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THURSDAY, SEPTEMBER 20, 2018

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THIS WEEK



Hangin' With Matty D
 podcast showcases PB

SEE PAGE 9



A Bowie Celebration to perform at Humphrey's

SEE PAGE 8

BUCS' SPIRIT OFF AND RUNNING



The Mission Bay cheerleaders sprint down the track to celebrate after the Buccaneers scored a touchdown against Eldorado earlier this season. The Bucs play host to Vincent Memorial High at 6 p.m. Friday, Sept. 21. See story on page 13.

STEVE SIDELL / BEACH & BAY PRESS

Nearly 130,000 pounds of trash collected at Coastal Cleanup Day

At the 34th annual Coastal Cleanup Day on Sept. 15, I Love A Clean San Diego harnessed the power of people to combat ocean pollution by mobilizing an estimated 7,000 volunteers at 106 cleanup sites in San Diego County, including four on-water sites.

Volunteers including residents, corporate groups, and civic organizations, turned their appreciation for the environment into action for the planet by choosing to do their part to protect and enhance their local communities.

During this three-hour cleanup, volunteers removed an estimated 130,000 pounds of

trash and debris from San Diego County. Among the debris, there were several notable odd items collected during the cleanup including: a disco ball, a stuffed animal tiger, 641 golf balls at one location (they were returned to be reused), a snowboard, and fake eyelashes.

Volunteers also restored the local environment through beautification projects such as: mural painting, vegetation trimming, mulching, trail restoration, tree planting, and weeding. While priming a storage container that

SEE TRASH, Page 12



Volunteers help clean up trash at South Shores Park on Mission Bay during Coastal Cleanup Day on Saturday, Sept. 15.

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City, residents discussing plans to improve mobility in Pacific Beach

By DAVE SCHWAB | BEACH & BAY PRESS

Pacific Beach residents weighed-in on a visionary plan to re-imagine public park and street space along Mission Boulevard and side streets to make them more bicycle- and pedestrian-friendly at a Sept. 13 workshop.

The Mission Boulevard Public Spaces and Active Transportation Plan was recently unveiled by City senior planner Elizabeth Ocampo Vivero and her team at a two-hour workshop at Pacific Beach Library with diagrammed storyboards and City planners providing a narrative.

Following a brief introduction, participants broke up into small discussion groups to question City officials and render their views on a handful of possible alternative road realignments for Mission Boulevard. Alternatives being considered feature various types of bike lanes, as well as possible creation of traffic-circle roundabouts.

"This project is for the area between Mission Boulevard, Pacific Beach Drive, Diamond Street and the Ocean Boulevard boardwalk," said Ocampo Vivero, who added the plan, led by the City of San Diego, is being funded by a San Diego Association of Governments (SANDAG) grant.

Noting the City has reached out to groups like beautifulpb and Pacific



Beach Town Council to come up with its conceptual plan, Ocampo Vivero, said, "The main objective of this study is to identify the opportunity for multi-modal improvements for walking, bicycling and mass transit to improve community character and enhance access to the beach, while identifying additional community gathering spaces."

The Active Transportation Plan is part of the PB Parks Project, a grass-

roots community effort to celebrate Pacific Beach culture and improve community infrastructure.

A PB Parks Expert Team subsequently brought the community together for multiple meetings and design charrettes over the past few years to create an approach to redesigning the project site.

In 2015, a planning grant proposal called Pacific Beach Greenways, Parks and Transit was presented to

SANDAG, resulting in a \$400,000 grant and an additional \$40,000 in matching funds.

Two attendees at the Sept. 13 workshop shared their impressions.

Marcella Bothwell of Pacific Beach Town Council said more City outreach to the beach community is needed.

"It doesn't appear that the people who made these plans live down here," Bothwell said. "We need to get

Sara Berns, executive director of DiscoverPB, speaks with residents about the plans. DAVE SCHWAB / BEACH & BAY PRESS

cars off of Garnet, turn a portion of it into a walking plaza, and make Grand the main east-west corridor."

District 2 bicycling advocate Nicole Burgess pointed out, "There are only certain scenarios that go together," of the handful of possible road realignments presented. Burgess noted her preference for "protected bikeways, which are safe and comfortable for all ages and abilities to ride. A one-way bicycle track is preferred over a two-way bicycle track, because it's very hard to cross streets."

"We have to be both patient and persistent working with the City through this process. The workshop focused on mobility options on Mission Boulevard," said Chris Olson, a longtime PB community planner and social activist.

"This is important, but I am looking forward to workshops that look at pocket parks, activation of public spaces and widening the boardwalk. For mobility let's be progressive and look at pickup and drop off zones of ride share rather than parking of private vehicles at the beach," Olson said.

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858.775.0280

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After all, with the proper information, selling a home isn't easy. A new report entitled "Sell Your Own Home" has been prepared especially for home sellers like you.

Inside the report, you'll find 10

inside tips to selling your home by yourself which will help you sell for the best price in the shortest amount of time. You'll find out what real estate agents don't want you to know.

To hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-800-276-0763 and enter 1017. You can call any time. 24 hours a day, 7 days a week. Get your free special report NOW to learn how you really can sell your home yourself.

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FENTANYL LACED COCAINE LEADS TO DEATHS IN PACIFIC BEACH

Local law enforcement and health officials are warning the public about a spate of deaths in beach communities connected to cocaine laced with the highly-potent and often deadly drug fentanyl.

This past weekend three people died, and two others overdosed but survived, related to the ingestion of what initial toxicology results show was cocaine laced with fentanyl. The deaths occurred in the areas of PB and OB; the victims ranged in age from 30 to 47-years old.

Authorities are not able to say publicly where the drugs may have been distributed or obtained. Various law enforcement agencies are investigating and no arrests have been made. In the meantime, investigators believe more of the dangerous drug combination may be being sold by dealers.

"We're seeing a dangerous trend of drug dealers and cartels cutting various drugs with fentanyl and, increasingly, it's a recipe for death," said District Attorney Summer Stephan. "The public needs to be aware of the danger of using any controlled substance, but specifically quantities of cocaine that are currently on the street in San Diego that may be laced with fentanyl."

A Drug Enforcement Administration-led task force is investigating the recent deaths and said the danger of fentanyl-laced drugs goes beyond cocaine.

"DEA is seizing cocaine, methamphetamine, heroin and counterfeit pills that look like legitimate pharmaceutical tablets that are laced with deadly fentanyl throughout San Diego and Imperial Counties," said DEA Special Agent in Charge Karen Flowers. "The public needs to be aware that it is

not possible to tell if a product contains fentanyl. There is no test available at the drug store or from your dealer. The only test is in a laboratory. Don't let your loved ones find out the test results at the mortuary."

Deaths specifically from fentanyl or fentanyl in combination with other drugs in San Diego County are spiking. Eighty-one fatal overdoses were reported last year, more than double the number in 2016. Fentanyl, a synthetic opioid, is 50 to 100 times more potent than morphine even in tiny doses. As little as two milligrams of fentanyl is a fatal dose for most people.

Fentanyl can be up to 50 times more potent than heroin, and overdoses may require additional Naloxone to reverse. Naloxone is a medication that reverses overdose from opioids. Additional doses of Naloxone are sometimes needed to reverse fentanyl overdoses due to the potency of the drug.

"We have seen a steady increase in fatal overdose cases over the years where fentanyl has been added to opiates," said County Chief Medical Examiner Dr. Glenn Wagner. "But now we're seeing an emerging pattern of cases where fentanyl is unexpectedly added to other drug combinations. It's a new, deeply concerning trend."

County Public Health Officer, Dr. Wilma Wooten, stated "these cases show the deadly and unknown nature of drugs that are being sold on the street. If you or someone you know is in need of drug treatment, please get help."

SKATEBOARDER DIES IN TRAFFIC COLLISION IN MISSION BEACH

A 22-year-old male was riding a skateboard eastbound in the 1300 block of West

Mission Bay Drive about 8:30 p.m. on Sept. 16. At some point, he lost control of the skateboard.

While chasing his skateboard, which continued to roll, he followed the board on foot across the No. 1 and No. 2 lanes of eastbound West Mission Bay Drive. He then followed the skateboard over the center divide into the westbound No. 1 lane of West Mission Bay Drive.

The male was struck after crossing in front of a vehicle to catch his board in the westbound No. 1 lane, by a 25-year-old male driving a Nissan Sentra sedan. The driver remained on scene and alcohol is not a factor in the collision.

The skateboarder/pedestrian was transported to the hospital with life threatening injuries, and later died. The San Diego Police Traffic Division will be investigating the collision.

AIRPORT AUTHORITY LAUNCHES APP FOR NOISE COMPLAINTS

The San Diego Airport Authority has launched a new mobile app that provides members of the public an easy-to-use, no-cost option for submitting an aircraft noise complaint. The app is part of an upgraded Airport Noise and Operations Monitoring System, uses near real-time flight tracking (5-minute or less delay), which is the most accurate data of aircraft movement that is available from the FAA.

The upgrade complements the airport's existing WebTrak™ flight tracking system, which allows the public to monitor the movement of flights and air traffic patterns and submit a complaint to the airport directly from the website. For more information, visit san.org/Airport-Noise.



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Mission Beach Town Council listens to concerns about short-term rentals, scooters

By DAVE SCHWAB | BEACH & BAY PRESS

In September, short-term vacation rental owners packed Belmont Park's community room to air their displeasure to Mission Beach Town Council about new, stricter city regulations some claim are unnecessary while threatening their existence.

Short-term rentals joined two other hot-button issues — electric scooters and airport noise — on MBTC's Sept. 12 agenda.

Mission Beach has the highest number of short-term rentals — upwards of 40 percent — along the beachfront.

In July, the City Council nixed Mayor Kevin Faulconer's less-restrictive short-term vacation rental proposal in favor of stricter regulations allowing primary-residence-only rentals with a six-month maximum.

A “carve-out” of Mission Beach exempting the community from new rental regulations in the mayor's proposal was also defeated. Existing Mission Beach rentals will not be grandfathered into the City's new ordinance, scheduled to take effect in July 2019.

“This isn't a Mission Beach issue — it's a citywide issue,” said MBTC president Gary Wonacott.

“Mission Beach forever has had a huge percentage of short-term vacation rentals,” answered one audience member, who added: “People come here from everywhere to go to the beach. I don't see where the crisis is.”

Another rental owner noted that, previous to the huge growth in short-term vacation rentals, college students and fraternities had predominated in Mission Beach seasonal summer rentals. He claimed short-term vacation rentals and families were “a better quality of tenant with less drunken college kids replaced by families and toddlers with fewer cars.”

Some audience members charged MBTC board with being partial toward sterner short-term rental regulations, arguing the board “ought to be more open minded and listen to all the stakeholders.”

“You're not going to solve the problem in a forum like this,” contended Bob Semonsen from the audience. “I think what we need to do is have a workshop between vacation-rental advocates, and those wanting stricter limitations, and work through this. We need them to come together.”

But Semonsen warned, “Each side has to bring realistic expectations.”

‘This isn't a Mission Beach issue — it's a citywide issue.’

GARY WONACOTT
PRESIDENT OF MBTC

Following the Sept. 12 meeting, Wonacott said the vacation-rental industry is “in denial that long-term rent is financially advantageous compared to short-term rent for many of the units in MB on the courts.”

He added: “There are almost as many short-term owners who are deactivating their listings as adding to the list. Summer-winter rentals are not possible under the new regulations, but are the best option, from a financial standpoint, and result in the highest year-round occupancy.”

Electric scooters

Concerning motorized scooters, MBTC secretary Matt Gardner reported progress is being made in a dialogue between the City, and beach areas, on how to properly regulate them.

Noting scooters “have been unleashed on this city with no controls,” Gardner pointed out, “There are no problems with people using them correctly. The problem is, the other 98 percent of people using them, are not using them correctly.”

A couple of Mission Beach residents testified they've almost been run over by scooters arguing, “They're going way too fast and are almost impossible to control.”

One audience member decried that there is a state bill in process that would eliminate the requirement for adult scooter riders to wear helmets.

A petition was passed out at the MBTC meeting requesting the City to, “Declare a moratorium on ride sharing motor scooters until such time as a pilot program is established that ensures education, compliance and enforcement of scooters.”

Airplane noise

Wonacott gave a brief presentation noting, airport noise is “an ongoing issue that's substantially impacting Mission Beach, especially South Mission Beach.”

“There aren't enough noise complaints coming from Mission Beach,” argued Wonacott. “We need to start doing more of this. We also need to get the waypoint (geographic navigational points) for planes moved a few miles south in the ocean that will give us relief in Mission Beach.”

WALK TO END ALZHEIMER'S AT CROWN POINT PARK

A fundraising walk to end Alzheimer's disease will take place Sunday, Sept. 23 in Crown Point Park on the east side of Crown Point on Mission Bay. Registration for the 5K walk is at 8:30 a.m. with a ceremony at 9:30 a.m. and the walk at 10 a.m.

There will be about 3,000 people out in Crown Point between 9 a.m. and noon on

event day. Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming

severe enough to interfere with daily tasks.

In San Diego in 2018, a total of \$139,525 toward a fundraising goal of \$365,000 has been raised. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. All donations are tax-deductible.

Register at act.alz.org/sandiego. For more information, contact kladkins@alz.org.

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Thank you for all your efforts this summer.

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Judge sides with condo project developers in Mission Beach

By DAVE SCHWAB | BEACH & BAY PRESS

The most recent judicial decision has gone against Mission Beach residents' challenge of developer's plans to convert the two-acre, long-abandoned Mission Beach Elementary School site into condominiums.

A lawsuit brought by a group known as Mission Beach Citizens for Responsible Development seeks to overturn the City Council's 6-2 vote in 2016 approving developer McKellar McGowan's plans to build three-story buildings, with a total of 59 units, split between two development areas on both the south and north sides of Santa Barbara Place in Mission Beach.

In approving the condo project, the Coastal Commission demanded concessions from McKellar McGowan, which included reducing the number of units from 63 to 59, and relocating, re-shaping and enlarging the project's public park fronting Mission Boulevard. Some beach residents had derided that public park as more of a "median than public-recreation space."

Excerpts from the Sept. 4 court ruling read:

"Petitioner has failed to establish that the [Coastal] Commission proceeded without or in excess of its jurisdiction, provided an unfair trial, or committed a prejudicial abuse of discretion... The updated traffic study analyzed summer traffic and found that the effects of the projects would be appropriately mitigated by the

installation of a traffic light.

"The school site also presents a prime location to convert vacant, obsolete development into a newer, more relevant use, concentrating development in an already disturbed area that is in a pedestrian-oriented community along a major alternate transit corridor. By increasing the supply of dwelling units in close proximity to recreational destinations, the proposed development will help address housing shortages while encouraging alternate means of transit and a decrease in vehicle miles traveled."

"Winning was never in doubt; the opposition has no case and they know it," reacted developer Chris McKellar.

Mission Beach residents were split on the merits of McKellar-McGowan's project.

"This school site has been an eyesore for decades, and it pains me to see the community sandbag this development because it simply isn't the way they would have done it," said Matt Gardner, a Mission Beach small-business owner. "They have went way above and beyond in an effort to appease the public."

Mission Beach resident Brian McCarthy disagreed.

"The MBE condo conversion will bring many more occupants – too many," he said, adding, "MB is already the most densely populated neighborhood in the city."

READ MORE ONLINE AT sdnews.com

Expect more road construction as pipeline project restarts in PB

The City is replacing and rehabilitating aging water and sewer infrastructure to avoid service disruptions such as water main breaks and sewer pipeline stoppages.

Current work will begin within the week at the Ingraham Street and Grand Avenue intersection and then move north toward Tourmaline Street.

As part of the City's efforts, Pacific Beach Pipeline South is replacing approximately 7.6 miles of water main and approximately 1.6 miles of sewer main in the Midway-Pacific Highway Corridor and Mission Bay areas.

This project will contribute toward the City's program that mandates the replacement of all aging and deteriorating cast iron water mains 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;

- 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.

Notices will be mailed to residents and businesses within the project area prior to the start of construction. In addition, the City's contractor will deliver door hangers with the start date of construction for specific streets.

To keep you informed about the anticipated construction activities and impacts for both the water and sewer improvements, you are encouraged to sign-up for emailed project updates.

The project's construction schedule runs through January 2020. The project's planning, design, and construction budget is \$44 million. The construction schedule and budget is subject to change.

For information about CIP projects, visit sandiego.gov/cip.

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Chronic Smoothies Blazin Grill at 865 Turquoise St. DAVE SCHWAB / BEACH & BAY PRESS

Chronic Smoothies Blazin Grill celebrates 10 years in North PB

By DAVE SCHWAB | BEACH & BAY PRESS

Chronic Smoothies Blazin Grill in North Pacific Beach is marking its 10th anniversary with, among other things, a festive mural painted on the side of the building.

The business at 865 Turquoise St. started out small. It has since transformed under owner Chris Swiec into a full-on hybrid restaurant.

"The first six months was just smoothies," said Swiec of the early days. "When I came on, we brought in sandwiches. We did that for about eight years, and then we started doing everything: pizzas, burgers, soups, salads and breakfast."

Swiec never intended to be a restaurateur. He had a friend in the deli business who needed some help years ago. So he pitched in.

"I had like four jobs including busboy, valeting cars and my own landscape business at the time," Swiec said. "I was their first employee. I bought it from one of the partners."

Why the name chronic?

"Chronic is slang for the best," noted Swiec. "It's also just consistent. We try to make sure that everything is the best – and consistent."

Besides consistency, you'll also find diversity at Chronic Smoothies. The menu is a rich and eclectic mix of different items that go well together.

Swiec said Chronic's pride and joy is their Philly cheesesteak.

CHRONIC SMOOTHIES BLAZIN GRILL

Where: 865 Turquoise St.

Hours: 9 a.m. to 9 p.m. daily.

Info: chronicsmoothies.com, 858-488-2529.

"We make it with New York steak, chop it up," he said. "It's definitely gourmet."

At Chronic, pleasing the customer comes first.

"You want it custom?" Swiec asked. "We're all about making custom stuff around here. However you like it."

Open 9 a.m. to 9 p.m. daily, Swiec said the clientele at Chronic is "mostly locals." But he has loyal customers who come in from all over.

Chronic breakfasts include a host of omelets, breakfast sandwiches and burritos. You can order breakfast all day too.

"We're known for our acai bowls," pointed out Swiec. "We're the ones that made it popular. Other places have been trying to copy us ever since. Ours are the biggest, best-tasting and cheapest around."

Lunch features an array of hot sandwiches, like buffalo chicken. The half-pound burgers are top-notch. "In our deli sandwiches, we use only boar's head, the best meat you can use," Swiec said.

READ MORE ONLINE AT sdnews.com

Blumkins are back with Luxe Jewelry & Loan

By DAVE SCHWAB | BEACH & BAY PRESS

The Blumkin brothers, Baba and Juan, have come full circle returning to open Luxe Jewelry & Loan in Pacific Beach.

"I went to Kate Sessions Elementary, PB Middle and La Jolla High before going to Los Angeles and opening a Caribbean-style juice bar in Hollywood," said Baba, pointing out transitioning from juice to jewelry went through his cousin's Hollywood office.

"I don't like what I'm doing here, and I really want to try what you're doing here," Baba told his cousin in LA, who replied, "Go to gemology school."

After graduating with a gemologist's degree from GIA, Baba worked in quality control at Alan Friedman's Beverly Hills jewelry store, known for its dealings with A-list celebrities and exquisite pink diamond jewelry.

Baba then moved on to work for Jordan Tabach-Bank, The pawnbroker to the stars, before moving to New York City to work in the International Gem Tower in the Diamond District.

Juan Blumkin started working for longtime family friend and business partner Warren Buffett at Berkshire Hathaway's Nebraska Furniture Mart. While there, Juan picked up



Luxe Jewelry & Loan at 1029 Garnet Ave. in PB. DAVE SCHWAB / BEACH & BAY PRESS

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Info: 858-900-2036, luxepb.com.

ment rings, estate pieces, repairs, repurposing."

Examining Luxe's exquisite display cases reveals light glinting off a plethora of rings, necklaces and earrings with multi-colored diamonds and precious stones.

"The sky's the limit," said Baba of Luxe's price range. "You could spend anywhere from \$100 to six figures in here. If the client needs it: I can find it."

Luxe is a rarity, concluded Baba.

"We are a jewelry store/hybrid pawn broker," he said. "We manufacture jewelry. We sell jewelry. We also lend money to people who are in a cash crunch."

on key lessons in the jewelry trade such as "sell cheap and tell the truth," "never stop learning and innovating" and "treat your customers like family."

Surveying the display cases in Luxe Jewelry & Loan at 1029 Garnet Ave., Baba Lumkin, said, "We do a little of everything – retail, custom jewelry, watches, bridal engage-

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A Bowie Celebration to perform at Humphrey's Concerts by the Bay

By BART MENDOZA | BEACH & BAY PRESS

David Bowie may no longer be with us, but fans of the British music legend's music will have the next best thing on Sept. 28 when A Bowie Celebration stops in at Humphrey's Concerts by the Bay.

This is not a tribute band, instead it's a group of musicians who performed both live and in the studio with Bowie, including such legendary players as pianist Mike Garson and guitarist Earl Slick, along-

side guest musicians including Corey Glover of rockers Living Colour, Bernard Fowler bassist for The Rolling Stones and singer Evan Rachel Wood. With music running the gamut from "Space Oddity" to material from Bowie's final album, "Blackstar," if you are a Bowie fan, this is the concert of the year.

A Bowie Celebration: Friday, Sept. 28 at Humphrey's Concerts, 2241 Shelter Island Drive. 7:30 p.m. humphreysconcerts.com.

One of the most popular bands in San Diego of the past few decades, Superunloader, returns to the 710 Beach Club on Sept. 21. The trio is led by superb guitarist and singer Jimmy Lewis, and is capable of turning out great versions of classics by the likes of Peter Green's Fleetwood Mac or Led Zeppelin. However what sets them apart is their terrific originals, which are cut from the same cloth as those classic rockers. Superunloader has stood the test of time.

Superunloader: Friday, Sept. 21,

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

Mission Bay High School's acclaimed jazz group, The Preservationists, stage their first public performance of the school year with a free performance as part of the Moon Festival, taking place at the Spreckels Organ Pavilion in Balboa Park on Sept. 22. The combo, led by music director JP Balmat, excels at

SEE MUSIC, Page 12



Guatemala native Gaby Moreno will perform with A Bowie Celebration. PHOTO BY STEVE ROSE

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Beach Bay PRESS

'Hangin' With Matty D' podcast showcases eclectic beach community

By PAIGE FULFER | BEACH & BAY PRESS

Originally from New Jersey, Matthew Dykes has called San Diego home since 2011. He ventured out from the Garden State when he joined the Navy.

"I was stationed out in Camp Pendleton, went to Afghanistan, and worked as a military corpsman until 2014," Dykes says. His experience as a Navy medic led him to his full-time job today in medical sales.

Craving authenticity and diversity, Dykes started his podcast "Hangin' With Matty D" in November 2017. He had listened to several podcasts in the past and thought he should give it a go, plus he loves talking with people and is a natural conversationalist.

"I think one of my biggest motives [for this podcast] is that it's a stress reliever for me to talk to people. I feel like with everyone constantly on their phones, the power of conversation has diminished and people don't realize that just talking with someone for an hour is powerful," Dykes says. "The power of conversation has done so much for me."

Since starting to record out of his studio, which is fully equipped with



Matthew Dykes at the mic in his podcast studio. THOMAS MELVILLE / BEACH & BAY PRESS

microphones, headsets, and a fridge full of La Croix, Dykes has hosted a variety of guests from different backgrounds and industries.

"I didn't want to cater to a certain crowd," Dykes says. "If I don't have a certain demographic I'm trying to hit, then it isn't keeping me in a corner."

Dykes points out that his diverse range of guests are encouraged to share their life lessons, trials and errors, and various experiences they've had while navigating their careers and personal lives.

"People listen to my podcasts to hear normal, real, but unpredictable stuff," Dykes says.

"I have had nonprofits, comedians, psychologists, local business owners, radio personalities, artists, authors, restaurant owners, and the list goes on," he says.

"One of my favorite podcasts I've done was with Chris Waters, founder and owner of Constructed Adventures," Dykes says. Waters'

company creates a day completely customized for the player(s) filled with puzzles, riddles, and surprises... basically a giant-scale scavenger hunt."

Waters was working in a "soul-crushing, corporate" environment, and needed a change. A week before quitting his miserable job, his business venture idea was featured on Reddit and blew up.

Some other guests he has interviewed include: Tabitha Lipkin of Fox 5 San Diego, Bryce Smith (professional basketball player and Crossfit coach), PJ Busalacchi (owner of Little Italy's Sicilian restaurant Barbuseria), and Samantha Louise (wedding planner turned self-taught abstract artist).

Dykes also co-hosts a weekly podcast with Beach & Bay Press editor Thomas Melville, which airs live on Facebook and is featured on the San Diego Community Newspaper Group's YouTube page.

Catch weekly episodes of "Hangin' With Matty D" on iTunes, GooglePlay, or YouTube.

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MISSION BAY HIGH

■ Principal's Coffee, will take place 7:30 p.m. Friday, Sept. 28 in the MBHS library.

■ MBHS homecoming game will take place 6 p.m. Friday, Sept. 28. Join friends and MBHS alumni for the homecoming game against San Diego High School. For MBHS alumni, the Mission Bay High School Alumni Association All Alumni Homecoming Celebration will begin at 4:30 p.m. with a stroll down memory lane and a school tour open to all alumni and guests.

At 5 p.m., the alumni "pre-party" will be in patio area next to concession stand, where alumni can catch up with classmates and enjoy grilled-to-order tacos compliments of PB Shore Club to benefit MBHS Alumni Association. Game time is 6 p.m. with alumni seating in the bleachers closest to the concession stand. Go Bucs!

PACIFIC BEACH MIDDLE

■ PBMS parent tour will take place 8 a.m. Thursday, Oct. 4. Meet Principal Kimberly Meng and IB coordinator Jennifer Sims and learn how the International Baccalaureate Program guides students toward being effective problem-solvers, lifelong learners, and internationally-minded communicators. Sign in at the front office and meet in the PBMS media center. A campus tour will follow.

BARNARD ELEMENTARY

■ Students and families from Barnard

Mandarin Magnet Elementary School celebrated the start of the school year at the PTA's third annual Day at the Bay event. In what has quickly become a favorite school tradition, the Day at the Bay brought friends old and new together at the Catamaran Hotel for a fun day of playing in the hot sand, swimming in the beautiful bay, and bouncing on a floating lily pad.

"This is my favorite day of the year because I get to see all my friends from school at the beach," said third-grade student Simone M. "Most of my friends live all around San Diego, so it is nice that we get to meet at the beach and spend the day together in the water. Plus, the lily pad is really awesome!"

While these students hate to say "good bye" to the summer sun, the enchantment of autumn is just around the corner. The Barnard community will welcome the fall season at the Balboa Park Moon Festival on Sept. 22.

■ For information on Barnard Mandarin Magnet Elementary School, or to find out about the District's School Choice program, visit sandiegounified.org/barnard.

PACIFIC BEACH ELEMENTARY

■ A parent's night out to benefit PBE will be held at the VFW Post 5985 on Turquoise from 6 to 10 p.m. on Sept. 28. It's a costume party with the theme "Hippies vs Hipsters." Tickets will be on sale at PBE on Sept. 18. G3 Kids on Garnet is hosting a Friday Night Out for the kids that same night, with \$10 from each participant going to the school.

KATE SESSIONS ELEMENTARY

■ The annual Day at the Bay is on

Sunday, Sept. 23, 9 a.m. to 4 p.m. Families are invited to come out to the bay adjacent to the Mission Bay Sportcenter to get to know each other while enjoying a day of fun in the sand and bay.

MISSION BAY CLUSTER

■ Three Mission Bay Cluster schools will have their bands featured at Pacific Beachfest on Saturday, Oct. 6. Crown Point Junior Music Academy will perform at 11 a.m., PBMS will be on stage at 1:10 p.m., and MBHS Preservationists and Mambo Orchestra will play at 3:40 p.m., on the Community Stage. For more information, visit pacificbeachfest.org.

■ The fourth annual "Future Bucs Night" is 6 p.m. Friday, Oct. 19 at Mission Bay High as the football team battles Scripps Ranch. Elementary and middle-school children and their families are welcome to come cheer on the team. The popular "Future Buc" T-shirt is now available for pre-order through Oct. 10. Cost is \$10, and available in white or gold in standard youth and adult sizes XS through XL. Email nadinedunphy@msn.com to order. Payment and pick-up will be at the event or by arrangement.

FOPBSS

■ The next Friends of Pacific Beach Secondary Schools meeting will take place 6 p.m. Thursday, Sept. 27 at Mission Bay High School library. Join parents, teachers, and administrators from Pacific Beach Middle and Mission Bay High to hear about upcoming events and to learn how you can help.

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TRASH >>

CONT. FROM PG. 1

was covered with a mural at the San Diego Youth Aquatic Center, Mission Bay Park's Senior Park Ranger Karolynn Estrada-Sparlin, said, "I am looking forward to seeing the final project, for years this has been in my head but now it will be reality thanks to all of you."

Coastal Cleanup Day was an opportunity for the community members to conserve in more ways than one. As part of the effort to boost zero waste practices, ILACSD encouraged all youth and adult volunteers to be more sustainable by choosing to bring at least one

reusable item for the cleanup like a water bottle, work bucket, or gloves – and many stepped up to the challenge. Volunteers had the opportunity to showcase their creativity and commitment to zero waste practices by decorating reusable buckets to enter the Bling Your Bucket Contest for a chance to win prizes while celebrating sustainability.

Coastal Cleanup Day also received attention from several of San Diego's elected officials who visited cleanup sites in their respective districts, including: Congressman Scott Peters; State Senate President pro Tempore Toni G. Atkins; City Council members Barbara Bry, Lorie Zapf, Chris Ward, Myrtle Cole, Mark

Kersey, Scott Sherman, David Alvarez, and Georgette Gomez; County Supervisor Greg Cox; Imperial Beach Mayor Serge Dedina and Councilmember Mark West; and National City Mayor Ron Morrison.

ILACSD organizes Coastal Cleanup Day in San Diego County in partnership with the California Coastal Commission as part of a global international event led by the Ocean Conservancy. Top tier supporters of Coastal Cleanup Day include the County of San Diego, Think Blue San Diego, The Coca-Cola Foundation, San Diego Gas & Electric (SDG&E), Evans Hotels/The Bahia, and KFMB.

READ MORE ONLINE AT sdnews.com

MUSIC >>

CONT. FROM PG. 8

New Orleans-style jazz, with classics such as "Kansas City" in their repertoire and like-minded originals. The Preservationists are one of San Diego's musical treasures, with this music program one of the key reasons for jazz music's vitality in San Diego.

The Preservationists: Saturday, Sept. 22 at Spreckels Organ Pavilion, Balboa Park. 4 p.m. eventbrite.com/e/moon-festival-at-balboa-park-tickets-44012893750.

Campland on the Bay will host a free outdoor waterfront dance party on Sept. 22, with an appearance from Rising Star. A true party band, Rising Star is all about groove with a set list full of R&B dance floor fillers, including songs from Prince, Michael Jackson and Earth, Wind & Fire. Unlike many

similar bands, Rising Star also includes plenty of current dance hits, from Bruno Mars to Daft Punk, making for a well-rounded night of music whether you want to shake your groove thing or just pull up a beach chair and listen.

Rising Star: Saturday, Sept. 22 at Campland on the Bay. 8 p.m. All ages. campland.com.

Jaded music fans who think they've seen it all, will want to check out Captured by Robots, appearing at Brick by Brick on Sept. 22. Almost more of a premise or concept art than a band, Captured by Robots is just what the name says: a human, JBOT, is enslaved by two real robots, GTRBOT666 and DRM-BOT0110 and forced to travel the world making grindcore music. It's a surreal and unique concert experience that will leave you talking for months about what you just witnessed and how it's all put together.

Captured By Robots: Saturday, Sept. 22, at Brick by Brick, 1130 Buenos Ave. 8:30 p.m. 21 and up. brickbybrick.com.

Two of San Diego's finest guitarists, Fred Benedetti and George Svoboda, perform together at Dizzy's on Sept. 29. The duo has released four albums, each a dazzling display of fretwork well worth adding to the collection of any acoustic guitar fan.

While those albums are well worth hearing, their music is even better live, where you can see the pair's incredible playing as well as listen. For this performance Benedetti and Svoboda will be spotlighting the music of Spain and Europe. If you are a fan of flamenco, jazz or virtuoso guitar work, you will find much to enjoy at this concert.

Fred Benedetti and George Svoboda: Saturday, Sept. 29, at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. dizzysjazz.com.



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JULIE MAIN
THOMAS MELVILLE (x131)
tom@sdnews.com

PHOTOGRAPHERS

DON BALCH,
JIM GRANT,
SHARON HINCKLEY,
JOHN COCOZZA,
MIKE MCCARTHY

CONTRIBUTORS

BART MENDOZA, DIANA CAVAGNARO,
KAI OLIVER-KURTIN, NEAL PUTNAM,
NATASHA JOSEFOWITZ,
NICOLE SOURS LARSON,
SCOTT HOPKINS, LINDA MARONE,
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blake@sdnews.com

REPORTER

DAVE SCHWAB (x132)
reporter@sdnews.com

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Mission Bay sports: volleyball, field hockey and football in action

By DAVE THOMAS | BEACH & BAY PRESS

Boys beach volleyball

The boys beach volleyball team started their league play last week against Uni at UC High. The Bucs lost their opening match of the season 4-1, with the win notched by Zander Caufield and Andy Knight.

Coach Nikki Caufield said of their opening match: "Uni has a strong program that plays in a lot higher division than us, so we came in as an underdog. When we played them three years ago, we didn't win a match.

"We won one of the matches today and the teams of Ian Briski/Dusty Schraeder and Jackson Priest /Jake Smyrnos ended up losing by only a couple of points, which means that their games came down to one or two plays," Caufield said.

Caufield noted that overall, the boys played tough.

"I think if we were to play them again, away from their home courts, we could pick up a win," Caufield added.

The Bucs play their second league match against Cathedral at Cathedral High School.

Caufield said of the prospects for the season: "We have a solid core of returning boys and a large group of new players that are steadily improving. We face the tough prospect throughout the season of having to play all of our matches 'away' because MBHS doesn't have on-campus sand courts like most of the other high schools.

"We are going to be doing a fundraiser this season to try to build on-campus courts and will be looking for community support," Caufield noted.

Links for Learning golf tourney on Oct. 4 benefits Pacific Beach schools

The Mission Bay Real Estate Association (MBREA) has scheduled the 18th annual Don Brown Links for Learning golf tournament for Thursday, Oct. 4. The tournament, which is open to all members of the community and benefits Pacific Beach area elementary schools, will return to Riverwalk Golf Club in Mission Valley.

Named posthumously after longtime MBREA member and golf tournament founder Don Brown, the annual charity event has raised more than \$177,000 to date.

This year's proceeds will again be donated to the parent/teacher associations at four local elementary schools: Pacific Beach Elementary, Crown Point Junior Music Academy, Barnard Asian Pacific Language Academy and Kate Sessions Elementary. The funds have provided much-needed assistance with the expense of student computers, art supplies, music equipment and

Girls volleyball

The girls volleyball team, under head coach Steve Upp, is off to a solid 6-3 start.

The Bucs won their first league match defeating Christian in three sets last Friday. This was a big win for a Mission Bay team that went 0-8 in league action only a year ago.

Mission Bay was to meet Coronado and Patrick Henry this week, respectively.

According to Upp, senior Bethany Kepner continues to lead the team in offense with impressive kill numbers. Junior Jesse Grigolite is leading the team in ace serves, while fellow junior Chloe Gallego leads the team in digs.

"The team is improving with each match," Upp noted.

Field hockey

The Bucs, under head coach Kris Auer, came into play this week with a record of 2-3.

According to Auer, Emily Crissman is a goal-scoring machine. Clara Sandoval continues to be the engine in the center midfield. Auer noted that Sandoval leads by example every day and is a wonderful role model to all of the younger athletes.

"Early in the season we let a couple close ones slip away," Auer commented. "We could easily be 4-1. We are a young team and young teams make mistakes. My job is to minimize those errors and put us in a good position to be successful. We have shown tremendous growth in the last two weeks."

Mission Bay is slated to host Clairemont on Sept. 20 and visit Valhalla High Monday, Sept. 24.

tutoring support.

The MBREA is comprised of more than 250 real estate industry professionals, including sales agents and brokers, mortgage brokers, title and escrow company representatives, and other industry affiliates. "The majority of our members live and work in the Pacific Beach area. Links for Learning allows us the opportunity to give back to the community in which we earn our living," said Rachael Kaiser, MBREA president.

The tournament is played as a four-person scramble and is open to the community and all skill levels. The afternoon ends with dinner at the clubhouse and raffle featuring prizes. Parents, teachers, school administrators, businesses and real estate professionals are all encouraged to participate, and non-golfers are welcome to join for the post-tournament dinner and festivities.

Football

On the gridiron, Mission Bay, under first-year head coach Dane Roman, looks to snap a three-game losing streak when the Bucs host Vincent Memorial High at 6 p.m. Friday, Sept. 21.

The Bucs opened the season with a 38-14 victory over San Ysidro.

In the weeks to follow, Mission Bay has fallen to Eldorado High, University City High and Rancho Buena Vista High, respectively.

Following its home date with Vincent Memorial High, Mission Bay will close out the month on Sept. 28 by hosting San Diego High.

Mission Bay quarterback Nick Tropio scrambles during the Bucs' loss to Eldorado.

STEVE SIDELL / BEACH & BAY PRESS



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