



SAN DIEGO COMMUNITY NEWSPAPER GROUP THURSDAY, MAY 3, 2018 BEACHANDBAYPRESS.COM

THIS WEEK



Meet the District 2 City Council candidates

SEE PAGE 5



Electric Eel roller coaster to open on May 10

SEE **PAGE 4**

PBMS & YMCA tie the knot

New partnership may help 'bring families back into Pacific Beach' to bolster the community



The 'ribbon-tying' ceremony between Pacific Beach Middle and the YMCA was suggested by PBMS student Jade Muckler (center). (Below) An artist's rendering of the new classroom building for Pacific Beach Middle School, which is part of the overall project.

By DAVE SCHWAB | BEACH & BAY PRESS

"ribbon-tying" cermony, symbolizing the joining of the YMCA and San Diego Unified School District, ushered in a new shared multipurpose field dedicated April 18 at Pacific Beach Middle School.

"Tying the ribbons together signifies the partnership."



Muckler, who suggested varying new field is striped for multiple the standard ribbon-cutting.

pancy turf field surrounded by walks, upgrades to staff and stu-

sports including soccer, field The first phase of the YMCA- hockey and girls and boys school district shared venture lacrosse. The project also includinvolved creating a joint-occu- ed a new parking lot, new side-

Said PBMS student Jade an asphalt concrete track. The dent restrooms in the physical education building and new perimeter fencing. PBMS principal Kimberly Meng credited parent Jessica Tandy for "her work

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Dr. Christine Altrock

and Dr. Brian Fabb

Pacific Beach Planning Group decides to rename future Mid-Coast Trolley stop

By DAVE SCHWAB | BEACH & BAY PRESS

In April, Pacific Beach Planning Group voted to rename the future Balboa Avenue Trolley Stop after being updated by the city on the project's status. Planners voted to designate the new station as Balboa/Pacific Beach.

Concerns have been expressed about increased density from residential proposed on the project site. Some are also questioning whether the new station will provide sufficient access for non-motorists into Pacific Beach.

The Balboa Avenue station is one of nine planned for the Mid-Coast Trolley project extending service 11 miles from Santa Fe Depot downtown to University City, ending at UTC and serving major activity centers including Old Town and two UC San Diego stops.

A specific plan for the Balboa station re-designates about 51 acres of commercial land uses to the "community village" classification. That would allow high-density multifamily housing in a mixed-use setting along with commercial, service and civic uses. The plan also calls identifying multi-modal improvements to increase nonmotorized access to the transit site. ridor into Pacific Beach."

"We're working on four new bridges, three north of Balboa and one south of SR 52," said Pete D'Ablaing, City senior transportation engineer, at the April 25 meeting. "Then we have to shift track over to start construction on the huge milestone."

the Balboa trolley segment is scheduled to start in October with project completion expected in late 2021. He added visual footage of the trolley route can be seen on YouTube by inputting Mid-Coast Trolley.

After the meeting, PBPG board member Kristin Victor said she was worried project planning isn't covering all the bases.

Noting the Mid-Coast extension is a joint project between SANDAG, MTS and the City of San Diego, Victor, said: "There is very little collaboration to ensure safe pedestrian, bicycle and disabled-access into Pacific Beach. Currently, the plan is to direct all non-car centric and carcentric movement down the same path of Balboa/Garnet Avenue and Mission Bay Drive into one of the city's most traveled intersections and a [dangerous] Vision Zero Cor-

Addressing the project's Community Village component, Victor said the impact of increased population density will be "equivalent to a net increase of 6,525 persons at buildout under the adopted Pacific Beach Community Plan, a three-times trolley corridor segment. It will be a increase in the population in this area, which the current PB com-D'Ablaing said construction on munity plan has at 2,275 persons. This will have a huge, long term impact on PB."

> New PBPG board member Carolyn Chase, said, "The trolley station should not open without an underpass being built," adding, "nobody has ever planned any pedestrian connections."

> Renaming the trolley station was the idea of longtime PB planner Eve Anderson.

> Colleague Karl Rand pointed out the future trolley station site is actually "not in Pacific Beach," adding, "There is no Balboa neighborhood."

"I'd rather tell [MTS] the name, rather than them tell us," countered Anderson.

The group vote was 9-3-1 in favor of Anderson's proposed name

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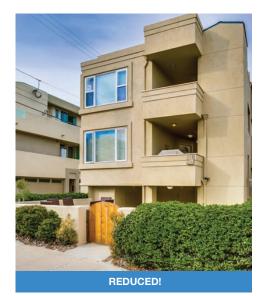
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Pacific Beach | \$599,000 Spacious 2 br 2 ba Condo / MLS#180018820



Mission Beach | \$1,150,000 Rare beach penthouse / MLS#170057444



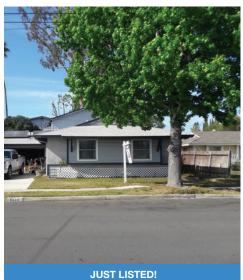
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SEAWORLD'S NEW ROLLER **COASTER TO OPEN MAY 10**

Electric Eel, Mission Bay's tallest and fastest roller coaster, is set to open on May 10. Construction of the amusement ride continues to progress on schedule, allowing the park to launch the new, 62mph, 150-foot-tall coaster a few days earlier than expected.

Electric Eel will feature a triple-launch experience with high-energy twists and extremely fast loops. According to Sea-World, this new ride should excite even the bravest thrill seekers, making them feel like an eel as they slither and dart around the track.

The Electric Eel area will also feature an interactive learning experience called Mission: Deep Discovery. A habitat with mysterious moray eels, which was opened as part of the new Ocean Explorer attraction in summer 2017, is adjacent to the roller coaster.

FIGHTING FLIES FUNDING APPROVED FOR MISSION BEACH

Mayor Kevin Faulconer has allocated \$70,000 in this year's City budget to stop a continuing fly problem in Mission Beach.

Trash in the beach area causes thousands of flies to swarm, pestering tourists and small-business owners, a condition that worsens in warmer weather.

"This is primarily a health and safety issue," said District 2 Council member Lorie Zapf. "When you have flies landing on food, when you have the fly infestation that happens in the summer, we as a city have to do something to eradicate the problem." The mayor also granted Mis-

sion Beach a second trash pickup from early July to the end of September to fight the flies. The second trash pickup will happen every Saturday on top of the normal weekly trash pickup each Tuesday.

CITY COUNCIL WAIVES FEES TO ACCELERATE 'GRANNY FLATS'

With the goal of increasing San Diego's housing supply for low- and middleincome San Diegans, the City Council April 30 adopted an additional strategy that supports Mayor Kevin L. Faulconer's "Housing SD" plan and makes it easier and more affordable for homeowners to build secondary units on their property.

The City Council voted unanimously to waive development impact fees, facility benefit assessment fees and general plan maintenance fees for the construction of "companion units," otherwise known as accessory dwelling units or "granny flats."

Faulconer also directed \$100,000 to the Public Utilities Department to cover the cost of water and sewer capacity fees for the remainder of fiscal year 2018. The proposals were brought forward by Councilmember Scott Sherman and supported by Faulconer.

More than 70 percent of San Diegans can't afford to buy a home at the county's median home cost of more than \$550,000 - making San Diego one of the least affordable markets in the country. Granny flats have become an increasingly popular option for cities looking to spur the development of housing and provide a more diverse stock of affordable and low-

FIFTH ANNUAL TASTE OF MISSION **BEACH SET FOR MAY 17**

Bring your appetites and walking shoes to sample the best eateries in Mission Beach at the fifth annual Taste of Mission Beach 5 to 8 p.m. on Thursday, May 17. Starting locations are at Mission Beach Coffee Break, 2888 Mission Blvd., and Saska's Steak and Seafood, 3768 Mission Blvd. Free shuttles will pick up or drop off at every bus stop along the route. Or cruise on the Bahia Belle by catching it at either the Catamaran or the Bahia.

Tickets are \$30 with proceeds going to Street Guardians (pbstreetguardians.org), a nonprofit organization that provides transitional employment opportunities to homeless residents by hiring them to clean up the streets of Pacific and Mission beaches. Purchase tickets at tasteofmissionbeach.com or at Saska's and Mission Beach Coffee Break.

Participating restaurants include: Arslan's Gyros, Belmont Park, Bao Beach, Café Bahia, Cheesy Express, Coaster Saloon, Juice Wave, Kojack's, Luigi's at the Beach, Marcy's Mexican Food, Miss B's Coconut Club, Mission Beach Coffee Break, Oceana Coastal Kitchen, Olive Baking Company, Olive Café, Rosaria Pizza, Sandbar Sports Grill, Saska's, South Mission Beach and Grill, Capri Pizza Pasta Grill, Toot's, Zozo's Pizza. The event is sponsored by Mission Beach Women's Club and MBTC.

COAST OF PACIFIC BEACH RESTAURANT WALK ON MAY 22

There's only one thing more monotonous than a Tuesday, and that's



SeaWorld employees take a test run on the Electric Eel, the theme park's new roller coaster that will open on May 10.

vegetables – or so the saying goes. Discover Pacific Beach, the neighborhood's business district, has had it up to here with that kind of talk - accordingly, it will host the Coast of Pacific Beach Restaurant Walk Tuesday, May 22, from 4 to 9 p.m., featuring coastal cuisine choices from participating restaurants west of Dawes Street to the coastline.

This self-guided event will be vegetarian friendly, and eateries that offer a vegetarian option will have special notice on

Tickets are \$25 online now and \$30 on the day of the event. Will-call will be set up at the PB farmer's market, corner of Garnet Avenue and Bayard Street, starting at 3 p.m. the day of the event. For more information, see pacificbeach.org or call 858-273-3303.

OVER-THE-LINE TOURNEY AND BEERFEST AT MARINER'S POINT

The Old Mission Beach Athletic Club is kicking-off the summer with an Over-the-Line Tournament and Beerfest on Saturday, May 19 at Mariner's Point in Mission Beach. Held from noon to 4 p.m., attendees can sip craft beer from local breweries and enjoy fare from food trucks.

Breweries participating include BNS Brewing, Bay City Brewing, OB Brewery, Alesmith, Coronado Brewing, Thorn Brewing, Mason Aleworks, Ballast Point, Helix Brewing, Fall, SR76, Duck Foot, Groundswell, Benchmark, 3 Punk Ales, Second Chance, Resident, Mike Hess,

Iron Fist, Bitter Brothers and Dos Desperados. Cutwater Spirits will also be selling craft cocktails.

The OTL Tournament will field 120 teams in a double-elimination format. The first rounds will take place from 7 a.m. to 6 p.m. on May 19 with winning teams returning from 7 a.m. to 3 p.m. Sunday, May 20. Tournament divisions include: Men's Pro, Men's Open, Men's Masters and Women's Open. The entry fee is \$120 per team and will increase as the tournament fills up.

This two-day event is a precursor to the 65th annual World Championship Over-The-Line Tournament set for July 14-15 and July 21-22 at Fiesta Island in Mission Bay. General admission, including the four-hour beer tasting for guests ages 21-plus, is \$35 with advance online purchase via eventbrite.com.

HANDS ACROSS THE SAND

Hands Across the Sand, a coalition of organizations, activists and citizens around the world that brings the message of clean oceans to local and world leaders, will hold an event at 3105 Ocean Front Walk, Mission Beach from 10 a.m. to noon on Saturday, May 19.

Founded in 2010, Hands Across the Sand grew into an international movement after the BP oil disaster in April of that year. People came together to join hands, forming symbolic barriers against spilled oil and to stand against the impacts of other forms of extreme energy.

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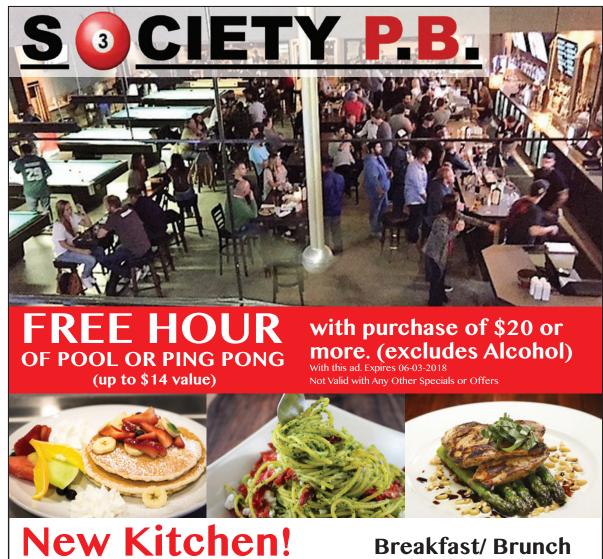
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District 2 City Council primary race candidates answer one question

By DAVE SCHWAB | BEACH & BAY PRESS

City of San Diego must be citizens of the United States and at least 18 years of age.

In order to run for City Council office, a candidate must be a registered voter of the appropriate council district for at least 30 days prior to **KEVIN D. MELTON** the date of filing nomination papers, and a resident in and registered voter of the district at the time of assuming the office.

Mail-in ballots will be sent out in mid-May, and the Primary Election Day is Tuesday, June 5.

San Diego Community Newspaper Group asked the seven candidates in the District 2 City Council primary race one question: "Why should someone vote for you?"

Here are their responses:

LORIE ZAPF (Incumbent councilmember)



As a San Diegan, we all have safe, councilmember.

ty services, supported more funding right, not what is easy."

for street repairs and worked to pro- RANDY HAHN tect neighborhood character by sup-Candidates for public office in the porting sensible regulations for short-term vacation rentals.

> As the councilmember representing the beaches and bays, I pledge to oppose any effort to allow oil drilling off our coast.

(Retired businessman)

I'm ready to stand for what the



have had City Council representatives with the belief that they will **BRYAN PEASE** act in the best interest of the residents. Sadly, that is not always the

case. I am running for the District 2 City Council seat because I want to bring honesty and integrity to the political process. It is time to solve the issues with the condition and safety of our community streets. The my main concern vacation rental and homelessness in is in ensuring that the area will be resolved.

Our goal is to bring more busiclean neighbor- nesses into San Diego and provide hoods. I am proud more resources for market-rate of my record as a employment for the residents.

Looking forward to serving the having fought for critical communi- District 2 community. "Do what is

(Publisher/sales manager)

I am not the most seasoned politician, but I love this city and want to



make a difference. I've lived in District 2 for 33 years and understand the old and new. My wife is an elementary school teacher for San Diego Unified

district believes in. For too long, we and our two teenagers attend local public schools. I am a family man, your neighbor, and accessible.

(Environmental attorney)

Pease is an environmental attorney and a legislation and land use



lived and worked for the public inter-14 years. Pease lives in Ocean Beach and served on the board of OB

Peoples Organic Food Market for seven years, overseeing a \$15M budget. He is pushing for evidencebased solutions to the homelessness crisis, better tenant protections. Community Choice Energy and restoring Mission Bay. See bryanpease.com for more.

JORDAN BEANE (Small-business owner)

bring our beaches and bays the kind



of leadership they deserve. As a director on the Pacific Beach Town Council. I know what the issues are that affect our community and how to

tackle them. I promise to be a responsive representative who will work tirelessly to fix our infrastructure, resolve our STVR problem, put a dent in our housing crisis, and provide real solutions to our homeless epidemic.

expert, who has JENNIFER CAMPBELL (Medical doctor/professor)

"I decided to run for office for the est in San Diego for first time after 30 years in medicine



because of the City's meager response to the hepatitis A outbreak. San Diegans deserve responsive and attentive government and I'm

not here to run for a higher office, so no special interests can sway me. We face a housing crisis, chronic homelessness, a boom in unregulated

short-term vacation rentals, and crumbling infrastructure. Vote for I'm running for City Council to me to bring responsible, intelligent leadership to District 2. "

DANIEL SMIECHOWSKI (Real estate agent/landlord)

I have been your neighbor for more than 50 years. We must elect a council member



who will vote without prejudice, sticking to the facts. If you desire a politically correct and establishment type, then vote for

someone else. I am a moderate, a centrist and I believe this city has too much political polarization.

I will vote with both Republicans and Democrats offering a balance. I do not support rent control. I do support avoiding any more Prop. 13 tax assessments to your homes and lowering your out-of-control water bills. Also, this district needs less alcohol and more dog parks. We must regulate the shared bikes, especially in the beach areas. I am an old-fashioned Midwestern-born fiscally conservative Democrat, and will tell you the truth and not skirt the issues just to be elected.

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Painting: 2 days to work in watercolor, improve you composition and color blending with an

impressionist style, while painting in Balboa Park. Walk to different locations of historic Bal-

Price \$175. Per Week • Date: June 18-22, 2018 • Classes are for grades 6 and up. Time 9:30-12:30 • Registration Information: 619-236-8997 Elizabeth • ewoolrychpottery.com

boa Park to create your paintings. Teacher, Michelle Gonzalez www.fineartamerica.com

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ming, climbing, crafts, canoeing, and more. YMCA Raintree Ranch is a wonderful, small camp dedicated to western horseback riding. Thirty-eight horses, multiple instructional arenas, and miles of trails all provide an excellent learning environment. YMCA Camp Surf is a spectacular, ocean-front camp just south of San Diego. This 45-acre offers one & two-week sessions filled with surfing, bodyboarding, and traditional camp activities. Our camps add laughter, leadership, and lifelong memories to a host of activities. For more ymca.org/camps

Summer Camps

Does your child speak German? How about a German language camp at German Pacific School San Diego? GPSSD offers four weeks of very creative, imaginative camps with many hands-on projects. This year's topics "Princesses. Knights and Dragons" (a fairy tale journey through Europe), an "Artist's workshop" and "European Children's Book Characters". (See detailed plan on website.) GPSSD, a nonprofit school with four locations in La Jolla, Clairemont, Carmel Valley, and Poway, also offers classes on Saturdays and on weekday afternoons. The younger students learn German by playing, singing, theater, stories and games. Later the students focus on reading and writing. During their time at GPSSD students take different exams which lead to the AP exam and the German Language Diploma (DSD I and II). The DSD Π exam is proof of the language proficiency for students applying at German universities. Registration for Summer camps is now open! More info: gpssd.org 858-461-9118or emailger-

German Language

manpacificschool@gmail.com

San Diego Junior Theatre Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting dance, and singing. Musical Theatre, Acting, Performance and Advanced camps available in Balboa Park. To register or for a list of dates, descriptions & pricing visit juniortheatre.com. Register early as our camps fill quickly. (619) 239-1311.

Teen Art Workshops Spanish Village Art Center-Balboa Park

Ceramics and Painting. 2 career artist/teachers will work with you for a week. Small classes. Individual attention. Outside studio in Balboa Park. Ceramics: 3 days for clay sculpture and the potter's wheel, add handles, learn trimming, carving and glazing techniques. Teacher, Elizabeth Woolrych Painting: 2 days to work in watercolor, improve you composition and color blending with an impressionist style, while painting in Balboa Park. Walk to different locations of historic Balboa Park to create your paintings. Teacher, Michelle Gonzalez www.fineartamerica.com Price \$175. Per Week Date: June 18-22, 2018 Classes are for grades 6 and up. Time 9:30-12:30 Registration Information: 619-236-8997 Elizabeth www.ewoolrychpottery.com

Best Summer Ever in the "Y" Summer Camp

The YMCA is again hosting a summer filled with fun day camps for kids ages 5-17 starting June 15. Whether you child loves sports, the arts, animals, science or even Legos - the Y has a camp that will help them build confidence, meet new friends and make memories that will last a lifetime! Plus, with camps available in convenient locations include Point Loma, La Jolla, Pacific Beach and University 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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Paradise Point Resort sprucing up its 'vacation vibe' with \$24M renovation

By DAVE SCHWAB | BEACH & BAY PRESS

Freshening its look, feel and appeal, the 44-acre island hotel Paradise Point Resort & Spa in Mission Bay is launching a \$24 million renovation starting soon and concluding in 2019.

Designed by the award-winning international firm Perkins + Will, the makeover will remodel all of the resort's 462 California bungalowstyle guest rooms. The redo includes new tile floors and quartz surfaces, updated bathrooms with walk-in showers, new coastal decor furnishings and the latest technology from USB ports to 60-inch high-def TVs.

"It's the same Paradise Point, but chicer, more modern and familycentric with comfortable floor plans that embrace our laid-back lifestyle," said Lindsey Amador, the resort's director of sales and marketing. "The designers have captured a vacation vibe that is the essence of everything we do here."

In 1542, Paradise Point was discovered by Portuguese explorer Juan



A junior suite features new coastal decor furnishings and the latest technology at Paradise Point Resort.

area Bahia Falza or "False Bay," because it was not deep enough for ships. In 1902, city horticulture commissioner George Hall first suggested the Bahia Falza "swamp" be developed into an aquatic park.

In 1958, a master plan for the Rodrigues Cabrillo, who named the Mission Bay Aquatic Park was

dredging soon followed.

The \$60 million project created 30 miles of shoreline beaches, grassy knolls, areas for sailing, swimming, and Paradise Point.

In 1962, recognizing the waterfront property's potential, Jack Skir-

approved by the City Council and ball, a rabbi-turned-Hollywood producer-turned real estate developer/hotelier, collaborated with architect Eldridge Spencer and builder Bob Golden to create Paradise Point. It was a unique vacation island insulated, but not isolated, from the city.

The trio synthesized an exotic

PARADISE POINT RESORT & SPA

Where: 1404 Vacation Road.

Info: destinationhotels.com/paradise-point, 858-240-4913.

South Seas atmosphere replete with lagoons, waterfalls, and an abundance of tropical and subtropical flowers and foliage amongst the cabana-style cottages.

Artifacts from Skirball's film-making, such as the porpoise fountain along with decorative masonry adorning the entries to the original cottages, were incorporated around the property.

Refurbishment of Paradise Point is geared toward a new wave of travelers offering eco-conscious, hightech attributes and indoor-outdoor design embracing the resort's eternal playground spirit.

The resort's signature restaurant is newly helmed by chef Andrew Reyes, infusing pacific island flavors into Tidal's dishes. The spring menu will be featured alongside the popular Sunday brunch and daily happy hour offerings.

Karl Strauss releases collaboration beer for Earth Day and Arbor Day

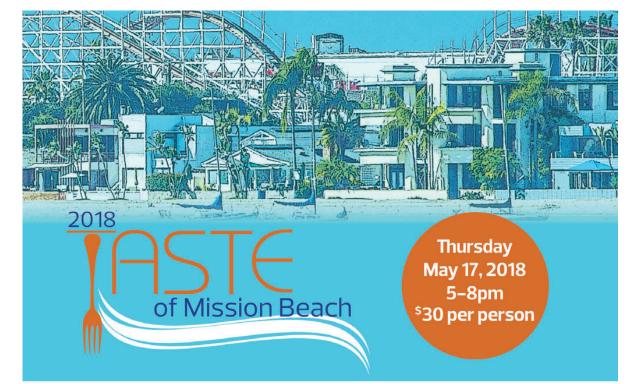
Karl Strauss Brewing Co. and Automatic Brewing Co. joined forces with San Diego Urban Timber to brew a beer in honor of Earth Day and Arbor Day. Urban Arbor IPA was brewed with locally-grown juniper trees and will generate proceeds to benefit Friends of Balboa Park, a nonprofit that specializes in maintaining the trees in Balboa Park.

Collaboration, craftsmanship, and environmental sustainability are a few of the values these local brewers share with the artisans of SD Urban Timber, whose mission is to breathe new life into fallen trees that would otherwise end up in landfills. The group came together to support a cause they share passion for and combined their talents to produce a beer fit for the occasion.

Urban Arbor IPA was brewed at the original Karl Strauss brewery in downtown San Diego, using juniper provided by SD Urban Timber. The result is a West Coast IPA with a light malt profile that showcases piney aromatics and juniper wood notes that shine through a crisp finish.

"This beer is a great example of the collaborative nature within our local brewing community, and our desire to use our talents to support a greater good," says Paul Segura, brewmaster, Karl Strauss Brewing.

"The recipe for this beer was inspired by the trees themselves. We used Cascade and Chinook hops, which have piney, resinous flavors and added juniper berries and wood from local trees to complement those characteristics," Segura said.



Come join us Thursday, May 17th from 5-8pm for the 5th Annual Taste of Mission Beach. For \$30, you'll get to walk, ride or sail to many Mission Beach restaurants and sample their delicious offerings.

Proceeds will benefit the Pacific Beach Street Guardians, a non-profit organization that helps clean up the beach communities.

Check out tasteofmissionbeach.com or mbwc.org for more information. Purchase tickets online now or at Saska's and Mission Beach Coffee Break.

Go to one of the start locations where you'll be given a map of participating restaurants in exchange for your ticket. You can also purchase tickets the night of the

START LOCATIONS

Mission Beach Coffee Break 2888 Mission Blvd. Saska's 3768 Mission Blvd.

Here are some of the participating restaurants:

- Arslans Gyros
- Draft
- · Bao Beach Café Bahia
- Cheesy Express
- Coaster Saloon
- Guaya Beach
- Juice Wave
- Kojack's
- Luigi's At the Beach
- Marcy's Mexican Food
- · Mission Beach Coffee Break

- Oceana Coastal Kitchen
- Olive Baking Company
- Olive Café
- Rosaria Pizza
- Rubicon Deli
- Sandbar Sports Grill
- Saska's
- South Mission Beach Grill & Capri Pizza
- ZoZo's Pizza

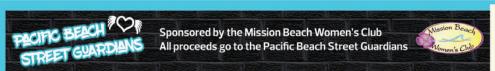




You can walk, ride in a passenger van, or sail on the beautiful Bahia Belle.



May 13, 2018 | 10:00 a.m. - 3:00 p.m. \$60 Adult | \$25 Child (5-11) | FREE Under 5



New spa brings traditional Thai massage therapy to Pacific Beach

By PAIGE FULFER | BEACH & BAY PRESS

With a successful El Cajon location that opened about five years ago, Thai Style Massage has made Pacific Beach their next home.

"Pacific Beach is very nice, and even more importantly, it has nice people. Everyone is always smiling, and with the view of the ocean, we loved PB and wanted to be a part of the community," says Tiffany, an employee, who's helping with the business' grand opening.

While many residents may be used to seeing Thai massage spots around the neighborhood, not many truly know the history, benefits, or techniques behind it. This lack of knowledge is something Thai Style Massage wants to change.

Originating in India 2,500 years ago, the Thai massage technique is known as a sacred form of body work. The technique aids in releasing tension and discomfort connectTHAI STYLE MASSAGE

Where: 1350 Garnet Ave. Hours: 10 a.m. to 8:30 p.m. daily.

Info: thaistylemassagesandiego.com, 858-717-5285.

ed to stress on the mind and body.

Thai massage stimulates the flow of the lymphatic system, and increases circulation. This allows the body to pump more nutrients and oxygen into tissues and important

organs. It helps to rejuvenate and decompress," Tiffany says. overused and tired muscles as well.

The practice also helps increase flexibility, as stretching is a part of the tradition. Rhythmic, firm pressing on pressure points makes the Thai massage a more rigorous style of body therapy.

For customers who want a more relaxing, rather than intense, massage, don't fret. "We also offer Swedish massages, which is for the customers who simply want to relax strictly traditional Thai massage.

However, their most popular massage is the "Combination." This service combines Thai and Swedish styles. It helps customers feel more balanced by incorporating acupressure, passive yoga therapy, and reflexology. The kneading in this service can range from soft to deep whichever the customer prefers. The Combination massage incorporates essential oils and lotions, unlike the



















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Best spots to dock and dine in Mission Bay

My afternoon on the water with Freedom Boat Club

By PAIGE FULFER | BEACH & BAY PRESS

With more than 150 locations across the United States and Canada. Freedom Boat Club opened its hatches on Mission Bay in August 2014. Since then, they have remained the only boat club of its kind in San Diego, with another location in Cabrillo Isle Marina of San Diego Bay.

"Our boat club is designed for people who want access to a versatile fleet of boats on a regular basis, at an affordable cost of entry. From there, members pay monthly dues for unlimited access. We do all of the maintenance," said Dan Hasbrouck, president of Freedom Boat Club Mission Bay.

"We run on a 10:1 ratio with our boats. So for every 10 people who sign up, we add another boat to our fleet," says Hasbrouck.

The club's fleet is all-inclusive, showcasing boats for every type of lifestyle and every member of the family. Their inventory consists of deckboats, pontoons, fishing boats,

FREEDOM BOAT CLUB

Where: Mission Bay, Dana Landing, 2630 Ingraham St.

Info: freedomboatclub.com, 888-781-7363.

and even the ideal family affair boat, complete with a water slide and tanning deck on the top.

For members, the possibilities are endless. They reserve a boat of their choice via the club's online, userfriendly reservations system. Recently, he says there has been an increase in popularity of the "dock and dine" experience with its members.

Recently, we headed out to scope out the best spots for docking and dining around Mission Bay. Hasbrouck first captained us to the port at the end of Santa Clara Place.

"This is the perfect spot. Not a lot of people realize this is a public dock they can park their boats at for free, which comes in handy especially over holiday weekends or during peak season (May to September)," says Hasbrouck.

Even with a two-hour limit for docking the boat, it gives boaters plenty of time to hop out, grab a sandwich at local favorite Olive Cafe or a kombucha cocktail at Miss B's Coconut Club.

Hasbrouck then navigated us to the port at Paradise Point Resort and Spa. This port screamed "ultimate getaway." We docked and entered a seriously dreamy vacation haven.

Families, couples, and even locals enjoyed burgers, beers, and the outdoors, with the bay on one side and the resort pool on the other. For a more formal occasion, Hasbrouck suggests opting for Tidal, which is located right next to Barefoot Bar and Grill, so boaters can dock at the same port.

Hasbrouck also recommends the dock at the Hilton, which has two restaurants, as well as the Hyatt. "The Hyatt Regency Mission Bay has a courtesy dock where you can park the boat, fuel up, and grab some fish tacos at Red Marlin Restaurant on ent viewpoint of Mission Bay," Has- more about Freedom Boat Club, call the water. It's also a good spot to watch the sea lions and get a differ-



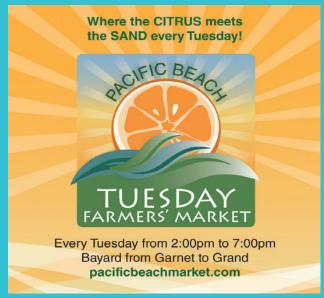
Paige Fulfer ready to check out a dock-and-dine experience firsthand.

to set up a sail around the bay and If you are interested in learning scope out the vast array of their fleet.

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SAN DIEGO CIRCUS CENTER **JUBILEE SET FOR MAY 25-27**

The San Diego Circus Center, at 2050 Hancock St., will hold its inaugural Jubilee, highlighting a display of circus acts from talented and amazing performers May 25-27. There will be acts on Chinese pole, contortion, trapeze, Cyr wheel, Lyra, teeterboard, tight-wire, silks, rope, clowning and more. For more information, visit sandiegocircuscenter.org. For tickets, visit SDCCtickets.com.

WALK FOR ANIMALS ON MAY 5

This area is noted for the enlightenment of its pet communities - and on Saturday, May 5, an annual San Diego County Humane Society fundraising dogwalk is expected to draw more than 3,000 participants and volunteers whose support helps fuel that reputation.

The Walk for Animals consists of a two-mile stroll around NTC Park at Point Loma's Liberty Station, 2455 Cushing Road (a half-mile course has been set aside for dogs and owners who prefer a shorter trail). It begins at 9 a.m., with registration, breakfast and opening ceremonies starting at 7 a.m. Families and

children are welcome. Proceeds will help fund the humane society's lifesaving programs and services, including shelter, adoptions, veterinary care, humane law enforcement, emergency rescue and behavior and training on behalf of the 30,000 animals expected to come into the humane society's care this year.

Registration fees range from \$10 to \$40. Information is available at support.sdhumane.org or at 619-243-3469.

COMMUNITY CLEANUP DAY IN MISSION BAY ON MAY 12

Join I Love A Clean San Diego as they team up with Councilmember Lorie Zapf for a community cleanup from 9 to 11 a.m. Saturday, May 12 at Bonita Cove in Mission Beach, at 1100 W. Mission Bay Drive. Volunteers will remove litter and debris from the area and paint over graffiti as well.

There will be cleanup supplies, snacks, and water. I Love A Clean San Diego will also provide community service hours and letters of appreciation for volunteers. This is an opportunity for students and families to learn ways to protect the local environment.

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Learn to make free libraries, pancakes, chili, and Spam musubi at How-to Festival

By DAVE SCHWAB | BEACH & BAY PRESS

Those looking to do creative things, like fashioning their own Little Free Library, should attend the How-To Festival from 11 to 3 p.m. Saturday, May 26 at Pacific Beach Library, 4275 Cass St.

Scheduled talks will be given by speakers including Kathy Hargove, of Pacific Beach, who, from 1 to 1:20 p.m., will be covering the dos and don'ts of starting a free neighborhood library.

Christina Wainwright, PB library branch manager, talked about the How-To Festival, now in its third

"The idea is that it is entirely community-based," Wainwright said. "We're actually having 14 of these "all of the communities have differ- other." ent interests and passions."

event will feature locals like Hargrove passing along their knowllittle libraries to making pancakes rience. and chili.

To Festival "really shows what our said. "I'd seen these little free



Little Free Libraries have sprouted up all over the beach communities.

how-to workshops in libraries community members care about across the city." She said each and what they love. It's a nice way library workshop will be unique as to share what we love with each

Hargrove, who previously worked Wainwright said the May 26 with Neighborhood House furnishing books to impoverished children, started her own little library this edge on everything from creating vear. She wanted to share that expe-

"I've always been interested in The head librarian said the How- helping children read," Hargrove

HOW-TO FESTIVAL

Where: Pacific Beach Library, 4275 Cass St.

Info: 11 to 3 p.m. Saturday, May 26.

Community Room Stage

- 11 a.m. How To Make Perfect Pancakes from Scratch (Robert Lanuza);
- Noon How To Wear Kimono (Kazumi
- 1 p.m. How to Complete an Advance Health Care Directive (Barbara Bailey);
- 2 p.m. How to Make the Best Chili Ever.

Cass Plaza Stage

- 11 a.m. How to Make Flowers Look Good Enough to Eat! (Mary Bloom);
- Noon How to Make Spam Musubi (Christina Wainwright);
- 1 p.m. How to Start a Little Free Library (Kathy Hargrove);
- 1:30 p.m. How to Catch, Clean, Prepare and Eat Saltwater Fish (David McLaugh-

libraries all over town."

Added Hargrove: "The nicest thing about these little libraries is you get to know your neighborhood, and it's community involvement. They take a book. They share a book. So it's give and take."

For more information, visit littlefreelibarary.org.



Jazz Jedi Council to perform 'May the Forth Be With You' at Dizzy's

By BART MENDOZA | BEACH & BAY PRESS

"Star Wars" fans won't want to miss a special show, "May the Forth Be With You," taking place at Dizzy's on May 4. Presented by violinist Jamie Shadowlight, the night will feature music from the "Star Wars" film series as performed by the Jazz Jedi Council, which also includes keyboardist Mikan Zlatkovich, percussionist Monette Marino, bassist Will Lyle and drummer Duncan Moore, with guest PacificYO, performing beatbox duties. The music of "Star Wars" has become a big part of our culture, these tunes as well known as any hit single. Shadowlight and her crew do a marvelous job of breathing new life into this music.

'May The Forth Be With You': Friday, May 4, at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$15. dizzysjazz.com.

How does he do it? At 89 years of age, bluesman Tomcat Courtney remains one of the hardest working musicians in town. Born Jan. 22, 1929, the man is a living legend, giving countless musicians a boost through his bands and mentoring. Courtney has found a new burst of activity over the past decade, including shows in Europe, new record-

ings and a SDMA Lifetime Achievement Award. Currently, he has several residencies around town including 7 p.m. on Wednesdays at The Turquoise.

Courtney has made several acclaimed recordings, but he is best experienced in live performance, where his percussive guitar playing shines through. Local music fans should make it a point to experience this man's music in person, soon.

Tomcat Courtney: Wednesdays at Café-Bar Europa, 873 Turqouise St. 7 p.m. 21 and up. theturquoise.com.

Although officially categorized as a singer-songwriter, that description hardly does Jonny Tarr justice. A gifted multi-instrumentalist, he is a virtuoso guitarist, keyboardist and saxophonist, as well as a master of looping pedals, giving his quartet a huge sound. However, the key to his music is his skill at penning soulful, funky tunes such as recent single "Sky High," dance-floor fillers that will please fans of both the Talking Heads and Stevie Wonder. Appearing at the 710 Beach Club on May 3, Tarr is a dynamic performer with a catalog of excellent, radio-friendly tunes, deserving of wider national attention.

Jonny Tarr: Friday, May 3, at

the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up. 710bc.com.

Anyone who enjoys the roots of rock 'n' roll will want to check out Gino Meregillano and the Lone Gunmen, who perform at Tio Leo's on May 10. The band performs originals, as well as rockabilly and blues classics, by the likes of Chuck Berry and Nat King Cole, but what sets them apart from other trios, is their inclusion of rocked up versions of modern-era tunes by artists such as the Beatles or Queen. Lots of fun to listen to, the band is also perfect for swing dancing, but the star attraction is Meregillano's fiery guitar

Gino & The Lone Gunmen: Thursday, May 10 at Tio Leo's, 5302 Napa St. 9 p.m. 21 and up. Cover TBD. tioleos.com.

Their description is right there in the name: The Country Rockin' Rebels. Appearing aboard the Bahia Belle on May 11, the band will set sail around Mission Bay performing a mix of Bakersfield country boogie, classic rock and blues. The band has several albums out, but for this gig they will concentrate on tunes by the likes of Freddie King, Jimi Hendrix and the Doors. Led by singer Tristan Luhrs and guitarist / pro-



Violinist Jamie Shadowlight will present 'May the Forth Be With You.'

ducer Michael Head, the band is the school will host the annual Jazz on perfect soundtrack to a rowdy party, with plenty of crowd pleasers in their set list to keep the dance floor

The Country Rockin' Rebels: Friday, May 11, 998 West Mission Bay Drive. 9:30 p.m. 21 and up. \$10. bahiabelle.com.

San Diego's music community is burgeoning with great young players and Mission Bay High School's acclaimed music program is one of the reasons why. On May 17, the

the Green. All ticket sales go to support their music program. This outdoor event will feature the school's award-winning jazz ensembles, including the MBHS Swing Choir, with guest vocalist Leonard Patton, The Preservationists with guest trumpeter Derek Cannon and the Mambo Orchestra with guest percussionists Charlie Chavez.

Jazz on the Green: Thursday, May 17 at Mission Bay High School, 2475 Grand Ave. 6 p.m. All ages. \$10. \$5 students/kids.

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community."

CONT. FROM PG. 1

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on this project since 2009, without

which this would not be possible." Meng added the new joint-use field "makes us a community and brings us together. What we're celebrating is a partnership ensuring that we have a quality neighborhood school being the center of the

SDUSD board member Michael McQuary said the district and

YMCA are "building the collective

capacity of this community creat-

ing a mutually beneficial way for the

district to meet our Vision 2020 goal

of a quality school in every neigh-

borhood. Today, we are talking

SDUSD facilities planning and

construction chief Lee Dulgeroff

pointed out the field project was

funded by Propositions S and Z,

local bond measures approved by

voters to repair, renovate and revi-

talize neighborhood schools. He

noted, "Those are your tax dollars

at work in your community," while

adding, "This new field is just the

about this neighborhood in PB."

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> Future phases of the YMCA-SDUSD partnership will include:

beginning."



Artist's rendering of the YMCA's fitness center in PB.

26-classroom building; improve- the PBMS campus at the corner of ments to existing buildings; relo- Ingraham and Felspar. cation of school administration vice area, and three new classlibrary media center; campuswide data and communication infrastructure.

A public pool is also planned for a later date.

The YMCA's vision is to expand its presence in beach and bay communities by building a state-of-theart YMCA fitness center to provide construction of a new two-story, year-round care for local youth on and stay in PB."

YMCA of San Diego County offices, renovation of the food ser- president/CEO Baron Herdelin-Doherty said the joint venture "is room/innovation spaces in the all about families and bringing people closer. Where do people get upgrades to security, fire alarms, closer? At the YMCA, and at schools." He added the YMCA's strategy is to nearly double the current number of people served countywide from "425,000 today to 800,000 by 2025."

> YMCA volunteer Lily Higman commented: "We want to bring families back into Pacific Beach

San Diego, CA 92109 (858) 270-3103 Fax: (858) 713-0095 **PHOTOGRAPHERS**

CONTRIBUTORS

DIANA CAVAGNARO, JOHN FRY.

EDUCATION NOTEBOOK>>

FOPBSS

■ Friends of Pacific Beach Secondary Schools Auction and Fundraiser will take place 5 to 10 p.m. Friday, May 18 at the Soledad Club. It will be an evening of community building PB-style with laughter, dinner, drinks, and dancing to support kids at Pacific Beach Middle and Mission Bay High schools. With DJ Artistic in the house, it will be a night to remember. FOPBSS - emphasizing the "fun" in fundraising. Tickets on sale at friendsofkatesessions.schoolauction.net.

MISSION BAY HIGH

 The nationally renowned Mission Bay High School Music Program will hold its eighth annual Jazz on the Green 6 to 8 p.m. Thursday, May 17 at MBHS. This music festival is open to the public and will feature the school's award-winning jazz ensembles with some guest musicians including Leonard Patton on vocals, Derek Cannon on trumpet, and Charlie Chavez on congas and percussion.

The schedule includes the MBHS Swing Choir (with Patton) at 6 p.m., Preservationists (with Cannon) at 6:30 p.m., and the Mambo Orchestra (with Chavez) at 7:15 p.m. The Gypsy Jazz Quartet will perform between each group. Gates open at 5:30 p.m. and families are encouraged to bring their own seating and blankets. Food from Tacos El Unico will be available. Tickets are \$10 for adults, \$5 for students/children or \$20 for a seat at one of the VIP tables. All ticket sales support the music program at Mission Bay High. Tickets may be purchased the day of the concert or at missionbaymusic.com.

 The Preservationists recently visited New Orleans to soak in the music, culture, and wisdom found in the birthplace of jazz. This one-of-a-kind atmosphere inspired the current crop of Mission Bay Preservationists to outdo themselves with every performance.

This was the fourth time that music **BARNARD ELEMENTARY** director Jean-Paul Balmat led the Preservationists to New Orleans. Current Preservationists include band leader and senior Jake Halvin on percussion, freshman Connor Gilbert on bass, sophomore Paolo Roque on piano, junior Carlos Delgado on guitar, junior Nicholas Archer on trumpet, sophomore Loic Delattre on saxophone, junior Taylor Kavieff on flute and clarinet, freshman Ethan McKinley on trombone, sophomore Piatt Pund on violin and vocals, sophomore Josie LaValle on vocals, and junior Madeline Lynch on

PACIFIC BEACH MIDDLE

 More than 200 students presented their International Baccalaureate eighth grade community projects at the PBMS IB Student Showcase Night. Projects ranged from local to global issues such as water pollution, volleyball courts for DeAnza Cove, study of native and invasive plant species in Rose Canyon, caring for animals at local shelters, importance of planting trees, homeless handouts versus hand-ups, child labor and



The Drama Club at Kate Sessions presented an enchanted evening performance of "Alice in Wonderland." The Drama Club is open to first-fifth grade students who are interested in musical theater. The students worked hard, rehearsing over the course of a month, learning their lines, dances and songs. This was made possible by Deirdre Andrews, who has been running the La Jolla Young Actors Workshop for decades.

human trafficking, diversity awareness, bullying prevention, tools for academic success, safe schools, safer pedestrian and bicycle routes, elder-care, and more.

 One team held an art auction with their advisor Mr. Swigart. They raised \$278 for the Humane Society's PAWS organization. Another team held a Jetty Kids FunRun to raise money for Jetty Kids Foundation's free surf-contests. Ashley Hensen, ASB advisor, was recognized for her support of a "We Day" projects such as "We Care" and "We Stand Up" at the We Day Celebration of Service in Los Angeles. Two projects were also featured at the Civics Showcase at the Town and Country Hotel and other projects will be shared with beautifulPB in support of ecodistrict initiatives.

CPJMA

- Crown Point Junior Music Academy's Cinco de Mayo fiesta is happening Friday, May 4, from 5 to 7 p.m. The community is invited to visit the school and enjoy a free event with mariachi, games, entertainment and taco trucks.
- On May 12, CPJMA student violinists will be performing at the Classical Connections Family Festival alongside the Classics 4 Kids orchestra at Point Loma Nazarene University in Crill Performance Hall. The pre-event from 1:30 to benefit the school! 2:30 p.m. is free with kid-friendly crafts. The concert is from 3 to 4 p.m. and tickets are on sale at classics4kids.org.

 Barnard Mandarin Magnet Elementary School has partnered with San Diego Youth Science for the second year in a row to give students and teachers the opportunity to create authentic and relevant scientific learning experiences

together. Geared toward the fourth and fifth grades, students benefit from an expanded science program that has been integrated into their class curriculum.

In mid-April, the students explored food webs and energy flow in biological systems. They learned that energy flows from the sun, into plants, and ultimately into animals. In order to understand how energy flows to fish, the students inspected a typical marine life diet by dissecting mackerel fish and spiny dogfish sharks. They focused on the fish's stomach and explored what was inside.

PACIFIC BEACH ELEMENTARY

- The PBE Havana Nights auction was a huge success, and a PBE would like to send a big "thank you" to title sponsors: Advent Property Management, Scott Booth, Coastal Real Estate Expert, the Bonelli family, the Oliver family, the Strasser family, the Panettiere family, the Miller family, Summer Gee Crabtree and Cristine O. Gee with Willis Allen, Trevor Pike with Sotheby's International Realty, Coldwell Banker, Backyard Kitchen and Tap, North Shores Printery, Lighty Financial, freshii, and VFW Post 5985.
- Tuesday, May 15 is the PBE Dine Out at Chipotle - from 4 to 8 p.m., mention PBE, and a portion of the proceeds

MISSION BAY CLUSTER

- The next Mission Bay Cluster meeting will take place 6 p.m. Thursday, May 3 at PBMS media center.
- Wednesday, May 9, is the Walk and Roll to School. Join students, teachers, and parents in the Mission Bay Cluster as they walk, bike, scoot, and skate to school. Participants will get prizes, snacks, and fun rewards.



Eighth-grade PBMS student Jayden Higman and beautifulPB volunteer and founder of Sustainability Matters, Kristen Victor, presented Higman's IB community service project, 'PB Pathway to School' at the PBMS IB Student Showcase Night.

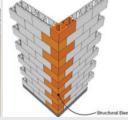


More than 20 volunteers from UPS and community volunteers led by library monitors, Garden Club members, and library supervisor/garden coordinator Sally Kaufman, celebrated Earth Day with PBMS students and staff. Students and volunteers held baby ducks, released butterflies and worms, and made pine-cone bird feeders in the student garden.











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Mission Bay teams eyeing playoffs

By DAVE THOMAS | BEACH & BAY PRESS

Softball

The Bucs, under head coach Vince Ichihara, come into the week at 17-4, one of the best starts in school history. Mission Bay entered the week at 5-0 in league action, having a shot to wrap up the league championship with a win against rival La Jolla, a team Mission Bay beat 11-1 earlier.

"As a team we are having one of our best hitting seasons batting .416 combined," Ichihara stated. "We're getting strong seasons from our seniors – JP Perez .400 batting average, Paige Parkhill .321, Serena Castro .426, and who is tied for the team lead with five home runs, and Maya Cota who leads us with a .529 average.

"Our underclassmen are also contributing

big-time. Maddie Grooms, Keionna Flores .420, Cheyenne Chavez .493, Cat Griffiths .389, Paige Pallamary .387, M. Grenfell .295 and Cassidy West .448, also tied for teamhigh five home runs, but also as a pitcher has a .060 ERA with 150 strikeouts which is third in the county."

According to Ichihara: "We have an opportunity to win league back-to-back, which would be great for these girls who deserve it. The season is going by so fast so I'm just trying to soak it in as my first group of seniors that I have had the whole time will be graduating this season. Hopefully we can finish the season strong and make a good run in the playoffs again."

Senior night is May 8 against Coronado, with Ichihara hoping to get a good crowd out for the game.

Track and field

The boys entered the week at 5-0 and the girls at 4-1, respectively. Head coach Danny Perez noted that the final regular season meet is this Thursday and will decide the league championship. The boys won 17 consecutive dual meets and 23 of the last 25 dual meets.

According to Perez, key contributors are TK Berhe (top mark of 4:38 in mile, 10:06 in 3200); Alec Pletogher (No. 2 in San Diego in the long jump for a sophomore at 21 feet, second in league).

Key members of the girls have included Alyssa Hernandez (top triple jumper in the league and only 16 inches away from Mission Bay school record) and freshman Linda Giffing (5:41 in mile, 12:03 in 2 mile, new freshmen record).

Swimming

In the pool, the Bucs and head coach John Knight are geared up for post-season action. According to Knight, the Bucs are being led by seniors Kiley Knight and Ethan Gathright. Kiley Knight has qualified for City Championships in every event she has been entered in so far. Meantime, Gathright has also turned in a solid season, qualifying for the 50 free.

Izanna Hypse, Darinka Vicencio, Jeanne Picard, Rory Knight, Forrest Wells, Jackson Combs and Kyle Baker were looking to qualify for City Championships.

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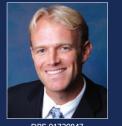
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