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BUSINESS

While traveling in Thailand, then Pacific Beach resident Larissa Miller was inspired to create comfortable, breathable and stylish yoga pants.

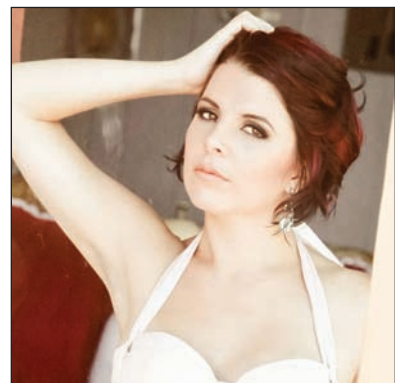
SEE PAGE 13



MUSIC

Vocal powerhouse Whitney Shay, one of the area's major talents, performs with her group, The Hustle, at Backyard Kitchen & Tap on Oct. 27.

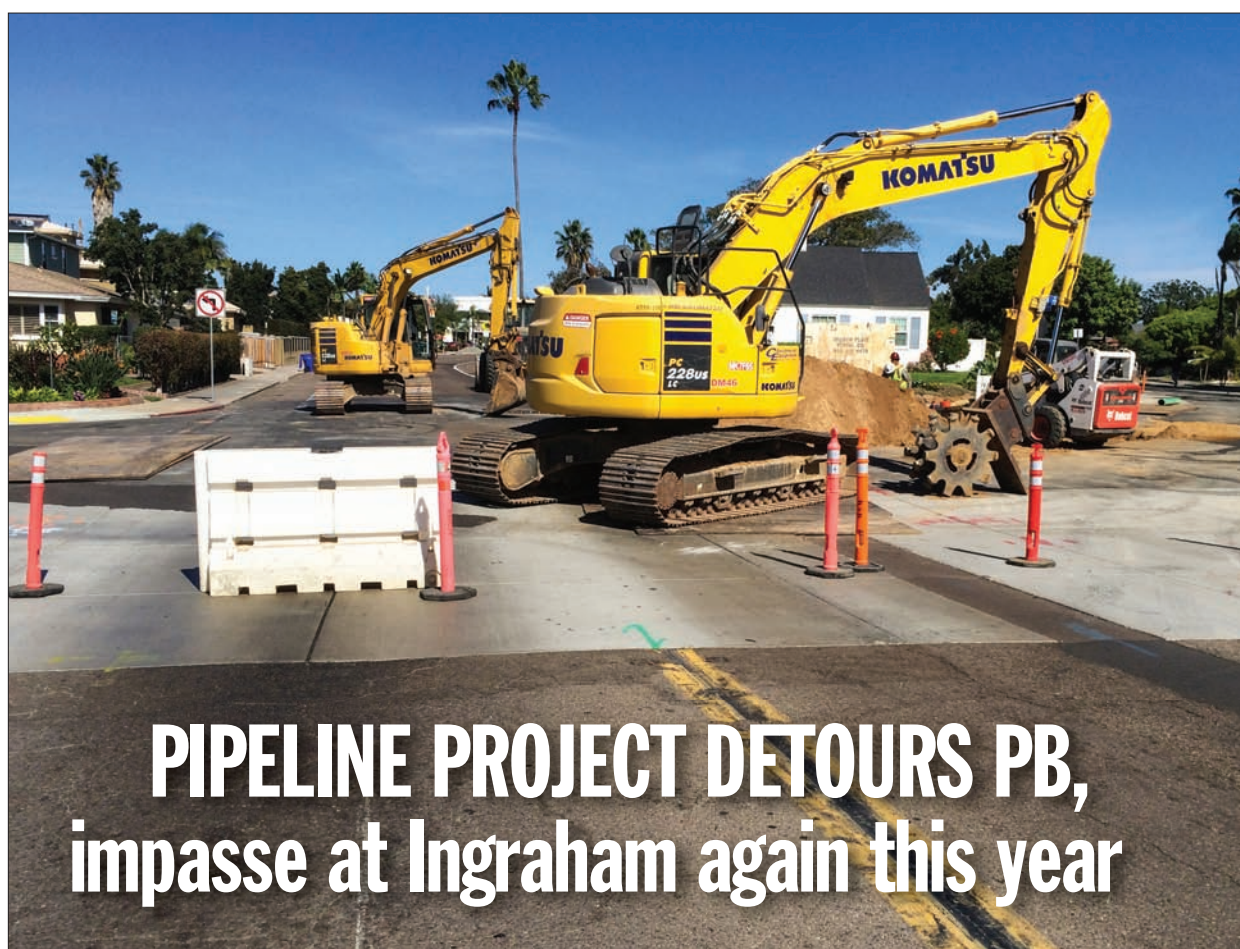
SEE PAGE 9



SAN DIEGO COMMUNITY NEWSPAPER GROUP

THURSDAY, OCTOBER 19, 2017

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PIPELINE PROJECT DETOURS PB, impasse at Ingraham again this year

Two backhoes dig up the road at the intersection of Ingraham, Yosemite, and Bayonne in Crown Point on Oct. 17.

Road construction to run through October 2018

By THOMAS MELVILLE

After a summer break, the City of San Diego project to replace and rehabilitate aging water and sewer infrastructure has started up again, leading to road closures throughout Pacific Beach – specifically Ingraham Street and bridge, along with other side streets in Crown Point.

The Pacific Beach pipeline south project, which began July 2016 and is scheduled to conclude October 2018, is replacing approximately 7.6 miles of water main and about 1.6 miles of sewer main in the Midway District-Pacific Highway Corridor and Mission Bay areas.

The project will also demolish the Pacific Beach Reservoir, which was built in 1908 and removed from service more than 20 years ago.



These signs are up on Ingraham Street and throughout Pacific Beach.

PHOTOS BY THOMAS MELVILLE

This project will contribute towards the city's ongoing program that mandates the replacement of all aging and deteriorating cast iron water mains currently in service. It will:

- Replace associated water services, fire hydrants, curb ramps, and traffic

control devices;

- Use best management practices to control erosion and protect storm drain inlets;
- Resurface streets impacted by project construction activities; and
- Install new accessibility curb ramps.

These improvements are consistent with goals set forth in the city's Climate Action Plan, by maintaining water supplies and services that support the region.

Residents who live in the affected areas may stay informed about the construction activities and impacts for both the water and sewer improvements by signing up for emailed project updates at sandiego.gov/cip.

For specific questions about the Pacific Beach pipeline south project, contact the Public Works Department at 619-533-4207 or email engineering@sandiego.gov. Reference "Pacific Beach Pipeline South Replacement Project" with your inquiry.

Beaches to clean up their act in memory of Maruta

By DAVE SCHWAB

Maruta Gardner was so highly regarded in the beach communities that several local groups have teamed up to turn their annual beach cleanup day on Nov. 3 into a tribute to the late educator, who was killed two years ago by a drunk driver while painting out graffiti on the Mission Beach jetty.

"From a simple beach cleanup, it has now blossomed into a multi-project community-service day," said Dawn Reilly, project administrator for Beautiful MB, a nonprofit dedicated to community improvement and enhancement.

"Maruta Gardner touched countless lives in our beach communities, as a friend, an educator, an activist, and



Maruta Gardner

through decades of selfless community service," Reilly said. "She is responsible for encouraging many of us to take active roles in various clubs and boards."

Reilly added, "Maruta was such a remarkable lady that the San Diego City Council declared

SEE MARUTA, Page 10

Council members present short-term rental proposal

By DAVE SCHWAB

A new "coastal" proposal to curb short-term vacation rental proliferation, in lieu of a less-restrictive counterproposal by inland City Council members, was vetted at a recent Pacific Beach Town Council meeting.

District 2 Councilmember Lorie Zapf told residents she was joining with District 1 Councilmember Barbara Bry of La Jolla, to present a compromise STVR plan.

Zapf said that plan would help eliminate mini hotels in single-family neighborhoods. She also said their proposal will preserve property owner's rights



Homeowners in PB neighborhoods have put up new signs.

to supplement their income with short-term rentals, as long as they reside at the address and are not absentee owners.

SEE STVR, Page 12

Pacific Beach residents still fighting against planned Law Street Lifeguard Station

By DAVE SCHWAB

A petition drive, started by the group Protect PB, to block the proposed Law Street Lifeguard Station in Pacific Beach garnered 1,081 signatures to date on change.org, with the goal of reaching 1,500 supporters.

"The beach at Law Street and the coastal canyon bluffs are environmentally sensitive and should be preserved as such," the change.org petition opposing the Law Street Lifeguard Tower states. "This project will likely require further construction to protect it from coastal flooding, due to this poor site choice... We are very concerned that construction plans have been drawn up 'before' proper impact studies have been done... The community needs the opportunity to explore and propose alternative solutions rather than see this proposed command center built."

Two years ago, overriding some neighbors' objections, Pacific Beach Planning Group voted 12-3-1 in favor of current proposed design plans for a new, 3,500-square-foot lifeguard tower in North Pacific Beach. It is to be built into the coastal canyon at the foot of Law Street.

Those for, and against, the proposal have been debating its merits ever since.

San Diego Lifeguard union chief Ed Harris admits to being biased.

"I am very much in favor," said Harris, noting, "The beach is crowded and the guards need a station. They are currently working out of a rat-infested storage container."

Harris added the only drawback with the proposed tower "is the inability and incompetence of city staff. The proposed towers should be state of the art. It should run off wind solar. It should be designed to take advantage of natural lighting and be cooled by opening windows."

Harris said, "After watching them (city) build four highly-flawed towers, I can tell you this will be another poorly thought-out tower with massive cost overruns and construction flaws."

Law Street neighbor Micaela Porte disagrees with Harris.

"It is a ridiculous waste of unique and precious public land, and money (started at \$4 million, now \$7 million-plus) for construction of a massive fire-rescue station on a natural wonder of a site (Law Street canyon and beach)," Porte said. "The frankly

corrupt hired guns/city architects who have been working on this design for years, since 2011 when we began our protest, are raising the price of the construction every year, and the design gets bigger and more useless ...

"The lifeguards, all six of them, scheduled to occupy this acre of public beach for three months in the summer with improved concrete roads and ramps into the high-tide zone for their oversized trucks, will be responsible for endangering the coastal eco-system, the erosion of coastal cliffs... and limiting public beach access, effectively killing this stretch of beach for the rest of our time ... 'Day of the Dead Beach' is what we will have ... It is heart-breaking to pave paradise and put up a parking lot," concluded Porte.

Longtime Pacific Beach community activist Chris Olson, said of the Law Street tower: "My personal preference is a simple observation tower set on piers that will allow high tide to pass under it. Generally, I do not support storage or the use of motorized vehicles on the beach, except in the case of emergencies."

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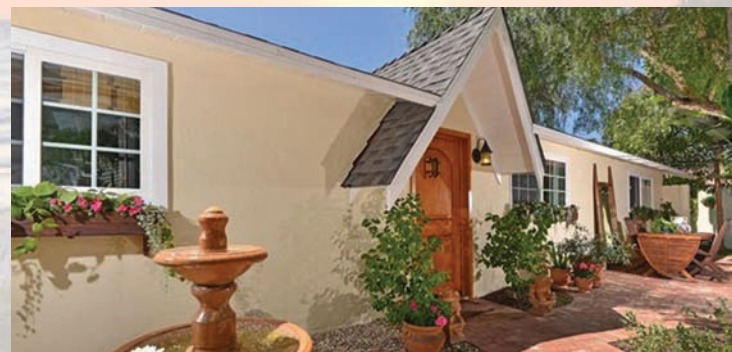
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The Cruise Group accounting service helps small businesses stay organized

By DAVE SCHWAB

The Cruise Group, a new outsourced accounting service in Pacific Beach, aims to help small businesses by being their controller, while helping them stay organized.

Entrepreneurs Jodi Barthold and Shawna Cruise have teamed to create a new boutique accounting firm.

"We thought it was really fun," said Barthold of their new company name adding, "You can do a lot of things to play off it. We came up with 'cruise your biz, cruise your cause, etc.'"

"We really are about accounting, first and foremost," said Barthold of Cruise Group's purpose. "We're really into helping business owners get smooth sailing for running their business."

Barthold pointed out she and Cruise "Are not bookkeepers who come in and pay your bills after collecting your receipts. The thrust of our business is really more to help business owners run a great business, reach their goals, put a good system in controlling accounts that is safe, systematic and proper."

Barthold added, "We're trying to go online if possible, but the nature of accounting does require some

THE CRUISE GROUP

Where: 1135 Garnet Ave.

Contact: Jodi@cruiseyourcause.com,
www.cruiseyourcause.com,
760-855-7175.

face-to-face."

Which is why Cruise Group has a one-person, brick-and-mortar space at 1135 Garnet Ave.

Barthold said she and Cruise have been acquainted for about eight years. "We became friends and then I did some consulting for her prior business," Barthold said. "I decided to invite her into this business. She's absolutely brilliant ... and I wanted someone who had that business owner's perspective."

Barthold talked about Cruise Group's business strategy, noting clients are not charged by the hour, but rather by "the volume of what is needed."

"It could be project-based, such as putting together a loan package for applying for a Small Business Association (SBA) loan," she said adding, "Most people hire us for ongoing work month-to-month."

The Cruise Group, said Barthold, "has a nice network of people that we work with by word of mouth." She noted she and Cruise have an

Internet domain name but "do not have a website yet. We do have LinkedIn and Facebook pages."

Barthold noted she is "not a tax person," while adding, "I may add taxes in the future. The bulk of the firm's work, she said, is "outsourced accounting."

That outsourcing, Barthold noted, entails things like counseling clients on "How to read their financial statements, how to put together a package for an SBA loan, determining what's the best structure for their company or how to avoid getting ripped off by employees, how to make sure that never happens again."

Barthold talked about what the most important thing is that Cruise Group does for its clients.

"What we're all about is efficiency, making sure that we're not doing the old-school way of dealing with a shoebox full of receipts," she said noting, "The (accounting) industry is changing. We want to make sure business owners are not running their accounting from a shoebox full of receipts. There are many systems available now for accounting, Quickbooks as one example, one tool that is very time-efficient for business owners. And that's our area of expertise."

'Everyone is an athlete' at Movement Warehouse

By DAVE SCHWAB

The new workout studio Movement Warehouse in Pacific Beach is on the cutting edge of fitness, having created a new hybrid niche in the industry.

"I feel like everyone is an athlete," said owner Michael Hamanaka, of his business philosophy. "You use the same basic movements, whether or not you're an athlete at a high level. Athletes do them. Moms do them."

Hamanaka said his innovative workout modality is not to be confused with CrossFit, a branded fitness regimen combining physical exercise with competitive sports workouts incorporating high-intensity weightlifting, workouts and gymnastics.

"I don't care about your doing as many reps as you can, as fast as you can," said the gym owner. "I want you to do things with quality."

The Movement Warehouse employs some novel tools, Olympic-style hammers, truck tires, "battle ropes." The indoor-outdoor workout studio offers a variety of programs, each focusing on a different facet of training, whether it be to shed fat, increase strength or become faster.

Hamanaka works with a broad range of people, everyone from high school athletes and moms to business executives and people just wanting



Owner Michael Hamanaka uses the 'battle ropes.' PHOTO BY DAVE SCHWAB

to get or stay in better shape.

"The motto of the gym is strength is meaningless without mobility, because the most mobile people are going to be the strongest," said Hamanaka, who employs lots of free weights and elements like climbing ladders in with his workouts.

Oddly enough, the fitness trainer graduated from UC San Diego with a degree not in anything workout-related, but rather in communications.

"My passion was in helping people," said Hamanaka, who had wanted to be a pediatrician to help kids. After discovering fitness however, the

MOVEMENT WAREHOUSE

Where: 1425 Garnet Ave.

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trainer realized his aspiration to "help" was transferable to working out. "I help people in a different way," he noted.

Of his gym, Hamanaka said, "I want to change the way people look at fitness." Hence the artificial turf inside and out imparting the sense of naturalness to physical activity.

Hamanaka trains people in small groups or individually. At any given time, he might have some members in a small group working out with free weights, while others are running or utilizing other modalities.

"What keeps it exciting for people is that there are literally hundreds of exercises that you can do with good form, and I can work all of those into any workout," the trainer said.

Hamanaka claims his innovative workout regimen builds camaraderie amongst his clients.

The story behind why he chose Movement Warehouse for his business name was easy. Hamanaka said it incorporates movement, "what we're here for," as well as his open, warehouse-like, indoor-outdoor workout studio space.

Better technology means more beer at Amplified

By MANNY LOPEZ

With an eye on the rapidly changing craft beer market, Amplified Ale Works in Pacific Beach has partnered with Norway-based Thin Film Electronics ASA (ThinFilm), to leverage the power of Near Field Communication (NFC) technology, found in most smartphones.

An often overlooked feature, NFC is a wireless connectivity technology that allows short-range radio communication between devices. ThinFilm has embedded a small chip inside of a beer coaster that, when tapped with a smartphone, activates a direct mobile connection that will take customers to a landing page where they can order Amplified beer online for home delivery through San Diego-based The Beer Connect, an online craft beer marketplace.

"Technology is something that has always interested me and I think the distribution of beer is something that's ripe for disruption right now," said Alex Pierson, co-founder of Amplified Ale Works.

"If someone wants my beer, it's now way easier to work through one website rather than have to sign a long-term deal with a distributor, who will then sell my beer at a high markup and dictate these terms to me rather than the other way around. This approach is enabling guys like me to be able to work

'If someone wants my beer, it's now way easier to work through one website.'

ALEX PIERSON
CO-OWNER OF AMPLIFIED ALE WORKS

through an industry where size matters."

According to Pierson, the craft brew market in San Diego has peaked, which is putting pressure on smaller breweries. He said that Amplified is considering an acquisition, moving to a different location and opening in new markets.

Pierson said that since the brewery needs beer coasters anyway, he is willing to try the approach, which is expected to add incremental sales and help Amplified's bottom line. He said that he sees an excellent potential to get customers more involved in the brand by offering organized content to enhance the entire sales experience.

Though NFC technology has been around since 2002, it has only been compatible with Android devices. Recently, Apple announced that, with the release of iOS 11 in the fall, it will be opening its NFC reader for applications beyond Apple Pay, which is expected to bring an explosion of NFC-powered devices and applications.

"One of the issues that craft beer makers deal with now more than ever is the proliferation of craft beer products and brands," said Terrence Morrissey, director of sales for ThinFilm. "Craft brewers like Amplified are looking for ways to stand out, grab the consumer's attention, tell their brand story in an interesting way, educate consumers and ultimately protect and grow their market share in a very crowded space."

Morrissey said that ThinFilm is very bullish on the "Internet of things" (IoT), the interconnection via the internet of computing devices. He added that ThinFilm's technology enables the physical and digital worlds to connect through all kinds of different factors either attached to packaging or directly onto or into a product.

"Craft beer drinkers are a bit promiscuous in that they enjoy trying new products, and when they want more information, they usually go straight to their smartphones. Normally, people do a Google search and now the brand is at the mercy of other websites where producers can't control the dialogue. This is an enormous opportunity for brands to take back control of that dialogue and create a one-on-one conversation with the consumer," Morrissey said.

READ MORE ONLINE AT sdnews.com

UberEATS begins bike courier deliveries in beach communities

By MATHILDE ROUSSEAU BJERREGAARD

UberEATS has launched its new bicycle courier service in San Diego. This service works like the normal UberEATS service, the food will just be delivered by an Uber driver on bicycle.

"It is a good opportunity for people without a car to become Uber drivers, or for people to get some more exercise," said Pat Winter, who is the senior operations manager at Uber.

The bicycle courier service was launched in line with Uber's environmental commitment and will help reduce congestion in high-traffic neighborhoods while ensuring food delivery is fast and efficient. The neighborhoods where the service is offered are downtown, Pacific Beach, Mission Beach, and Hillcrest.

"It is a win for both the drivers, because they don't need to spend time finding a parking spot, and also for the customers, because the food stays hot or cold," said Winter.

The new service aims to provide greater convenience for delivery partners, especially in congested parts of the city where parking



may be difficult to find. It is also aligned and consistent with Mayor Kevin Faulconer's vision to encourage greater use of cycling throughout the city as part of San Diego's Master Bicycle Plan.

"It is cool that you can do it on a bike because traffic in San Diego is pretty junk," said Ryan Alvarado, who is an UberEATS bike courier. Alvarado has been pedaling food for six weeks delivering downtown.

An average UberEATS bike courier bikes 60 miles per week, with the average bike delivery time being 13.28 minutes. You can sign up to become an UberEATS bike courier at ubereats.com.

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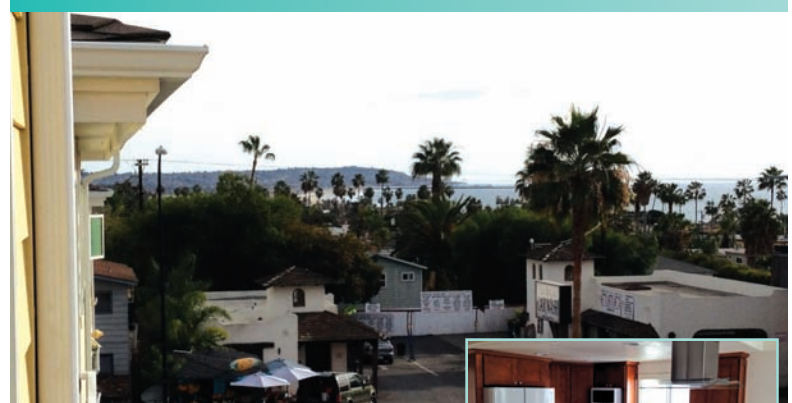
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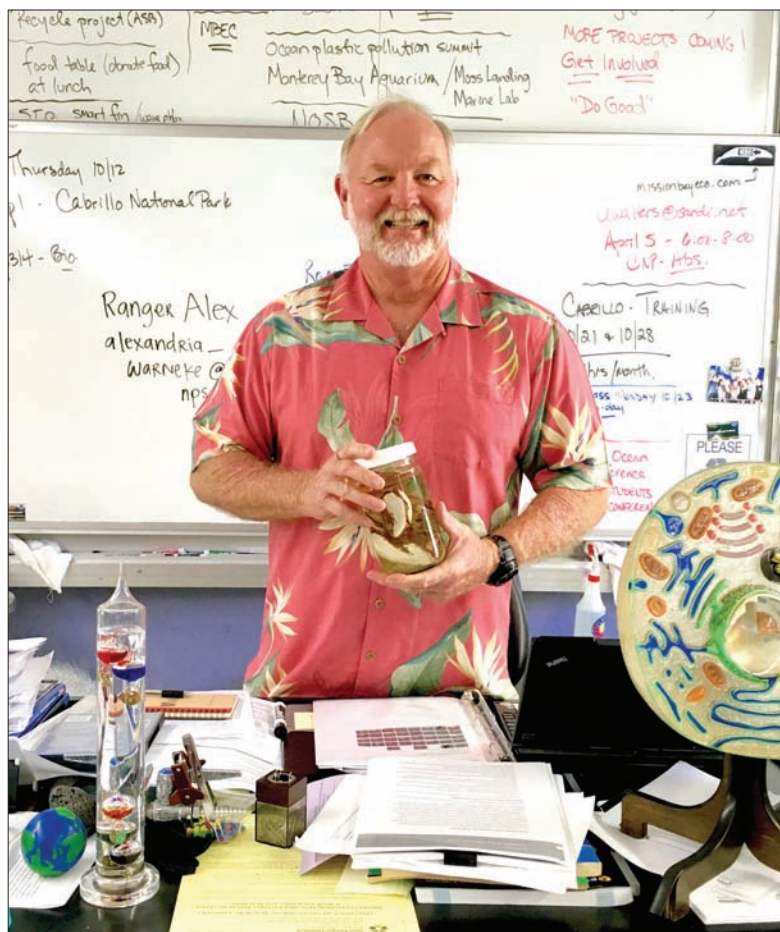
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Mission Bay environmental science teacher receives Marine Science Teaching Award



Mission Bay High School International Baccalaureate marine science and AP environmental science teacher Steve Walters.

Mission Bay High School International Baccalaureate marine science and AP environmental science teacher Steve Walters recently received the Marine Science Teaching Award from the Maritime Science Alliance.

President of the Maritime Alliance, Michael Jones said Walters received the award to honor his "tireless efforts to promote marine science and ocean literacy in the San Diego region."

Teaching for 30 years, the last 12 at MBHS, Walters' work with his marine science students includes joint projects with Hubbs-SeaWorld Research Institute, raising white sea bass for restoration into the ocean, and Scripps Institution of Oceanography's Center for Aerosol Impacts on Climate and the Environment and CLEAR Program, which engages students in learning about the chemistry of aerosols, climate, and the environment. Walters also works with the Southwest Fisheries/California Fish and Wildlife, raising red abalone for natural replenishment.

Under his mentorship, his students have competed in the National Ocean Science Bowl, developed marine-based virtual reality games, formed and regularly volunteers through the

MBHS Eco Club, and teaches at local elementary schools with Ambassadors for a Clean Ocean for Climate Kids California Science Alliance.

Always looking for new ways to clean up the environment, Walters led his students through a two-year project to reduce plastic pollution on the MBHS campus by addressing single-use plastic items in the cafeteria resulting in a 50 percent reduction of campus plastic pollution through policy change, installation of a reverse osmosis system, and becoming a pilot project for all San Diego Unified Schools to reduce single-use plastic waste on all campuses.

A believer in hands-on experiences, Walters provides opportunities to students to work locally in the MBHS marine lab, in the field, and through a program sponsored by Mares when students spent a week in Dr. Brice Semmens' laboratory at Scripps Institution of Oceanography performing research and field work. He and his students have also gone on the road with their projects presenting at Monterey Bay Aquarium at the Teen Summit and twice at the Ocean Plastic Pollution Summit, as well as at Moss Landing Marine Laboratories.

He and his students are working with UC Davis/Bodega Bay Marine Research Center on an abalone research project and locally with Cabrillo National Park creating a virtual-reality tour, removing invasive marine plants and restoring native species, and creating "Art in the Park" using trash found on local beaches and waterways.

"There are many ways to help the environment through science, technology, education, and art. I am happy to receive this award, but really can't accept it without acknowledging all of my dedicated and passionate students," Walters said.

Ciara Gray, a senior at MBHS, said: "I am grateful for my three years spent with Mr. Walters as my teacher at MBHS. He has inspired me to accept the challenge of taking care of the earth through science and communication and has taught me and countless other students the importance of our roles in the environment."

The award will be presented at the ninth annual Maritime Gala Dinner and Award Ceremony on Wednesday, Nov. 8, aboard the Inspiration Hornblower.

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EDUCATION NOTEBOOK>>

Mission Bay High

■ Mission Bay High School junior, Taylor Kaviëff, was recently named the American Red Cross Youth Volunteer of the Year for 2016-17. The award recognized Kaviëff for her commitment to her "service to the Armed Forces," and a program that brought holiday cheer to many wounded and injured service men and women.

Taylor has been a 4.0 student throughout her school career in Pacific Beach, starting at Kate Sessions Elementary, then Pacific Beach Middle and now Mission Bay High. Her academics have been recognized by the Pacific Beach Town Council and the Pacific Beach Kiwanis Club. She is a two-year varsity athlete in track and a member of the Mission Bay High School Academic League team.

■ The last MBHS tour before the School Choice application is set for 8 a.m. Thursday, Nov. 9, in the library. San Diego Unified's School Choice online applications for the 2018-2019 school year are due Nov. 13.

Pacific Beach Middle

■ Are you interested in PBMS for the 2018-2019 school year, but don't live in PB? You can apply to attend PBMS by submitting an online application through the School Choice program

at www.sandiegounified.org until Nov. 13.

■ The PBMS tour will take place 8 a.m. Thursday, Nov. 2, in the Media Center. Hear about all of the great programs at PBMS from principal Meng and parent representatives. This is the last tour before the San Diego Unified School Choice applications are due.

Kate Sessions

■ Kate Sessions Elementary's annual Fall Carnival will take place Friday, Oct. 27, from 2:10 to 4:30 p.m. Enjoy a bake sale, costume parade, and game booths hosted by each classroom and the popular Haunted House put together by the fifth graders. Pizza and drinks will be available for purchase, as well.

■ Final Donation Update: the first graders in rooms 3 and 9 ended up sending a grand total of \$121, from their piggy banks, to the Red Cross for hurricane relief.

PB Elementary

■ School tours at Pacific Beach Elementary will take place Oct. 25 and Nov. 8. For prospective students outside the area, the choice enrollment window is Oct. 2 – Nov. 13.

■ A community meeting to discuss the joint-use field expansion at Pacific Beach Elementary will be held from 6 to 8 p.m. on Oct. 30 in the PBE auditorium. The meeting will discuss plans to add a natural turf field and walking tracks, and make these additions and the existing hard courts open to the com-

munity after school, on weekends, and during school breaks.

CPJMA

■ Crown Point Elementary invites the community to join them for dine-outs on Oct. 24 at Wendy's, and Oct. 30 at Rubio's on Grand Avenue. They will post the flyers on their Facebook and web pages, just show up with the flyer to help support the school.

■ The public is invited to join the free Trunk or Treat on Friday, Oct. 27 from 5 to 8 p.m. on the CPJMA campus. Come in costume and enjoy trunk-or-treating and carnival games, vote for the best trunk, watch a student flash mob, and if you're brave enough, try the Haunted Library. It's going to be a spooky good time.

■ On Saturday, Nov. 4, the Music Club will be performing at PB Taylor Library from 11 a.m. to noon.

Barnard Elementary

■ Students from Barnard Elementary, a Mandarin immersion magnet school in PB, performed before representatives from Mayor Kevin Faulconer's office, San Diego Unified School District Superintendent Cindy Marten, school board trustees, and visiting Chinese dignitaries on Sept. 26, at the Eugene Brucker Education Center. Prospective families and community members alike are invited to tour the school to see the Mandarin learning in action. For information, visit www.sandiegounified.org/barnard.

Ask The Trust & Estate Attorneys

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When the biological parent does not consent to terminating their parental rights, the adoption is then called a contested stepparent adoption. These adoptions are much more difficult to have granted by the judge because you must show that the other birth parent has abandoned the child for over a year and not paid any child support or voluntarily not seen or talked to the child. A contested stepparent adoption may also be granted if the other birth parent has been convicted of a felony, the facts of which are of such a nature as to prove the unfitness of the parent to have the future custody of the child.

As a stepmom, Shannon O'Neill understands the up's and down's that stepparents experience and she loves assisting families to become complete through legal adoption. Please do not hesitate to call us with any questions regarding the stepparent adoption process.



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PB team has successful swim around Santa Cruz Island

By MATHILDE ROUSSEAU BJERREGAARD

Claudia Rose, who is a long-time resident of Pacific Beach, captained the record-setting swim team "Selkie and the Sirens" as they spent nearly 40 hours swimming around Santa Cruz Island on Sept. 26 and 27.

"There have been a few other people trying to do it, but they didn't make it and we wanted a new challenge as a team," said Rose.

The swim team consisted of six women from both coasts of the United States. Rose, Michelle Premeaux McConica from Ventura, Calif., Diana Corbin from Maryland, Carol Lyn Swol from Maryland, Jeannie Zappe from Pennsylvania and Louise Hyder-Darlington from Pennsylvania.

"Selkie and the Sirens" began swimming on Sept. 26 at 7:20 a.m., and each woman swam for an hour in-turn, once every six hours throughout the day, night, day and then into the wee hours of Sept. 27 before they made it back to their starting point at Willows Anchorage.

"It was very interesting. The first half of our swim the weather and the currents were perfect, but then we came to the front of the island and it was terrible. We had the wind and the currents against us, but we just kept going," said Rose.

During the swim, the team encountered hundreds of dolphins and sea



The 'Selkie and the Sirens' team celebrate swimming around Santa Cruz Island on Sept. 26 and 27.

lions, fog, wind, strong sun and both helpful and adverse currents.

The swim team decided that they wanted to swim around Santa Cruz Island in January, and had been preparing for the swim ever since. Rose had a special training program made for herself because she broke her elbow in April, so she made a training plan for the rest of the team.

Rose became the team captain because she had a great deal of experience in that role. Rose has been swimming for almost her whole life and she has been an open-water swimmer since 2000. Rose is known for her pioneering swims in Alaska, however, she began participating in adventure swimming with a swim from La Jolla Shores to Crystal Pier.

"I think we made it because we really stood together as a team during the hard times of the swim," Rose said.

The swim was sanctioned by the Santa Barbara Channel Swimming Association and officially observed by San Diego residents Paula Selby and Ralph Lufkin, as well as Ventura resident Jane Cairns.

Extreme Sailing Series debuts off Harbor Island

The Extreme Sailing Series is set to make its debut in San Diego by delivering high-performance action close to shore and attracting some of the world's very best sailors racing GC32 hydro-foiling catamarans on short courses off Harbor Island Oct. 19-22.

The series pits some of the world's best sailors against each other on identical GC32 catamarans, as they compete on tactical courses. The races will see two U.S.-flagged wildcard teams added to the lineup of international entries.

Boasting an original "stadium-style" racing circuit designed for spectators, the Extreme Sailing Series on Harbor Island and features food and beer gardens, live music, family-friendly activities, a kid's zone and much more in the free-to-enter Race Village. The Series also offers a unique VIP experience, with the opportunity for guests to get on board the GC32s during racing.

For more event information, visit sandiegoextremesailing.com.



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pointloma.edu/fallfestival

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Whitney Shay

Whitney Shay hustles to play Backyard Kitchen & Tap

By BART MENDOZA

Vocal powerhouse Whitney Shay performs with her group, The Hustle, at the Backyard Kitchen & Tap on Oct. 27. One of the area's major talents, Shay can do it all, from bar room blues to melancholy ballads, but for this group, as their name implies, '70s funk is added to the mix. With a set that includes originals and classics, it all adds up to a night of

music that will be both fun for dancing or just as a soundtrack for a great night out.

Whitney Shay and The Hustle: Friday, Oct. 27 at the Backyard Kitchen & Tap, 832 Garnet Ave. 7:30 p.m. No cover. www.backyardpb.com

San Diego's top acoustic music showcase, Java Joe's will be hosting a special Songwriter's Showcase on Oct. 21. On hand will be a

mix of local favorites and rising talent, including Jimmie Lundsford, Sven Erik Seaholm, Isaac Cheong, Dixie Maxwell and Lizabeth Yandez, showcasing a nice cross section of San Diego's singer-songwriter scene. With Java Joe's being known for giving such notables as Jason Mraz, Jewel, Steve Poltz and Gregory Page their start. It's just possible that there is a future music superstar in this night's mix of artists.

Songwriter's Showcase: Saturday, Oct. 21 at Java Joe's, 2611 Congress St. 8 p.m. www.java-joesd.com

The visual side of jazz will be on display at Dizzy's on Oct. 21 when the music venue hosts a special afternoon photographic retrospective featuring the work of Michael Oletta, "Images of Jazz."

SEE MUSIC, Page 12

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6TH ANNUAL KIWANIS SPOOKY PASTA DINNER

Thursday, October 26, 2017

Pernicano's Restaurant – 711 Turquoise Street

5:00 PM – 10:00 PM

The Kiwanis Club of Pacific Beach will be sponsoring their 6th Annual Spooky Pasta Dinner on October 26th. They will be serving Mostaccioli with a meatball, salad, roll and non-alcoholic beverage at Pernicano's Restaurant.

Proceeds from this event fund the Kiwanis Youth Foundation. The Youth Foundation supports the Mission Bay High School Band, Drama, and Sports activities. They also support the Mission Bay High Key Club as well as the Builders Club at Pacific Beach Middle School and sponsor the Hope of America Awards for the five area elementary schools. Additionally the Pacific Beach Kiwanis Club provides support for our local library as well as Rady's Children Hospital Miracle Mile of Quarters, Meals on Wheels and other community events and organizations.

Pernicano's is all decked out for Halloween. Between now and the first of November it is a great place to celebrate the holiday with ghosts, goblins, witches and other spooky characters adorning the premises. If you can not make it on the 26th of October, Pernicano's will honor the tickets now thru the end of November.

The tickets are \$12 each and can be used any Wednesday - Sunday through the end of November. For tickets call Jim at 858-692-0403

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MARUTA >>
CONT. FROM PG. 1

Nov. 3 as 'Maruta Gardner Day.' We will always remember her, but we can best honor her spirit on that day by following her example: performing community service, and in doing so inspire others to serve in the future, and strengthen our community bonds. I am hoping together we can create a true day of service as part of her legacy."

Gardner's passion was community service, which anyone who'd seen her painting out graffiti along the boardwalk and elsewhere in Mission Beach can attest to.

Reilly said there are five projects

volunteers can choose from in participating in Maruta Gardner Day on Friday, Nov. 3:

- Graffiti cleanup in Mission and Pacific beaches;
- Community cleanup in Pacific Beach;
- Rose Creek and Crown Point Preserve borders cleanup;
- Outreach at senior centers to offer companionship and various tasks;
- Painting beach-themed art on utility boxes along Mission Boulevard in Mission Beach (artists still needed).

"We are also seeking funding for a tribute mural at Mission Bay High School," said Reilly. "Interested parties are urged to contact Beautiful

Mission Beach ASAP."

Organizations participating in Maruta Gardner Day include Mission Beach Town Council, OMBAC, Mission Beach Women's Club, Pacific Beach Town Council, PB Street Guardians, Pacific Beach Library, Friends of PB Library, Beautiful PB, Mission Bay High School, MBHS Muralist Club, The Patio Restaurant Group and ANOC World Beach Games 2019.

Of Gardner, Gary Wonacott, president of Mission Beach Town Council, said it's impossible to overlook the crucial role she played as a public servant—or her positive influence on others.

"There is a term of endearment, 'Marutarized,' which means that

you are doing something, usually related to community service, that you had no intention of doing, and don't quite know how you ended up doing it—but you know that Maruta had something to do with making it happen," said Wonacott. "Many people in the Mission Beach Women's Club and the Mission Beach Town Council were Marutarized. I was Marutarized, which is how I ended up serving on the Mission Beach Town Council."

Wonacott added, "There were countless days and evenings when we would see her on her tricycle painting out the graffiti."

Reilly hopes Maruta Gardner Day will not be a one-time observance.

"I certainly hope it gets its own

MARUTA GARDNER DAY

When: Friday, Nov. 3

Where: Pacific and Mission beaches.

Info: www.BeautifulMB.com.

legs, that community groups make it happen year after year, in one fashion or another," Reilly said.

Get updated event details, sign up to volunteer or make a donation at www.BeautifulMB.com.

Jonathan Domingo Garcia, 24, the drunk driver who killed Gardner, 68, in Mission Beach in February 2015 was sentenced to 11 years in prison. San Diego Superior Court Judge Kathleen Lewis also ordered Garcia to pay \$1,349 in restitution and fined him \$3,524.



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Mission Bay teams making runs for CIF positioning

By DAVE THOMAS

With the fall sports season rapidly approaching the end of the regular season, a number of Mission Bay teams are attempting to position themselves for post-season play.

Girls tennis

Head coach Tong Trong's squad headed into play this week with an overall record of 8-5, and 8-3 in league play.

"Within the last two weeks, Amanda Edmunds, Jeanne Picard and Rosina Valia had managed to sweep all their singles matches in two separate games," Trong commented. "This was huge for us as McKenna Mountain (No. 1 singles) has been struggling with an injury."

Trong said: "We're fortunate to still be in the race for another Team CIF berth. Everything hinges on how things go this week as all teams wrap up regular season games."

"Although we've lost a little momentum that we gained in the first half of the season, I think our team did well to keep competing under a few trying circumstances. We're still hopeful to get a couple injured players back for Individual and/or Team CIF. However, we're no longer in the running for the league championship."

Boys beach volleyball

Head coach Nikki Caufield's squad completed league play with a 0-4 record after losing a close match to Saints.

"Our top three teams played really well against Saints with our No. 2 and No. 3 teams losing in their third game," Caufield noted.

"We have been losing games by only a couple points and just need to learn to close out the matches. Some of that comes down to our youth this year and having freshmen and sophomores dominate our lineup as we only have one senior on our squad this year."

With their finish, the Bucs will be seeded into Division II playoffs and attempt to defend the title they won last year.

The top three teams are Cody Armstrong and Stephen Tarbell, Dusty Schraeder and Ian Briski, and Zander Caufield and Andy Knight.

Cross country

Head coach Barry Dancher's teams both sported winning records heading into this week. The boys and girls squads were both 2-1.

According to Dancher, freshmen Gina Queck and Linda Giffing are each having a great year. They are both currently listed among the top 10 female runners at races over 3 miles in Division IV.

The boys are led by Trevor Reichenberg, who ran a personal best time in his last race.

Sean Pavone, Jason Watts, Carter Taffe, TK Berne, Nick Archer, and newly-promoted to the varsity, Fernando Ugarte, are all running well and will continue to improve as the season continues, according to Dancher.

Girls volleyball

Head coach Steve Upp's squad came into this week with an overall record of 14-8, 0-5 in Eastern League play.

"The young squad is competing well in every match and gaining experience against more seasoned teams," Upp commented.

Senior middle blocker Kim Hollaway has been a force in her blocking and hitting the last several matches, while junior opposite hitter Gia Balius has been a very solid contributor in pressure situations.

"We have two more weeks of regular season play and hope to get to play a CIF playoff match at the end of the month," Upp added.

Water polo

Head coach John Knight's team was 10-4 heading into action this week.

According to Knight, both Andy Dorris and Tanner DeLong have been leading the way.

"We are hopeful that our hard work will result in post-season success," Knight commented.



BUCS FALL ON HOMECOMING

Freshman wide receiver Raymundo Nova returns a punt against Patrick Henry during the Bucs' homecoming game on Sept. 22. Mission Bay lost to the Patriots 28-7.

PHOTO BY THOMAS MELVILLE



The Mission Bay cheerleaders performed during half time of the Bucs' homecoming game against Patrick Henry. PHOTO BY THOMAS MELVILLE

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STVR >>

CONT. FROM PG. 1

The Bry-Zapf plan follows another proposal for regulating short-term rentals by Council members David Alvarez, Mark Kersey, Scott Sherman and Chris Ward. That proposal would require three-night minimum stays, as well as set up a permitting and enforcement system for STVRs, in addition to providing renters with a code of conduct covering noise, trash and parking issues.

The City Council is scheduled to consider the two competing short-term rental proposals on Monday, Oct. 23.

Hillary Nemchik, Bry's communications director, presented the broad outlines of the Bry-Zapf plan.

"Bry's proposed regulations for short-term rentals preserves our housing stock and laws while

allowing property owners to supplement their income," said Nemchik. "It's a workable compromise. Bry wants to enforce current laws prohibiting STVRs in residential zones."

Nemchik said the Bry-Zapf proposal would require STVRs to be less than 30 days. She added it would preserve property owner's ability to homeshare, renting out a room in their home. She added new proposed home-sharing regulations would prevent outside interests from coming in to residential neighborhoods, buying property there, then turning it into what essentially becomes a "mini hotel."

City Attorney Mara Elliott, who has taken the stand that short-term rentals are illegal in residential areas under the city's existing municipal code, also spoke about her stance.

Characterizing STVRs as a "hot-button issue," Elliott said, "There

are no laws on the books in the city allowing short-term rentals in residential zones. If it's not addressed in the (building) codes — it's not legal. That is the position I came out with."

Of the two most-recent STVR proposals being forwarded, Elliott commented, "I feel like we're getting somewhere."

Zapf was strident in her commitment to resolving the STVR issue once and for all.

"You and I have property rights in a single-family zone," Zapf said. "The goal of the city is to protect the integrity of the neighborhoods. It's our obligation to protect neighborhood quality, character and livability."

Arguing out-of-town investors are "coming in and buying up whole homes and renting them out," Zapf noted that results in "opening up a hotel right in the middle of our neighborhoods. They're disrupting our lives."

MUSIC >>

CONT. FROM PG. 9

Over the past four decades, Oletta has photographed jazz artists at locations around the world, but it's his work chronicling San Diego's vibrant jazz community that makes his work so special. Oletta has a wonderful eye for catching music's magic moments, candid and otherwise, with definitive portraits in his portfolio of all of the San Diego's jazz community's main players from Mundell Lowe to Daniel Jackson.

Michael Oletta: Sunday, Oct. 22 at Dizzy's at Arias Hall, 1717 Morena Blvd. 1 to 6 p.m. Free. www.dizzysjazz.com.

The traditional date and time of the acclaimed Pacific Beach Library Free Monthly Concert Series has been changed to Sunday afternoons at 2 p.m. The 2017-2018 series kicks off on Oct. 22 with a performance from Son Antillano, featuring percussionist Charlie Chavez. Running through April, future events include performances from bluesman Earl Thomas and the MLK Community Choir, but this first concert will be devoted to the melodic rhythms of traditional Cuban music, as performed by Chavez and his quartet.

Son Antillano: Sunday, Oct. 22 at Pacific Beach Library, 4275 Cass St. 2 p.m. All ages. No cover. www.pblibraryfriends.org.

How does singer Ron Silva do it? Over the past four decades, Silva has led numerous bands, some long-lived, some merely brief happenings, but all great. Blessed with a gritty, soulful voice, perfect for R&B and garage rock, Silva has been a member of such internationally-acclaimed groups as The Crawdaddys, The Nashville Ramblers and The Saturn V, but on Oct. 27 he brings his newest combo, Ron & The Reapers to Beaumont's. Featuring Chris Davies on guitar, the band plays an eclectic mix of covers and deep blues cuts.

Ron & The Reapers: Friday, Oct. 27 at Beaumont's, 5662 La Jolla Blvd. 9 p.m. 21 and up. www.beaumontseatory.com.



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Local woman, inspired by travel, creates new versatile yoga pants

By LUCIA VITI

Necessity is often noted as the mother of all invention – and rightfully so. But what happens when you tag on dedication, resolve and the determination to succeed? Larissa Miller, the driving force behind PI Yoga Pants, that's what happens!

PI Yoga Pants, the newest sensation in namaste apparel, was crafted from Miller's need for comfort. Lightweight, versatile, breathable, and most importantly, comfortable, the Balinese-inspired garment was conceived from the lightbulb moment of "I can design a yoga pant more comfortable than the uncomfortable one I'm wearing."

While travelling in Thailand, on the first leg of a tour through South East Asia, then Pacific Beach resident Miller wore conventional, tight, black yoga pants that "clung and chafed my skin, blocked and irritated my pores and drove me absolutely insane." She quickly purchased a soft, flowy pair that were "cute, but didn't fit right." Frustrated she knew she could do better.

"I was so excited to be in Bangkok, I walked 13 miles my first day in tight black yoga pants," she said. "I was so overheated, I was miserable. I bought a lighter, flowy pair that were cute but I had to twist them to fit. I knew I could design a better pant that would fit everyone. So I did!"

But the "I did" part included diligence. Miller first committed herself "100 percent" to growing a brand-new small business, an easy transition during this respite from corporate San Diego. She then researched a myriad of materials to ensure comfort and breathability in temperatures reaching 100 degrees with 100 percent humidity. Research included many "wear tests."

According to Miller, selecting the proper material was important because skin becomes sensitive in



More than 50 styles include Blueberry Lemonade, Midnight Kisses, Touch of Paradise, Stardust, Tribal Warrior Princess, Sunday Brunch, Fifty Shades of Surfboards, Summer Kissed, Enchanted Goddess, Teal Crush, Evergreen Flower of Life, Ground Goddess, and Yacht Week.

heat and humidity. Cotton sticks to the skin when hot, silk insulates heat, polyester's thick and uncomfortable, and Lycra and spandex were automatic "no's." Rayon, a premium, non-synthetic material, was the softest and most comfortable to wear in tropical weather. The highly-breathable material is also flame retardant.

"It doesn't spark static electricity and doesn't pill like cotton," she continued. "And it even protects the body from mosquitoes."

Versatility for yoga, other workouts and travelling followed suit on the material checklist.

"I wanted to design more than just a pair of yoga pants," she said. "I envisioned chic boutique pants that would be great for travelling without making you look like a traveler and cute pants for socializing at night. Rayon's

lightweight, easy to wash, dried faster than cotton and wrinkles easily disappeared when hung to dry."

Miller then searched for a seamstress. While travelling through Bali, she shared her new venture with a taxi driver who graciously offered to introduce her to a friend – a seamstress – and bingo! Collective ideas led to a variety of prototypes. She found a designer and dug roots in Bali because it was "fashionable, colorful, filled with flowers, good energy and rich with artistic and creative essence."

Patterned samples were posted on Instagram to build an audience. With "overwhelming" positive acknowledgements, she returned to San Diego and "plunged her life savings" into PI Yoga Pants, named after one of her favorite spiritual hubs, Pai, Thailand.

The sister-hood of the travelling yoga pants was born!

Over 50 styles – with new collections introduced every season – include Blueberry Lemonade, Midnight Kisses, Touch of Paradise, Stardust, Tribal Warrior Princess, Sunday Brunch, Fifty Shades of Surfboards, Summer Kissed, Enchanted Goddess, Teal Crush, Evergreen Flower of Life, Ground Goddess, and Yacht Week. Sizes range from 0-16, including large and maternity, with elastic-tie bottoms that can be cinched to fit petites at 4 feet 10 inches tall or lengthened to fit anyone as tall as 6 feet.

"PI Yoga Pants capture the energy of Bali," she continued. "I want everyone to feel swept away by a tide of tropical relaxation. I also wish to empower women to be inspired by health and wellness. Yoga is a won-

PI YOGA PANTS

For more information on these yoga pants, visit www.piyogapants.com.

derful window into fitness. Everyone deserves to feel comfortable and confident in what they're wearing. I intend to lead by example for the greater good of fitness."

The philanthropist at heart doesn't stop there. Miller devotes energy and profits into conservation efforts for sea turtles, coral restoration and beach cleanup. While diving in Bali, she fell in love with sea turtles and soon discovered that only one out of every 100 turtles reaches maturity. Travelling up to 12,000 miles a year on a course from Bali, to Hawaii and ultimately San Diego, their longevity is sliced by their biggest predator – human garbage.

"Plastic bags to be exact," she continued. "They bite them – thinking they're jellyfish and choke. Plastic bags don't disintegrate – even in the ocean."

The Gilo Eco Trust – coral reef restoration – is another recipient of PI Yoga Pants donations. Miller also collaborates with the Surfrider Foundation for monthly beach cleanups.

Surprised and encouraged by her company's growth, the entrepreneur is now working to expand international and Amazon sales. Miller has also introduced a men's and kid's line.

"I've given PI Yoga Pants my all and it's rewarding to watch it grow and succeed," she concluded. "It's exciting and excitement builds momentum. There's really never been a question other than 'Why can't I do this?'"

To no one's surprise, the avid yogi loves everything yoga. "The physical strength, courage, mental clarity and the friendship of a like-minded community that embodies love, acceptance, and personal freedom to be the best version of you," said Miller.

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