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THIS WEEK



Mission Bay's Boogie Ellis commits to play at Duke

SEE PAGE 13



Bird Rock Coffee Roasters opens in Pacific Beach

SEE PAGE 9

\$40M IN UPGRADES FOR MISSION BAY PARK

STORY ON PAGE 6



People walk along the shoreline of Mission Bay Park at Crown Point, which is slated for improvements.

THOMAS MELVILLE / BEACH & BAY PRESS

IMPROVEMENTS COMING FOR PLAYGROUNDS, PARKING LOTS AND OTHER AMENITIES

Mayor Kevin L. Faulconer has announced more than \$40 million in infrastructure investments for Mission Bay Park over the next six years for environmental protection and projects, including new and improved playgrounds, comfort stations and other public amenities."

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City's preliminary plans underway to improve Capehart Dog Park in PB

By DAVE SCHWAB | BEACH & BAY PRESS

Dog lovers in Pacific Beach take heart. Long sought-after repairs to Capehart Dog Park are being reconsidered.

But it could take time – and considerable dollars.

A recently released preliminary estimate of costs for improving both the large- and small-dog areas of Capehart at 4747 Soledad Mountain Road were pegged by the City at about \$612,000.

“The City is in the preliminary stages of developing a potential project scope for improvements to Capehart Dog Park,” said City spokesman Tim Graham. “The community is very interested in having the area improved, and we’ve been working with Marcella Bothwell to find a design that will meet the community’s wishes.”

Bothwell, a physician, community volunteer and San Diego Park and Recreation Board member who owns four dogs, said improvements to the popular dog park near the PB-La Jolla border are long overdue.

“The community recognizes the need for creating more dog parks, and for maintenance of the dog parks that we have,” said Bothwell, noting the City’s preliminary plan is “reasonable, but very expensive.”

Bothwell said improving Capehart



must go through the Public Works Department. “It’s a capital improvement project,” she said.

“The plan is currently unfunded,” pointed out Graham, adding, “Unfortunately, at this particular time, it’s a little early to provide an update that has concrete next steps.”

It’s been a dozen years since Capehart won out over Kate Sessions to become Pacific Beach’s only off-leash dog park. But due to continuing drought conditions and watering restrictions, as well as heavy usage

by dogs large and small, Capehart’s two separate fenced-in areas have both been almost completely denuded of turf. And the dog park suffers from erosion and other issues.

“The major problem is the large dog park,” said Bothwell. “It was never graded properly. So now, when it rains, water runoff goes down and you lose all the topsoil in the large dog area which has a huge drainage problem.”

There is another big problem.

“It’s going to cost as much to repair

The off-leash Capehart Dog Park at 4747 Soledad Mountain Road needs a lot of improvements.

DAVE SCHWAB / BEACH & BAY PRESS

and safety, ADA improvements and the safety and comfort of residents who use the park.

“The goal is to have an approved ‘Master Improvement Plan’ containing a list of ‘agreed to projects’ that can be finalized as there is funding and resources available,” the new Capehart preliminary plan states, adding, “The plan will be posted at the park, linked to the Pacific Beach Town Council website and a Capehart Dog Park ‘email list.’”

Bothwell added a GoFundMe account will be put in place for donations toward City-approved projects listed.

“This effort is being coordinated through the Pacific Beach Town Council, and they have provided us with guidance, connections, and a non-profit/tax-deductible fundraising vehicle on their website to perform some of the work,” said Bothwell.

“It is planned that this will be a public/private partnership between the City of San Diego, San Diego Parks and Recreation, the Capehart Dog Park (a subcommittee within the Pacific Beach Town Council) and patrons of the park,” Bothwell said.

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takes that cost them literally thousands of dollars. The good news is that each and every one of these mistakes is entirely preventable. I answer to this issue, industry insiders have prepared for a free special report entitled "The 9 step System to Get Your Home Sold Fast and For Top Dollar."

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PACIFIC BEACH STABBER RECEIVES 1 YEAR SENTENCE

A 19-year-old man who stabbed another man six times in Pacific Beach was sentenced Nov. 8 to a year in jail, but was allowed to leave early if a vacancy opens up in a drug treatment facility.

Anthony Rossie Valenzuela was placed on three years probation by San Diego Superior Court Judge Polly Shamoon and ordered to pay \$180 a month in medical expenses to the victim.

"You were inches away from killing someone," said Shamoon. "It took 41 staples to put him back together."

The victim was Daniel Garcia, 31, who testified June 27 he was stabbed five times in the back and once in the wrist. Garcia met Valenzuela and his younger brother on the trolley and the incident was drug related.

"It was poor decision on his part, driven by drugs," said his attorney Brian McNeil. "He felt he had to protect his younger brother." McNeil told the judge the victim was trying to take advantage of him. He said Valenzuela was willing to comply with all the conditions of probation.

"I don't think Anthony's going to let us down," said McNeil.

Shamoon ruled at first, that Valenzuela must serve 280 days in jail before being released to a drug treatment program. His attorney noted that since he now has served 230 days with good conduct credits, he asked if Valenzuela could be released sooner.

Shamoon ruled that if a vacancy opens up sooner, he could leave jail to join the program. If there are no vacancies, he remains in jail up to one year.

Valenzuela pleaded guilty Oct. 2 to assault with a deadly weapon, and an attempted murder charge was dropped in the March 16 incident in the 1100 block of Thomas Avenue around 3:30 p.m.

Garcia said the three of them were walking near a carport when Valenzuela talked to him about buying a drug. Police officers arrested Valenzuela at Thomas Avenue and Mission Boulevard. Garcia was taken to a hospital.

BAIL AT \$1 MILLION FOR PB SEXUAL ASSAULT SUSPECT

A judge doubled bail to \$1 million on Nov. 5 for a man charged with sexually assaulting a PB woman after he broke inside through an open bedroom window.

Jeffrey Dean Hanze, 55, pleaded not guilty to three felony charges in the Oct. 1 incident in which a woman was awakened at 1:45 a.m. by a man sexually assaulting her. Hanze is charged with digital penetration of an unconscious person, sexual assault during a burglary, and residential "hot prowl" burglary.

Deputy District Attorney Jessica Coto said if Hanze is convicted of all charges he could face a prison sentence of 21 years to life. Coto said that calculation includes extra years he could receive for having a prior conviction of "hot prowl" burglary several years ago.

Hanze was arrested last week on a \$500,000 warrant by sheriff's deputies in Los Angeles County. He was brought down to San Diego county jail on Nov. 2.

Coto asked San Diego Superior Court Judge Jay Bloom to raise the bail to \$1 million. "We do believe the defendant is a flight risk," said Coto.

His attorney, Tom Carnessale, asked for "reasonable bail" without specifying an amount. Hanze waived having his bail reviewed for now.

Bloom set a preliminary hearing for Nov. 19. Hanze remains in the central jail.

PACIFIC BEACH PEEPER SENTENCED TO YEAR IN JAIL

A transient who pleaded guilty to three counts of window peeping of women in Pacific Beach homes was sentenced on Nov. 7 to one year in jail.

James Wayne Hubbard, 48, did not say anything before he was sentenced by San Diego Superior Court Judge Cindy Davis.

"He'll stay about six months in custody," said Deputy District Attorney Christina Howden. Howden explained that Hubbard will only have to serve half of his sentence because the charges were misdemeanors. He received credit for 53 days in jail.

None of the nine victims were there and the prosecutor said none of them wanted to speak at the sentencing. Four of the victims lived in the same house.

The judge denied probation and waived imposing any fines or fees.

"All were happy he pleaded guilty," said Howden afterwards.

"He randomly chose locations where women were," said Howden.

Hubbard was arrested Oct. 12 by San Diego Police after women noticed he was peering into windows at night in the 1000 block of Hornblend Street and on Thomas Avenue.

A woman was breastfeeding her baby at 9:33 p.m. on her couch when she noticed a man staring directly into her window on Oct. 4, according to court records.

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Campbell defeats Zapf in hotly contested District 2 Council race

By DAVE SCHWAB | BEACH & BAY PRESS

Democrat Dr. Jennifer Campbell defeated Republican incumbent Lorie Zapf by a wide margin in the Nov. 6 election for City Council District 2, which encompasses the Peninsula as well as Pacific and Mission beaches, Midway-Pacific Highway, Bay Ho, Bay Park and Morena.



Dr. Jennifer Campbell

With 100 percent of District 2 precincts tallied, Campbell had 22,191 votes (56.5 percent), while Zapf had 16,980 votes (43.35 percent).

With District 2 being flipped from Republican to Democrat, it gave the nine-member San Diego City Council a veto-proof 6-3 majority for Democrats on the City Council.

"I was optimistic I would win, but was really heartened by the mandate the large win gave me," Campbell said. "I'm honored to have been elected, and I'm very grateful to everyone who helped with the campaign. I will be responsive to the needs of the district and its communities."

Campbell is to be sworn into

office as the next District 2 Councilmember on Dec. 10.

Regarding her agenda, Campbell said: "One of the main parts of my platform was to help resolve the homeless situation, and to help make housing more available for all income levels. Those are my two priorities at this point."

Added Campbell: "We have to keep our beaches and bays clean and make them even better. We have to abide by our Climate Action Plan. We have to fix our crumbling infrastructure."

A perusal of the District 2 precinct map shows a clear division of political patronage. Zapf handily carried Point Loma, the northern portions of North Clairemont and some precincts in norther Pacific Beach bordering Bird Rock.

Campbell's support, however, was strong in the core of the beach district, as she overwhelming carried most of Pacific and Mission beaches, as well as much of Bay Ho, Bay Park and the PB-La Jolla border.

It was a hard fought — and costly — political campaign. Estimates are both candidates spent a combined \$2.4 million on the no-holds-barred District 2 race.

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Mission Bay Improvement FundMISSION BAY PARK UPGRADES >>
CONT. FROM PG. 1

Improvement projects for Mission Bay Park include:

Bay dredging – More than \$10 million has been spent to restore navigational safety to the bay. Mitigation, which is now complete and in the monitoring phase, was ranked as the top infrastructure priority for Mission Bay Park.**Parking lots** – More than \$5 million for parking lot resurfacing at Crown Point North, De Anza North, De Anza South, Dog Beach, North Cove, Old Sea World Drive, Santa Clara, Dusty Rhodes, Hospitality Point, Mission Point, Ocean Beach Dog Beach Walkway, Quivira Road, Playa Pacifica North, Robb Field, Rose Marie Starns South Shores, Sunset Point, Tecolote North and Tecolote South.**Playgrounds** – Nearly \$8 million to replace playground equipment at Bonita Cove West, Crown Point, Santa Clara, Tecolote North, Tecolote South, Bonita Cove East, Dusty Rhodes, Mission Point, Playa Pacifica and Robb Field.**Comfort stations** – More than \$7 million to replace and upgrade comfort stations at Bonita Cove West, El Carmel, Mission Bay Athletic Area, North Cove, Santa Clara, Tecolote North, Tecolote South, Bonita Cove East, Dusty Rhodes, Hospitality Point, Mission Point, Playa Pacifica, Robb Field, Sunset Point and Ventura.**Fitness and recreation facilities** – More than \$3 million to replace and upgrade the adult fitness course on East Mission Bay and the recreation center at Robb Field.

“Mission Bay Park is getting the investment of a century with a

wave of voter-approved funding,” said Zapf. “From dredging, lighting, comfort stations, bike and walking paths and new playgrounds, Mission Bay Park will better serve San Diegans and visitors.”

The Mission Bay Park Committee advises the Park and Recreation Board on the development and operation of Mission Bay Park. The committee also acts as the Mission Bay Park Improvement Fund Oversight Committee and is responsible for overseeing permanent capital improvements and deferred maintenance of facilities within park boundaries.

“My committee and I were ecstatic that the voters of our city overwhelmingly approved Measure J,” said Mission Bay Park Committee chairman Paul Robinson. “This will permit the City, with our oversight, to continue to invest millions of dollars in Mission Bay.”

Long-term investments also include \$7 million for a master environmental report to streamline construction and guide the City on the environmental impacts of proposed projects, including wetland expansion and water quality improvements for Rose Creek, North Fiesta Island, Tecolote Creek and Cudahy Creek.

It will also include the restoration of failing shorelines, San Diego River Trail improvements, and the expansion of preserves and habitats for endangered species within the park’s Improvement Zone.

Mission Bay Park consists of more than 4,000 acres of parkland and 27 miles of shoreline.

READ MORE ONLINE AT sdnews.com

Ecotourism expert shares vision for reinvigorating Mission Bay Park

Ecotourism specialist Andy Drumm says San Diego's Mission Bay Park has stagnated. At a recent Citizens Coordinate for Century 3 (C-3) breakfast event, he presented a case for turning to an ecotourism model to reinvigorate it.

Ecotourism is defined by the International Ecotourism Society as "responsible travel to natural areas that conserve the environment and improve the well-being of local people."

"The biggest growth segment in tourism is the nature-focused category," says Drumm,

Drumm referenced Butler's Tourism Area Life Cycle to explain the evolution of a nature-based tourist destination, which includes exploration, involvement, development, consolidation and then stagnation. At this point, the quality and popularity of a destination will decline without a sustainable, ecotourism makeover.

In addition to maintaining and nurturing natural resources, Drumm says ecotourism is better for the economy. Lowering volume and density, monitoring and managing impacts and encouraging more local input leads to a higher income multiplier, higher tourist spending and a higher ratio of jobs per tourist.



Boaters, standup paddle boarders and bicyclists take advantage of a beautiful fall day at Mission Bay.

THOMAS MELVILLE / BEACH & BAY PRESS

Mission Bay Park also requires the public and private sectors working together," says Drumm.

Among his directives for the private sector were improving relations with park management to ensure fulfillment of environmental values; participating in the design, construction and operational phases of development; and developing strategic alliances and business partnerships among recreational businesses and nature-focused, sustainable-ecosystem-model organizations.

It is up to the public sector, he says, to promote awareness of the critical role of biodiversity and ecosystem services in maintaining and enlarging tourism's contribution to economic development; create zones to distinguish between natural areas and more traditional recreational areas; and to develop a comprehensive park tourism plan with multi-stakeholder involvement, among many other crucial tasks.

C-3 organized a lunch with Mission Bay stakeholders as a follow up to the breakfast and plans to continue promoting ecotourism and comprehensive planning in the area.

Simply put, ecotourists spend more than conventional tourists. To capture this segment of the tourism market, however, Mission Bay Park needs help.

"Failing to capture the economic value of ecosystem services often leads to the degradation of natural resources," says Drumm.

He warned the audience against

letting Mission Bay Park go the way of a small fishing village in India's Kerala State, where tourism collapsed after environmental degradation took hold, as was the case for Italy's Adriatic coast and Germany's Black Forest. Perhaps the most serious danger, he says, is a lack of understanding of the benefits of biodiversity.

Among his many suggestions for Mission Bay Park were to protect and restore areas of biodiversity (resilience, shoreline protection, water purification, ecotourism value, etc.) and improve the quality of the visitor experience to include environmental interpretation and monitoring.

"Bringing about rejuvenation for



Pictured left to right is Kiwanis member Charlie Blane from Blane Realty, Bella Scully with her teacher Kaylie Dennenberg standing behind her. Grayson Bischoff with his teacher Jeff Corley, Lilly Hellberg and her behind her is her teacher Tirza Bennett

BELLA SCULLY, GRAYSON BISCHOFF, LILLY HELLBERG "Kiwanis Students of the Month"

Bella Scully, from Pacific Beach Elementary, Grayson Bischoff from Kate Sessions Elementary, and Lilly Hellberg from Crown Point Jr. Music Academy are the Kiwanis Student of the Month

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PB Fitness offers group training and amazing views

By DAVE SCHWAB | BEACH & BAY PRESS

PB Fitness is bringing something new to the local workout scene: group exercise in a social environment, offering unparalleled coastal views.

Owned and run by Katie Cardoza and Justin Verdugo, who worked previously in Pacific Beach at Warehouse Athletic Club and Shock Fitness, the business duo have teamed up to break out on their own.

They have set up shop in the totally renovated building at 4965 Cass St., the former home of no-frills Cass Gym for many years.

Recently opened, PB Fitness, by contrast, has all the bells and whistles, including separate levels of workout space, plus state-of-the-art equipment and locker rooms.

More than the aesthetics have changed in the new building, as PB Fitness has an entirely new business model and approach.

"If you want an open gym where you come in and work out individually — that's not our business model," said Cardoza. "What we do is group training, both intense and lower key, in a social environment.



A group training class works out on the top floor of PB Fitness with a view of Cass Street.

Our focus is group and personal training."

PB Fitness operates on a membership model. Cardoza said right now they're offering a \$100 per month membership that entitles members

to unlimited monthly group classes and instruction with professional personalized trainers.

"You pay more, but you get better results than you would if you were paying \$20 to \$40 a month at a

gym where you never show up, or come in only once in a while," she said.

Cardoza said 50-minute classes are set up for maximum utility and convenience, accommodating peo-

PB FITNESS

Where: 4965 Cass St.

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

Info: 707-318-2324, pbfitnesssd.com.

ple with their increasingly busy personal schedules. Plus, she added, the group environment facilitates a shared social experience, which not only helps bring people into the gym, but helps keep them there by making the facility a meeting hub.

And it doesn't hurt that the brand-new gym is on different levels, offering sweeping views of the surroundings and nearby ocean.

The new gym is bringing in equipment and programs in phases. The first phase being group exercise, to be followed with more fitness-oriented alternatives to be offered, like yoga.

Thus far, PB Fitness has been well received.

"Neighborhood people are excited," said Cardoza. "They've been waiting for the gym: watching for it. They're thrilled to see the gym is operating again with more and even better equipment."

Cardoza offers a lower-intensity class geared for seniors, while noting everyone is welcome — and served — at PB fitness.

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Bird Rock Coffee Roasters opens in Pacific Beach

Bird Rock Coffee Roasters opened their fifth retail location at 829 Garnet Ave. on Nov. 9. This cafe has indoor-outdoor spaces, an expanded food menu with new pastry chefs, and new pour-over technology for high-volume cafes, the Pour Steady.

The build out was completed by all San Diego-based vendors, including interior design once again by MY Studio ID, that designed the Torrey Pines Beach Bird Rock Coffee Roasters location.

The newly remodeled 1,100-square-foot cafe in Pacific Beach features an outdoor patio with the signature Bird Rock Coffee Roasters garage door window openings allowing the nearby sea breezes to flow through the entire cafe. The location offers specialty seasonal coffees sourced at origin by staff and utilizes the Slayer SteamX espresso machine and the Pour Steady pour-over system.

The café introduces Justin Gaspar and Sean Le, pastry chefs both trained at the International Culinary Center in Northern California. The pastry chefs are providing homemade breads, yogurt and granola, a toast menu, and other selected grab-and-go items. This



Almond granola with Strawberry Crispearls and fresh fruit as well as a choice of milk, cold or steamed, is available at Pacific Beach location.

is the first location in the company to have chefs on site with a developed food menu.

"We are growing rapidly throughout San Diego, expanding our

coastal brand, and we are thrilled to be part of yet another outstanding community of merchants in Pacific Beach," said Jeff Taylor, co-owner of Bird Rock Coffee Roasters.

BIRD ROCK COFFEE ROASTERS

Where: 829 Garnet Ave.

Hours: Monday to Friday 6 a.m. to 9 p.m., Saturday 7 a.m. to 9 p.m. and Sunday 7 a.m. to 7 p.m.

Info: birdrockcoffee.com.

"We are excited to launch our expanded food menu with our new chefs, and are proud that in the midst of planning for a major opening, we were honored recently with more than a dozen national coffee roasting awards. It is essential that as we grow we achieve our vision to provide San Diego with the world's best coffee," Taylor said.

Bird Rock Coffee Roasters was the first to introduce direct trade and origin-sourced coffees to the San Diego community and debuted their flagship location in San Diego in 2006 – directly across the street from a Starbucks.

Since then, the roaster has received numerous accolades for their coffee, including 16 roasting awards at the 2018 national Golden Bean competition, the national Good Food Awards in 2016 and 2017, best coffee in San Diego from multiple national and local outlets.

CLOSURE, EXTENSIVE REMODEL AT DENNY'S IN PACIFIC BEACH

Closed for repairs since an Oct. 26 kitchen fire caused extensive damage, Denny's Restaurant at 800 Garnet Ave. will be undergoing an extensive remodel before reopening.

"We're likely to be closed four to five months," said franchisee Jeff Jones of the 52-year-old Pacific Beach restaurant.

San Diego Fire-Rescue Department's Metro Arson Strike Team has been investigating the arson-suspected incident, but no arrests have yet been made. Loss from the fire was estimated at \$700,000 in damages to the structure, \$150,000 in damages to the contents. The blaze broke out about 12:45 a.m., causing the smoke-filled eatery to be evacuated.

Jones said fire damage was significant enough not to reopen right away, but pointed out the iconic PB franchise was already about due for a renovation.

"It was the next one in line, now we're going to be doing [the remodel] a little early," said Jones. "It's a very old building and we're going to renovating it top to bottom throughout the restaurant. It will be getting all-new tile — everything — a complete overhaul."

Jones noted the PB eatery is among 40 Denny's countywide. He pointed out the high-profile PB Denny's has been a beach hangout for many years, and is widely known enjoying an especially good late-night crowd being steps from the beach and boardwalk.

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Small Business Saturday in Pacific Beach on Nov. 24

Pacific Beach is observing Small Business Saturday on Nov. 24 this year in a big way.

"Here at Discover PB, we use Shop Small Saturday to launch our Shop Small for the Holidays Campaign to promote all of the great retailers and businesses we have right here in Pacific Beach," said Sara Berns, executive director of Discover PB. "Our Shop Small for the Holidays campaign includes an intense marketing campaign via our social media and a variety of events."

Small Business Saturday is an American shopping holiday, which is part of a national campaign sponsored by American Express that takes place every year the Saturday following Thanksgiving.

The special day was first observed in the United States on Nov. 27, 2010. It is a counterpart to Black Friday and Cyber Monday, which feature big box retail and e-commerce stores, respectively. By contrast, Small Business Saturday encourages holiday shoppers to patronize brick-and-mortar businesses that are small and local.

Berns said Small Business Saturday is important for a variety of reasons.

"It is so important all year, but especially this time of year before we head into our traditionally slow season to support local retailers in order for them to survive and thrive," Berns said. "We have great gift ideas at places like Gallery at Land's End hand crafted by local artisans, and Pangea for unique items, but also

'There are so many ideas for thoughtful gifts right here in our own community.'

SARA BERNIS
DISCOVER PB EXECUTIVE DIRECTOR

thinking outside the box.

"What about a gift card for an oil change from a local mechanic or pay in advance at a loved one's hair salon? There are so many ideas for thoughtful gifts right here in our own community. It is estimated that for every \$100 spent at a local business, \$68 stays in the local economy, as opposed to \$43 if spent at a non-local business," Berns said.

According to the federal Small Business Administration, small businesses, so-called "mom and pops," defined in the United States as having fewer than 25 full-time employees with annual wages below \$50,000, employ more than half our nation's working class.

Berns said Discover PB will also have opportunities for businesses to promote themselves by purchasing a wreath at the their offices at 1503 Garnet Ave. to decorate/brand, which will hang on Crystal Pier throughout December. Discover PB will also be printing Shop Small Discount cards with local deals around the neighborhood.

For information on all Discover PB holiday events, check out pacificbeach.org.

SANDBAR SPORTS GRILL CLOSED FOR REPAIRS IN FIRE AFTERMATH

Sandbar Sports Grill at 718 Ventura Place has been closed for assessment of damages and repairs since an early-morning, two-alarm fire struck about a month ago.

The blaze, believed to have originated in Dreyer's Ice Cream in the mixed-use building across from Belmont Park, caused an

estimated \$600,00 in total damages.

City spokesperson Monica Munoz said a rooftop storage area was thought to be the origin of the fire.

"We will be closed until further notice as crews go through the necessary steps to assess the damage," said the eatery on Facebook following the fire.

Sandbar's owner could not be reached for further comment.

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PB Hospitality Group to hold self defense class

The Pacific Beach Hospitality Group, a sub-committee of Discover Pacific Beach, will be holding an intense self-defense training class for staff focused on issues that might be faced as a hospitality worker on Nov. 19 and 20 at Moonshine Beach, 1165 Garnet Ave.

"We have an active nighttime economy here in Pacific Beach that includes a population of workers we call the other 9- to-5ers, who are getting off work when amenities like public transportation and lighting are no longer available," said Sara Berns, executive director of Discover Pacific Beach.

"It's estimated we have more than 4,000 workers in our hotels, restaurants and entertainment establishments here in PB and many of them are local as well." The class is designed to provide tools for people to defend themselves in situations they may find themselves in at these times.

Employee and customer interaction, relations, and safety are a growing and important concern in the hospitality industry, perhaps more so than many other industries. Not only can employee and customer safety impact a business' bottom line, but there are legal and financial ramifications as well.

Providing proper training for hospitality employees on how to deal

SELF-DEFENSE CLASS

What: Self defense for workers in the hospitality industry.

Where: Moonshine Beach, 1165 Garnet Ave.

When: Nov. 19 and 20, time varies.

Info: 858-273-3303.

with issues such as harassment, leadership and communication is important to ensure both employees and customers are provided a safe and welcoming atmosphere with which to work, and to enjoy themselves.

The class will be taught by Impact Personal Safety, a nonprofit corporation whose mission is to end the cycle of violence.

Their goal is to empower individuals to make effective personal safety choices. In an emotionally supportive environment, participants will practice both verbal and physical skills with a fully padded mock assailant. Training includes verbal self-defense strategies practiced in role-playing scenarios in a variety of contexts — dealing with strangers and people you know

For more information on Impact Personal Safety, contact Lisa Gaeta at lisagaeta@impactpersonalsafety.com. For more information, contact Berns, at 858-273-3303.

San Diego Community Newspaper Group earns 11 SD Press Club awards

The Peninsula Beacon and Beach & Bay Press, of San Diego Community Newspaper Group, garnered five first place, and a total of 11 awards, at the San Diego Press Club's 45th Annual Excellence in Journalism Awards banquet held on Oct. 30.

Peninsula Beacon and Beach & Bay Press editor Thomas Melville earned three firsts, two seconds, and one third place for writing and photography.

Peninsula Beacon writer Scott Hopkins earned two firsts, two seconds and a third also for writing and photography.

Hopkins' awards were:

- First place: Photography feature, light subject — "Pointers light the night," Peninsula Beacon.
- First: Non-daily newspapers, breaking news — "Dramatic helicopter rescue at Sunset Cliffs on Sunday," Peninsula Beacon.
- Second: Photography, sports — "Point Loma girls win school's first water polo title," Peninsula Beacon.
- Second: Non-daily newspapers,

sports — "Pointers win second soccer CIF championship in three years," Peninsula Beacon.

■ Third: Non-daily newspapers, business and financial — "After 58 years, Nati's Mexican Restaurant in OB to close June 7," Peninsula Beacon.

Melville's awards were:

- First place: Non-daily newspapers, Headlines, Beach & Bay Press.
- First: Non-daily newspapers, travel-international — "Dia de los Muertos brings Mexico City back to life," San Diego Community Newspaper Group.
- First: Photography feature, serious subject — "Home for the Holidays," Peninsula Beacon.
- Second: Photography feature, light subject — "Go with the flow," Peninsula Beacon.
- Second: Photography, news — "King Tides make a splash," Peninsula Beacon.
- Third: Non-daily newspapers feature, light subject — "Slick party at Sunset Cliffs," Peninsula Beacon.

Betty Ann Tetzke

June, 1931 - October, 2018



Betty Ann Tetzke (née McRae) passed away with her daughter by her side in Livermore, CA on Saturday, October 13, 2018 at the age of 87.

Betty was born to parents Kenneth and Leila McRae on June 14, 1931 in the small town of Chatfield, MN. She grew up the eldest of three. She attended Chatfield High School where she played the clarinet in the marching band, and in the local summer park concerts and parades. It was here that her teacher, Miss Gallagher, taught her so much English that she decided to become an English teacher. After graduating CHS in 1949, Betty attended Macalester College in St Paul, MN where she earned a Bachelors of Arts degree and Masters in Education degree.

In 1953, she married Helmer T. Tetzke (née Titzke) in Chatfield, MN and then moved west in 1954. The couple got their first jobs at Francis Parker School in San Diego, CA which included teaching typing and overseeing school finances. This was the beginning of a long and exciting career in education.

During Betty's 50+ years in education she was

a middle and high school English, Social Studies and US Government teacher; a guidance counselor; a resource teacher for the gifted; a director of programs at the San Diego, Los Angeles and San Francisco Schools of Creative and Performing Arts; Co-developer/Asst Director of Instruction at the Charter School of San Diego; first Headmaster at Miras International School in Kazakhstan; Board member for SIAS International University in China; and a faculty member for student teachers at National University in San Diego. She was a huge advocate for both students and teachers, and worked tirelessly with school districts and associations (SDTA, CAG, CTA) to leave the world a better place.

Betty was a 52 year resident of Pacific Beach (San Diego). She divorced in 1975, but continued to raise her two children and taught them to appreciate the arts, history, culture, and community. Whether it was taking her children to a Balboa Park museum, help run a teachers conference, attend a play at the Old Globe Theater or climb Mount Whitney she embraced life to the fullest. She will be fondly remembered for watching old Westerns, her colorful dress and use of pink and purple pens when writing.

In her spare time, Betty loved to travel and experience other cultures. She especially enjoyed trips back to Minnesota, learning about her Scottish heritage in the highlands of Scotland, shopping for boots in Italy, meeting the country folk in Croatia, seeing the Great Wall and Terracotta Warriors in China, riding a camel in India and teaching in Kazakhstan. Betty was generous and known to extend invitations to old and new friends to come visit her in San Diego. When guests arrived she would say, "for the first fifteen minutes you're company, after that you are on your own!". She would load her guests up with discount coupons and brochures and chauffeur them around to see the sites.

As the years went by, Betty didn't care for cooking much. A dinner was often her favorite Dagwood sandwich. She preferred to dine out and would regularly meet up with friends or coworkers for lunch or dinner. She was known to say that the three best words in the English language are "Let's Eat Out".

The true light in her life were her two grandchildren. She adored being a grandmother and was so proud of their individual talents. You could tell how much they meant to her by the number of photographs she took! Her grandson and daughter were blessed to spend the last three years with Betty in Livermore, CA.

Betty touched so many lives and in return she got friends for life.

Betty leaves behind her daughter, Tamara (Robert) Vieira, her daughter-in-law Annette Barteau; her grandchildren, Tesla (Mike) Francis and Michael Vieira; her brother Kermit (Audrey) McRae; and her nieces, Jill (Terry) McRae-Cook, Ann McRae, Jeri Young, Wanda (Steve Calderon) Avery and Sara (Greg) Skeen. She is preceded in death by her ex-husband, Helmer Tetzke; her son, Scott Tetzke; her sister Donna Lindquist; and her parents.

As per her wishes, Betty will be laid to rest at the Chatfield Cemetery (MN) after a family service in 2019.

Betty's family extends a heartfelt "thank you and God bless you" for the kind words and condolences. They ask that you celebrate Betty's life by dining out with your family and friends; just say "Let's Eat Out!"

If you are inspired to do more, a donation in Betty's name can be made to the world's largest collection of brass band music: the Chatfield Music Lending Library. Donations can be made via their website (<https://chatfieldband.lib.mn.us/>) or by mail (81 Library Lane SW, P.O. Box 578, Chatfield, MN 55923).



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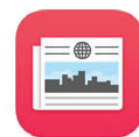
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Through the Roots to play Moonshine Beach

By BART MENDOZA | BEACH & BAY PRESS

Moonshine Beach has a reputation for hosting great country music events, but on occasion they also spotlight other genres, such as on Nov. 21, with reggae/rock group, Through the Roots. The band celebrates its 10th anniversary this year, now one of the area's top practitioners of the Cali-reggae sound, regularly touring cross country. Through the Roots have released numerous albums, but live is where they really excel and the main reason they have become solid festival draws. If island sounds mixed with a tinge of rock is your thing, Through the Roots is one of the best bands on the West Coast.

Through the Roots: Wednesday, Nov. 21 at Moonshine Beach, 1165 Garnet Ave. at 9 p.m. 21 and up. moonshinebeachsd.com.

One of heavy metal's icons, Philip H. Anselmo, performs at Brick by Brick on Nov. 15. Currently touring behind the latest album with his band, The Illegals, "Choosing Mental Illness As a Virtue," Anselmo is prolific to a fault, with influential quartet Pantera the best known of his previous combos. In 2015, he collaborated with local's Cattle Decapitation on their album, "The Anthropocene Extinction" so the possibility of a special guest in the audience is there, but fans can rest assured the majority of the night's set list will be tunes originally by Pantera circa 1988 - 2003.

Philip H. Anselmo: Thursday, Nov. 15 at Brick By Brick, 1130 Buenos Ave. at 9 p.m. 21 and up.

With more than 20 million copies sold in the U.S. alone, it's safe to say that few musical bodies of work are as beloved as Fleetwood Mac's "Rumors." On Nov. 16 The Benedetti Ensemble will perform the entire album at Dizzy's, recasting the tunes for guitarist



Through the Roots will play Moonshine Beach on Wednesday, Nov. 21.

Fred Benedetti's virtuoso playing and the vocals of Regina Moomjean and Julia Picone. Every song on "Rumors" is a certified classic, such as "Go Your Own Way," "Don't Stop" and "Dreams," here we get to experience Benedetti and company breathing new magic into old favorites.

The Benedetti Ensemble: Friday, Nov. 16 at Dizzy's, 1717 Morena Blvd., at 8 p.m. 21 and up. tioleos.com.

For sheer fun on the dance floor, The Sleepwalkers are still the band to beat. Mixing up a brew of rock-a-billy, Mexican cumbias, early R&B and Latin rhythms, The Sleepwalkers are an instant dance party that doesn't let up until the last note has rung out. Appearing at Tio Leo's on Nov. 17, the band does play occasional covers, but the heart of their show is their wonderful originals such as "Digame." All the players in this combo are great, but with guitarist Ritchie Orduno, they have a music legend in the making.

The Sleepwalkers: Saturday, Nov. 17 at Tio Leo's, 5302 Napa St. at 9 p.m. 21 and up. tioleos.com.

Tribute band fans fans will want to check out a double bill of Anesthesia (Metallica) and The Black Crowes Revival (BCR) taking place

at the 710 Beach Club on Nov. 24. Both bands have legions of fans but the nod here goes to BCR, who have a set list full of bar room classics at their disposal, such as "Remedy" and "Hard to Handle." It's been a decade since the Black Crowes split, so bands like BCR are the only way for modern fans to get a taste of what made the originals into stadium stars.

The Black Crowes Revival: Saturday, Nov. 24 at The 710 Beach Club, 710 Garnet Ave., at 9 p.m. 21 and up.

Mission Bay High School will be well represented at the 39th Annual San Diego Jazz Fest taking place on Nov. 21-25 at the Town & Country Hotel and Convention Center. Dozens of performers will take part in the event, including two of the schools combos, The Preservationists and The Swing Choir. Both will perform multiple sets, as will the school's music director JP Balmat's own group, The Euphoria Brass Band. All are non-smoking. The festival performers represent a variety of traditional jazz, dixieland, ragtime, swing, and rockabilly, rejuvenating classic sounds for modern times.

The Preservationists: at San Diego Jazz Fest Nov. 21-25, Town & Country Hotel and Convention Center, 500 Hotel Circle North. sdjazzfest.org.

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EDUCATION NOTEBOOK>>

MISSION BAY HIGH

■ Mission Bay music will perform at the Thanksgiving Jazz Festival on Saturday, Nov. 24, at the Town and Country Hotel in Mission Valley. The Preservationists and Swing Choir will perform at 12:45 p.m. in the California Ballroom and 6:15 p.m. in the Golden West Ballroom. For more information, visit missionbaymusic.com.

PACIFIC BEACH MIDDLE

■ PBMS is hosting its annual Holiday Toy Drive, Nov. 26 - Dec. 7. New and unwrapped toys may be brought to first period classroom. The class that collects the most toys wins a trip to Belmont Park. Thank you, Belmont Park, for the fun.

■ On Monday Nov. 5, students from Pacific Beach Middle's yearbook and media class travelled to the iTV (channel 16) studios at the San Diego County Office of Education. The students worked on video lighting, sound, and camera skills as well as video production and editing. They produced short videos and critiqued their own work.

PACIFIC BEACH ELEMENTARY

■ Green Gardens will host a shopping night on Nov. 29 from 4 to 7 p.m. Part of the proceeds from sales during that time will benefit PBE.

CROWN POINT JR. MUSIC ACADEMY

■ CPJMA had a great turn out of more than 200 families and community guests at Trunk or Treat on Oct. 26. Principal Lopez volunteered to participate in a Pie in the Face toss that made for a great fundraiser. A big thank you to our PTO team and Partners in Education, Newbreak PB, who continue to make this event such a great success each year.

KATE SESSIONS ELEMENTARY

■ On Nov. 8, Sessions Elementary celebrated the birthday of Katherine Olivia (Kate) Sessions. The school that bears her name planted seed papers in their garden

to honor the woman who was known as "The Mother of Balboa Park."

■ Sessions just unveiled plans to construct an outdoor classroom. In addition to a teacher's table and chairs for the students, the area will include an imagination playground, cistern, compost bin, a pollination garden and the planting of 31 trees. Kate Sessions would have loved to be taught in this classroom. KSE would like to thank these generous donors: Precision Landscape Maintenance, brim and Village Nurseries Landscape Centers.

BARNARD ELEMENTARY

■ Barnard was pleased to host Lori Mitchell, the author of the acclaimed book "Different Just Like Me" that was featured on "Oprah" and the "Today Show." Her "Exquisite Corpse Poetry" station challenged students to collaboratively build a poem without knowing what the others were writing.

"The art of creative writing is becoming lost among the technology available to kids these days," Barnard parent and Writers Night coordinator Sunny Kim said. "Imagination comes naturally to children. We just need to find the right sparks for our students and then they can express themselves in wondrous ways." The San Diego Unified Council of PTAs honored Barnard's Writers Night as an innovative program with the Ruth Johnson Award in 2017.

FOPBSS

■ Registration for the 2019 SchoolYard Dash 5K and 1 Mile Kids Run is open. Sign up to take advantage of the early bird pricing at schoolyarddash.org. The sixth annual SchoolYard Dash 5K and 1 Mile Kids Fun Run is a great way to raise money for Pacific Beach Middle and Mission Bay High schools. Join in on Sunday, Feb. 24, to run or walk with family and friends at De Anza Cove along the Mission Bay running path. Breakfast, snacks, coffee, and drinks will follow the race and top runners will be recognized. Come on out to enjoy the fun all while supporting Pacific Beach schools.

■ The next Friends of Pacific Beach Secondary Schools meeting will take place 6 p.m. Wednesday, Nov. 28, at Mission Bay High School Library.



CPJMA ASB Officers led a month-long fundraising effort for the Student Series' Pennies for Patients Program. With the help of everyone at CPJMA, students collected more than \$1,000 for the Pennies for Patients Program.



Pacific Beach Elementary had a visit from a DEA helicopter, the FBI, Border Patrol, and SDPD K9 officers for Red Ribbon Week. It was an exciting, unforgettable experience for the kids.



Students from Pacific Beach Middle School's yearbook and media class traveled to the iTV (channel 16) studios at the San Diego County Office of Education.

Boogie Ellis commits to play at Duke

Mission Bay High School boys basketball combo guard Rejean (Boogie) Ellis announced that he has committed to play basketball for Duke University. During the ceremony at the MBHS gym on Friday Nov. 9, Ellis said, "After talking with God, my family, coach Marshawn Cherry, and my trainer, I decided to go to Duke University."

Ranked as one of the 30 best players in the class of 2019, Ellis received scholarship offers from several schools including Duke, University of North Carolina at Chapel Hill, University of Southern California, San Diego State University, and University of Memphis.

Duke coach Mike Krzyzewski, and UNC-Chapel Hill coach Roy Williams, visited Mission Bay to actively recruit Ellis.

Mission Bay boys basketball coach Cherry said: "Ellis has a great work ethic and love for the game. He had the drive and determination to be the best player to come out of San Diego."



At the signing ceremony are Justin Moore, a former point guard for MBHS who played for Georgia Tech, Boogie Ellis, and Mission Bay boys basketball coach Marshawn Cherry.

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and the opportunity to live, work and play in Pacific Beach.*

We hope YOU have a Happy Thanksgiving

*- Karen and Mike
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