

LOCAL FLAVORS SHINE AT

Taste of Carlsbad Village

The Carlsbad Chamber of Commerce is excited to spotlight a culinary celebration called the Taste of Carlsbad Village, returning for its 7th year on Thursday, October 10, 2024, in the heart of downtown Carlsbad! This annual gastronomic gathering promises an evening filled with delectable delights, showcasing Carlsbad’s best culinary talents.

Organized and hosted by the **Carlsbad Village Association**, the Taste of Carlsbad Village brings together local eateries, breweries, wineries, and artisan food makers in a festive celebration of community and cuisine.

Christine Davis, Executive Director of the Carlsbad Village Association, shared her enthusiasm for the event, stating, “We are very proud of this event. It is a true celebration of our vibrant culinary scene downtown. It’s an opportunity for locals and visitors alike to experience the

CHAMBER



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



› **TASTE OF CARLSBAD**, page 12



CARLSBAD CHAMBER  
RISING STAR

Congrats to our Rising  
Stars of the Year

In September, 2023 the Carlsbad Chamber launched its fifth 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 nearly 40 high school seniors from seven different 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.

CHAMBER



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

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BUSINESS SPOTLIGHT

UNLOCKING LONGEVITY AND VITALITY:

The power of resistance training

In our quest for a fulfilling and healthy life, we often prioritize activities like cardio workouts and balanced nutrition, but there’s a cornerstone of fitness that should not be overlooked: resistance training. Regardless of age or gender, incorporating resistance exercises into your routine can profoundly enhance your longevity, elevate overall health, and significantly improve your quality of life.

The Benefits of Resistance Training

Resistance training, also known as strength or weight training, involves exercises that challenge muscles against external resistance such as weights, bands, or specialized machines. Unlike cardio workouts, which primarily target cardiovascular fitness, resistance training focuses on building muscle strength, endurance, and enhancing bone density.



The Smart Fit Method is a science-based fitness gym. It combines exercise robotics and Artificial Intelligence for a personalized training session.

› **RESISTANCE TRAINING**, page 5

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# BMW of Carlsbad



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2023 BMW

**xDrive 28i**  
**\$469**



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2023 BMW

**330i**  
Sedan  
**\$479**



Lease Per Month Plus Tax  
**For 36 Months • 5 at these terms**

36 month lease with \$0 security deposit on approved above average credit. \$4995 cash or trade equity plus taxes, tags, registration fees, government fees, emission testing charge, and electronic filing fee due at signing. Lessee responsible for mileage over 22,500 at 25¢ per mile. Offer expires 8/31/2024.

2024 BMW

**X3**  
sDrive30i  
**\$479**



Lease Per Month Plus Tax  
**For 36 Months • 5 at these terms**

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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.

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# Celebrating excellence in education

As the Chairman of the Carlsbad Chamber of Commerce, it is with great pleasure that I announce and celebrate the exceptional achievements of the CBAD Award winners in the field of education this year. These awards not only highlight outstanding dedication and commitment but also serve as a testament to the relentless pursuit of excellence in our community.



JR PHILLIPS  
CHAIR OF THE BOARD  
PHILLIPS + CO  
REAL ESTATE

**Jorge Espinoza: School Administrator of the Year (Carlsbad Village Academy & Seaside Academy)**

Jorge Espinoza, the Principal of Seaside Academy, has been awarded the prestigious title of School Administrator of the Year.

Throughout his tenure, Jorge has exemplified leadership qualities that have transformed Seaside Academy into a beacon of academic excellence and community engagement. His innovative approach to education and unwavering support for both students and faculty members have significantly contributed to the school's dynamic structure and success. Under his guidance, both institutions have not only excelled in academic achievements but have also fostered a nurturing environment where every student feels valued and supported.

Jorge Espinoza's commitment to educational leadership goes beyond the day to day happenings. He has actively collaborated with local businesses and community organizations to enhance educational opportunities for students, ensuring they are well-prepared for future endeavors. Jorge's vision and dedication have truly made a lasting impact on the lives of countless students and families in Carlsbad.

**Jo Ellen Restivo: Teacher of the Year for Elementary Schools (Buena Vista Elementary School)**

Jo Ellen Restivo has been recognized as the Teacher of the Year for Elementary Schools, a testament to her passion for teaching and dedication to her students' success. As an Special Education Teacher at Buena Vista Elementary School, Jo Ellen has consistently gone above and beyond to create a dynamic and inclusive learning environment. Her innovative teaching methods and personalized approach have inspired her students to excel academically and develop a lifelong love for learning.

Jo Ellen's commitment extends beyond the classroom as she actively participates in community outreach programs and extracurricular activities, enriching the educational experience for her students. Her ability to connect with her students on a personal level and tailor her teaching strategies to meet their individual needs sets her apart as a truly exceptional educator.

**Andie Tanner: High School Teacher of the Year (Carlsbad High School)**

Andie Tanner's dedication to education has earned him the title of High School Teacher of the Year. At Carlsbad High School, Andie's passion for teaching and unwavering support for his students have made a profound impact. His engaging teaching style and commitment to academic excellence in the vocational career paths have inspired his students to reach their full potential and pursue their dreams.

Andie Tanner's influence extends beyond the classroom as he actively mentors students and continues to look to expand his vocational programs to help his students explore their interests and talents. His innovative approach to education and understanding that many students are looking for pathways outside of college has earned him the respect and admiration of colleagues,



Jo Ellen Restivo: Teacher of the Year for Elementary Schools (Buena Vista Elementary School)



Jorge Espinoza: School Administrator of the Year (Carlsbad Village Academy & Seaside Academy)



Andie Tanner: High School Teacher of the Year (Carlsbad High School)

students, and parents alike.

The CBAD Awards celebrate excellence in education and honor individuals like Jorge Espinoza, Jo Ellen Restivo, and Andie Tanner who embody the highest standards of professionalism, dedication, and innovation in their respective roles. Their contributions to the Carlsbad community are in-

valuable, and they serve as role models for future generations of educators. As Chairman of the Carlsbad Chamber of Commerce, I am proud to recognize and celebrate their outstanding achievements and look forward to witnessing their continued success in shaping the future of education in our community.

## Open call for Carlsbad Book Authors

Are you any of the following?

**A Carlsbad Resident**  
**Have a Business in Carlsbad**  
**Employed by a Business in Carlsbad**  
**A student at a Carlsbad School**  
**Staff member at a Carlsbad School**  
**Grew up in Carlsbad**

If so, we'd love to get in touch about your published book.

**Authors of Carlsbad: Reach out to [jess@carlsbad.org](mailto:jess@carlsbad.org)**



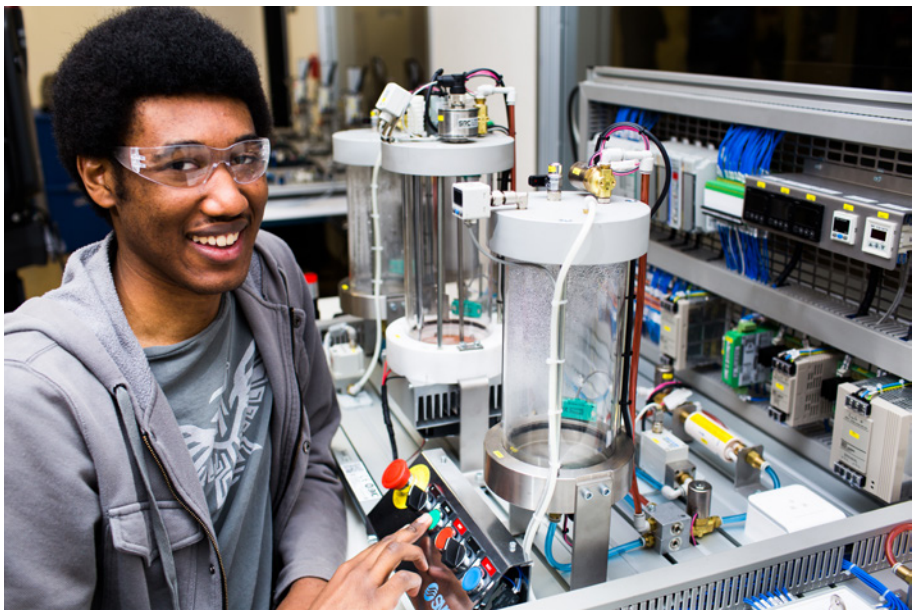


# Business and higher education is a partnership for our future

In today's dynamic and constantly evolving economy, the collaboration between businesses and higher education institutions is more crucial than ever. The relationship between the two should be a partnership that fosters innovation, drives economic growth, and ensures that the workforce of tomorrow is well-prepared to meet the challenges of the future. For our business community in Carlsbad, engaging with local colleges and universities presents valuable opportunities that can lead to substantial benefits for companies and for students.

One of the most impactful ways businesses can collaborate with educational institutions is by participating in industry advisory committees. At **MiraCosta Community College** and **CSU San Marcos**, these groups are instrumental in shaping curriculum to meet the current and future needs of the industry. By joining an advisory committee, businesses can provide valuable insights into the skills and knowledge required in their respective fields, ensuring that academic programs remain relevant and responsive to market demands. This not only helps in producing a more competent and job-ready workforce but also strengthens the connection between education and employment.

In addition to advisory panels, hiring interns from local colleges and universities is a win-win strategy for businesses and students alike. Internships offer students the



*For our business community in Carlsbad, engaging with local colleges and universities presents valuable opportunities that can lead to substantial benefits for companies and for students.*

## One of the most impactful ways businesses can collaborate with educational institutions is by participating in industry advisory committees.

— MATT SANFORD, CITY OF CARLSBAD

chance to gain hands-on experience, apply their academic knowledge in real-world settings, and develop critical professional skills. For businesses, interns bring fresh perspectives, innovative ideas, and a high level of enthusiasm to their roles. More importantly, internships serve as an extended interview

process, allowing companies to identify and nurture potential talent who could become valuable long-term employees.

Providing internship opportunities is a strategic move for businesses looking to ensure a more prepared and capable future workforce. Interns are often keen to learn

and adapt quickly, making them valuable assets for projects and tasks that require a fresh approach. By integrating interns into their teams, businesses can foster a culture of learning and development, which can lead to increased productivity and innovation.

Carlsbad businesses have a unique opportunity to collaborate with tremendous institutions right in our back yard. MiraCosta Community College and CSU San Marcos, both of which are dedicated to providing high-quality education and fostering strong community ties, are institutions committed to both student success and regional economic success. By taking part in industry advisory panels, businesses can directly influence the educational landscape, ensuring that graduates are well-equipped to meet industry standards. Similarly, by offering internships, businesses not only contribute to the professional growth of students but also gain access to a pool of skilled and motivated individuals who could become future leaders within their organizations.

In conclusion, the partnership between businesses and higher education institutions is a way to accelerate economic growth. It creates a symbiotic relationship where both parties benefit: students gain valuable experience and businesses secure a pipeline of well-prepared talent. For Carlsbad, these collaborations are vital in maintaining a robust and resilient economy, capable of adapting to the demands of the future. We encourage local businesses to explore the numerous opportunities available through our local institutions and to actively participate in shaping the workforce of tomorrow. Together, we can build a brighter and more prosperous future for our community.

## CARLSBAD'S NEWEST MEMORY CARE COMMUNITY



AT SANTIANNA

# VIENNA

Vienna opened July 2022 and offers a boutique approach to help residents with cognitive difficulties or memory impairments thrive. We are an intimate, family-owned community dedicated to providing services and amenities that are completely customized for our residents.

SANTIANNA

Situated on Santianna's luxurious campus, our location allows residents to enjoy upscale amenities, breathtaking views and connection with nature.

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442.325.8090 | [Vienna@wqliving.com](mailto:Vienna@wqliving.com)



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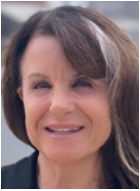
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# National Farmers Market Week August 4-10!

Join us in celebrating the vital role farmers markets play in our nation's food system during National Farmers Market Week August 4-10.

VILLAGE BEAT



CHRISTINE DAVIS  
EXECUTIVE DIRECTOR  
CARLSBAD VILLAGE ASSOCIATION

As hubs for connection and community, farmers markets have particularly risen to the occasion in recent years by providing a necessary sense of unity and stability during a time of great uncertainty. Farmers markets don't just happen; that is why it is grat-

ifying that the hard work of farmers market operators is recognized nationwide.

"As we kick off 25 years of National Farmers Market Week, we are also reflecting on the ways farmers markets have been there for us," said Willa Sheikh, interim executive director of the Farmers Market Coalition. "Farmers markets are a place of connection, spanning human history and cultures across the globe. They are adaptable, flexible, and durable, showing up for their communities during times of crisis, celebration, and everything in between. Markets are rooted in our past, present, and future, and can help pave the way for the future we want for our communities."

The State Street Farmers Market (often referred to as the Carlsbad Farmers Market) will celebrate its 30th anniversary this October. It has grown from 20 local farmers and a handful of artisan food proprietors in 1994 to being one of the busiest weekday markets in San Diego County with over 60 vendors.

"I look forward to coming to our farmers market every week," said Village resident Teri Jacobs. "It's lively, vibrant, and so beneficial. It builds community while also offering better produce and healthier food options that you can buy at a grocery store. It truly is the heart of Carlsbad Village, and my husband and I are always proud to bring out-of-town guests here to show it off."

Farmers markets check so many boxes these days. They help farmers earn fair prices for the fruits of their labor by selling directly to consumers. Consumers gain access to nu-



As we kick off 25 years of National Farmers Market Week, join us in celebrating August 4-10.



tritious and local produce that is unrivaled in both taste and freshness. They stimulate local economies and act as incubators for new food businesses. And they enable communities to create a figurative "town square," experiencing the many positive outcomes of foot traffic and community connection.

Across the country, farmers markets are defining their role in our communities. Markets are not only essential to local food systems, but they also increase opportunities for us to learn, grow, and work together. This year, the **Carlsbad Village Association** and the **City of Carlsbad** Sustainable Materials Management Division worked hand in hand to help all sixty plus vendors come into compliance with California State Regulations and Carlsbad Municipal Code regarding the removal of single use plastics.

On August 7th, spend the afternoon with us at the State Street Farmers Market and celebrate what is now a staple in downtown Carlsbad. Come experience what three decades of excellence tastes like. Visit us at the Carlsbad Village Association information and merchandise booth at the north end of the market for amazing giveaways, including terrific bounty bags and Carlsbad swag. Follow us on Instagram @carlsbadfarmersmarket and @carlsbadvillage and stay tuned for the big day!



## Farmers markets don't just happen.



**Every Wednesday**

**2:30 pm-7:00 pm**

**carlsbad-village.com/farmers**

## RESISTANCE TRAINING

Continued from Page 1

### Enhanced Longevity and Health

One of the most compelling reasons to engage in resistance training is its impact on longevity. Studies consistently show that regular strength training contributes to a longer and healthier life. How does this happen?

- **Preservation of Muscle Mass:** As we age, we naturally lose muscle mass and strength, a process known as sarcopenia. Resistance training helps counteract this decline, preserving muscle mass and strength well into old age. This is crucial for maintaining independence and reducing the risk of falls and fractures.
- **Improved Metabolic Health:** Resistance training improves insulin sensitivity, helping to manage blood sugar levels and reducing the risk of type 2 diabetes. It also promotes a healthy body composition by aiding in fat loss while preserving lean muscle mass.

### Enhanced Quality of Life

Beyond longevity, resistance training significantly enhances quality of life by improving physical function and mobility. Strong muscles and bones enable individuals to perform daily activities with ease, whether it's carrying groceries or enjoying activities with family and friends.

- **Mental Well-being:** Resistance training



With the Smart Fit Method, preserve your muscle mass and improve metabolic health.

isn't just about physical health; it also has profound effects on mental well-being. It reduces symptoms of anxiety and depression, enhances cognitive function, and boosts overall mood and confidence.

### Why Choose ARX Resistance Training Machines?

While there are various methods of resistance training, ARX machines offer unique

advantages that cater to individuals of all fitness levels.

- **Efficiency and Effectiveness:** ARX machines utilize advanced technology to provide a safe and efficient workout experience. With adaptive resistance that adjusts in real-time, each exercise maximizes muscle engagement while minimizing the risk of injury.
- **Time-Saving:** In our fast-paced world, time is precious. ARX machines enable us-

ers to achieve optimal muscle fatigue and growth in significantly less time compared to traditional methods, making it easier to stay consistent with workouts.

- **Suitability for Everyone:** Whether you're recovering from an injury, building strength, or aiming to maintain muscle mass as you age, ARX machines can be tailored to meet your specific needs and goals. They allow precise control over resistance levels, making them ideal for both rehabilitation and performance enhancement.

### Experience the Smart Fit Method Difference

Smart Fit Method integrates cutting-edge ARX machines with personalized training guidance to maximize your fitness journey.

- **Premium Fitness Experience:** Enjoy efficient workouts with enhanced safety and effectiveness.
- **Special Offer:** Claim 2 weeks of free training at Smart Fit Method, located at 6949 El Camino Real UNIT 103, Carlsbad, CA 92009. Visit [smartfitmethod.com](https://smartfitmethod.com) or call 760-338-2111 to start your journey toward a stronger, healthier you.

Invest in your well-being today with Smart Fit Method and ARX machines. Discover how resistance training can transform your life—physically, mentally, and emotionally. Embrace longevity, embrace vitality—begin your journey with us now.



# CSUSM hosts second record-breaking fundraising dinner

Cal State San Marcos’ second annual Blue & Silver fundraising dinner in June marked another historic night, raising a record-breaking \$1,070,100 for social mobility and student success initiatives. A one-to-one match made possible by philanthropist Daniel J. Epstein and his wife, Phyllis, doubled the impact of every dollar raised during the evening.

The event, co-hosted by President Ellen Neufeldt and the CSUSM Foundation Board, welcomed nearly 300 alumni, community leaders, campus partners, tribal leaders and elected officials. Jessica Berger, CSUSM’s vice president of University Advancement, opened the event as a celebration of Cal State San Marcos, taking a moment to recognize the sponsors and partners who made it possible.

“This evening is truly a celebration of the power of Cal State San Marcos, driven by the individual power of all of you – our strongest friends, advocates and supporters,” Berger said.



President Ellen Neufeldt addresses attendees at the second annual Blue & Silver fundraising dinner on June 15. Photo by Frank Villalpando

Such support extended to the evening’s entertainment, with a Steinway & Sons grand piano featured in student performances by Daniel Cruz as well as a quartet from the CSUSM Jazz Ensemble: Troy Amos, Andrew Kelly, Andrew Marin and Michael Kuszajewski.

Emilie Hersh and Simon Kuo – the Foundation Board’s chair and vice chair, respec-

tively – set the tone for the evening with their remarks.

“All of these students are committed to succeeding and bringing about change in the community,” Hersh said. “This is one of the many reasons I have been inspired and honored to be part of the CSUSM community.”

CSUSM’s mission of social mobility is ded-

icated to creating pathways to success for every student. More than 50% of the university’s students are the first in their families to attend college, and many of these students work part-time or full-time jobs to fund their education. By fostering partnerships with local industries, nonprofit organizations and community leaders, CSUSM builds a powerful network of support that propels student success.

“Over the years, I’ve heard from numerous students about how their education at CSUSM has transformed their lives and moved them up the economic ladder,” Kuo said. “This is a place that helps students overcome barriers and forge a better future.”

Neufeldt took to the stage with a compelling speech highlighting CSUSM’s transformative impact in higher education.

“Together, we will continue to rise, to thrive, to be that beacon of where the future of higher ed is going,” Neufeldt said.

She reaffirmed CSUSM’s commitment to expanding access and education for all as a national leader in social mobility.

The Blue & Silver dinner capped a fiscal year in which CSUSM raised the most money in its 35-year history. Boosted by historic gifts by the Epstein family and Price Philanthropies Foundation this spring, the university brought it more than \$26 million in 2023-24.

# A banner year for Carlsbad Unified School District

We are proud of our 900 high school graduates in June. Well-prepared for their futures, they now move on to colleges, universities, trade schools, and certificate programs; to serve in the military; and to pursue their careers. We congratulate them all.

It’s been a banner year for **Carlsbad Unified**. We’re proud to celebrate the following achievements and awards across the district:

The California Department of Education (CDE) has recognized CUSD’s strong academic performance, as our students’ performance significantly outpaces that of other students across the state.

Supported by new Proposition 28 funds for music and the arts, and by the **Carlsbad Educational Foundation**, we now offer a comprehensive music program and a full-time music teacher at every CUSD elementary school.

“No Place for Hate” – All Carlsbad Unified schools have earned this designation by building inclusive and safe communities where respect is the goal. Our anti-bullying strategy aims to help everyone in our schools understand bias and combat its effects.

CDE recognized **Aviara Oaks Middle School** (AOMS) as a 2024 California Distinguished School for closing the achievement gap and demonstrating exceptional student performance. AOMS was also named a Recognized 2024 ASCA Model Program by the American School Counselor Association for delivering an exemplary school counseling program. And **Calavera Hills Middle School** was named a California School to Watch for 2024 by California State Superintendent Tony Thurmond.

With solid community support, our Measure HH construction projects continue to support educational excellence into the future. We broke ground on campus-wide modernization projects at **Aviara Oaks Elementary School** and **Valley Middle School**; we are installing STEAM Labs (for



Huge congrats to the 900 high school seniors who graduated in Carlsbad this June.

science, technology, engineering, the arts, and math) at eight of our nine elementary schools; and we completed construction projects at **Jefferson Elementary**, including our first Culinary Arts Lab for elementary students. Jefferson has also been recognized by the US Department of Education as a Green Ribbon School for environmental and sustainability education.

As always, it is our people who shine. Peter Manzi, Band Director at **Carlsbad High School**, was named one of five San Diego County Teachers of the Year for 2024-25.

Miranda Shilling, counselor at **Pacific Rim Elementary**, was recognized by the San Diego County Office of Education (SDCOE) with this year’s No Place for Hate Leader award. Her Lighthouse Award honors champions who support a sense of belonging and lead inclusion initiatives for educational equity across the county.

The Carlsbad Chamber of Commerce, of which CUSD has been a member for 40 years, recently awarded 2024 CBAD Awards to Jo Ellen Restivo, Elementary School Teacher of the Year; Andie Tanner, High School Teacher of the Year; and Jorge Espinoza, School Administrator of the Year.

Students from **Magnolia Elementary**, Valley Middle, Carlsbad High, **Carlsbad Village Academy**, and **Carlsbad Seaside Academy** were finalists at the 23rd annual

ivIE Student Awards and Film Festival.

The ASB at **Sage Creek High School** was honored with the 2024 Outstanding Leadership Program Award from the California Association of Student Leaders for developing student leaders who are ethical, responsible, and servant-minded architects of change.

Sage Creek High School’s multimedia journalism program, The Sage, was rated as fifth in the nation for journalism programs through the School Newspapers Online Distinguished Site Program for 2023-24.

Carlsbad High School’s broadcasting program, CHSTV, won the 2023 Pacemaker Award for Broadcast News Program, considered the “Pulitzer Prize of Student Journalism,” for the fifth year in a row.

The CUSD broadcasting programs at Carlsbad High, Sage Creek High, Aviara Oaks Middle, Calavera Hills Middle, and Valley Middle combined for a total of 20 awards at the national STN competition. CHSTV won its 18th Broadcast Excellence Award for a Daily Live News Show, and Carlsbad Currents won its first Outstanding Achievement Award for a High School News Magazine. The CHS Speech and Debate team had a number of finalists at State, and ten students advanced to Nationals this year.

The North Coastal Consortium for Special Education recognized teachers Charity Fish-

er, Sarah Shea, principal Kimberly Fuentes, the **Hope Elementary School** Autism Program, students at Carlsbad High School and **Kelly Elementary**, and parent Tricia Benton for their excellence in supporting students with disabilities.

The Association of California School Administrators, Region 18, recognized Kasia Obrzut as the 2024 Curriculum and Instruction Administrator of the Year. And the California School Boards Association recognized Anne Garcia as the Executive Assistant of the Year in the San Diego Region.

The PTAs and PTSAs affiliated with the Carlsbad Unified Council of Parent-Teacher Associations cumulatively raised more than \$1.1 million in donations to directly support our schools this year, and volunteered more than 65,000 hours of service. For the first time in many years, every CUSD school has a currently active PTA or PTSA. The Carlsbad Educational Foundation (CEF) approved 39 grants and committed more than \$1.5 million to support music, innovation, and STEAM (science, technology, engineering, the arts, and mathematics) across all schools and every grade level, supplementing important programs and supporting students and staff at every one of our schools. Parent and community support in Carlsbad is incredible!



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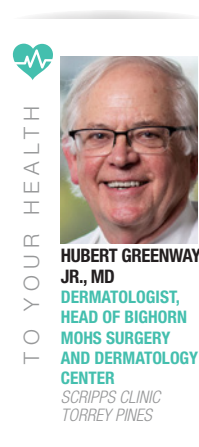




# How to prevent skin cancer

## 5 WAYS TO PROTECT YOUR SKIN, PREVENT MOST COMMON CANCER

Living in sunny places like Southern California means you need to wear sunscreen and take precautions when you're outside. This helps prevent sunburns and reduces the risk of getting skin cancer.



"Being aware of the risks of sun exposure and the many things you can do to protect your skin are important skin cancer preventive steps," says Hubert Greenway, Jr., MD, a dermatologist and head of Bighorn Mohs Surgery and Dermatology Center at **Scripps Clinic Torrey Pines** and

head of the Cutaneous Section at Scripps Cancer Center.

Recognizing early signs of skin cancer is crucial. Early detection is important for effective treatment.

### WHO GETS SKIN CANCER?

Skin cancer is the most common type of cancer in the United States. One in five Americans will develop skin cancer in their lifetime.

Anyone can get skin cancer, but some are at higher risk, including people with fair skin or a family history of skin cancer. Dr. Greenway recommends people at risk for skin cancer get regular skin checks with a dermatologist.

Skin cancer has a high survival rate if caught early.

### WHAT ARE THE TYPES OF SKIN CANCER?

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

Melanoma is the most serious type because it can spread to other parts of the body. Even though melanoma is rare, it causes skin cancer deaths. Melanoma is also common in people under 30, especially women. Squamous Cell Carcinoma can also spread, most commonly to lymph nodes.

### THE SUN FACTOR

Living in sunny areas all year can be nice, but it's important to protect your skin from too much sun exposure. Overexposure to the sun plays a role in all three skin cancer types.

While a severe sunburn will heal on the surface in a few days, the real damage may not emerge until decades later.



Being aware of the risks of sun exposure and the many things you can do to protect your skin are important skin cancer preventive steps.

"Cumulative sun exposure is a major skin cancer risk factor for developing nonmelanoma skin cancer," Dr. Greenway explains. "Episodes of acute sunburn are often linked to melanoma."

### FIVE WAYS TO PREVENT SKIN CANCER

#### 1. Avoid too much sun

Spending a lot of time outside without sunscreen or protective clothing for work or fun can raise your risk of skin cancer. The sun's UV rays are the primary cause of skin cancer.

"Everyone needs to protect their skin from sun damage," says Dr. Greenway. "In Southern California, where the sun's rays burn stronger than in milder climates, using broad spectrum sunscreen with at least 30 SPF should be a daily ritual."

Skin can be harmed by the sun's UV rays in just 15 minutes if not protected. Even on cool and cloudy days, you still need sun protection since UV rays, not temperature, do the damage. Reflected rays from water, sand or snow can also increase your risk of sunburn.

Dr. Greenway recommends avoiding the sun between 10 am and 2 pm, when it's strongest. Plan outdoor activities like tennis, golf, or surfing for the morning or evening instead.

#### 2. Avoid tanning beds

Avoid tanning beds and sunlamps as they also emit UV rays.

"Exposure to damaging rays should be avoided whether they are natural or artificial. Tanning beds raise the risk of melanoma. They also dry the skin, causing wrinkles and premature aging," Dr. Greenway says.

#### 3. Bring sun protection

Skin cancer awareness is about knowing that you can prevent it. Experts recommend keeping sun protection items in a bag to use when you go outside to avoid getting a sunburn.

#### Make sure to include:

- A lightweight long-sleeved shirt or other protective clothing
- A hat with a wide brim that shades your face, head, ears and neck
- Sunglasses to protect your eyes and surrounding skin (Dr. Greenway notes he has a sister who had melanoma of her eye requiring removal of the eye)
- Sunscreen with at least 30 sun protection factor (SPF) and broad-spectrum protection

#### 4. Check your skin

While genetics is a risk factor, the fact is anyone who ever had a sunburn is at risk for skin cancer and should practice self-vigilance.

Moles that can become cancerous are often found on the head, neck, upper back, torso, or lower legs. They can also appear in other areas of the body.

Moles should be self-checked monthly. Mirrors and digital photographs can be useful to observe and track them. If a mole

becomes darker, develops ragged borders or appears to be changing, see a dermatologist.

"Regardless of their family history or personal risk, people should watch for atypical moles, which tend to be multicolored and asymmetrical," Dr. Greenway says.

An itchy mole can also indicate problems. If a mole just seems more obvious, it's a good idea to get it checked by a dermatologist.

"Always remember that the most effective way to beat melanoma and other skin cancers is prevention," Dr. Greenway says. "Otherwise, early detection is the best bet. Monthly self-exams and annual checkups can be lifesavers."

#### 5. Schedule skin cancer screenings

The Cutaneous Section of the Scripps Cancer Center recommends people at high risk of skin cancer see a dermatologist at least once a year for a full-body skin check. The American Cancer Society does not have specific screening guidelines for skin cancer. However, it recommends checking your skin often for any changes to stay aware.

Finding melanoma, the deadliest skin cancer, early is crucial as it spreads fast if not caught "In its earliest stages, melanoma can be removed surgically," says Dr. Greenway.

"Mohs surgery is a precise surgical technique used for treating melanoma and other skin cancers. During this procedure, layers of cancer-containing skin are progressively removed and examined until only cancer-free tissue remains," he says.

If melanoma has spread, other therapies may be required including immunotherapy which offers significant advantages in melanoma and other cancers.



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# Carlsbad Regional Community Summit

This year the Carlsbad Chamber will be holding the Carlsbad Regional Community Summit, formerly known as the State of the Community. The event will be a breakfast this year on Friday, September 6 from 8-10 AM at the gorgeous Westin Carlsbad Resort & Spa. Our annual event is where civic and community leaders come to discuss the state of Carlsbad and the region, and share ideas to plan for a successful future.

This year is Mayor Keith Blackburn's second year in office, and we are thrilled to have him as the guest speaker. The business community will be featured with multiple North County successful companies: Mark Dankberg, CEO of **Viasat**, Hugh Garrity, COO of **Vuori**, David Abeles, CEO of **TaylorMade Golf** and more. The event guests will have a unique opportunity to listen to local leaders firsthand to learn more about the city's priorities and vision! Major shoutout and thank you to the corporate sponsors of the event, **Grand Pacific Resorts**, **Wells Fargo**, **AutoNation BMW of Carlsbad**, and **Pala Casino Spa & Resort**.

This is an open event where everyone is welcome. Register online today individually or tables. Please reach out with any questions on sponsorship opportunities. We hope to see you there!

MEMBERSHIP COUNTS



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



The Carlsbad Regional Community Summit (formerly the State of the Community) is open to everyone.

CARLSBAD  
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LUNCH & LEARN

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Thursday, Aug 8 2024 | 11:30 am - 1 pm

WHERE

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5935 Priestly Dr.  
Carlsbad, CA 92008

WHAT

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SPEAKER

Pam Lewko

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tinleaf  
fresh kitchen

NETWORKING LUNCH

LUNCH MOB

Friday, Aug 9, 2024 | 11:30 am - 1 pm

WHERE

Tinleaf Fresh Kitchen  
6985 El Camino Real, Ste.108  
Carlsbad, CA 92009

WHAT

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Good Food, and Fun  
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gelatolove

ICE CREAM Social

Friday, Aug 16, 2024 | 3 - 4:30pm

WHAT

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WHERE

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Village Faire Shopping Center - Ground Level  
300 Carlsbad Village Drive Suite 104  
Carlsbad, CA 92008

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CARLSBAD  
CHAMBER OF COMMERCE

BMW of Carlsbad

NETWORKING EVENT

CBAD HAPPY HOUR

Wednesday, Aug 21, 2024 | 5 - 7 pm

WHERE

AutoNation BMW of Carlsbad  
1060 Auto Center Ct.  
Carlsbad, CA 92008

WHAT

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Thu. Aug 22, 2024 | 11:30 am - 1 pm

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Carlsbad Chamber of Commerce  
5934 Priestly Dr. Carlsbad, CA 92008

WHAT:

Meet the chamber team and build relationships

COST:

Free  
(Lunch will be provided)

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Thursday, Aug. 29, 2024 | 2 pm - 4 pm

COST

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WHERE

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**instagram.com/kidsandcoffee.co**  
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| BKK Thai Kitchen                                | Hall & Martin Properties     | St. Michael’s By-the-Sea Episcopal Church |
| Boys & Girls Clubs of Carlsbad (Village Branch) | Jazzercise, Inc.             | Stan’s Web Design                         |
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› TASTE OF CARLSBAD

Continued from Page 1

rich diversity of flavors that Carlsbad has to offer, all in one evening.”

While an event like this raises sustainability concerns, Christine reassures, “We are committed to reducing single use plastics and minimizing the impact of this event on the environment. From the start, we have provided all restaurants and beverage providers compostable serve ware and cups, and we now provide reusable stainless-steel cups and sporks, in lieu of compostables, for an even more environmentally-friendly event.”

Several esteemed members of the Carlsbad Chamber of Commerce are among the featured participants, adding their unique flavors to the mix. **Señor Grubby’s**, known for its innovative twist on Award Winning Authentic Mexican Street Food, is one such member. Señor Grubby’s Owner and Carlsbad Chamber Board Member, Justin Jachura expressed his excitement, saying, “Being part of the Taste of Carlsbad Village allows us to connect with our community in a meaningful way. It’s a fantastic opportunity to showcase our latest creations and get immediate feedback from our customers.”

Looking back on the first few years of this event, Christine shares a highlight that comes to mind about **Bluewater Grill**, a Carlsbad Village Association and Carlsbad Chamber member. “Bluewater Grill participated in Taste of Carlsbad Village days before they officially opened. Amidst the busyness of opening a restaurant, their



Taste of Carlsbad Village tickets offer sustainable cups and sporks.

management and staff managed to create a beautiful display and personally served fresh ceviche off their newly built patio. They offered every ticketed diner a voucher to return the following week with a discount. They had a line out the door on opening night and said that Taste of Carlsbad Village made it possible. We provided them with a platform to reach the public in a thoughtful and engaging way to showcase their amazing food.”

Kathy Steffen, Director of Fun, Carlsbad Chamber mentions, “Bluewater Grill has been a Carlsbad Chamber member for almost 7 years. They are truly a generous contributor to many of our events. Anyone who

has attended our annual volunteer recognition event raves about their clam chowder.”

**Pure Project**, a renowned brewery, is also looking forward to the event. Fellow San Diegan and Co-founder Jesse Pine, reflects on the nostalgia of starting Pure Project. “Now, even though the brewery was moving back to San Diego, we decided to keep a lot of the elements that made Costa Rica and the initial brewery concept unique. Things such as using pure, unique, and local ingredients whenever possible, taking care of the environment, and telling a story of the ingredients and process along with the beer itself. Although we were no longer in the jungle, we wanted to bring the Pura Vida

spirit back to San Diego and that is how we came to settle on the name, Pure Project for the new brewery.”

Pure Project is just one example of the over 16 beverages sampled during the event that celebrate the universal pride of heart-centered elements and local ingredients.

In addition to downtown restaurants and local beverage providers, artisan food businesses in Carlsbad are also involved in this unique event. **The Carlsbad Cookie Company** will be there again this year, offering their beloved gourmet shortbread cookies. Founder Hollie Chamberlain noted, “We’re thrilled to be part of this event. It’s always rewarding to see people’s faces light up when they taste our cookies. The sense of community at Taste of Carlsbad Village is incredible.”

Other notable Chamber members participating include **Vigilucci’s**, **Via Vai Cucina Italiana**, **Strawberry Shack**, and **Lola’s Seven Up Market & Deli**. Each brings its distinct culinary flair, promising an evening of diverse and delightful tastes.

“Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together”—Guy Fieri.

The Taste of Carlsbad is more than food; it’s a testament to the strong community bonds and thriving culture in Carlsbad.

A spoonful of fun awaits! Tickets go on sale right around Labor Day weekend and each ticket comes with a reusable cup and spork!

Be sure to check [carlsbad-village.com/events/taste-of-carlsbad-village](https://carlsbad-village.com/events/taste-of-carlsbad-village) for the official date tickets go on sale because they sell out fast.

MEMBER MARKETPLACE



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Carlsbad Senior Center | 799 Pine Ave. Carlsbad, CA 92009



# New Jazz Fest kicks off this fall

The inaugural year of a brand new music festival, located in the heart of Carlsbad Village, kicks off this fall!

**St. Michael's** Jazz Fest will take place on the weekend of September 28-29th and feature a diverse array of local jazz and brass bands. Saturday's lineup crescendos with a major headliner, the legendary Grammy Award-Winning Rebirth Brass Band, direct from New Orleans!

For almost four decades, Rebirth has been stunning fans with a fiery live show and a rich musical catalog. Their trademark sound pays homage to the New Orleans brass band tradition while weaving a tapestry that combines elements of jazz, funk, soul, R&B and the sounds from the streets they grew up on. From their legendary 25+ year run of Tuesday nights at the Maple Leaf to stages all over the world, Rebirth is the soundtrack of the Crescent City and her premier musical ambassador. They've shared the stage and collaborated with everyone from the Grateful Dead to James Brown, Allen Touissant, Quincy Jones and Trombone Shorty.

The lineup also includes San Diego's own Euphoria Brass Band, a critically acclaimed and award-winning San Diego based musical collective that serves up a contemporary mix of old school New Orleans traditional brass band jazz, funky street beats and new school edginess with a West Coast feeling. They've become known for their incendiary high energy shows that are guaranteed to get a crowd smiling, dancing and having a good time. Other acts include The 524, Star-sign, Kainga Music, Jazz Evensong Quintet, 1st Marine Division Brass Band, and the Atkinson Warrior Band.



St. Michael's Jazz Fest is a free, family-friendly event, with a great lineup!

Jazz Fest is free and will be held at St. Michael's campus outside on the lawn. Attendees can enjoy local food and drink vendors, with beverages on tap from Pizza Port Carlsbad. Family-friendly arts and music programming will also be offered at this in-

tergenerational event!  
Father Doran Stambaugh, lead organizer of St. Michael's Jazz Fest, says, "our vision is to create a unique annual event that celebrates jazz, America's original art form, educates the community on the cultural significance and history of jazz, and builds and strengthens the local community through the joy of music and dance. See you there!"  
For more information, visit [stmichaels-jazzfest.org](http://stmichaels-jazzfest.org).

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> RISING STARS

Continued from Page 1



**Michelle Antonio** (Sage Creek High School) was referred to as “catalyst for change” by her Principal. She is very engaged in social justice, is a tutor, peer leader, involved in AVID and No Place for Hate. She completed the BioMed Pathway at Sage and is headed to UC Riverside in the fall to study Business.



**Ash Bering** (Carlsbad High School) is the President of the GSA club at Carlsbad High School and promotes sensitivity and inclusion. One of Ash’s biggest life lessons is to “take action for what you care about.” Ash plans to attend Palomar College and study ASL with the hopes of serving the deaf community.



**Marelyn Catano** (Carlsbad Seaside Academy) came to the United States as a Kindergarten knowing no English. Now, she is a tutor helping others learn English. She is noted for her refusal to give in to adversity. Marelyn had a lead role in a book published at Seaside that promoted school authors and provided all the proceeds to the homeless. She plans to attend the University of Michigan in the fall and major in Pre-Med as she works toward becoming a Cardiologist.



**Callia Chon** (Sage Creek High School) grew up feeling alienated as a Korean-American with no peers. Today she is a change-maker who works tirelessly to create safe spaces for all who feel disconnected or alienated. In the fall she will be attending UCSD to study Biology on a Pre-Med track.



*This year the Carlsbad Chamber was able to honor ten exceptional students as our Rising Stars of the Year for making a difference in their home, school and community.*



**Brandon Faulkner** (Carlsbad High School) is the Editor of the Carlsbad school newspaper and is active on the Speech and Debate team and the No Place for Hate initiative. He was recognized for his ability to incorporate different viewpoints into his work as an editor. He plans to attend Cal State Fullerton in the fall and study Journalism. His goal is to become a Foreign Correspondent and help tell the stories of those who don’t have a voice.



**Abigail Gehris** (Sage Creek High School) graduated early from Sage and is already working fulltime as a CNA in a nursing home. She earned her CNA last summer. She was recognized for her work ethic, kindness and respectfulness. She plans to attend UCLA and study Nursing. Her ultimate goal is to become a Nurse Practitioner.



**Sophie Hersh** (Sage Creek High School) is the Link Crew President, an ASB Leader and was the Program Coordinator for Shadow Cats. Via Shadow Cats, she helped facilitate 240 8th graders who visited Sage to see if it was a good fit. She completed the BioMed Pathway at Sage and plans to study Kinesiology at Purdue, planning to graduate with her undergrad and masters in 5 years.



**Rachel Kann** (Carlsbad High School) was the Co-President of Best Buddies this year and helped usher in Unified Sports, where special education students can play alongside and with general education students. Her passion is to care for others. She earned her CNA last summer and works at an Assisted Living facility in La Jolla. In the fall she plans to attend Azuza Pacific to study Nursing and hopes to become a Neonatal Intensive Care Unit Nurse.



**Ava Lee** (La Costa Canyon High School) was noted for her huge heart and her tenacity. Ava has overcome mental health and addiction issue from her youth and noted that, “people are more than the mistakes they have made.” Her path to success has been anything but a straight line, but she continues forward. She plans to attend the University of Washington in the fall to study Political Science, with the intention of eventually going to Law School.



**Sofia Tamayo** (Carlsbad High School) made the most of high school by being involved in all she could: AVID, Speech and Debate, CHS TV, Robotics and more. She was noted for always sharing what she learned, including conducting “coding” classes over Zoom for those interested to learn more. In the fall she plans to attend Harvey Mud and study Mechanical Engineering.





# Carlsbad Regional Community Summit

Friday, September 6, 2024 | 8 - 10 a.m. | The Westin Carlsbad Resort & Spa

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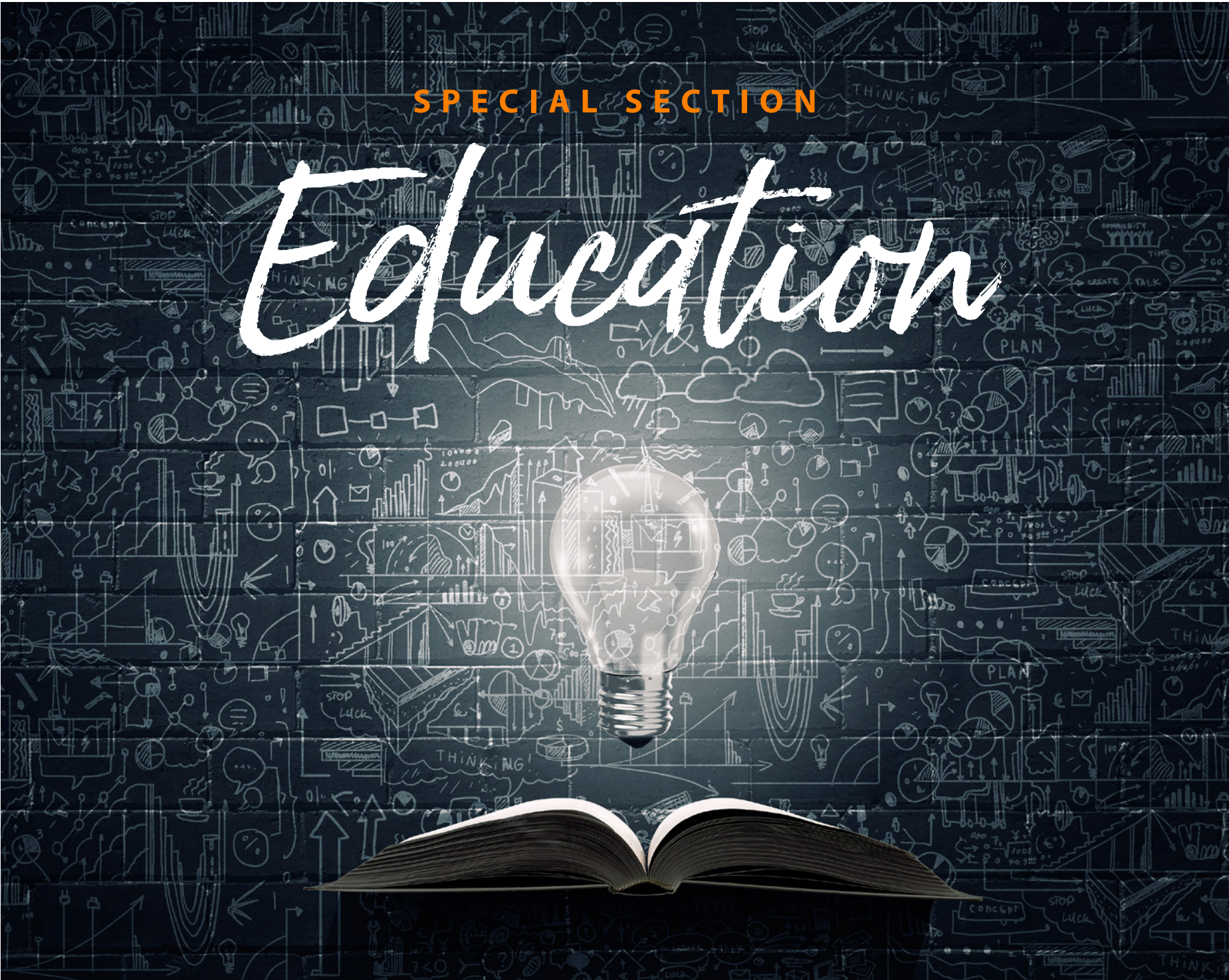


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Discover the Magdalena Ecke Family YMCA's new Gymnastics Center.

## Magdalena Ecke Family YMCA prioritizes the child before the athlete or student

In an era where mental health issues among youth have reached crisis levels, the Y stands out for its unwavering commitment to keeping kids engaged, active, and well-cared for through their Positive Youth Development (PYD) approach. Unlike conventional models that often prioritize athletic or academic achievements, the Y's PYD strategy focuses on supporting every aspect of a child's development—social, emotional, cognitive, and physical well-being.

The cornerstone of this approach is grounded in evidence-based practices that meet young people where they are, recognizing their unique strengths and providing the necessary support to help them thrive. PYD at the Y isn't just about participation in any one program; it's about creating a nurturing environment where kids feel valued and supported. Whether they are attending

Magdalena Ecke Family **YMCA's** Camp H2O at the **Agua Hedionda Lagoon**, learning new skills at the new Gymnastics Center on Cosmos Court in Carlsbad, engaging in sports, or exploring the skatepark, every child is surrounded by trained, supportive adults who are dedicated to making meaningful connections.

At the Magdalena Ecke Family YMCA, children will experience intentional moments designed to give them opportunities to build relationships, try new activities, and grow in a safe, inclusive setting. Parents can rest easy knowing that, at the Y, their child's well-being is the foremost priority. Together, as one community, let us be champions of youth mental health and well-being.

*Learn more about Magdalena Ecke Family YMCA programming at [ymcasd.org/ecke](https://ymcasd.org/ecke)*



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"I like to gauge success at competitions not just by placement or scores, but by whether or not we are performing for the judges at the same level we are performing at practice. I want them to start looking inwards for their feeling of accomplishment instead of placing it in the hands of the judges. The boys had an amazing showing at their meet, and it was their dedication to preparation that was one of my proudest moments of this year! Their choices are what led to such a successful Nationals for them."

**– YMCA Boys Team Head Coach, Neil Faustino**

Visit [ymcasd.org/ecke](https://ymcasd.org/ecke) today  
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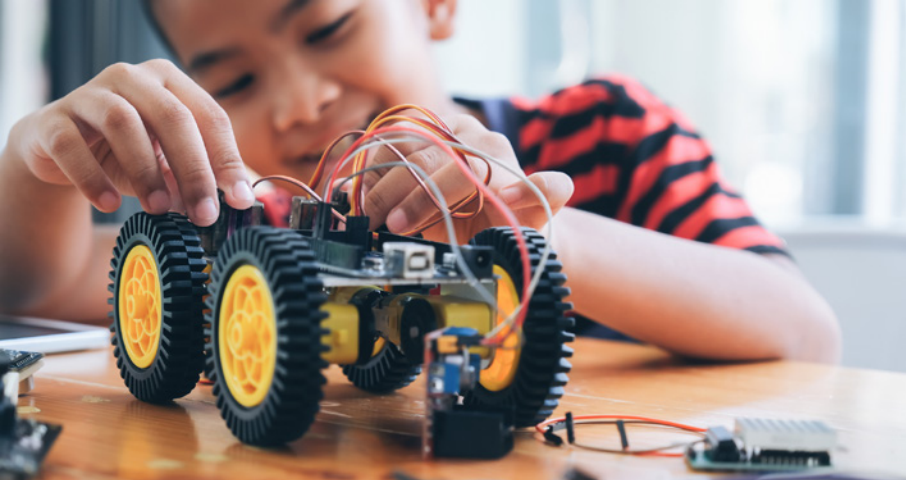
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Family First Speech Therapy creates a weekly therapeutic routine that fits into your already busy schedule.

# Speech clarity and everything in between

Four-year-old Harper couldn't sit still in class and rarely ate her lunch with friends. While her preschool classmates spoke in perfect sentences, Harper had trouble pronouncing words.

Harper's preschool teacher relayed her concerns to her mother, Elle, who was already worried about Harpers difficulty communicating and her picky eating.

To make it worse, during times of struggle Harper hit others to cope with the frustration of not being able to communicate.

Elle called Family First Speech Therapy and things began to turn around. "I can't thank Kolby and her team enough. Harper is now thriving from all the hard work she has put in at Family First."

"Intervening early is key because a child's brain can relearn things so quickly which can avoid lifelong consequences of developmental delays," said owner, Kolby Kail.

**Family First Speech Therapy** started as an in-home therapy practice and for 8 years Kolby and her team dedicated the practice to working with parents and children with a range of challenges. Their dedicated team will take the time to explain how the activities used during the sessions are used to boost your child's academic and social success.

Family First Speech Therapy creates a weekly therapeutic routine that fits into your already busy schedule. The goal is to create a consistent, easy to follow speech therapy routine that ensures gains and consistent progress. Families leave each session knowing exactly what they need to do to move the needle!

The state-of-the-art clinic is in The Carlsbad Plaza South Center next door to **That Pizza Place**. Family First Speech Therapy provides services to individuals of all ages showing a range of challenges, from friendship building skills to difficulty with speech clarity and everything in between!!

Communication is the foundation for so many aspects of life. When a child struggles with speech or language, it can have a profound impact on their ability to form meaningful connections with others. Without the ability to clearly express their thoughts, feelings, and needs, a child may end up feeling isolated, misunderstood, and alone.

Family First Speech Therapy can give them that chance. I urge you to consider this option carefully - it truly could change the entire trajectory of your child's life, just like Harper.



Element Education schools connect with students and their parents through frequent conversations and the use of a wide range of measures.

# A new kind of rich

What does it mean to be rich? Often, our thoughts turn to money, but there are other ways to be rich. We speak of the rich color of a sunset or a painting, and we savor the rich flavor of fine food or chocolate. Gardeners strive for soil rich in nutrients. No matter how we use the word, we are referencing something superior. Rich learning is no different, and there are hidden treasures we can find through collaboration, observation, and reflection.

**Element Education** schools begin the treasure hunt, by reaching below the surface to connect with students and their parents through frequent conversations and the use of a wide range of measures. Sometimes, the hidden treasure is as simple as an interest in cars or a preference to sit on the floor rather than at a desk. Other times, the hidden treasures are more complex, such as identifying anxiety and depression. By taking the time to put students first, we find that they can then make learning a priority because we all know learning cannot be forced.

Sometimes, the hidden treasure is not about us but is found in a magical mentor or somewhere out in the community. Hidden treasure is all around us, and if we take the time for honest reflection and deeper connections, we can discover those treasures. In other words, we can discover our element.

Visit [www.myelement.org](http://www.myelement.org) to learn more about Community Montessori and Dimensions Collaborative School!

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**Element Is Everything Podcast**



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# The Halls Are Alive with the Sound of Music

For the second consecutive year, the **Carlsbad Unified School District** (CUSD) celebrates a milestone in its music education program. With additional state funding and a \$430,000 grant from **Carlsbad Educational Foundation** (CEF), every elementary school is staffed with a full-time music teacher providing weekly classes to students in grades TK-5.

“The full-time music teachers have become part of our team and truly invest in the goals that we have set forth for our school site,” said **Calavera Hills Elementary** (CHE) Principal Kimberly Fuentes.

In a 2023-24 staff meeting, Ms. Fuentes noted improvements in attendance, and math and reading scores in the Standardized Testing and Reporting (STAR) program after CHE introduced a full-time music teacher.

“Students want to be here,” Fuentes said. “Students feel like they belong to something.”

Before the funding from California’s Proposition 28 and the grant from CEF, CUSD had not funded full-time music teachers at each of its nine elementary schools in over 20 years.

California voters passed Prop. 28 in 2022, providing an additional 1% of a school’s annual budget to art and music programs. However, Carlsbad Unified School District remains one of the lowest funded K-12 districts in San Diego County, receiving less per pupil funding than its neighboring unified districts.

Carlsbad Educational Foundation helps bridge the funding gap. Thanks to donations from individuals and community partners, CEF awarded more than \$1.5 million in grants for TK-12 programs in music, STEAM, and innovation for the 2024-25 school year.

“The funding from CEF gives teachers the opportunities to keep programs thriving,” said CHE Music Teacher Kelly Lack. “The



Students practice playing the recorder during music class.

things I hear from teachers, staff, and parents, is that music in Carlsbad this year has brought families back to school.”

The elementary music program is one of 40 programs benefiting students at every grade level in CUSD.

“We are immensely grateful to the Carlsbad Educational Foundation, and its community of supporters, for its unwavering support of exemplary programs benefiting the students of Carlsbad Unified School District,” said CUSD Superintendent Ben Churchill.

Scan the QR code to learn about the impact full-time music teachers have on Carlsbad Unified School District elementary schools. One teacher says music ‘has brought families back to school.



## Join an Influential Community!



Be part of a group of businesses and organizations who believe Carlsbad schools are the foundation of this great community.

Your partnership helps Carlsbad Unified School District provide exceptional educational opportunities that prepare our students for careers in leading industries.

Carlsbad Educational Foundation

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At Dancin Soul Boutique, August is Back to Dance month featuring special sales all month long.

## Back to Dance Month

**Dancin Soul Boutique** is celebrating 10 years in Carlsbad Village! Special thanks to all of you dancers who have been with us since we opened our doors in September 2014. We feel privileged to help dancers progress in their dance journey and be inspired! As a local family owned dance retail store we have enjoyed witnessing many recitals, photoshoots, dance team events, nationals and college dance careers. We are so proud of so many of you and where you have taken your joy of dance. Thank you for your loyalty! We look forward to continuing this journey for another 10 years.

August is our Back to Dance month and we will have special sales all month long. Each week will be a different sale on things you need to get back to the new dance season. Follow us on Instagram and/or Facebook to see all the great deals or just dance on in each week and enjoy the savings. Our Anniversary Sale will take place September 3 to 7 this year with extra special events going on to celebrate our 10 year anniversary. If you are loyal Dancin Pointes member watch your email for extra special savings just for members.

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**Amplified Studios** started as a recording studio in Carlsbad that assists artists and musicians with musical instruction, recording, videos, and artist promotion. Since starting the studio, we have expanded to digital marketing thanks to the success we've had with our own brand, and the success we've had with our artists.

We are a team of musicians, photographers, videographers, and writers - creativity is at the core of everything we do. With a blend of artistic innovation and technical expertise, we strive to connect brands with their audience in meaningful ways, driving engagement, growth, and success. At Amplified Studios, we don't just market brands – we amplify them.



MEETING THE FUTURE WORKFORCE NEEDS:

# MiraCosta College's Technology Career Institute

Disruptive changes to current business models have profoundly impacted the employment landscape over the last decade. Technological and societal changes are shortening the shelf-life of employees' existing skill sets. In such a rapidly evolving environment, the ability to foresee and prepare for future skill requirements is increasingly vital for every business to seize emerging opportunities fully. With this accelerated change comes a rapid growth in middle-skill occupations, which require a high school degree and technical training but not necessarily a two- or four-year college degree. Many employers are struggling to fill these well-paying jobs, which offer substantial career growth and the prospect of economic security for families.

Workers increasingly need to acquire skills quickly through learning options aligned with the specific and nuanced skills required for career progression. In response to this need, **MiraCosta College's Technology Career Institute (TCI)** in Carlsbad offers a variety of robust certificate programs that train students in the technical skills needed for growing industries such as advanced manufacturing and engineering, aerospace, maritime technology, drone technology, biotech equipment manufacturing, and more.

TCI offers tuition-assisted programs using state-of-the-art equipment for a hands-on learning experience. This approach has proven successful, as evidenced by TCI's completion and employment rates exceeding 90%. Students receive focused training on essential skills, closely mirroring on-the-job training rather than traditional academic theory. Consequently, both stu-



MiraCosta College's Technology Career Institute (TCI) in Carlsbad offers certificate programs such as advanced manufacturing, engineering, and more.

dents and employers are pleased with the outcomes as graduates enter the workforce job-ready.

TCI programs keep pace with the technological changes and workforce advancements of local businesses. The insti-

tute is excited to announce several new course offerings, including Electrician, HVAC Technician, Aerospace Composites, and Aquaculture. These programs provide the specialized skills needed for emerging fields, enabling students to se-

cure career-path employment.

By bridging the gap between traditional education and targeted workforce training, TCI swiftly prepares the next generation of workers. For more information, visit [commed.miracosta.edu](http://commed.miracosta.edu).

## TRAIN YOUR WAY TO SUSTAINABLE CAREERS

MiraCosta College's Technology Career Institute (TCI) in Carlsbad offers robust training programs that keep pace with the technological changes and workforce advancements of local businesses, such as Electrician, HVAC Technician, Aerospace Composites and Aquaculture, and more. These programs provide the specialized skills needed for emerging fields, enabling students to secure career-path employment.



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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.



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

### 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 offer-

ing 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

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## A LIFE CHANGER FOR BOYS

Located in the seaside community of Carlsbad, CA, Army and Navy Academy is a private, college-preparatory military academy for boys. Our mission is to educate, mentor and develop character and leadership in young men. Boarding and Day School availability.



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After decades in sales for ed tech and consumer products companies, I developed a skill set that could easily transfer to Tutor Doctor's franchise business model. I have two children who needed extra help from tutors starting in middle school, and I saw the benefit of a non-parent expert. My

expertise is running businesses and hiring talent as well as offering (free) consultations and skills assessments of your child, guiding me to match the perfect tutor. I'm a match-maker for tutoring!

The best part of my workday is when I get to meet the families on Zoom for a consultation. They gather around the camera and talk about what's happening at school, with teachers, with friends and siblings and with Mom and Dad. Kids are usually very open with why they are struggling with a certain subject, and they are so happy when they know they can get 1:1 help.

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