor. He was the ASB President this year who uses his personal time to build homes in Mexico and provide support for kids on the oncology ward. In the fall Curt will attend Notre Dame with a dual major in Computer Science and Finance.

**Shane Baum (La Costa Canyon High School)** – Shane was ASB Co-President at La Costa Canyon this year. He used his voice to both help fight gun violence in schools and focus on inclusivity. Next year Shane will attend the University of Michigan and study



Political Science on a Pre-Law track. He hopes to be a Civil Rights Attorney.

**Madison Desjardins (La Costa Canyon High School)** – Madison spent her senior year as the face of La Costa Canyon as she was the lead anchor for Maverick Nation TV. During her personal time, she started her own nonprofit called Seeds of Love to help refugee children. Madison will attend Texas Christian University in the fall and majoring in Business Finance & Real Estate.

**Drea McIver-Fiorica (La Costa Canyon High School)** – During her senior year, Drea served as the President of PALS Club (Peer Assistant Listeners). Their mission is to improve LCC's campus culture through empathy, educa-

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## OLDER & BOLDER EXPO 2023

"Age fails to wear out a strong spirit—Older means bolder." The Carlsbad Chamber of Commerce is hosting an Older and Bolder EXPO on Saturday, September 9, 2023, from 9:00 AM to 1:00 PM, at the Carlsbad Senior Center, 799 Pine Ave, Carlsbad.

Aging is an inevitable part of life and the upcoming Older and Bolder EXPO is a chance for Chamber members, community leaders, locals, vacationers, and local businesses to connect for a day of embracing the aging process, learning and educating what tools and services are available. Some of the booths will include health-related businesses, non-profits and senior related organizations. The Older and Bolder EXPO is free to attend and no registration is required. However, for businesses interested in sponsorship or booth spaces to promote their products or services, head to [web.carlsbad.org/events](http://web.carlsbad.org/events) and click on the September 9th event link for more information.

As our 2nd Annual Older and Bolder Expo, we will have a variety of vendor booths with tips and resources on the latest products and services designed to make the most of life beyond retire-



CHAMBER

**JESS LEVY**  
MARKETING & COMMUNICATIONS MANAGER  
CARLSBAD CHAMBER OF COMMERCE

› OLDER & BOLDER, page 16

### BUSINESS SPOTLIGHT

## How Kids Care Finder can help ease the childcare crisis in America

It is well established by years of research and hundreds of studies that early childhood education—high quality daycare, preschool, and Transitional Kindergarten—provides a foundation for future success in school and in life. Play and exploring are key to the development of a child's sense of self. Interacting with peers, very young children learn to make decisions, develop empathy, and control their emotions and impulses.

Unfortunately, this acknowledgement of the importance of early childhood education comes at a time when the field is suffering a crisis. There is no shortage of families that are seeking childcare. The crisis lies in preschools' and daycares' inability to hire qualified staff. There are not enough spots in preschools, daycares, in-home daycares, and after care and extracurricular activities to fill the demand. Additionally, with fewer staff, childcare providers are swamped by paperwork—wait-



**Kids Care Finder, a new Carlsbad-based business is a startup that is a true one-stop-shop that parents can leverage throughout the course of their children's lifetime.**

lists, applications, and managing enrollment documents.

Parents are desperate. The task of finding care and activities is all-consuming and ex-

hausting. Parents have to seek out the various kinds of providers available and determine

› KIDS CARE, page 3

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CHAMBER PURPOSE

The Carlsbad Chamber of Commerce acts as a regional economic catalyst, leadership convener and community champion.

CHAMBER MISSION

The Carlsbad Chamber promotes business through member services, economic and community development, and public policy that balances economic prosperity with quality of life.

760.931.8400

frontdesk@carlsbad.org

carlsbad.org

5934 Priestly Dr. Carlsbad, CA 92008

@carlsbadchamber

@carlsbadchamber

@carlsbadchamber

@chambercarlsbad

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# Education at the core of our community

Education is the cornerstone to a thriving community. Carlsbad is fortunate to be home to the top school districts and in close proximity to some of the leading higher education campuses in the region. A strong commitment to education leads to a strong economy, increased civic engagement, and an overall better quality of life.

Building your community around education leads to a strong and sustainable economy. Educating our local youth creates a strong workforce which in turn attracts companies. Prioritizing education also creates a culture of innovation and technological advancement. In addition, studies have shown that a better educated community the less unemployment and poverty.

Civic engagement is shown to be a major benefactor of a community with strong education. This includes higher voter registration and turnout, an attitude of volunteerism, and overall involvement in the local community. It is also shown to have a positive effect on social cohesion and tolerance; in that learning about experiences others may have had in their life allows for more compassion and understanding.

A strong education directly impacts the quality of life in a society. A better education system is linked to lower crime rates, improved public health, and a reduction in the dependence on social welfare programs.

That is why at the Carlsbad Chamber of Commerce, we are proud to honor our educators who are helping inspire the future



At the Carlsbad Chamber of Commerce, we are proud to honor our educators who are helping inspire the future leaders of our region. 1) Candace Wright – Mission Estancia Elementary School Teacher of the Year 2) Dave Pier – Aviara Oaks Middle School Teacher of the Year 3) Aimee Nava – Carlsbad High School Teach of the Year 4) Rosemary Eshelman – Educational Excellence Award

leaders of our region. At our annual CBAD Awards luncheon we had the opportunity to thank these remarkable individuals who dedicate their life to our young people. This year's Teacher Of The Year Awards were given to the following well deserving mentors: Candace Wright – **Mission Estancia Elementary**; Dave Pier – **Aviara Oaks Middle School**; and Aimee Nava – Carlsbad High School.

It is also important to have support for education from the community as well. It is people like Rosemary Eshelman who exemplify what it means to be a partner to our education system, and we are proud to say she was recognized as this year's recipient of the Educational Excellence Award.

We also honor our students who continue to amaze us with their accomplishments and innovation. **The Carlsbad Chamber Community Foundation**, which is the foundation arms of the Carlsbad Chamber of Commerce, honors these students who overcome hardship and continue the excellence at our monthly Rising Star Breakfast. At the conclusion of the school year, we award several students college scholarships so they can continue their journey.

Education is the heart and soul of our wonderful Carlsbad community and we at the Carlsbad Chamber of Commerce are proud to be doing our part to recognize, promote, and encourage academic excellence.

## KIDS CARE

Continued from Page 1

the best fit for their families. Preschool? In-home daycare? Nannies? Private school? They then have to call dozens of providers to see which program might meet their family's needs. Do they offer meals and snacks? What are their hours? What's the teacher-to-child ratio? Do they allow drop-ins, weekends, irregular schedules? And most importantly, is space available?

Luckily, a new Carlsbad-based business is coming to the rescue. **Kids Care Finder** is a startup that connects families to all types of childcare, programs, extracurricular activities, and service providers for kids of all ages in ONE place. It's a true one-stop-shop that parents can leverage throughout the course of their children's lifetime. There is something for everyone, at every stage of parenthood, for any aged child. Equally important, it eases the administrative workload of the care providers.

Founder and CEO Olivia Rutman and her team have created a robust, functional website, and soon-to-be-app, that connects families with many different child related providers, and allows families to filter those providers to see just those who meet their unique needs.

Free for families, Kids Care Finder allows families to search for the type of childcare they want—preschool, in-home daycare, nanny, babysitter, summer camp—and the specific services or experience that they find important, such as infant experience, CPR/ First Aid certifications, meals and snacks, early / late drop-off or pick-up, etc. Parents will also be able to read reviews of providers from other parents and see if the provider has cleared a license verification or background check. Additionally, the site allows parents to message providers, apply online,



Kids Care Finder is not solely focused on childcare. Keep checking the website for dozens of different categories covering a broad range of needs.

and even enroll electronically in just minutes.

But don't think Kids Care Finder is solely focused on childcare. They will soon have dozens of different categories on their site covering a broad range of needs. They will have categories such as mommy and me and toddler fun activities, special needs programs, sports and rec, summer camps, birthday parties, pediatricians, mental health support, and so many more. Parents often spend as much or more time hunting for extracurricular activities and service providers over the years as they do for childcare during the early childhood years.

### HOW IS KIDS CARE FINDER DIFFERENT?

- Kids Care Finder never charges families

to use the site to find and message providers. Visit [kidscarefinder.com](http://kidscarefinder.com)

- The site covers far more than just childcare. They will have 30+ categories covering a broad range of programs and services.
- The unique actions of the site such as waitlist, online applications, and online enrollment help move the process forward quickly and efficiently once a provider that meets the family's needs is found.

Parents and providers can breathe a huge sigh of relief. Kids Care Finder has arrived to simplify the agony of finding many child related programs. They will be there for you, for all your child's needs, from birth to grown.



# Carlsbad businesses thrive in a data-informed, well-managed what works city

Carlsbad is known for its innovative business community, its diverse talent pool of highly educated individuals, and of course

its exceptional quality of life. These elements are also representative of the city itself and how it operates. In fact, they have contributed to the city's latest designation as a "What Works City", which acknowledges the hard work the city has invested over years and decades to be efficient, data-informed, and an overall well-run local government.

The What Works Cities (WWC) Certification program is funded by Bloomberg Philanthropies and led by Results for America.

It is the first-of-its-kind international standard of excellence for data-driven, well-managed local governments. The program evaluates municipal agencies' use of data and evidence in decision-making, policy formation, and service improvements. It provides free access to experts from the public, private, and academic sectors to assist cities in continuous improvement, performance management, and operational excellence efforts.

CITY NEWS

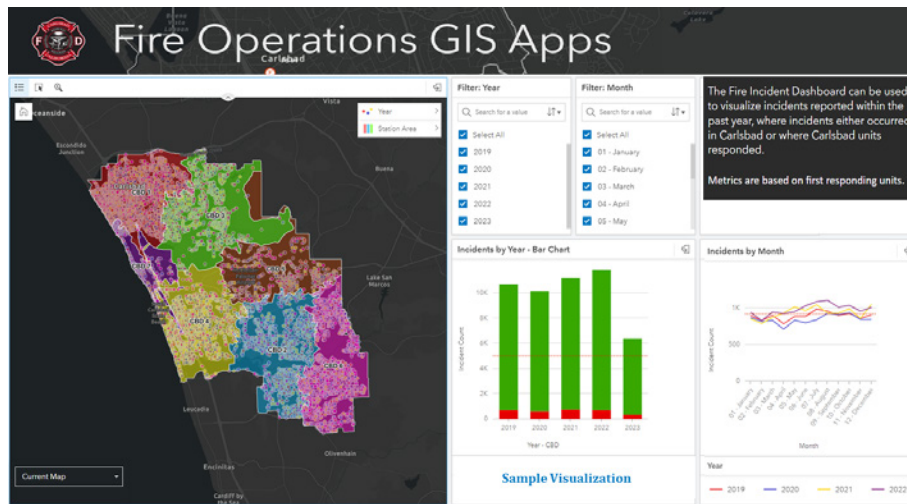


**DAVID GRAHAM**  
CHIEF INNOVATION OFFICER  
CITY OF CARLSBAD

CITY NEWS



**RACHEL MALTZ**  
PERFORMANCE IMPROVEMENT MANAGER  
CITY OF CARLSBAD



*Carlsbad has leveraged smart data to become a powerhouse for innovation, offering top-notch infrastructure and resources.*

On June 21, 2023, the city received a Silver Certification by What Works Cities for its extraordinary use of data to inform policy decisions, allocate resources, improve services, evaluate program effectiveness, and engage residents. Carlsbad effectively showcased its leadership's dedication to consistently communicating the value of data and evidence, as well as the pivotal role data plays in government decision-making and operations, resonating with the community. Demonstrated through its strong relationships with the **Carlsbad Chamber of Commerce, Carlsbad Village Association, and Visit Carlsbad**, the city was also recognized for its continued efforts to foster collaborative partnerships within the business community.

An expert panel lauded Carlsbad for its commitment to community collaboration and

data-driven decision making, establishing it as a model city that harnesses data and evidence to benefit its community. This recognition should bolster confidence in residents and businesses about the city's efficient service delivery and responsible fiscal stewardship.

In its pursuit of delivering exceptional customer service, the city of Carlsbad emphasizes streamlining operations from permit acquisition to bill payment. Recognizing that our inviting amenities, like beaches and parks, efficient mobility operations, public safety, and unique community character, attract talent and boost the economy, the city is committed to enhancing these elements that draw residents, workers, and visitors alike.

The What Works Cities Certification underscores Carlsbad's commitment to nurturing a fertile, innovative business environment and balanced economic growth. For example,

through the city's Economic Development Strategic Plan development, businesses, residents, and partners were meaningfully engaged to ensure representation of Carlsbad's unique economy and community. The certification recognizes Carlsbad's dedication to data-informed decision-making and prioritization of stakeholder engagement, sustainability, and resident wellbeing.

Unlocking data for the benefit of the community was also key to the city's success. One example is the new Fire Operations Intelligence System that uses 911 dispatch data to provide data insights to the fire department. An innovative blend of civic innovation and public safety expertise resulted in a ground-breaking system that offers a real-time data visualization and reporting for fire operations. It equips the department with critical information to reduce response times and a tool for strategic planning to improve emergency services. Fueling our thriving economy, the city's innovative fusion of technology and data ensures robust public safety and community wellbeing.

Carlsbad has leveraged smart data to become a powerhouse for innovation, offering top-notch infrastructure and resources. As a well-managed city, it attracts customers, investors, and talented professionals. For businesses big or small, choosing Carlsbad means joining a resilient community known for its success and innovative approach. Together, we build a formula for lasting prosperity.

Carlsbad's dedication to fostering a vibrant and business-friendly community is clear, and the recent WWC Certification recognizes a promising future, ensuring your business will flourish here.



## THE VILLAGE

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This new, state-of-the-art facility that is in Carlsbad Village was created to provide the absolute best care for your pet. We are an experienced and committed team who are here to help you and your loved one have many wonderful years together. We are honored to be the healthcare team for your beloved pet and look forward to meeting you soon.



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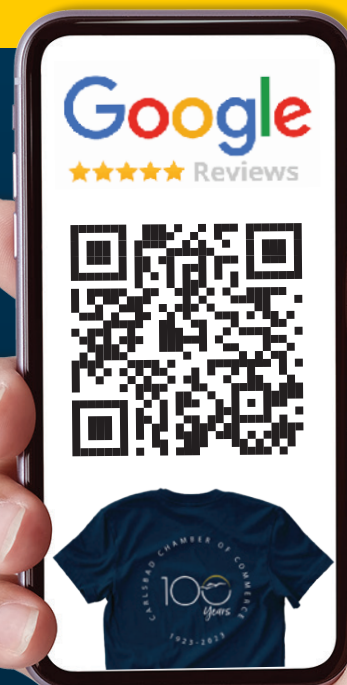
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# National Farmers Market Week!

It's time to get ready for National Farmers Market Week! Now in its 24th year, National Farmers Market Week (August 6-12, 2023) is an annual celebration that highlights the vital role farmers markets play in our nation's food system.

VILLAGE BEAT



**CHRISTINE DAVIS**  
EXECUTIVE DIRECTOR  
CARLSBAD VILLAGE ASSOCIATION

It is also a great opportunity to showcase how much value Carlsbad's downtown farmers market brings to its community.

The State Street Farmers Market has been a staple in downtown Carlsbad for nearly three decades. Originally called the Carlsbad Farmers Market and located in a parking lot on Roosevelt Street, tucked between a bank, apartments and office buildings, it opened with 20 eager vendors to much public fanfare. It was an immediate success and became part of the fabric of Carlsbad Village. Nineteen years later, in 2013, to help create a more vibrant downtown and enhance its retail offerings, the market was relocated to State Street, between Carlsbad Village Drive and Grand Avenue. It has grown and flourished in its current location over the past 10 years and is now more popular than ever!

Farmers Markets have evolved tremendously since their early days. A push towards certified organic, meaning that farmers and businesses have met strict standards for the growing, processing and handling of their products, and are certified by the USDA, is an achievement not every market shares. The State Street Farmers Market is proud of



The State Street Farmers Market has been a staple in downtown Carlsbad for nearly three decades.

its certified organic status and continually looks for ways to keep its market on the cutting edge.

As the desire for healthier food options has grown, including vegetarian, gluten free and vegan, and minimally processed foods as well, the appeal of local, outdoor markets has increased. The State Street Farmers Market is proud to feature a wide variety of products including line-caught fish, as well as pasture raised chicken and eggs, and grass fed and finished beef from local, sustainable, family farms. Knowing that sustainable practices, including regenerative grazing are being used and fostered every day, is one of the things that makes farmers markets so beneficial.

### What's new in 2023?

To help shoppers use farmers market products in their own kitchens, the Carlsbad Village Association (CVA) has joined forces with a local award-winning chef to bring creative and fun cooking demonstrations to the market on the first Wednesday of every month. Using ingredients from the farmers market, watch a chef create a signature dish live, from start to finish, in record time, at the top of the hour (3pm, 4pm, 5pm and 6pm) complete with delicious samples and an ingredient list and recipe to boot! You can enjoy everything from a simple heirloom tomato and balsamic summer bruschetta to pork medallions with a cherry reduction. It is great fun

and yummy too!

Also new this year is a rotational "hot food" guest vendor program. Alongside our regulars who cook up tasty Kenyan, Thai, Indian food and more, we also have visiting vendors offering fresh fish burritos, gourmet grilled cheese sandwiches, Spanish paella, and authentic Filipino food. The variety keeps our customers coming back for more!

And this year CVA is working with the City of Carlsbad on the state's single use plastics initiative, continue our promotion and delivery of reusable bags, and be an educational hub to help inform others.

With over 60 vendors at the State Street Farmers Market, you are certain to find plenty to make you and your family happy. From local, picked-that-day produce and flowers to freshly baked bread, croissants and pastries to creative artisan foods, cheeses, sauces, dips, decadent sweets, and more, the shopping experience is always delightful. And knowing that you are supporting over 60 small businesses and farms as you shop, makes it even more worthwhile and impactful.

On August 9th, to celebrate National Farmers Market Week, the CVA staff will be giving away some incredible market bounty bags to lucky winners. Follow us on Instagram @carlsbadfarmersmarket and @carlsbadvillage and stay tuned for the big day.

Join us every Wednesday starting at 2:30pm in the heart of Carlsbad. There are public parking lots on Roosevelt Street as well as the south end of State Street and by the Coaster Station too. Learn more about the State Street Farmers Market and its vendors at [carlsbad-village.com/farmers](http://carlsbad-village.com/farmers), where you will also find information on rotating guest vendors and special events.

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Call (442) 222-2456 today to schedule a tour!







Join Laguna Estates Senior Living for a ribbon cutting celebration on Wednesday, August 23rd, 3:30 PM-6:00 PM.

# Laguna Estates Carlsbad to celebrate community refresh

**Laguna Estates Senior Living Carlsbad** is a resort style Independent Living, Assisted Living, and Memory Care community located just north of Carlsbad Village Drive off of Jefferson. We are west of the 5 freeway and less than one mile to Carlsbad Beach! At Laguna Estates Carlsbad, "family" is more than just a word; it is a defining value. Our team truly values getting to know residents on a deeper level so that we can honor them with dignified care that celebrates their lives and accomplishments, just as a family would.

We are hosting a celebration for our Ribbon Cutting and community refresh! We will have live music, drinks, and treats for all who attend.

**PLEASE JOIN US FOR THE RIBBON CUTTING AT 3:30 PM WITH OUR PARTY TO FOLLOW!**

**Wednesday, August 23rd, 3:30 PM-6:00 PM**

**1088 Laguna Drive, Carlsbad, CA 92008**

**RSVP August 20th:**

Please email Maurene Cullins at [maurene.cullins@sincerisl.com](mailto:maurene.cullins@sincerisl.com) or call Laguna Estates directly at 760-434-7116.

To learn more about Laguna Estates Carlsbad, visit [www.lagunaestatessl.com](http://www.lagunaestatessl.com)



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## LAGUNA ESTATES

SENIOR LIVING

### Laguna Estates Carlsbad

Located just north of Carlsbad Village Drive, Laguna Estates is less than one mile from Carlsbad Beach! Walk to restaurants and shops in the Village or enjoy live entertainment and happy hour right here in the community. It's quality moments spent with others that truly celebrate a life well lived with great activities, new friends, the best of care, beautiful surroundings and delicious meals.

#### Care Services

- Assisted Living
- Memory Care
- Respite Care
- Companion Living
- Independent Living

#### Location

Laguna Estates Senior Living  
1088 Laguna Dr,  
Carlsbad, CA 92008

#### Contact

Phone: (760) 434-7116  
Fax: (760) 434-9261  
[lagunaestatessl.com](http://lagunaestatessl.com)



# Carlsbad Unified School District celebrates a year of student learning and achievement

Nearly 900 students of the Class of 2023, well-prepared for their future endeavors, crossed the stage and received their high school diplomas in June. These graduates are moving on to attend four-year universities, two-year colleges, and a variety of vocational and certificate programs; to service in the US military; and to employment in a variety of careers.



**DR. BEN CHURCHILL**  
SUPERINTENDENT  
CARLSBAD UNIFIED SCHOOL DISTRICT

Carlsbad Unified is proud of the many honors received by its schools, its people, and its students. CUSD has again been recognized by the National Association of Music Merchants Foundation as one of America's Best Communities for Music Education for demonstrating an exceptionally high degree of commitment and access to music education.

Our schools have received numerous awards and recognitions this year. **Jefferson Elementary** was lauded by the California Department of Education as a 2023 California Green Ribbon School, and was one of only four schools in California to receive U.S. Department of Education 2023 Green Ribbon Schools commendation.

**Sage Creek High School** was cited as a 2022-23 Project Lead the Way (PLTW) Distinguished School, one of 262 high schools across the U.S. to receive this honor, for providing broad access to transformative learning experiences for students through PLTW's computer science, engineering, and biomedical pathways. SCHS's Multime-



Nearly 900 students of the Class of 2023, well-prepared for their future endeavors, crossed the stage and received their high school diplomas in June.

dia Journalism Program was recognized as a 2023 SNO (School Newspapers Online) Distinguished Site Program. And its AP Macroeconomics Teams placed 1st and 2nd in the High School Division of the SIFMA Stock Market Game, with the 1st place team performing 41% above the S&P 500.

Carlsbad High School's Speech and Debate Team finished 5th in the State and was ranked #1 in Southern California. CHSTV was named the best high school broadcast program in the nation at the Student Television Network Awards for a record 17th year, and also won a Pacemaker Award from the Na-

tional Scholastic Press Association. The CHS Loud Crowd was named the #1 student section in SoCal, and moved on to place #2 in the national vote. Carlsbad High School's Marching Band, Drumline, and Color Guard won regional and state recognition, and its Virtual Enterprise program was recognized at the state and national levels.

Theater productions at both Sage Creek High School and Carlsbad High School were recognized for excellence, and multiple high school sports teams won their league championships and participated in state competitions.

Many of our staff members have been recognized for their exceptional service. The Carlsbad Chamber of Commerce bestowed these 2023 Carlsbad Business Achievement & Distinction Awards: High School Teacher of the Year Aimee Nava, Carlsbad High School; Middle School Teacher of the Year Dave Pier, Aviara Oaks Middle School; Principal of the Year Michael Ecker, **Calavera Hills Middle School**; and the Educational Excellence Award to Rosemary Eshelman, Carlsbad Unified School District.

The North Coastal Consortium for Special Education recognized Calavera Hills Middle School teacher Aaron Sottile and Kelly Elementary School principal Emma Cobb for demonstrating excellence in support of students with disabilities.

The Association of California School Administrators, Region 18, honored Assistant Superintendent Rick Grove as the 2023 Personnel Services Administrator of the Year.

Robin Pinner, School Administrative Assistant at Aviara Oaks Elementary School, was honored as this year's Carlsbad Unified School District Classified Employee of the Year; and Melanie Lupica, Third Grade Teacher at Magnolia Elementary School, was selected as this year's Carlsbad Unified School District Teacher of the Year.

We couldn't offer Carlsbad Unified's exemplary educational programs without our supportive parents and community. We appreciate the volunteers, mentors, and donors from our PTAs and PTSAs; the Carlsbad Educational Foundation; the Carlsbad Chamber of Commerce; and the numerous community partners and businesses who help us provide our students with an extraordinary education in an inspiring environment.

## CSUSM's new infinity lab offers incubator to biotech startups

When Thomas Lyle Temple began searching for lab space to house his biotech startup, he wasn't exactly enamored with his options.



**DR. PATRICIA L. PRADO-OLMOS**  
VICE PRESIDENT OF COMMUNITY ENGAGEMENT  
CALIFORNIA STATE UNIVERSITY SAN MARCOS

Temple toured private facilities in the region that failed to meet his expectations in multiple ways – whether the culprit was age, accumulated dust or debris. And for the privilege of occupying such a space, the going rate was \$10,000 a month or more.

What a pleasant change it was for Temple, then, when his nascent company's head of business development told him about a new opportunity to rent room in **Cal State San Marcos' Extended Learning building**. The bright and modern lab on the fourth floor marked such a sharp contrast to what he had been seeing that he accepted on the spot.

"It's been wonderful," Temple said. "This lab space is incredibly nice." Temple is the president and CEO of Grann Pharmaceuticals, a biotech that he formed with several classmates while they were still students at Whittier College. This spring, before they even had graduated, Grann moved into the Infinity Lab, a state-of-the-art research facility in the Extended Learning building. In mid-July, Grann was joined in the lab by a second client: Alchemie Bio, a small startup founded by Vanessa Small, a



Scientists from biotech startup Grann Pharmaceuticals work in the Infinity Lab on the fourth floor of Cal State San Marcos' Extended Learning building. Photo by Alicia Lores

member of the advisory council for CSUSM's College of Science, Technology, Engineering, and Mathematics.

The Infinity Lab was designed as a teaching space, but partly because of the pandemic, it hasn't been used for that purpose since the building opened four years ago. In 2020, CSUSM initiated an experiment to reimagine the lab by leasing space to cancer diagnostics company Volition, which stayed for about a year before moving on.

Now, CSUSM is doubling down on the

growth of its innovation ecosystem. Debora Galasso, a 25-year veteran of the biotech industry and CSUSM lecturer, has been recruited to manage the expansion of the Infinity Lab. She said CSUSM is the only university in San Diego County that is dipping its toe into a venture that is typically the province of for-profit companies.

"Our goal is to demonstrate proof of concept," Galasso said. "The space is sitting idle. Let's see if we can make this work."

The Infinity Lab is a molecular and cellular biology lab that features four bench-

es, a tissue culture room for culturing cells and an impressive collection of the type of equipment any biotech startup would require. Space can be rented by the linear foot. The lab can accommodate three to five companies at a time, and renewable leases are for six-month terms, as befits a lab that considers itself a biotech incubator.

"The idea would be to not have companies in for over two years," Galasso said. "Within two years, you should be growing enough that you need to go somewhere else."

Because of its university affiliation, a requirement of the Infinity Lab is that students benefit from any industry partnership. That can take multiple forms, from students being hired as interns, to companies hosting classes in the lab to tell their story, to biotech entrepreneurs speaking on campus in a casual, roundtable style.

Grann, for example, has brought aboard two CSUSM master's students as interns for the upcoming school year, and the students will learn Grann's process of re-expressing proteins using mRNA lipid nanoparticle technology.

Temple said the directive that Grann involve students in its operations is nothing but a win-win proposition. His company has added interns who might end up being future employees, while CSUSM students can not only tap into Grann's collective brainpower, but also borrow expensive scientific instruments that not even the Infinity Lab possesses.

"Cal State San Marcos has been great," Temple said. "This place couldn't be any better."





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# Out and about with the USO

Coming up on August 6 from 1 – 4 PM the Chamber’s Military Affairs Committee is partnering with the **USO Camp Pendleton** for a Scavenger Hunt!

To explain what this is, first I’ll explain who this is. The USO (United Service Organizations) Camp Pendleton is a nonprofit based in Oceanside. “The USO mission is to strengthen America’s military service members by keeping them connected to family, home, and country, throughout their service to the nation.” USO Camp Pendleton delivers this mission by providing opportunities for our military families to leave the base and explore their local communities through fun interactive events such as the Village Scavenger Hunt, Out and About.

MEMBERSHIP COUNTS



**KATHLEEN MCNARY**  
VP OF MEMBER RELATIONS  
CARLSBAD CHAMBER OF COMMERCE



Join our Military Affairs Committee and USO Camp Pendleton for the Out and About with the USO Scavenger Hunt on August 6 from 1 – 4 PM.

Our Military Affairs committee was organized just before COVID lockdown days by longtime Chamber member Lori Somers, Executive Director of **Veterans Association of North County** (VANC). The mission is “to establish and maintain a strong working

relationship with the leadership of Marine Corps Base Camp Pendleton and the men and women of the Armed Services while focusing on meaningful partnerships with the active duty, retired military, and veteran community. To expand our outreach and

the support provided by the local business community to the military and promote mutually beneficial opportunities that encourage patronizing of the local businesses by the military community.”

The USO Camp Pendleton joined the Chamber quickly following VANC and we are thrilled to be partnering with USO for the August 6th Out & About in the Carlsbad Village. This is a scavenger hunt to bring families together, walking around the Village while visiting small businesses and eateries. The USO will check-in families at one location, then send families on the hunt! Once families visit all the locations listed on a “passport” (received at check in), they will receive a scoop of **Handel’s Ice Cream** at their final location. YUM. Last year was a huge success for the USO and we are excited to make it even bigger and better this year! There will be lots of giveaways provided by Carlsbad Chamber member businesses and fun times for the military families. If you’re going, be sure to wear comfortable shoes!

CARLSBAD CHAMBER OF COMMERCE | 100 Years | FIRST FRIDAY BREAKFAST

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NETWORKING & REFRESHMENTS

DATE	TIME	PLACE	COST
Tuesday Sep 26, 2023	4:30 - 6:30 PM	Pure Project 2825 State St. Carlsbad, CA 92008	\$20/person. Includes the tax & gratuity.

[web.carlsbad.org/events](http://web.carlsbad.org/events)

CARLSBAD CHAMBER OF COMMERCE | 100 Years | HOME2 SUITES BY HILTON

## CBAD HAPPY HOUR

NETWORKING & REFRESHMENTS

DATE	TIME	PLACE
Wednesday Aug 16, 2023	5 - 7 PM	Home2Suites by Hilton Carlsbad 1901 Wright Pl. Carlsbad, CA 92008

[web.carlsbad.org/events](http://web.carlsbad.org/events)

CARLSBAD CHAMBER OF COMMERCE | 100 Years

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AUGUST 2023

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Centennial

CARLSBAD CHAMBER OF COMMERCE | 100 Years

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4 p.m. through Intermission. Free booths and activities for kids and families!  
[visit carlsbad.org](http://visitcarlsbad.org)



## WELCOME NEW MEMBERS

### ACCOUNTING & TAX SERVICES

#### Coomber Consulting LLC

Skip Coomber  
7040 Avenida Encinas, Ste. 104  
Carlsbad, CA 92011  
(858) 354-3910

#### coomberconsulting.com

Our team of tax professionals specializes in helping business owners receive their employee retention tax credit (ERTC) tax refunds. If you own a business that has been impacted by the COVID-19 pandemic, you may be eligible for the ERTC, which was created to help businesses keep their employees on payroll during this challenging time. Businesses now qualify even if they received PPP loans.

### ASSISTED LIVING & ELDER CARE

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Geoff Smith  
10160 Oak Spur Wy.  
Escondido, CA 92026  
(760) 692-4608

#### oasisenioradvisors.com/coastal-san-diego

At Oasis Senior Advisors, we make the very complicated process of selecting a senior living option manageable. Every older adult has different needs, interests, activity levels and budgets. We know there's no one-size-fits-all solution. Combining the expertise of our advisor with our proprietary OasisIQ technology, we provide a short list of senior living communities that are truly the best fit based on your individual situation.

### ATTORNEYS

#### Corey Legal, PC

Sean Corey  
Carlsbad, CA 92011  
(760) 688-4040

#### coreylegal.com

I am a sole practitioner based in Carlsbad offering fractional general counsel services, including contract drafting and review, corporate organization, regulatory compliance, employee handbooks and other policies and procedures, etc.

### BOOKKEEPING SERVICES

#### Jansen Bookkeeping

Meghann Jansen  
2591 State St.  
Carlsbad, CA 92008  
(757) 354-3091

#### jansenbookkeeping.com

My name is Meghann and I am a QuickBooks Online Certified ProAdvisor. I'm passionate about helping small businesses manage their finances and I believe in building strong relationships with my clients. If you are a small business owner juggling many responsibilities, I am here to support you. I look forward to connecting with you and being a part of your financial journey.

### COACHING & TRAINING

#### LeaderSauce LLC

Ange Matthews  
Oceanside, CA 92054  
(760) 453-2954

#### leadersauce.com

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### EXERCISE & PHYSICAL FITNESS

#### North County Gymnastics and the Gymninny Kids Carlsbad

Savanna McBride  
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Carlsbad, CA 92011  
(858) 224-9213

#### gymninnykids.com

Since our opening in 1987, Gymninny Kids has offered fun and fitness to all ages. We hire career coaches and office administrators, so we attract the best long-term associates to work with your child in a safe, clean, climate-controlled facility. Our staff members are First-Aid/CPR certified, and background checked. Thank you for voting Gymninny Kids San Diego's best children's activity center in the San Diego Reader!



### HEALTH & WELLNESS

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Shea Thompson  
5671 Palmer Wy., Ste. G  
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(760) 428-1966

#### skyelounge.com

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#### appliedmembranes.com

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### MARKETING & CONSULTING

#### Justin Phu Media

Justin Phu  
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#### justinphumedia.com

Justin Phu Media is your digital marketing and creative solution for growing your brand and making a meaningful impact toward your desired audience. We are a team of ethical and strategic category experts who take pride in producing results through content creation, story-telling, and transparent partnerships. Tell us your story, and together we can tell the world.

### MEDICAL CLINIC & GROUPS

#### NextMed

Scott Leggett  
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(760) 602-7872

#### nextmedcenter.com

The NextMed Center of Carlsbad private practice medical campus is the hub for innovative medical treatments with an eye to defining the future of medicine. From women's services to regenerative medicine; orthopedics to same-day surgery – the best doctors in the country have come together to serve patients in the beautiful sea-side town of Carlsbad.

### MEDICAL SPA SERVICES

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#### proofaesthetics.com

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#### ahlfunding.com

I am a versatile retail banker and broker who specializes in providing innovative investment strategies for a variety of property types. With a keen focus on non-QM, reverse, commercial, and multi-family properties, I bring years of experience to the table to help clients secure the best mortgage options for their unique needs. Whether you're looking to invest in a multi-unit complex or need financing for a non-conforming property, I have the expertise and resources to guide you through the process with ease.

### NONPROFIT ORGANIZATIONS

#### Operation HOPE-North County

Jimmy Figueroa  
859 E. Vista Way  
Vista, CA 92084  
(760) 536-3880

#### operationhopeshelter.org

Offering a safe, caring, and supportive environment to families with children and single women experiencing homelessness as they rebuild their lives and reclaim independence.

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#### tommysurbankitchencarlsbad.com

At Tommy V's Urban Kitchen we offer an eclectic menu showcasing Californian, New American, and Contemporary Italian dishes. From Stone Fired Gourmet Pizzas, hand crafted burgers, house made pastas, to tantalizing seafood, we have something for everyone.

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(714) 227-4620

#### trcretail.com/san-diego/la-costa-town-square

La Costa Town Center LLC is owner and operator of La Costa Town Square. La Costa Town Square is a regional retail center located in the heart of Carlsbad. La Costa Town Square serves the desirable and affluent coastal communities of Carlsbad, San Marcos, Rancho Santa Fe, Encinitas and Solana Beach. In addition to Vons, La Costa Town Square features a state-of-the-art fitness center, national and specialty retailers and a vibrant collection of restaurants.

### VIDEO & MULTIMEDIA PRODUCTION

#### Kota Video Productions

Dakotah Douglas  
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#### kotavideo.com

Kota Video Productions offers videography services to businesses and individuals in Carlsbad and the surrounding area. With a keen eye and top of the line equipment, Kota Video will be there to showcase exactly what makes you unique. Book a shoot today to find out first-hand just what I can do.

## MEMBER RENEWALS

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Boys & Girls Clubs of Carlsbad -Village Branch

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California State University San Marcos

Carlsbad Cookie Company

Carlsbad Inn Beach Resort

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Carlsbad Village Pharmacy

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Tamarack Beach Resort

The Coast News Group

The Fields Church

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MEMBERS ON THE MOVE

## Erika Castile joins California Commission on Aging

With more than 20 years in the long-term care profession, Commissioner Erika Castile, Executive Director, at **Sunrise at La Costa**, brings energy, passion, and expertise to her work on the California Commission on Aging. Commissioner Castile's focus in her first term on the Commission has been workforce development and person-centered, quality care in residential facilities. A commitment to social justice, service, and a love of senior care fuels her work.



**Erika Castile**  
CA Commissioner

Having served as Skilled Nursing Home Administrator and Executive Director of residential care facilities for the elderly throughout her career, Commissioner Castile knows firsthand the challenges and concerns of residents and staff. She is dedicated to building a culture of caring among co-workers, residents, and families through building relationships, offering mentorships, and improving morale in the skilled nursing homes, assisted living, memory care, and independent living communities she serves. Commissioner Castile invests in the future of long-term care through engagement and advocacy to improve quality measures and institute staffing reforms, collaborating with various state long-term care facility licensing agencies, publishing articles, and partnering with legislators.

## Citizens of the Year Ceremony

The City of Carlsbad named three residents as Citizens of the Year, a tradition more than 50 years old that honors community members who have given their time and energy toward the civic improvement, beautification. Congrats to Carlsbad Chamber members, Brad and Beth Thorp of **Mitchell Thorp Foundation** for being honored for this incredible award! Brad and Beth Thorp have lived in Carlsbad for 28 years and are deeply invested in the community, having experienced firsthand the way it comes together to do good. They are the founders of the Mitchell Thorp Foundation, a nonprofit that raises money to help children and families suffering from life-threatening illnesses, diseases and disorders.

The foundation is named for the Thorps' eldest son, Mitchell, who died in 2008 at age 18 after a devastating five-year illness. When Mitchell was gravely ill and the Thorps were searching desperately for a cure, the Carlsbad community held a fundraising walkathon at Poinsettia Community Park to help offset the mounting medical bills their insurance did not cover.

Since the foundation was created in 2009, it has given \$3.2 million to help more than 1,550 children and families in Carlsbad and beyond pay their medical bills, keep a roof over their heads and keep food on the table. The Carlsbad community help makes that possible, the Thorps said.

"Carlsbad is truly a one-of-a-kind



community – so generous and caring," Brad Thorp said. "It still maintains that small town feel and connectedness. When this community comes together, it spreads like wildfire. We're blessed to be a part of it and to see the impact it can have on children and families in the most desperate situations."



## Plastic Beach reaches another milestone

Thanks to the community for your donations and engagement in **Plastic Beach's** pioneering plastic wrap collection program in 2023 Q1-2, Plastic Beach has diverted 30,000 lbs. of community plastic wrap from landfill, and instead sent it to TREX, who use it to make composite decking planks. Plastic Beach hopes you are seeing the value in this program and ask that you please help with business referrals so they can continue their exponential diversion and recycling of this soft plastic into recycling where it belongs. *Support at plastic-beach.com*

MEMBER MARKETPLACE

**CARLSBAD**  
CHAMBER OF COMMERCE

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# The art of partnerships

Within the arts community, partnerships are an essential element to achieving an organization's mission. Creative partnerships bring dynamic programs and projects to life, connects communities, and creates economic value through a vibrant arts sector that benefits the entire community. Ultimately, by working together with other nonprofits and the businesses, strategic success can be achieved by investing in the greater economic and social well-being of the community.



**RICHARD L. SCHULTZ**  
CULTURAL ARTS  
MANAGER  
CITY OF CARLSBAD

Executive Director Christine Davis built upon a Carlsbad-centric theme by engaging ten local and regional artists who brought their "vision" of Carlsbad through repurposed surfboards as their canvas. These artistic surfboards, were displayed as a group exhibit and then were showcased at different businesses throughout Carlsbad Village. This partnership emphasized an inclusive vision spotlighting the visual and performing arts, while stimulating an expanding creative sector economy. The city's Public Art Coordinator Tonya Rodzach remarked, "By having a shared vision to offer original and unique artistic creations, as temporary public art, we worked together to spur the interest of our mutual audiences and prompt increased dialogue about the arts, while enhancing the Village as a destina-

**One of this best examples of an arts and business sector partnership occurs at this summer's final TGIF Concerts in the Parks on Friday, August 11 where the Carlsbad Chamber of Commerce and city's Cultural Arts joined forces to present an unforgettable musical experience, complemented by the Chamber's Block Party to celebrate its 100th anniversary. The Chamber will activate the upper level of the Alga Norte Community Park before and during the 6 p.m. concert featuring The FABBA Show, an ABBA tribute band. Chamber members will offer activities and giveaways to engage the audience and celebrate this truly significant anniversary.**

One of the recent partnerships for Cultural Arts centered on a series of temporary art experiences with the **Carlsbad Village Association**. Working together since 2020, Cultural Arts and the Carlsbad Village Association collaborated to engage established artists to display a wide array of media in different storefronts of local businesses in the Village. Recently, Execu-

tion." It's a win-win for both entities and the greater community! Another example of a successful arts and business partnership is the current exhibit, **Breaking Glass Boundaries**, in the William D. Cannon Gallery at the Carlsbad City Library on Dove Lane, now open until Sept. 2. Inspired by the city's Arts & Culture Executive Master Plan, Cultural Arts reached out to



Exhibit guest curator, Mary Devlin of Barrio Glassworks.



CVA Artist Ira Cosmos.



Barrio Glassworks Exhibit, Teardrops at the Cannon Gallery.

**Barrio Glassworks** owner Mary Devlin to serve as a guest curator. She worked with city staff in planning the exhibit and selected the work of seventeen glass artists. Her vision of an eclectic mix of glassblowing and sculpture resulted in an artistic fusion where complex material is reimagined as swimming sea creatures, teardrops, and even dramatic sentries. Barrio Glassworks, founded in 2020, is a public glassblowing studio and retail gallery, located in the historic Barrio community of the Carlsbad Village.

One of the best examples of an arts and business sector partnership occurs at this summer's final **TGIF Concerts in the Parks** on Friday, August 11. As an embodiment

of the spirit of partnership, the Carlsbad Chamber of Commerce and city's Cultural Arts joined forces to present an unforgettable musical experience, complemented by the Chamber's Block Party to celebrate its 100th anniversary. The Chamber will activate the upper level of the Alga Norte Community Park before and during the 6 p.m. concert featuring The FABBA Show, an ABBA tribute band. Chamber members will offer activities and giveaways to engage the audience and celebrate this truly significant anniversary.

Ultimately, partnerships further Cultural Arts in its quest to bring the arts to Carlsbad everyday, everywhere!

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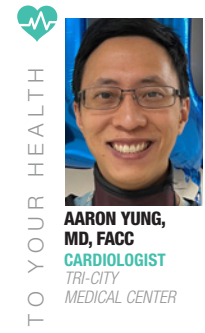
Proceeds will benefit the Carlsbad Chamber of Commerce's 501c3 Carlsbad Chamber Community Foundation! This foundation provides our college scholarship programs (Rising Star), Workforce development (SOCAL), and many other important causes for our community!

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# Tri-City Medical Center celebrates 100th watchman procedure for atrial fibrillation

"Last month, we completed the 100th procedure to implant the Watchman FLX™ device into the heart of a 67-year-old patient who has congestive heart failure and takes



warfarin for her atrial fibrillation," said Aaron Yung, MD, FACC, the interventional and structural cardiologist at **Tri-City Medical Center** who performed the procedure. "This is life-changing as it will reduce her risk for stroke and bleeding, as well

as allow her to stop taking a blood thinner forever."

The Watchman implant is for patients with non-valvular atrial fibrillation (AFib), which is a quivering heart rhythm arising from the top chambers, or atria, of the heart. AFib can cause blood to pool in a pouch of the left atrium called the left atrial appendage (LAA) and form clots. This may lead to a stroke.

The device resembles a parachute and comes in five different sizes to fit a person's heart. "During this minimally invasive, one-hour procedure, the collapsed device is deployed to the heart via a catheter inserted into the groin," added Dr. Yung. "Once in place, it self-expands to about the size of a quarter to safely seal off the LAA to prevent blood clots from entering the bloodstream."

Most patients stay overnight and then come back for a follow-up about six weeks



*Tri-City is the first hospital in North County to reach a 100th procedure milestone, of the Watchman for Atrial Fibrillation.*

later. During that time, they remain on a blood thinner and low-dose aspirin while a layer of heart tissue begins to grow over the device to secure it in place and form a barrier

against blood clots. Based on their doctor's recommendations after closely monitoring the tissue growth for three to six months, patients can then stop taking medications.

"I am so grateful that Tri-City Medical Center offers this procedure and feel that it has given me a new lease on life and peace of mind," said Connie Kindel, the 100th Watchman recipient. "Tri-City is one of the best hospitals I've ever been to and the only one I will come to."

More than 12 million people are expected to have AFib by 2030, according to the American Heart Association. Some do not experience any symptoms and others may feel a fast heartbeat, fatigue, shortness of breath, chest pain or dizziness. Patients diagnosed with AFib usually need to take a blood-thinning medication to prevent blood clots from forming. But these medicines can increase the risk of serious bleeding from injuries or intestinal problems. They require monthly monitoring via a blood test, as well as dietary and lifestyle changes, so they may not be appropriate for everyone.

Clinical trials have shown that the Watchman procedure is a safe and effective solution for patients with non-valvular AFib. More than 300,000 people have received the permanent Watchman implant. To see if this technology is right for you, complete the online questionnaire and then contact the Cardiovascular Health Institute at Tri-City Medical Center at 760-940-LIFE (5433).

"Tri-City is the first hospital in North County to reach this 100th procedure milestone," added Dr. Yung. "Our first Watchman implant was performed on October 16, 2020, and we pride ourselves on our multidisciplinary team approach to continually achieve optimal patient outcomes."

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# Why join Carlsbad Young Professionals

I am excited for the opportunity to tell you about the **Carlsbad Young Professionals (CYP)**, a vibrant and dynamic group that has been making a significant impact in the business community of Carlsbad, California since it was reorganized in 2017.

We are comprised of ambitious and talented individuals under the age of 40, and this organization is dedicated to fostering the growth and development of young leaders while making a positive difference in the local community.



**SHOSHANNAH HART**  
CHAIR  
CARLSBAD YOUNG PROFESSIONALS

With a strong focus on relationships, CYP provides a platform for aspiring professionals to connect, share ideas, and collaborate. Regular events that focus on a shared experience such as a workout, a tasting, or learning something new are coupled with philanthropic efforts, like our annual holiday gift wrapping event at **Boys and Girls Club of Carlsbad Village**. These events work to facilitate meaningful interactions among members from diverse industries. These gatherings not only create opportunities for personal and professional growth, but also encourage the exchange of innovative concepts that fuel the spirit of entrepreneurship and growth.

CYP's influence is not limited to the local sphere. We actively collaborate with other young professional groups and other chambers of commerce, such as the Oceanside



**Carlsbad Young Professionals enjoying Happy Hour and a dip tasting at the beach club of Chamber member, Bitchin' Sauce.**

Young Professionals for our annual Friends-giving Potluck, this year it is our turn to host, so please join us!

The Carlsbad Young Professionals are changing the game in the business landscape of Carlsbad. Our commitment to

nurturing young talent, fostering meaningful connections, and giving back to the community sets a shining example for the future. As we continue to grow and make a positive impact, there's no doubt that CYP will remain an invaluable asset to both its

members and the Community as a whole. We are always on the hunt for new young professionals that share in our energy and drive, because, spoiler alert, we are only getting older. We hope to see you at our next event!

## SEASONS RESTAURANT

Filled with natural light and modern beach-town charm, this is the culinary epicentre of our Residence Club. Seasons Restaurant specializes in California Coastal cuisine with an emphasis on local, seasonal ingredients and a flair for Mediterranean technique.

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## MEETINGS & EVENTS at SEASONS RESTAURANT





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La Costa Canyon



**Madison Desjardins**  
La Costa Canyon



**Drea McIver-Fiorica**  
La Costa Canyon



**Reilly Goueth**  
Sage Creek High



**Hope Hansen**  
Pacific Ridge



**Louisa Cliff**  
Carlsbad Seaside Academy.

# OLDER & BOLDER EXPO 2023

› **OLDER & BOLDER**  
Continued from Page 1

## › RISING STARS

Continued from Page 1

tion, & conversation. Next year Drea will attend Cal. State Long Beach majoring in Political Science with a focus on Law.

Reilly Goueth (**Sage Creek High School**) – Reilly’s family immigrated from Cameroon. Reilly spent her senior year playing volleyball, participating in Sage Creek’s PAL’s Club, and serving as a bilingual tutor for fellow students. Reilly will continue her volleyball career at New York University in the fall. She will be studying Applied Math and plans to work with kids in the future.

Diana Salazar (**Sage Creek High School**) – Diana used her positive energy and zeal to serve as President of the GSA Club (Gay-Straight Alliance). During her free time she volunteers for **Agua Hedionda Lagoon Foundation** and **Kids for Peace**. Diana will be the first in her family to ever attend college as she is enrolled in the Pratt Institute where she will major in Architecture.

Hope Hansen (**Pacific Ridge School**) – Hope became a transformational leader at Pacific Ridge as she overcame significant challenges in her family of origin to become a leader in the Anti-Racist Group on campus and AIM Edu, a mental health awareness group. She also led a move-

ment to have therapy dogs on campus. In the fall Hope will attend Scripps College with a focus on Environmental Analysis.

Louisa Cliff (**Carlsbad Seaside Academy**) – Louisa overcame significant health challenges throughout her life. This has led her to live a life of gratitude and generosity. She plans to continue this focus as she attends Wheaton College in the fall as a Nursing major. She plans to ultimately work as a Pediatric Nurse.

Congratulations to all our Rising Stars of the Year. We look forward to seeing your star shine brightly in the future and we hope you bring your light back to Carlsbad and San Diego North County.

ment. There will also be workshops covering important topics that affect all of us as we age such as healthcare, caregiving, and financial planning. Last but not least, raffles prizes!

“People are living longer, and many are working well into their seventies and even eighties. At this year’s Older and Bolder Expo, we want to continue to provide valuable information that will improve quality of life for everyone regardless of their age” said President and CEO of the Carlsbad Chamber of Commerce, Bret Schanzenbach.



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**FOR MORE DETAILS AND RESERVATIONS CONTACT:**

Kathy Steffen | Carlsbad Chamber of Commerce | [kathy@carlsbad.org](mailto:kathy@carlsbad.org) | (760) 931-8400 EXT. 212



# We're Growing!



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# OLDER & BOLDER EXPO 2023

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Carlsbad Senior Center  
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This premiere event will feature health-related businesses, non-profits and senior related organizations. The event is free to the public. Booth space is available for businesses interested in promoting their products or services.

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# 2023 State of the Community

**FRIDAY, AUGUST 18, 2023 | 11 A.M. - 2 P.M.**  
**THE WESTIN CARLSBAD RESORT & SPA**

KEYNOTE  
SPEAKER



**KEITH BLACKBURN**  
MAYOR | CITY OF CARLSBAD

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SPECIAL SECTION

# Education



Dance on down to Carlsbad Village where our boutique is stocked and ready to fit you. New dance and audition wear are arriving regularly.

## Almost a decade in Carlsbad Village

**Dancin Soul Boutique** is celebrating 9 years in Carlsbad Village! Dancin Soul is your local family owned dance retail store. We happy to celebrate with you and Thank You for being loyal customers who shop and support local small business. Our 9 Year Anniversary Sale will be held for 9 days beginning August 29th. Dance on in and Save. Follow us on Instagram and/or Facebook for details. @dancinsoulboutique

At Dancin Soul we joyfully serve our customers and our community. Fitting dancers of all ages in their first pair of tap shoes, ballet shoes, jazz shoes and pointe shoes is our passion. As back to school and dance

starts up again be sure to shop with us for all your dance needs. We include fitting your shoes correctly the first time without an extra fee. Save time and restocking fees by shopping at Dancin Soul the first time, every time!

New dance and audition wear are arriving regularly. Shopping local keeps our community and economy vibrant. Dance on down to Carlsbad Village where our boutique is stocked and ready to fit you. As always Dance on in and be inspired! Additionally, our website is easy to shop from and pick up in store or curbside with no extra fees. Visit [www.dancinsoul.com](http://www.dancinsoul.com)

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Army and Navy Academy equips students with the tools to secure admission to top-notch universities across the country.

# A beacon of excellence

Since 1910, **Army and Navy Academy** has been a beacon of excellence, shaping young men into confident, driven individuals ready to take on the world. Our esteemed institution caters to the unique needs of boys, providing a transformative educational experience that combines academic rigor, leadership training, athletics, and a vibrant campus life.

## Unlocking Greatness: Nurturing Ambitions, Encouraging Success

At Army and Navy Academy, we believe that every young man who enters our gates holds the potential for greatness. Our mission is to inspire and empower our students, fostering an environment where they believe in themselves and strive to achieve their dreams. We listen, challenge, and encourage our boys to envision and conquer their goals, growing into resilient, self-disciplined, and motivated individuals, ready to make a lasting impact on the world.

## A Path to Prestigious Universities and Beyond

Following the University of California standards, we equip our students with the tools to secure admission to top-notch universities across the country. Our graduates have attended esteemed institutions such as Stanford, UC Berkeley, UCLA, and many more.

We are also a training ground for future leaders. Our rigorous JROTC curriculum and adherence to high standards instills invaluable qualities such as grit, determination, and strong character. This prepares them for entry into prestigious institutions like West Point, Annapolis, and other service academies.

## A Global Community: Embracing Diversity

We embrace diversity, welcoming students from around the world. Our commitment to excellence and structure attracts international interest which represents approximately 20% of our study body. As one of the few western boarding schools offering English for Speakers of Other Languages (ESOL), we provide a nurturing environment where students from different backgrounds thrive, acquire self-discipline, and develop the skills to succeed in college and beyond.

## Your Son's Story: Charting a Bright Future

The story of Army and Navy Academy is about growth, empowerment, and transformation of young men. Enroll your son at Army and Navy Academy in Carlsbad, CA, and witness the journey of a lifetime unfold. Together, let's pave the way for greatness and create a legacy of achievement that will last for generations to come.

## Tri-City Medical Center's behavioral health team available to help you enjoy better mental health

Each day, **Tri-City Medical Center's** behavioral health providers work hard to help community members lead happier and more fulfilling lives through better mental health. Although we see progress in prevailing attitudes toward mental health treatment, the fight against the stigma related to mental illness in our culture is real and ongoing. Therefore, people need to be encouraged to seek help when needed and prioritize their mental health in order to achieve balance and wellness.

Millions of individuals live with mental health problems in the United States and it's important for all of us to advocate for policies that support mental wellness. Our shared experience with COVID-19 and the unparalleled stressors that have resulted over the past few years brought about increased levels of anxiety across all age groups, especially with children and young adults. By becoming more aware, we can help to support our loved ones with mental illness. Additionally, each one of us can commit to supporting our own mental health by taking care of ourselves, talking about mental health and seeking professional help if needed.

Many people are unaware that anxiety disorders are the most common psychiatric disorders. Common symptoms of anxiety include worrying, difficulties concentrating, reduced sleep, feeling restless or irritable, and having tense muscles. Some may experience panic attacks, fear of going outside and/or fear of encountering social situations. Symptoms of anxiety can even be accompanied by physiological sensations, such as increased heart rate, rapid breathing, and sweating. Others can be distressed by obsessive thoughts or compulsive behaviors akin to excessive



Tri-City Medical Center's Behavioral Health Team

washing, repetitive checking or extremely rigid rituals.

If you experience symptoms of anxiety, depression, paranoia, suicidal thoughts (or other mental health issues) that impact your daily functioning or ability to enjoy life, please know that these symptoms are treatable and you can achieve recovery. There are many treatment options that help with mental health recovery. These may include seeing a psychiatrist, meeting with a therapist, attending a support group or enrolling in an intensive outpatient program. If symptoms are severe or someone is experiencing a crisis, including suicidal thoughts, they can obtain services from outpatient crisis stabilization units, crisis centers, residential treatment programs, emergency rooms or inpatient treatment options.

Tri-City can assist with referring you to community resources. Our goal is to match services with the unique needs of the individual. We also have an evidence-based and recovery-oriented intensive outpatient program that helps individuals with anxiety, depression, bipolar disorder, psychosis, and other mental health issues.

You can reach *Outpatient Behavioral Health Services* by calling 760.940.5050.



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## BUILDING VIRTUOUS MEN

At Army and Navy Academy, we believe that greatness lies in every young man but first he needs to believe in himself. We listen, challenge, and encourage students to imagine and then accomplish their goals.

Our graduates don't just excel at academics and athletics. They are men of virtuous character with the resiliency and leadership skills to face life's challenges.

Founded in 1910, Army and Navy Academy consistently ranks as one of California's best boarding and day schools for young men in grades 7 through 12.



## READY TO LEARN MORE?

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# Unleashing the power of supply chain management:

Recognizing the importance and industry demand, **MiraCosta College** created a new supply chain management program. At just \$46 per unit, the new program is the most cost-effective option available anywhere. Students can pay less for their degree with the tuition-free MiraCosta Promise and various zero-cost textbooks and educational resources. Students can earn a certificate that leads directly to a career or a local university.

Supply chain management means getting the right goods to the right place at the right time. It involves many industries, including manufacturing, transportation, warehousing, and retail.

The supply chain shortages in recent years have led to a realization that companies need to be more flexible and agile in dealing with their supply chain issues, calling for a new breed of supply chain professionals knowledgeable in the latest technologies and creatively seeking new solutions. With a wave of retirements expected in the next few years, the demand for supply chain professionals will be even higher.

Students can earn a certificate in supply chain management in less than two years and sit for professional certification exams in supply chain management that demonstrate their knowledge to potential employers. Program alums can also leverage their education to earn an associate degree, seamlessly transferring to California State University, San Marcos, or the University of San Diego, where a world of opportunities awaits in the form of bachelor's degrees in supply chain management.

The supply chain management program courses at MiraCosta College include business law, business statistics, and business communication. Students can tour manufacturing facilities, hear from guest speakers



*MiraCosta College launches a game-changing program to meet industry demands and help students forge lucrative careers.*

in the field, and participate in a mentorship program.

Logistics analysts, production planners, purchasing managers, and production and operating supervisors are varied

and well-paying. The Association for Supply Chain Management study found that the median compensation is just under \$100,000 annually, and overall compensation grew by 12 percent. Employees with

one supply chain certificate or credential earned 17 percent more than those without.

For more information, visit [miracosta.edu/supplychain](http://miracosta.edu/supplychain) or email Annie Ngo: [ango@miracosta.edu](mailto:ango@miracosta.edu)

## GET READY TO MASTER TODAY'S

# Global Supply Chains



Supply chains face a variety of challenges when it comes to management, processes, production, and more. Now more than ever, it's critical that employees receive supply chain management training that prepares them for the job and equips them with the skills needed to succeed.

**MiraCosta College trains students to become supply chain professionals through:**

Scenario Planning & Simulations

Problem-Solving & Collaboration Across the Business Network

Preparation to take SCM Professional Certifications



[miracosta.edu/supplychain](http://miracosta.edu/supplychain)

MiraCosta College partners with professional associations to identify relevant curriculum, offer mentorships, host guest speakers, give facility tours, etc.





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Element Education is a non-profit that oversees two publicly funded charter schools that empowers students to discover their element.

## Find your element by doing less

We often make the mistake of thinking more is better. When you operate in your element, you do more with less. Less effort, less time, less frustration thus bringing you more joy and impact.

Regardless of your age or the roles you play in your life, people are people, learning is learning, and we all want to do well at what we do. COVID changed people's lives, not only because of new mandates and daily expectations, but because it changed what they wanted out of life. We spend so much time gaining knowledge that we rarely take the time to figure out why we really want it. In addition to information overload, we often suffer from opinion overload. It is common to spend time and energy advocating one's perspective or following a crowd in a manner which is counter-productive to the

desired outcome.

Finding your element requires being clear on what is important to you, embracing ownership of your personal situation and environment, and engaging in consistent and honest self-reflection. It begins with Goldilocks goals – not too hard, not too easy; not too big, not too small. Just enough for a sense of accomplishment. When you get down to it, only a few things really matter. You can do anything, but not everything. Set goals to make sure the work you do every day brings a sense of joy, tapping into your areas of expertise and interest. At **Element Education**, we're here to help!

*Listen to the Element is Everything podcast for more insight and strategies. Element Is Everything ([www.elementiseverything.org](http://www.elementiseverything.org))*



CEF's commitment to funding programs in STEM, music, science, and beyond has empowered countless students, across all grade levels, to unlock their potential and realize their capabilities.

## Overcoming challenges and soaring to new heights

### Carlsbad Educational Foundation Empowers Students to Unlock their Full Potential

Life has a remarkable way of presenting us with challenges, but it is how we respond to these obstacles that truly defines us. Nate Key, a senior at Sage Creek High School, embodies this spirit of resilience and determination by defying all odds and pursuing his dream of becoming a professional drone pilot through the support of **Carlsbad Educational Foundation (CEF)**. Diagnosed with a rare form of muscular dystrophy, Nate was told he would be lucky to live past 18 years. However, with unwavering determination, Nate continues to thrive and serve as an inspiration to all those around him.

CEF's commitment to funding programs in STEM, music, science, and beyond has empowered countless students, across all grade levels, to unlock their potential and realize their capabilities.

"CEF's support makes a big difference in the lives of our students and the way they see their education and what they are capable of doing," said Aaron Sottile, Science Teacher at Calavera Middle School.

For Nate, the Foundation's support meant that he was able to gain access to the necessary resources and educational opportunities that allowed him to explore and develop his skills in engineering. He will be taking his passion for engineering further by studying Unmanned Aircraft Systems at Embry-Riddle Aeronautical University in the fall of 2023.

As the 2023-2024 school year approaches, CEF has once again reaffirmed its dedication to the students of Carlsbad with a record-setting commitment of over \$1.5 million in grants, bringing their total investment of \$16 million to Carlsbad Unified School District. This funding will enable the implementation of over 40 innovative programs that will further empower students and cultivate their talents.

*To learn more and watch Nate's full story, please visit [www.CarlsbadEd.org/you-can-help](http://www.CarlsbadEd.org/you-can-help)*

# BIZTOWN

STUDENT LEADERSHIP COUNCIL  
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# ROBOTICS

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# Students engage with civics through local and statewide opportunities

At **Pacific Ridge School**, students develop local and statewide civic relationships through intentional engagement with the Carlsbad community, as well as local and state leaders. This past year the students built meaningful connections through service and outreach, and look to continue that progress this school year.

A diverse group of students served as interns for local leaders, including Carlsbad City Council Members Dr. Priya Bhat-Patel and Teresa Acosta, where they represented a wide range of backgrounds and perspectives. This diversity is important in policy-making, as they could voice the needs and concerns of various student groups, thereby bridging the gap between local youth and their city government.

In the Junior Class Project, high school juniors interview a professional from an area of work they wish to eventually pursue. Here, students connected with local professionals and learned from their work and personal stories, gaining valuable insight regarding the path required to enter that profession, as well as sage life advice along the way. Carlsbad professionals like Chad Adcox, General Manager of **Carlsbad by the Sea Hotel**, were generous to lend their time to be interviewed by our students and impart their knowledge.

Last January, a group of students traveled to Sacramento to advocate state legislators on increased funding for community colleges like MiraCosta in the upcoming state budget. These student advocates included representatives from a variety of socioeconomic backgrounds, recognizing that community college is often an essential step for those who may not have immediate access to four-year colleges or universities. The students were fortunate to meet with Assem-



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blymember Tasha Boerner, Senator Scott Wiener, and Senator Catherine Blakespear's Chief of Staff Heather Resetarits.

This year, our middle and high school students look forward to building on this progress and further engaging with the commu-

nity through working with our Carlsbad City Council Members, speaking at City Council meetings, conferring with our County Supervisor, and advocating for our local priorities in Sacramento. Civics is best learned not through a textbook, but rather direct engagement

with the local and statewide community!

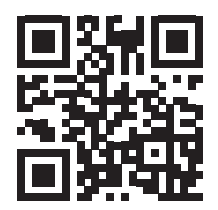
Spencer Burrows is the Equity and Civic Engagement Coordinator at Pacific Ridge School, an independent co-educational learning experience for students in grades 6 through 12.

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