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Beach & Bay PRESS

THIS WEEK



10 fun things for spring breakers to experience while visiting Pacific and Mission beaches
SEE PAGE 10



Try the Matcha Latte, with tea, coconut milk, and hibiscus at The Grounds Bean Bar
SEE PAGE 6



Mission Bay players and coaches celebrate winning the CIF Open Division title at SDSU's Viejas Arena on March 2. THOMAS MELVILLE / BEACH & BAY PRESS

Bucs win CIF championship

Mission Bay used a suffocating defense and the golden touch of point guard Boogie Ellis to beat top-seeded Foothills Christian, 52-42, and earn the school's first sectional basketball championship since 2007.

SEE STORY AND PHOTOS ON PAGE 11


Dr. Christine Altmock and Dr. Brian Fabb
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Paddlers to protest against Bahia Resort's proposal

By DAVE SCHWAB | BEACH & BAY PRESS

Mission Bay water enthusiasts are lobbying against Bahia Resort expansion plans on Bahia Point, which some claim threatens both public parking and beach access.

Concerned residents announced they will hold a "Bahia Point Paddle and Appreciation Day" starting at 9 a.m. on Saturday, March 10 at Bahia Point.

"Bahia Hotel is proposing an expansion that will eliminate access and parking on Gleason Road and severely limit water and beach access to Bahia Point Park," said opposition spokesman Greg Knight. "This expansion has been pushed through the city process without any true public input."

Responding to paddlers' comments, Bill Evans, owner of the Bahia and Catamaran hotels on Mission Bay, replied: "We are excited about the prospect of increasing public access and public amenities as part of our renovation and expansion of the Bahia Resort Hotel. In particular, we will be creating a bike and pedestrian pathway around the entirety of Bahia Point, adding lawn and picnic areas, as well as bocce ball courts."

Knight said the opposition to the hotel's plan includes a myriad of water users — kayakers, wind-

BAHIA POINT PROTEST

What: Bahia Point Paddle and Appreciation Day.

When: Starting at 9 a.m. Saturday, March 10 at Bahia Point.

surfers, outriggers, canoeists, stand up paddleboarders, sailboats, kayak fishermen, campers and picnickers.

"They, and more, are unhappy about having this public access taken away," Knight said exhorting people to "come together March 10 to protest and let the city know that this land will not be taken without our voices heard."

Evans said he continues to be open-minded about public reaction to the hotel expansion plan.

"Although we strongly believe the project will continue to allow access to a wide variety of recreational users, we are sensitive to, and mindful of, the concerns of some groups," Evans said. "The best way forward is for all interests to continue constructive dialogue, and Evans Hotels is committed to that."

Bahia Resort wants to nearly double its capacity expanding from 315 rooms to 600 rooms, while adding a 10-foot walkway and 20-foot grass area around Bahia Point Park. That would necessitate shifting current public parking along Gleason Road on the peninsula to other locations

inland further from the shoreline.

Opponents claim the hotel expansion would deny public access to Bahia Point, a popular launching spot for small sailboats, kayaks and other watercraft. They argue proposed replacement parking further away from the shoreline would not only be an inconvenience, but a hardship, for boat owners.

Gary Cannon, a retired coastal planner and recreational paddler, cautioned that eliminating all parking along Gleason Road would be counterproductive. "[Officials] also have a mission to balance that with the needs of visitors," Cannon said. "If you're going to make changes at the hotel site, you need to protect the existing users."

Cannon contends closure of Gleason Road, and the elimination of coastal access there "is an attempt to privatize the entire Bahia Point, and to minimize the public's ability to recreate there."

Of the proposed bike-pedestrian path, Cannon said, "The bike path is being used as a trade-off to eliminate public use of the area by eliminating the parking."

"Bahia Point is highly used, and has become more highly used over the years," said Cannon. "The critical thing for us is it's a public park."

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Mission Bay High to join National School Walkout on March 14

Students and staff discuss school safety and ongoing gun violence

By DAVE SCHWAB | BEACH & BAY PRESS

More needs to be done to tighten security and toughen gun laws in the wake of the Feb. 14 slaying of 17 Florida students, agree students and staff at Mission Bay High School, whose students will be joining the March 14 National School Walkout.

In the aftermath of the Valentine's Day massacre at Marjory Stoneman Douglas High School, the 12th school shooting nationwide this year, Beach & Bay Press sat down with ASB students, their advisor, and principal Ernest Remillard, who aired their views on what could be done to make schools safer.

Seniors Daniel Legaspi IV, Cecilia Lopez, Paige Parkhill and Chloe Meng joined teacher-advisor Lynsey Littlefield in discussing why things

"should" be handled differently this time around.

Legaspi IV pointed out students today exist in a different era.

"I don't know anyone who goes to this school that wasn't born after Columbine," said Legaspi. "They've grown up in an age when they've seen a school shooting at least once a year. We've all grown up in that world. It's been desensitizing to kids, because they don't think there will be change. That makes them not care about whether there will be change — or not."

The Columbine shooting on April 20, 1999 in Colorado was one of the first high-profile school massacres. Two students murdered 12 students and one teacher, while injuring 21 others, before exchanging gunfire with police and committing suicide.

Nearly 20 years later, school shootings nationally are increasing, the body count continues to rise and little appears to have been done concretely to protect schools by making them harder targets.

ASB senior Chloe Meng was "shocked" by Stoneman though she "wasn't very surprised that another shooting has happened. It's kind of become the norm, which isn't OK."

Asked about a better outcome now, Meng answered, "Sandy Hook didn't change anything. I hope this one does."

On Dec. 14 in Connecticut, 20-year-old Adam Lanza fatally shot 20 children at Sandy Hook Elementary School between 6 and 7 years of age, as well as six adult staff members, before committing suicide. He shot and killed his mother at home before going to Sandy Hook.

Fellow senior Paige Parkhill was "devastated" when she learned about Stoneman through Twitter.

"I saw a video of a teacher who had been shot and was being dragged out and blood was covering the floor — It was unbelievable," Parkhill said. She defended Stoneman students lobbying legislators for gun control and launching the national walkout. "They're taking the right actions. I think it will push it [change] over the edge this time."

"I was shocked ... but also, more angry," said senior Cecilia Lopez.

"It's hard to admit in some ways, but we've become numb because it's become such a regular occurrence," said Remillard. But he noted tightening securing at schools is just one aspect of making them safer. "Our schools and staff need to look for the signs," Remillard said, adding

NATIONAL SCHOOL WALKOUT

What: 10 a.m. Wednesday, March 14, for 17 minutes, in memory of the 17 people gunned down at Marjory Stoneman Douglas High School.

schools need to personalize relations with troubled students in order to reach them.

"Students need to have a trusted adult on campus, that's the big piece of this," he said. "MBHS is fortunate... we have a school psychologist five days a week, a mental health clinician ... It's not all about weapons. There are a lot of the [student] supports that can be put into play to help kids proactively beforehand. That really starts with their relationship with the staff and other students."

"It's about the fences, and the walls and the infrastructure, but it's also knowing your kids — and having the supports in play for those kids who are feeling stressed, or

SEE MBHS, Page 12

BeautifulPB to introduce Pacific Beach EcoDistrict

Pacific Beach residents, community development leaders, and politicians will gather from 6 to 8 p.m. on March 12 at The Broken Yolk, 1851 Garnet Ave., for a unique event where attendees will co-create an equitable and sustainable neighborhood for the future. Together, attendees will dig in and explore Pacific Beach's innovative projects and discuss important opportunities. Attendees will engage with community leaders and subject matter, sharing knowledge and developing solutions for Pacific Beach.

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versity City there's definitely a camp that will fit into your schedule and lifestyle! To ensure that everyone has the chance to go to camp, the YMCA also offers camp scholarships to those in need. Learn more at ymca.org/peninsula or ymca.org/lajolla.

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The wallpaper, featuring hummingbirds and pink hibiscus flowers, and the caged lamps. VICTORIA DAVIS / BEACH & BAY PRESS

Mixing design and drinks at The Grounds Bean Bar

By VICTORIA DAVIS | BEACH & BAY PRESS

It's difficult to say what the most unique feature is of The Grounds Bean Bar. Could it be the caged lamps suspended over the lounge area next to the hanging plants? Or perhaps it's the tropical wallpaper, featuring hummingbirds and pink hibiscus flowers, which accompany the bird cages and shell chandeliers that nest in the corners of the shop.

"I've always had a really big passion for design and I've always been a little outlandish with it," said Brynn Nersesian, owner and operator of The Grounds. "I like to mix patterns."

The coffee bar table is decorated with a black and white, triangle-patterned tile. This accessory was the first one Nersesian found and helped kick-start the shop's design process. With the help of a graphic design friend, Nersesian created a geometric and beachy vibe, something that, she says, "fits the PB area."

"My original idea was to have a lot of green," said Nersesian. "But after we designed the wallpaper I was like, 'Let's go with it.'"

Aside from mixing and matching décor, Nersesian also has a background in mixing drinks, having worked as an operations manager of a bar/restaurant in San Diego for

THE GROUNDS BEAN BAR

Where: 1571 La Playa Ave.

Hours: 6:30 a.m. to 4 p.m. daily.

Info: 858-230-7188.

almost nine years. Nersesian and her team of baristas have created some unusually delicious concoctions for the coffee shop since it opened last September.

"We're working on new drinks for the summer that are healthy spins off cocktails," said Nersesian.

One of the shop's more popular drinks is the Matcha Latte, which is layered with matcha tea at the bottom, coconut milk in the middle and hibiscus on top. Also called the "Royal Tea," the latte comes out with layers of green, white and pink.

But Nersesian's personal favorite is the Tumeric Latte, mixed with turmeric, honey, vanilla, coconut oil, ginger and steamed milk. The drink is a bright, mustardy yellow and has a spicy kick.

"You could put coffee in it or espresso or just have it herbal," said Nersesian. "I think we have that perfect balance of herbal and sweet. Plus, it's good for you."

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Second Nature proves popular in North PB

By ALAN S. PLEAT | BEACH & BAY PRESS

Second Nature bar and restaurant on Cass Street in North Pacific Beach set up shop in late December, replacing the popular and cozy Turquoise Coffee Café and Wine Bar.

Second Nature opened its doors with a significantly renovated space that creates an earthy and open restaurant and bar experience. The restaurant has two garage-style glass doors that slide open during business hours and open the restaurant to the surrounding streets and San Diego sunshine.

This structural design makes the restaurant inviting, and creates a breezy and naturally sun-lit interior during the daytime. The restaurant features wooden interior tables with a variety of different shapes and succulent plants.

The beige bricks, light gray cement, and dark brown linings featured on the restaurant walls further emphasize the earthy interior design. A green leaf wall leading to the bathrooms extenuates this flare.

There is also booth seating facing the large windows on both sides that offer unobstructed views of Cass Street. The indoor dining area has three flat-screen televisions and a full bar with plenty of seating.

The bar features a vast selection of local craft beers, wines, cold brew coffees, and GT's kombucha on tap.

SECOND NATURE RESTAURANT

Where: 5026 Cass St.

Hours: 6 a.m. to 10 p.m. Mondays through Fridays; 7 a.m. to 10 p.m. Saturdays and Sundays.

Info: secondnaturepb.com, 858-247-5236.

The bar also has a full espresso/coffee selection, which parallels the one offered by Turquoise Café.

The outdoor seating portion of the restaurant has a variety of different tables and seating along a wooden booth on the far end. The garage doors allow outdoor bar seating that connects to the main indoor bar. There is also a retractable roof that offers indirect lighting during the evenings and cover for inclement weather.

Outdoor seating features flat-screen televisions and is adjacent to the trendy Volare Aerial Yoga studio, which often provides patrons with a glimpse of their graceful training sessions.

Second Nature offers sunrise, brunch, and sunset menus. Each of these menus predominately features vegetarian-inspired dishes that seek to promote a health-conscious beachside dining experience.

For example, the restaurant offers a yogi avocado smash toast for breakfast that includes spicy pickled carrots, pea greens, and cumin-toasted pepitas. The restaurant also

offers five different acai bowl dishes.

For lunch, a plant-based burger made from beyond meat with roasted garlic aioli, and vine-ripened tomatoes will tempt diners. Also, the menu features a vegan Yard Bird sandwich with gardein "chicken" breast, crispy cornmeal breading and an avocado slaw. To satisfy meat eaters, the restaurant has begun to offer an organic grass-fed burger with American cheese and Dijon aioli.

The dinner menu has a variety of vegan starters including the roasted heirloom carrots, artichoke cakes, and orange cauliflower. There is also a variety of vegan bowls such as the coconut Thai curry quinoa bowl with carrots, bell peppers, broccoli, and green curry sauce as well as the ancient grain bowl with roasted sweet potato, cucumber, fried chickpeas, and red onions.

In addition, there are a variety of tasty flatbreads and scrumptious main entrees. Some of the most popular main dishes include the wild-caught salmon quinoa plate and Japanese eggplant parmesan with panko crusted eggplant, sundried tomatoes, and zucchini noodles. To satisfy meat eaters, the dinner menu offers a grilled chimichurri grass fed skirt steak with roasted vegetables, potatoes, and onion crisps.

READ MORE ONLINE AT sdnews.com



People workout at the Outdoor Fitness Center. ASHLYN LIPORI-RUSSIE / BEACH & BAY PRESS

YMCA's Outdoor Fitness Center just beginning in Pacific Beach

By ASHLYN LIPORI-RUSSIE | BEACH & BAY PRESS

Pacific Beach's own YMCA branch is officially open for business. The Beach and Bay Family YMCA Outdoor Fitness Center opened in January, promising convenience and a strong community presence. In the few weeks it's been open, members and managers have seen this goal come to life.

The completely outdoor facility is home to state-of-the-art exercise equipment. Fitness junkies can lift, squat, and cycle in the sunshine, or take one of my many circuit,

strength, yoga, and youth classes available every week. And there's much more to come.

Construction started in April 2016, after years of discussion with the San Diego Unified School District about building an aquatic center. According to the branch's executive manager Mike Roberts, "For a community that's so close to the water, there are limited options for kids to learn to swim."

The facility is a joint-use area, shared with Pacific Beach Middle.

SEE YMCA, Page 9

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Annual San Diego Music Awards set for March 19 at House of Blues

By BART MENDOZA | BEACH & BAY PRESS

The music community's biggest event of the year, the San Diego Music Awards, will take place at the House of Blues on March 19. The 27th annual edition will feature performances from hard rockers P.O.D., indie combo Trouble In Wind, Americana duo Berkley Hart, blues singer Whitney Shay and hip hop trio Parker Meridian, with trophies going to nearly two dozen of San Diego's best performers.

The awards are open to the public

and are a great opportunity for both fans and musicians to network with local producers, DJs, TV personalities and other performers. Proceeds from the night will go to The San Diego Music Foundation, which has been involved in keeping music programs in San Diego County Schools for 25 years. There will also be a number of related concerts in advance of the show.

The San Diego Music Awards: Monday, March 19 at The House of Blues, 555 Fifth Ave. 7 p.m. 21 and up. sandiegomusicawards.com.

The SDMA's official pre-party will be held at the Karl Strauss Brewery Tasting Room in Pacific Beach on March 17, with performances from Ariel Levine, Imagery Machine and Sister Speak. All three performers here are worthy of national attention, but Ariel Levine in particular has been drawing notice in recent months. The man is seemingly everywhere, playing in multiple bands, sitting in with others, and then there is his solo career. If you are a fan of Bowie, Roxy Music, and other moody rockers, Levine's SDMA-nominated

album, "Let The Machine Get It," will be a welcome addition to your collection. Attendance to this event is free with RSVP at the SDMA website.

SDMA pre-party: Saturday, March 17 at Karl Strauss Brewery Tasting Room, 5985 Santa Fe St. 5 p.m. 21 and up. sandiegomusicawards.com.

Blues fans won't want to miss the January Berry Band performing at Humphrey's Backstage Live on March 13. Nominated for "Best Blues Album" for their album, "Chemistry 101," at this year's

SDMA's, the band is built around the duo of John January (guitar/vocals) and Linda Berry (vocals), the duo perform a terrific uptempo take on blues that's perfect for dancing. Their set list includes numerous classic tunes by the likes of Robert Johnson and Sonny Boy Williamson, but also features adventurous updated takes on more modern fare.

The January Berry Band: Tuesday, March 13 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 7 p.m. humphreysbackstagelive.com.

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YMCA >> CONT. FROM PG. 7

Some of the school's physical education classes take place at the center during the day, with plans to host youth sports on the weekends. A lacrosse club has already reserved space on the field.

When completed, the facility will boast a full-access YMCA, outdoor field, and the aquatic center.

Fundraisers are currently focused on obtaining community partners for the next stage. "It's about a \$17 million project," said Roberts, "and we're at about \$3,500,000." The goal is to break ground in a year and a half.

Located on Ingraham Street at Felspar, the outdoor fitness center is central to the PB community. There's even a "child watch" facility on site, for parents to drop off their kids.

Lindsay Smith, who lives two blocks

from the facility, believes "It's the best thing for PB." She exercises at the outdoor center six days a week, leaving her two children at child watch. "The kids ask to come here everyday," said Smith. "The child staff has made this the go-to place for us. They actually play with the kids, instead of just watching them."

Moving forward, the Beach and Bay Family YMCA is working to become even more involved. Last

week, the center co-hosted an interfaith prayer breakfast at St. Brigid Parish, bringing people together in their own neck of the woods.

The event was a success according to Roberts, who said, "We reached a ton more people, in a way that we're maybe not always recognized for." He noted they're now looking for more opportunities to engage families, kids, and even seniors.

The YMCA is about more than

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just fitness, according to Roberts who say many come to exercise for an hour, then spend time chatting over coffee with newfound friends.

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Top 10 awesome things for spring breakers to try while in PB and MB

By VICTORIA DAVIS | BEACH & BAY PRESS

One of the benefits to attending college in Southern California is you don't have to go far to have a traditionally "wild" spring break. It's true, some people might choose to fly to Hawaii or Mexico for warmer waters, but other students opt to just take a short walk to the nearest beach bar.

With numerous bars and music venues right in our neighborhood, the coastal area is probably one of the best places to enjoy a week off school. Here's some fun things to do at the beach, while taking a break from school work.

Rock Star Beer Festival

Those 21 and over can enjoy unlimited samples of 50 craft beers from regional and national breweries while raising money for charity on March 10 at Humphreys by the Bay (2241 Shelter Island Drive). VIP gets you in an hour early to sample 10 limited-release selections. There will also be live music from Offspring Tribute, DJs and Pop Punk Mayhem.

Beach gear delivery

Family owned and operated, K-Dubs Beach Rentals is a beach gear delivery service that offers a unique deal to the beach communities and out-of-town guests by supplying surfboards, beach cruisers, sunshades,



Students are back on the beaches for spring break. VICTORIA DAVIS / BEACH & BAY PRESS

coolers and more directly to you on the beach and picks everything up when you're done. Just order what you need at kdubsbeachrentals.com and wait.

Chase the happy hour

Beach House Grill features outdoor tiki bars, fire pits, cabanas and tropical palms and a "chase the sunset happy hour," because the deals end when the sun goes down. This outdoor bar and grill, located next to the iconic Belmont Park (3125 Ocean

Front Walk), opens at noon from Fridays to Sundays and is the perfect place to soak up some sun and spirits.

Mario Kart tournament

It's perhaps the best idea any bar has ever come up with. If you grew up in the '90s, or ever owned a Nintendo 360 (which is every college student), you have every business to attend this event at Sandbar on March 12. In addition to the drink specials, the sports bar and grill (718 Ventura Place) will reward the first-

place winner with a \$150 gift card, second gets \$75 card and third \$50.

Live '80s tunes

If you're looking for a place to chomp on nachos and sip strawberry margaritas while listening to great music, 710 Beach Club (710 Garnet Ave.) is the place to be. Said to have the "wildest late-night happy hour in PB," this bar and grill also provides the '80s tunes of Manic Fanatic, the reggae sounds of Ranking Joe and other live band line-ups from 9 a.m. till 2 a.m. March 9-10.

Line dancing

During the weeks of March 6 and 13, the bar and concert venue Moonshine Beach (1165 Garnet Ave.) will offer line dancing lessons and \$5 drinks on Fridays, Saturdays and taco Tuesdays. The lessons last from 7 to 10 p.m. and then DJs and dancing until close.

Hookah lounging

Chandeliers hanging from ceilings dressed in scarlet fabric and vintage sofas already set a relaxing mood in the Shangri-La Hookah Lounge (1140 Garnet Ave). Coupled with a pineapple bowl and happy hour drink specials, it's the perfect setting to kick up your heels and take a breather from the beach.

Bar games

A multi-level entertainment complex with five indoor/outdoor bars, 38 TVs and Baja-inspired food fresh, Mavericks' daily beach party pays homage to California's infectious beach and surf culture. With a dog-friendly patio, and outdoor games like Jenga and corn hole, plus live music, this beach club (860 Garnet Ave.) offers the full, happy-go-lucky spring break experience.

Old school

The Beachcomber (2901 Mission Blvd.) has been around since the '40s and offers weekly events for those "old souls," such as Bingo Mondays, Trivia Tuesdays and Waikiki Wednesdays where everyone dresses in their best grass skirts for the party. The Mission Beach pub also has Live Music Sundays with a dance floor in the middle of the watering hole where guests can cut loose.

Sports gear bargains

From surfboards to snow gear, Play it Again Sports (1401 Garnet Ave.) buys and sells used bikes, skates, soccer balls, beach game equipment and more. No need to bring volleyball equipment to Pacific Beach, just buy an affordable set here. They even have inexpensive fitness equipment for those who want to wake up early for a morning beach work-out.



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The 91st annual Thursday Club Rummage Sale – San Diego's largest thrift, estate and garage sale – will be held Saturday, March 10, from 9 a.m. to 4 p.m., and Sunday, March 11, from 10 a.m. to 2 p.m. in the large Balboa Park Activity Center. All proceeds will benefit Balboa Park and local community charities from children to the elderly, homeless, health, veterans, arts, life skills, animals, nature and education.

The Thursday Club, started in 1921, is a non-profit, volunteer organization of more than 300 women. Our goal is to promote educational, cultural, social, moral and civic activities. The Rummage Sale is our biggest annual fundraiser with proceeds of more than \$150,000 each year helping San Diego

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The Mission Bay Buccaneers pose with their CIF championship patches and trophy.

THOMAS MELVILLE / BEACH & BAY PRESS

Mission Bay wins CIF Open Division title

By THOMAS MELVILLE | BEACH & BAY PRESS

Mission Bay used a quick zone trap press to open, close and ultimately win the CIF Open Division championship game, 52-42, over No. 1 seeded Foothills Christian at SDSU's Viejas Arena on March 2.

Junior point guard Boogie Ellis led the Bucs with 16 points. Junior guard Andrea Scott had 13 points and sophomore guard Savaughn Davis chipped in 11 for the Bucs.

Mission Bay (27-5), seeded No. 6 in the Southern California Regionals, will travel to No. 3 Torrance Bishop Montgomery (28-1) to play at 7 p.m. on Friday, March 9.

Last Friday, Ellis, wearing his bright gold sneakers, got the Bucs off to a good start by hitting consecutive 3-pointers. After a few minutes of sloppy back-and-forth play from both teams, Mission Bay settled down and used its aggressive zone press to force the Knights into

several turnovers and quick shots. That strategy led to a 12-0 run and, after Davis banked in a half court heave at the buzzer, had Mission Bay ahead 35-21 at half time.

After trading baskets in the third quarter, Foothills Christian took advantage of several Mission Bay turnovers and missed shots to whittle the lead to six points to start the fourth quarter.

SEE BUCS, Page 13

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ERLINGROHDEPLUMBING.COM**MBHS >>****CONT. FROM PG. 5**

ostracized, those triggers," Remillard said. "It's being aware of those, and how do you support the kid along the way."

Neither Remillard, nor the ASB students, thought having guns in schools, other than police with licensed firearms, was the answer.

"At this moment, I don't know who I would trust to have a weapon on campus," Remillard said. "There would have to be a lot of training, and background work, to ensure whoever carried a gun was trained and ready."

"To have each teacher armed in every classroom is just ridiculous," said Parkhill. "That would even cause more safety accidents happening."

Parkhill pointed out it would be tough to tighten physical security at MBHS and other San Diego Unified School District facilities because, "We're an open campus. There are so many ways people can get in."

Legaspi would have a problem with more walls and other barriers at schools. "It would feel like a prison if no one were allowed in or out at any point during the day," he said. "I don't want to have to go through

metal detectors and cross four security guards."

National protest organizers are calling for students and others to take part for 17 minutes in the event on Wednesday, March 14. The MBHS protest, starting at 10 a.m., will be 18 minutes long, including a moment of silence plus one minute each for the 17 students killed in Florida.

"This is a student-led protest, my role is just helping them with the execution of their plan," said Littlefield, adding students chose to wear white, instead of the Stoneman school colors, to honor and memorialize that school.

Will the student protest work?

"We don't know how successful we're going to be," Littlefield said.

Legaspi had a message to deliver about MBHS's participation in the National School Walkout.

"If you can't protect us in schools — what's the point of being in school?," he asked. "We're walking out, not only to protest gun violence, but also to protest the lack of security. It's to show we're done with what's been happening in the past. This is supposed to be change for something new."

"We can't let this conversation fade," said Remillard. "Let's not forget about what happened in Florida — or in Columbine 19 years ago."

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Mission Bay junior Jamaryee Norton drives to the basket against Foothills Christian during the championship game.
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BUCS >> CONT. FROM PG. 11

But in the final quarter, Ellis found 6-foot 7-inch tall Ronald Lating on a couple alley-oops and junior Jamaryee Norton, along with Davis, stepped up with acrobatic dives to the hoop to give Mission Bay another double-digit lead. The Bucs then re-established their zone press to rattle the Knights, and closed out the game by hitting clutch free throws to earn the school's first sectional basketball title since 2007.

EDUCATION NOTEBOOK>>

Mission Bay High

■ This year's Pops Concert at Mission Bay, will take place 7 p.m. on Thursday, March 8, in the auditorium. The Concert Band, Swing Choir, String and Full Orchestra will perform music from your favorite films, musicals and pop standards.

■ Help send the Preservationists to New Orleans. Mission Bay Music's New Orleans fundraiser concert is 7 p.m. Wednesday, March 21 at Pacific Beach Women's Club, 1721 Hornblend St. Enjoy a night of music, food, and dancing as Sue Palmer, Queen of Boogie Woogie, joins the Mission Bay Preservationists. Chef Carlos will cooking his famous paella. There will also be adult beverages available. All ages

welcome. Tickets available at ticketstripe.com/nolaf.

Pacific Beach Middle

■ PBMS Pancake Breakfast fundraiser is Saturday, March 17, 9 a.m. to noon, in the food court. Cost is \$5 at the door. The community is welcome to enjoy all you can eat pancakes, sausages, coffee, tea, orange juice, and milk while supporting PBMS Music Association. Listen to the music of PB band, The Sea Monks, with a special appearance by IB music director, John O' Donnell.

Pacific Beach Elementary

■ The PBE Variety Show, a tradition for more than 20 years, will take place at 6:30 p.m. Friday, March 9. The show is an opportunity for kids to show off their talents, from singing and dancing to telling jokes and performing magic tricks. Tickets are \$5 at the door

and all proceeds benefit Friends of Pacific Beach Elementary.

■ An easy way to support PBE and its programs is to participate in the online auction, held from March 12-19. You'll find great items and services from local businesses. Visit <https://pbe.schoolauction.net/havananig> to learn more and register.

■ If you would like to stay updated with the Pacific Beach Elementary Joint Use Expansion project, the next public workshop will be at the Recreation Council meeting at 6:30 p.m. on March 20 at the Pacific Beach Recreation Center.

Kate Sessions

■ The Kate Sessions Spring Fling auction party will take place Friday, March 16 at Marina Village. It will be a night of celebrating St. Patrick's Day with raffle baskets, gambling tables, dancing, a live auction, and merriment. For ticket information, contact sessionsauction@gmail.com

The 5 exercise moves you shouldn't be doing, and 5 moves you should, to "perk" your glutes

By Junior Leoso

After 20 plus years in the fitness industry, I've learned that I can't compete with the of mass information on social media, ie; "Fitness Experts", so I'm hoping that by sharing my knowlege can help you better understand how to get the "booty" you're after.

Here is my first bit of advice: Stay away from the weights until you're ready!

There's levels to this game! You shouldn't expect to jump into a strict strength training program if you're just starting your fitness journey (or returning from a long break). Before we broach the topic of targeted movements, here's my advice on what a basic outline for you to follow looks like in starting, or restarting your fitness quest:

Weeks 1-4: Focus on mobility and motion: You can shake off a lot of rust, by doing a well structured bodyweight movement program.

Weeks 5-8: Focus on taking the mobility and motion under light resistance, with extreme emphasis on form and technique.

Weeks 9-12: Focus on moving your perfected technique under a strict plan to increase your range of motion, and increase the resistance wherever it's applicable for you.

After this process, you should sit with a fitness professional in your area, to discuss your progress, and the steps to take going forward. Any good coach can walk you through the process of moving on. By this point, after your 12-week progression, you should have a solid understanding of the glute drills, your body's abilities, as well as things that you like, and things that you don't.

Now, onto the good stuff! Here are 5 moves that you shouldn't be doing (while hoping to isolate the gluteus!)

1. Heavy Squats (with hopes of growing a booty only). SQUATS are AMAZING. I love them. They're a cornerstone for my training programs, although I'd never prescribe them as the "booty builder" that ladies are looking for. Squats will also increase the size of your quads and hammy's. Typically this won't be the desired look/outcome you're hoping for.

2. Weighted lunges. This move is yet again one of my all time

favorites. Especially for athletes of any background and just like the squat, this move will develop size/power in more areas than just the glutes.

3. Kneeling Squats (please don't). This move is not necessary. 4. Bosu Squats: Again, a fun and productive drill, but not good at glute isolation.

5. Box Jumps / Step ups: Here we have a super dynamic movement, that somehow began making its way around the gym as a booty builder. Great addition to any workout program.

Remember to stay safe while training. The goal is to do this forever. Seek help from your local strength and fitness coach when you can. The investment you make is a solid investment in yourself, your health, and your overall safe training in the gym! We'll see you in the gym!

###

Junior Leoso is the co-founder of Pacific Beach Training, located at 4440 Ingraham St. in Pacific Beach. www.pacificbeach-training.com

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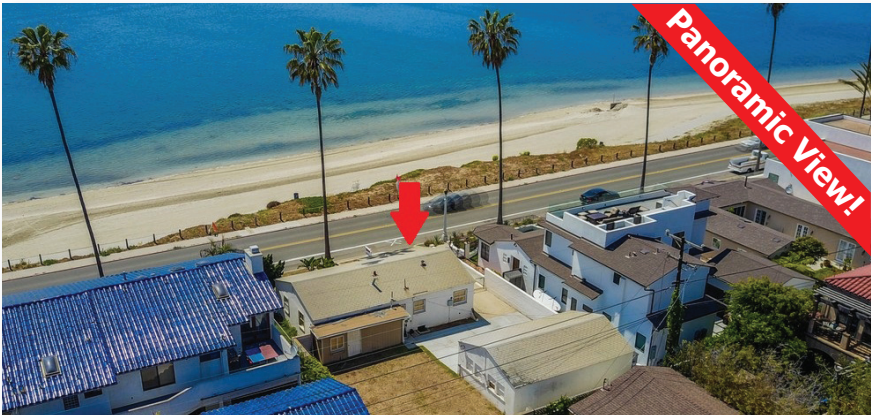
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