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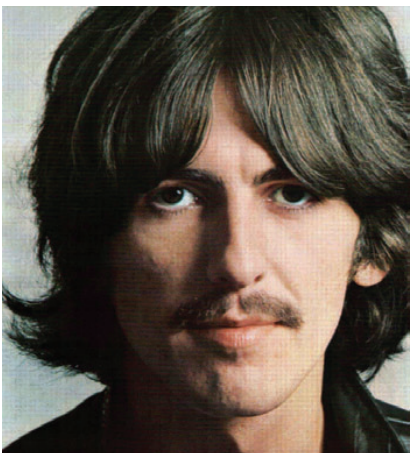


# Beach & Bay PRESS

## THIS WEEK



**PB residents lobbying for more off-leash dog parks**  
 SEE PAGE 2



**George Harrison tribute at Dizzy's on Feb. 9**  
 SEE PAGE 11



Natalia Mata bites into a slice of the Tony Soprano pizza, one of the most popular pies at The Sandbox in PB.

THOMAS MELVILLE / BEACH & BAY PRESS

## Celebrating National Pizza Day at the beach

You know the old expression about pizza – even when it's bad, it's good. Fortunately, with so many diverse and delicious pizza options available in the area, you can easily avoid bad pizza.

SEE PAGE 4



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# Pacific Beach residents lobbying for more off-leash dog park options

By DAVE SCHWAB | BEACH & BAY PRESS

A Pacific Beach couple has started a petition drive to revive the conversation on where – and when – it's appropriate to walk dogs on- and off-leash in the area.

Jim and Melanie Woods of Crown Point launched a petition recently on Change.org. It's been obvious from the reaction they've gotten that others share their concerns about dog-walking restrictions.

"We launched the petition and got just under 1,500 signatures the first week," noted Jim Woods, adding, "It would be great to get 2,000 signatures ... even 4,000 signatures. That might be enough to force some of our elected officials to take another look at this issue, revisit the conversation on why we ended up with these restrictions – and whether they still express the will of the community."

On Change.org, the Woods' petition notes that Pacific Beach and Mission Bay residents request more off-leash options for their dogs.

"We have amazing regional parks and would like to be able to enjoy them with our furry friends," states the petition. "Increased enforcement in the area has highlighted the overly restrictive nature of the current laws."

The Change.org petition notes the following restrictions on dog-walking at Kate Sessions Park and along Mission Bay:

- Dogs are not allowed on the beach, boardwalk or adjacent parks between 9 a.m. and 4 p.m. from Nov. 1 through March 31. Dogs are not allowed on the beach, boardwalk or adjacent parks between 9 a.m. and 6 p.m. from April 1 through Oct. 31.

- At Kate Sessions, it is mandatory that all dogs shall be maintained on a leash not to exceed eight feet, including trails and canyons in all parks.

Henish Pulickal, current chair of Pacific Beach Planning Group, is sympathetic to dog owners. However, he was quick to point out that any new "conversation" about possibly relaxing rules governing canines needs to include safety considerations.

"I love dogs. I think they are great," Pulickal said. "The problem with dogs, especially off-leash dogs, are two-fold: When owners aren't looking, even the best-behaved dog will leave a deposit on the beach or the park and the owner may not see it to pick it up. Next thing you know, I'm slipping in it, or my toddler has fallen in it."

"Even the best-behaved dogs can get excited and can accidentally (or

purposefully) hurt a child or even an adult. At least once a month, I see an excited dog knock over or accidentally scratch or bite a small child trying to enjoy the park. I've personally been scratched badly by an aggressive dog. Off-leash dogs need to be in dedicated off-leash parks. You cannot expect people with children, or that have an aversion to dogs, to share space with them."

Added Pulickal: "I'm totally for sharing space on the beach or at any park for fenced, off-leash dog areas. But you can't have entire parks be off-leash areas, and have those same parks be expected to be used by a family that wants to have children or food out."

The Woods have identified two changes they claim would address a large majority of dog owner's concerns:

- First, we request the ban on dogs during daylight hours on Mission Bay and the adjacent parks be lifted.

- Next, we request that Kate Sessions be an approved off-leash dog location.

Among the reasons the Woods cite for changing dog-walking restrictions:

- This ban on dogs during prime daylight hours on Mission Bay is outdated.



Riley plays with a tennis ball at Mission Bay Park.

COURTESY PHOTO

- Mission Bay is a safe place to walk our dogs where they do not need to be next to traffic.

- Dogs are no more of a hindrance on Mission Bay than bikes, scooters, surreys and large groups.

- Kate Sessions is a popular attraction for dog owners visiting San Diego.

- Capehart Park is not large enough to meet the demand for dog parks in the area.

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**COMPASS**





# FIND YOUR SLICE OF LIFE

## Celebrating National Pizza Day at Pacific and Mission beaches

In Pacific Beach and Mission Beach, there are a surprising number of quality pizzas to choose from – all distinguished in some way. From the popular New York-style thin crust, to the trendy white pizza, to authentic Milan-style pies cooked in gas-fired ovens – you're going to find a slice of love.

With National Pizza Day right around the corner on Feb. 9, the Beach & Bay Press decided to highlight some of the local pizzas that our readers may enjoy.

### PACIFIC BEACH

■ In North Pacific Beach, **Ambrogio 15** offers a unique Milan-style pizza experience. "Milan is the most innovative city in Italy," said owner Giacomo Pizzigoni. "The city celebrates its past, but looks to the future."

Ambrogio 15 takes a similar approach to gourmet pizza making. "We've taken the pizza of the past and elevated it into high gastronomy," he said.

The restaurant uses high-quality ingredients from small-scale, organic, and sustainable farmers in Italy. And last summer, "dough master" Daniele Piazza joined the team from Northern Italy. His technique of using stone ground Petra flour and a long fermentation process for the dough (40 hours), leads to the light, paper-thin crust that stays crunchy and is easy to digest.

Their most popular pizza is Burrata e Prosciutto Crudo, which includes San Marzano tomato, mozzarella fiordilatte, imported burrata cheese from Puglia, and 20-month aged prosciutto crudo di Parma. "The combination of two elements that are opposites – salty cured prosciutto and the fresh creamy cheese – gives it a unique flavor profile that is satisfying," Pizzigoni said.

The owner's personal favorite pizza is Patate e Speck, which includes mozzarella fiordilatte, roasted potatoes, 24-month aged



(Top, from left to right) The classic pepperoni pizza from Luigi's At The Beach, two slices of Margherita pie from ZoZo's Pizza, the popular Tony Soprano pizza from The Sandbox. (Above) A pizza lover eats a slice of the Grateful Veg pie from Woodstock's Pizza.

grated Parmigiano-Reggiano, white truffle oil, and speck (smoked prosciutto). "These flavors are popular in Northern Italy," he said. "They are popular here as well. The people in North PB and La Jolla are passionate about food and have supported us."

With all the Naples-style pizza places popping up all over San Diego lately, does Pizzigoni feel there's a rivalry with the Southern Italy city's pies? "Having more high-quality pizza around is a good thing, and, yes, I like the competition."

Ambrogio 15 opened its second

location in Little Italy last year and is planning their third restaurant for the Del Mar area.

**Ambrogio 15**  
926 Turquoise St.  
858-291-8650  
ambrogio15.com

■ **Woodstock's Pizza** has been a staple on Garnet Avenue since 2010. Founded in Oregon by Chuck Woodstock in 1977, the goal was to create a fun, student-oriented pizzeria that dished up amazing pies using his grandmother's marinara recipe. Woodstock's focuses on fresh, hand-tossed dough and a unique

folded-over crust with sauce inside. They also insist on adding more toppings than anyone, so you get a taste in each bite.

"We still have a lot of pepperoni lovers, so no doubt that is the most popular topping and pie," said Laura Ambrose, co-owner. "I believe our most popular combination pizza is still the Classic, which has pepperoni, sausage, olives, onions and mushrooms on our custom zesty red sauce. A close second is the Boardwalk, which is the same except we substitute bell peppers for the olives."

"We have a very loyal following for our Grateful Veg, which we

make in both a vegetarian and vegan combo. It's very popular on our wheat crust," she added. "And our more adventurous guests are huge fans of our Kickin' Carnitas and Srirachacha pies."

Ambrose's personal favorite is the Grateful Veg on wheat, although she's also a big fan of the restaurant's limited-time Bikini Zucchini (a seasonal summer offering) and recent Banh Mizza (a pizza rendition of a Vietnamese sandwich).

**Woodstock's Pizza**  
1221 Garnet Ave.  
858-642-6900  
woodstockspb.com



■ Nestled in the corner of the plaza at Grand Avenue and Cass Street, **The Sandbox** has a warm and inviting interior that becomes even more cozy when the pizza arrives at your booth. Sandbox uses unique dough that's a hybrid between New York and Chicago styles. The crust is still crisp, but fluffy and light.

"It's not traditional – we borrow from both styles," said Thomas Yankle, director of public relations for The Sandbox and The Tippy Crow. "It's a little different."

The most popular pie is the Tony Soprano, which is based on the same pizza – "Soprano Special" – that the police used to track down AJ Soprano after he vandalized his school's pool in the episode titled "The Telltale Moozadell." The pie is loaded with red sauce, sliced meatballs, salami, banana peppers, roasted red peppers, and topped with ricotta and mozzarella cheese.

The Hungry Surfer – with savory marinara, house mozzarella, pepperoni, sausage, ham, salami and crispy bacon – and the Tree Hugger vegetarian – with basil pesto, house mozzarella, red onion, mushroom, fresh tomatoes, bell pepper, green olives, artisan pepper jack – are also top sellers.

"Our specialty pies are not the usual kinds you find at other places," Yankle said. "We research the combos and encourage creativity. We will also make half-and-half specialty pies."

The restaurant does a thriving pizza business in-house and with delivery. "I'm amazed at how many pizzas we sell," Yankle said. "We put ourselves on the pizza map of PB."

**The Sandbox**  
1014 Grand Ave  
858-272-7263  
sandboxsd.com

## MISSION BEACH

■ Everybody knows Abraham Zahir, owner of **Capri Pizza & Grill** on Mission Boulevard. An Afghani native and an East Coast transplant, Abraham's been in the pizza business for 29 years, several in Mission Beach at his current location.

The pizzeria owner said the supreme and greek pizzas are two of his most popular selections. Other popular toppings include Hawaiian, Amazon veggie, margherita and buffalo chicken.

The menu also features calzone, subs, salads, pastas and a host of appetizers including chicken wings, Philly cheese fries, fried mushrooms, garlic bread, fried calamari and cheese fries.

Zahir owns a companion business a few doors down, South Mission Beach Grill, located inside The Penant Bar. You can order pizza at Capri, and have hummus, falafel and other faire delivered from South Mission Beach Grill.

What distinguishes a Capri pizza? "I make my own dough and sauce

– it's homemade," answered Zahir. "I use only quality cheese."

Capri's hand-tossed, thin-crust New York-style pie melts in your mouth. Pies range in size from a 12-inch medium to 20-inch extra jumbo.

Everyone from families to construction workers come in daily to feast on Abraham's pies, subs and sandwiches. Capri has dining space inside and out.

Zahir talked about what's made him successful. "Whatever I make, I make from my heart, for my customers," he said.

**Capri Pizza & Grill**  
2909 Mission Blvd.  
858-437-6889  
capripizzasandiego.com

■ **Luigi's At The Beach**, which has been operating since 1985 at 3210 Mission Blvd. in Mission Beach, is perhaps best known for its giant slices from a 30-inch pizza. But owner Nima Ibrahim pointed out, "We do have both options, giant slices and regular pizzas."

What distinguishes family owned Luigi's pies?

"A topping is a topping, a mushroom is a mushroom," answered Ibrahim. "But what really sets us apart is our actual recipes for the dough itself and the sauce. We mix in a lot of seasonings. It's not just a can of tomato paste. There is a lot of flavor in the sauce."

And don't forget the crust.

"Similarly, our crust is so good, you don't have to have cheese on the inside or garlic on top," Ibrahim said. "Our crust is a really good artisanal bread. Between the crust and

the sauce, literally and figuratively, both are the foundation of a pizza. That is what makes our (recipe) special, and pops when you take a bite of it."

A giant slice equivalent to about three regular slices is \$6.60. "From there we have four actual sizes — medium, large, extra-large and 30-inch party," said Ibrahim noting his party pie can feed as many as 10 to 12 people.

Best of all Luigi's pizzas are baked the old-fashioned way, hand-tossed in a stone oven.

Luigi's also carries a wide assortment of calzones, pastas, salads, burgers and sandwiches, as well as having a children's menu. There are also 28 beers on tap, 24 of which are locally brewed.

**Luigi's At The Beach**  
3210 Mission Blvd.  
858-488-2818  
luigisatthebeach.com

■ Fresh is the operative word for **ZoZo's Pizza** on Ventura Place. Located across the street from Belmont Park and the roller coaster, ZoZo's features a basic beachfront counter serving NYC-style, thin-crust pies and giant slices.

"We always use 100 percent mozzarella cheese, and we make our sauces and dough fresh daily," boasts the pizzeria's website. "We welcome you to dine in, order for takeout, or get delivery (limited delivery areas), whichever works best for you."

In operation since January 2009, Zo-Zo's New York style pizza is considered one of the true authentic New York-style pizzerias in Mission

Beach. ZoZo's offers up to 20 different kinds of pizza slices, as well as specializing in making custom, crowd-pleasing pies.

"Our pizza is cooked the old-fashioned way from scratch, and made with the highest-quality cheeses and ingredients," states the company's website. "Our dough and bread are made daily and sometimes three times a day."

Noting Belmont Park has been a prime center of activity for almost a century, and that "multitudinous



(Left) The most popular pizza at Ambrogio 15 is Burrata e Prosciutto Crudo, which includes San Marzano tomato, mozzarella fiordilatte, imported burrata cheese, and prosciutto crudo di Parma. (Top) A pizza veggie option from Capri Pizza & Grill. (Above) The popular Boardwalk pie from Woodstock's.

food establishments have come and gone over the years," ZoZo's points out, "No single food item is more loved and sought after than a delicious slice of authentic New York-style pizza."

"When you park your car and walk to the beach you can't help but smell the delicious aroma permeating from ZoZo Pizza."

**ZoZo's Pizza**  
728 Ventura Place  
858-488-9696  
zozopizza.com

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# Powerhaus serves healthy pizzas in PB

By PAIGE FULFER | BEACH & BAY PRESS

Everyone's favorite cheat meal is now a guiltless treat thanks to Anisha Blodgett, owner of Powerhaus on Garnet Avenue.

"I was making my own protein pizzas at home, and that's what kind of started it off for me," Blodgett says.

Having lived in Canada and New York, Blodgett moved out to the West Coast a year and a half ago. She had studied business and obtained her master's degree in construction management, which ultimately helped her in opening Powerhaus.

"We took over the old Papa John's space in May 2018 and completely renovated the place, put in all new plumbing, everything," she says.

"I had really been wanting to do something with health and wellness," says Blodgett. "When I moved here, I was so excited everyone I started meeting was really active, fit,

'It was more about finding a better balance. I wanted to have something for everybody'

**ANISHA BLODGETT**  
OWNER OF POWERHAUS PIZZA

and into wellness. Pacific Beach was the perfect spot for me to open this space."

Blodgett developed a business model and started to conduct tasting events to gain feedback. "About a year ago, I started going around to different apartment complexes and hosting tastings to see what people thought about my recipes," she says.

"It was more about finding a better balance. For a sustainable diet, I don't feel you should limit yourself," she explains, with her restaurant's theme of balance and moderation in mind. "I wanted to have something for everybody."

With pizza crust options including whole grain crust with ground flax and omega-3 rich healthy fats,

gluten-free white crust enriched with plant-based protein, and cauliflower crust, these pies offer a creative take on pizza-making for the health-conscious individual.

Customers can choose from a variety of fresh toppings such as veggies, grass-fed dairy, naturally-raised meats, and plenty of vegan options like vegan mozzarella, which is cashew-based and additive-free.

Feel free to order a "favorite" or customize your own pie. Favorites consist of pizzas such as the Prosciutto and Pea – with "pea-zza" sauce, mozzarella, prosciutto, cherry tomatoes, and artichokes – and the BBQ Chicken – with all-natural sauce, mozzarella, chicken, pineapple, sweet corn, and red onion (with the option to substitute vegan "chicken").

The smoothie menu offers recipes such as the Tropical – with pineapple, banana, spinach, red chard, hemp seeds, dates, and coconut cream – and the Date – with dates, maca, cinnamon, cacao nibs, walnuts, almond butter, banana, coconut cream, and grass-fed whey protein.



Powerhaus offers healthy pizzas and smoothies.

COURTESY PHOTO

## POWERHAUS

**What:** A new fast-casual restaurant that caters to health-conscious individuals who don't necessarily want to limit themselves.

**Where:** 1550 Garnet Ave.

**Hours:** 11:30 a.m. to 9 p.m., daily.

**Info:** powerhauspizza.com, 858-886-7666.

including neighborhood families, by providing the options for a higher-quality pizza."

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2019 WRITER'S SYMPOSIUM BY THE SEA

## WRITING THAT IMAGINES

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**JODY HASSETT SANCHEZ**  
Journalist and documentary filmmaker  
*More Art Upstairs and SOLD: Fighting the New Global Slave Trade*

TUESDAY, FEBRUARY 19  
**NNEDI OKORAFOR**  
International award-winning novelist of African-based science fiction, fantasy and magical realism  
*Wakanda Forever and Who Fears Death*

WEDNESDAY, FEBRUARY 20  
**E.J. DIONEE**  
Journalist for The Washington Post, columnist, NPR commentator and author on politics in America  
*One Nation After Trump: A Guide for the Perplexed, the Disillusioned, the Desperate, and the Not-Yet Departed*

THURSDAY, FEBRUARY 21  
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# New Cafe Marea offers up breakfast and lunch in Mission Beach

By DAVE SCHWAB | BEACH & BAY PRESS

Like a soothing ocean breeze, Cafe Marea has come to please.

Marea, the name chosen for the new Mission Beach eatery at 3819 Mission Blvd. by owner Nick Lee, actually means ocean breeze in Spanish.

Since moving from Korea to San Diego in 2004, Lee has been in the San Diego restaurant industry. He worked for four years at a Japanese eatery and currently operates a dessert cafe as well on Convoy Street in Kearny Mesa.

Having had a soft opening recently, Lee noted he's having his grand opening for Cafe Marea Saturday and Sunday, Feb. 16-17. Everything on his menu will be discounted 50 percent from 10 a.m. to 3 p.m.

Noting beef is a staple of Korean cuisine, Lee described his restaurant as a "sandwich" place. Which seems appropriate since his new retail space was once a Rubicon Deli.

Lee had been searching for a second spot to expand into until "this space became available."

"I know Rubicon was doing really well," he said. "I thought this location would be really good."



Cafe Marea's menu offers Belgium Liege waffles, breakfast bagels, sandwiches and paninis.

COURTESY PHOTO

Open for breakfast and lunch from 7 a.m. to 3 p.m. daily, Cafe Marea's menu offers tasty items in the morning like eggs Benedict, smoked salmon and breakfast bagels.

The cafe's signature sandwich

lunch menu includes chipotle chicken, barbecue beef, habanero tuna, turkey pesto and Italian choices. Paninis feature choices such as grilled cheese, chicken pesto, tuna melt, Cali veggie and chipotle garlic chicken.

There is a soup of the day as well as Cobb and chicken Caesar salad choices.

Also on Cafe Marea's menu are Belgium Liege waffles that come in plain, cinnamon caramel, Nutella

## CAFE MAREA

**What:** New breakfast and lunch place in the former Rubicon Deli location.

**Where:** 3819 Mission Blvd.

**Grand opening:** 10 a.m. to 3 p.m. Feb. 16-17, menu half off.

**Info:** 858-255-8188.

lover and banana/berries choices. "Our customers love our waffles," noted Lee who wanted something sweet on the menu.

Twenty-ounce smoothies of every description contain mangos, bananas, oranges, guava, pineapple, passion fruit, peanut butter and almond butter, among other selections.

"We bake our own bread every morning," confided Lee. "We want you to taste the fresh bread." He added he buys only the highest-quality meats and cheese from the Boar's Head label.

"We use local produce so all our vegetables are fresh," Lee said, adding most of his customers thus far have been locals.

There are historic Mission Beach photos on the walls passed along by the previous tenant.

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# Holistic healing and spiritual growth at new Sulit Wellness Collective in PB

By EMILY BLACKWOOD | BEACH & BAY PRESS

Sulit Wellness Collective is not a yoga studio.

While different Yin and Kundalini classes might be weaved throughout their weekly schedule, this spiritual community offers much more holistic healing opportunities in their effort to provide a safe space for people to awaken their minds and pursue their spiritual growth. And it's a space that's been on the mind of founder Michelle Kavieff for five years.

After having a "spiritual awakening," the longtime Pacific Beach resident started diving into Reiki and exploring other kinds of spirituality. It was exciting and inspiring, but there was one problem.

"I didn't really have anyone to talk to about it with," she said.

Out of that need came Conscious Community, a group that met twice a month in Encinitas to meditate and discuss all things spiritual. It was there that Kavieff and fellow Sulit founder Karina Zulino realized that more could still be done, especially in their local community.

So when Zulino was asked to look at a house at 911 Hornblend St., to



Michelle Kavieff and Karina Zulino at Sulit Wellness Collective's grand opening with Pacific Beach Town Council President Brian White. COURTESY PHOTO

potentially remodel for Airbnb (her other business), she soon realized it was divine intervention.

"I walked in and I almost immediately called Michelle," said Zulino, a Reiki practitioner who also leads soul memory discoveries. "This was-

n't an Airbnb; this was our place."

Sulit Wellness Collective opened on Jan. 26, welcoming more than 200 people to sample some of their classes and services like crystal grid setting, sound healing, guided meditations, and past-life memory recov-

ery. In addition to the classes, Sulit members also have access to the studio, a discount on workshops and events, and perhaps most importantly, the opportunity to connect with local, like-minded people.

"We've always envisioned a place

## UPCOMING WORKSHOPS

**Crystal Workshop:** Noon to 4 p.m., Feb. 9. This hands-on introductory workshop will get you successfully working with your crystals and show you how to integrate these beautiful and powerful tools into your day-to-day life. Limited space. Cost: \$85.

**Mystic Circle:** When: 6:30 to 8:30 p.m., Feb. 9. Led by Kim Hassey, a safe and sacred space for women to come together to connect, uplift and receive Divine guidance. Meets once a month to see how the month shows up for us personally and collectively. Limited space to 10. Cost: \$35.

**Shamanic Family Constellations:** Noon to 6 p.m., Feb. 24. Experience this transformative process of discovering resolved generational issues and turning them into emotional enlightenment. Cost: \$155.

that's a little different from everywhere else," said Kavieff, a certified Reiki healer, crystal healer, yoga teacher, and oneness Deeksha Giver. "You can go to a yoga studio or a session with a holistic healer where you go to the session and you leave. There's something about that, that's kind of empty."

For more information about Sulit Wellness Collective and to sign up for one of their upcoming classes, visit [sulitwellness.com](http://sulitwellness.com) or call 619-627-1254.

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Pictured left to right is Teegan Bell, from Kate Sessions Elem., with her teacher Laura Carlson. Julian Bartlett, from Pacific beach Elem., with his teacher Shelly Warner. Nicholas Carano from Crowne Point Jr Music Academy, with his teacher Delia Duncan Pictured left to right.

## TEEGAN BELL, JULIAN BARTLETT, AND NICHOLAS CARANO ARE JANUARY'S "Kiwanis Students of the Month"

Teegan Bell, from Kate Sessions Elem., Julian Bartlett, from Pacific beach Elem. and Nicholas Carano from Crowne Point Jr Music Academy. These students were chosen because they each are considerate of others and are always ready to lend a hand. They are each hard working but take time to make sure everyone has a great day at school.

**CONGRATULATIONS!**

## VOTE FOR PB BUSINESS AWARD NOMINEES

Cast a vote for who you think should win the Business Awards for Best New Business, Design and Improvement and Heart of PB at [pacificbeach.org](http://pacificbeach.org). The nominees are in and anyone can vote until polls close on March 15 (one vote per person). Winners will be announced at the annual Awards and Casino Night on March 28.

**Best New Business:** Freshii, The Facility Dance Studio, Bad Axe Throwing, Bishops Cut/Color.

**Design and Improvement:** Tourmaline Properties, Mavericks Beach Club, Waterbar, TapShack Kombucha & Cold Brew.

**Heart of PB:** Noah's Natural Pet Market, Tangelz, Green Gardens Nursery, Crown Point Coffee.

## GOFUNDME STARTED TO HELP FIND BELOVED CAT

Pacific Beach resident Tay Swope recently started a GoFundMe campaign to raise \$1,300 to help her pay for a pet detective to find her missing cat. The feline in question, Bella, escaped on the night of Jan. 29 in the Crown Point area.

Swope said she was visiting with family when Bella ran through a front door left opened by one of her roommates who didn't tell her the cat was missing until two days later.

"Two neighbors have told me they spotted her fighting and being tormented by a raccoon so I believe she may be scared and/or hurt," Swope wrote in the campaign's description.

"I have hired Annalisa Berns, a pet detective with 3 K9 dogs, to help search for her on Thursday after all the rain is done. I ask

for any donations you can help me with as she is very expensive but I will go as far and spend as much as I need to, to ensure my baby is safe and back home with me."

The campaign is titled "Bring Bella Home," and at the time of this writing has raised \$120. For more information or to donate, visit [gofundme.com/ca462-bring-bella-home](http://gofundme.com/ca462-bring-bella-home).

## PB PLANNERS TROLLEY RECOMMENDATIONS

In January, after considerable vetting, Pacific Beach Planning Group overwhelmingly opted to concur with a list of recommendations presented to the City by Clairemont's planning group on the new Balboa Avenue trolley stop, adding a couple of suggestions of their own.

PB's new list of recommendations includes: identifying funding sources to build a new pedestrian bridge, implementing the medium-density alternative in the project's EIR, prioritizing infrastructure improvements, establishing a cap of 2,000 new dwelling units and providing traffic mitigation measures in Clairemont.

Added by PB planners to the list of recommendations was a call for Rose Creek to be dedicated as parkland, and mandating that improvements to the underpass at Balboa Avenue be done prior to the trolley stop being completed.

The Balboa Avenue Trolley Stop is one of nine planned for the Mid-Coast Trolley under development to extend trolley service from Sante Fe Depot downtown to University City. The extension will end at UTC and serve major activity centers including Old Town and UC San Diego.

## PUSH TO BAN ADULTS WITHOUT CHILDREN AT PLAYGROUNDS

Sandy Gade Algra's child got cut playing with a discarded needle found at a local playground. Ever since, she's been on a mission lobbying in favor of new legislation that would make it unlawful for adults without children to be at playgrounds.

Gade Algra came to Pacific Beach Planning Group's January meeting to make her pitch for such new legislation.

"Playgrounds were created for children, and intended for children, not adults," she told PB planners adding swing sets and play areas are also increasingly becoming homeless haunts.

Planners pointed out one major problem: How do you distinguish between those legitimately at a playground, (someone having lunch), from people not there for a legitimate purpose?

Gade Algra replied she was just starting out with her lobbying effort, adding wording on a proposed bill would come later.

## AGENT JOINS COLDWELL BANKER PB OFFICE

The Pacific Beach office of Coldwell Banker Residential Brokerage recently announced that Sharon Diane Oyer has associated with the office as an affiliate agent. "I bring to the table 20 years of experience working with contracts and homeowner documents thanks to the attorneys for whom I worked," said Oyer.

Prior to affiliating with Coldwell Banker Residential Brokerage, she was an agent with a top team at Keller Williams. She majored in social ecology at the University of California, Irvine.

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# LIVE MUSIC: George Harrison tribute at Dizzy's

By BART MENDOZA | BEACH & BAY PRESS

Acclaimed guitarist Fred Benedetti applies his talents to the music of George Harrison with a special tribute concert at Dizzy's on Feb. 9. Featuring vocalists Regina Moomjean and Julia Picone, alongside bassist Jeff Pekarek and percussionist James Morton, the night will take in music from throughout Harrison's career, including The Beatles, Traveling Wilburys and solo hits. The recent reissue of "The White Album" scored high on the charts, showing the public's appetite for Harrison's songs such as "While My Guitar Gently Weeps," hasn't abated in the nearly 50 years since The Beatles split.

**The Benedetti Trio: Saturday, Feb. 9, at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. dizzysjazz.com.**

Acoustic guitar duo Strunz and Farah stop in at Humphrey's Backstage Live for two shows on Feb. 14. Currently touring behind their new album, the aptly titled, "Tales of Two Guitars," Jorge Strunz and Ardesir Farah, first teamed up in 1979, going on to release 19 albums together and working with the likes of Sting and Ruben Blades along the way. Mixing jazz, world music, pop and Latin sounds, Strunz

and Farah have built a devoted following for their instrumental music, a perfect soundtrack for this scenic waterfront venue.

**Strunz & Farah: Thursday, Feb. 14, at Humphrey's Backstage Live, 2241 Shelter Island Drive. 6:30 p.m. and 8:30 p.m. humphreysbackstagelive.com.**

Guitarist Roni Lee performs at Humphrey's Backstage Live on Feb. 13. Lee has been performing around the Southland for several decades, one of the pioneers of the modern rock scene. Originally a member of seminal punk band, Venus and the Razor Blades, she co-wrote a song for legendary rockers, The Runaways, "I Wanna Be Where The Boys Are," and has more recently been establishing herself as a touring force across Europe. Lee is an amazing player and born stadium rocker, currently touring in support of her recent album, "All Dressed Up," she is the closest thing San Diego has to Joan Jett-styled rock 'n' roll.

**Roni Lee: Wednesday, Feb. 13 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 7 p.m. humphreysbackstagelive.com**

Soma may be best known for its metal and punk shows, but they do include other formats. On Feb. 15,

two of hip-hop's biggest stars at the turn of the century, Ja Rule and Ashanti, perform at the venue. Though Ja Rule's recent releases have not troubled the charts, his first six albums, circa 1999–2004, were all top-10 smashes, establishing himself as a major music force. Meanwhile, singer Ashanti also scored heavily in the same time frame, including a No. 1 smash hit in 2001 alongside Ja Rule, "Always On Time." Fans of modern hip-hop won't want to miss this team up by two of the genre's biggest stars of the past decade.

**Ja Rule & Ashanti: Friday, Feb. 15 at SOMA, 3350 Sports Arena Blvd. 8 p.m. All ages. somasandiego.com.**

Garage rock doesn't come much better than the debut, self-titled album by the Hiroshima Mockingbirds. Appearing at the 710 Beach Club on Feb. 16, the band is an explosive force live, with a set list full of originals that hit the mark. These are classic "singles" styled tracks, packed with energy, melody and power chords, as heard on songs such as "Radio Free," and album opener "Shot."

**Hiroshima Mockingbirds: Saturday, Feb. 16 at the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up. 710bc.com.**

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FIGHT DRUG  
ADDICTION

Drug use is on the rise throughout every state in the US. More kids are picking up their first drug every day and becoming addicted and, unfortunately, another statistic. One of the biggest contributing factors to today's drug problem is the lack of good, widespread drug education. Education and prevention is the first step to handling the current drug crisis as we know it and the first attempt at drug education should be done in the home. Parents should have open and honest communication with their children so that they may be more likely to talk about any problems they're having down the road. Parents should set a good example and not use drugs themselves. It's hard to tell your kids not to do drugs if you, for instance, smoke marijuana. Finally, parents need to teach their kids to face and handle their problems instead of running from them. Drugs are a "solution" to a problem for people and if children are taught to face their issues head-on, they might be less likely to look for the "easy way out" of whatever life throws at them. For more information on how to talk to your kids about drugs, visit narconon-suncoast.org/blog/how-to-prevent-your-child-from-becoming-an-addict.html. If you are in need of a referral to a treatment center, call us at 1-888-824-1621

Along Bayard Street from Garnet to Hornblend.  
2-7 p.m.  
sandiegomarkets.com

## VALENTINE'S TASING

This Valentine's Day Toast to your love as you sip on Domaine Chandon while enjoying ocean-front views on JRDN's sunset patio. Enjoy 5-6 tastings of sparkling wine paired with small bites prepared by executive chef David Warner. Cost is \$40. Ages 21 and up.  
JRDN  
6-8 p.m.  
t23hotel.com

## CRAFT NIGHT

Join us for a heart-themed craft night at Second Nature in North PB, taught by local artist Krystal Dyer! This craft night is going to be a fun one where we use wine corks to create this sweet Valentine decor. This class only costs \$25 and all supplies needed to create this lovely piece, are included! Reserve your spot today as seats are limited!  
Second Nature  
6-9 p.m.  
secondnaturepb.com

## Feb. 13

## VALENTINE'S POP-UP

Shop unique gifts from Lotus and Luna for that special someone in your life. Enjoy tastings from Booze Brothers Brewing Co. as you browse around for the perfect gift.  
Iron Pig Alehouse  
5-8 p.m.  
lotusandluna.com

## "FUREVER" LOVE

Meet and greet with adoptable dogs. Doggie gift bags and a free doggie entrée with purchase of "Hooman" entrée. Backyard Kitchen & Tap  
5-7 p.m.  
sdhumane.org

## COLTON UNDERWOOD

In support of Colton Underwood Legacy Foundation, come sip on some delightfully botanical cocktails, check out Pura Vida's pop-up shop, and hang with Colton.  
Mavericks Beach Club  
6-9 p.m.  
nightout.com

## GALENTINES DAY

Craft an adorable succulent-driftwood centerpiece. Champagne, wine, and a meat and cheese board. Gloves available. Guests are also able to BYO beer and wine.  
Sweet DIYGs  
7-9 p.m.  
sweetdiyg.com

Want to be in our calendar?  
Email emily@sdnews.com.



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## SUBMISSIONS

Announcements, photos and story ideas are welcomed. We ask that content be sent at least one week prior to publication and include valid contact information.

## OPINIONS

The opinions expressed on the Opinion Page do not necessarily reflect those of this paper or the San Diego Community Newspaper Group. To submit a signed letter or guest column, please e-mail the respective publication's editor (at right) or send to 1621 Grand Ave., San Diego, CA, 92109. We reserve the right to edit for clarity, accuracy, brevity and liability.

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## EDUCATION NOTEBOOK>>

### MISSION BAY HIGH

■ Japanese Friendship Garden Series, Feb. 14 - April 25, at the Inamori Pavilion, Japanese Friendship Garden in Balboa Park. Experience live music in one of San Diego's beautiful historical landmarks, while supporting music education in San Diego. Organized and produced by the music students of MBHS, all profits from the concerts will go to the Mission Bay High School music program to help the Mission Bay Preservationists travel to perform in Japan in April. For more information, go to [missionbaymusic.com](http://missionbaymusic.com).

■ MBHS sailing team fundraiser will take place 6 p.m. Saturday, Feb. 9 at Mission Bay Yacht Club. Enjoy a spaghetti dinner and dance to the groovy music from the Sea Monks, while raising money for the MBHS sailing team. Tickets are \$20 in advance and \$25 at the door. [sailingmbhs@gmail.com](mailto:sailingmbhs@gmail.com) for more information.

### PACIFIC BEACH MIDDLE

■ PBMS students and Confucius Institute volunteers will be performing an Umbrella Dance at the International Houses at Balboa Park for the Chinese New Years celebration on Feb. 9, 11:30 a.m. to 1:30 p.m.

■ PB Middle's interdisciplinary team is part of the Blue STEM Collaborative connecting Mission Bay Cluster students to ocean- and water-related resources, learning, and the Maritime Alliance industry and academic partnerships. For more information, contact [jsims@sandi.net](mailto:jsims@sandi.net).

### PACIFIC BEACH ELEMENTARY

■ Pacific Beach Elementary school tour will take place 8 a.m. Wednesday, Feb. 20. Meet Principal Goulart at the front office to tour the campus and select classrooms.

■ FOPBE, the school's parent-teacher organization, has a corporate sponsorship program that can be found at [FOPBE.org](http://FOPBE.org). They would like to thank the sponsors this year for their continuing support: Scott Booth, Advent Property Management, Initial Impression, Summer Gee Crabtree and Cristine O. Gee, Freshii, Vincent Crudo, Trevor Pike, Tiffany Nicole Design, Leila Rhodes, MD., Eric M. Overholt, Amber Anderson and Brandon White, Pacific Beach Tuesday Farmer's Market, The Local Pacific Beach, Mavericks Beach Club, The Mad Beet, Woodstock Pizza, and Yogurt on the Rocks.

### KATE SESSIONS ELEMENTARY

■ The teachers, parents and guardians at Kate Sessions, an International Baccalaureate elementary school, are dedicated to providing programs to cultivate stu-



On Jan. 24, Kate Sessions Elementary was treated to a free performance featuring marionettes. Sponsored by the China National Arts Fund and organized by the Confucius Institute at San Diego State University, the Quanzhou Marionette Troupe and the Projects of Digital-Human Interactive Performance from Xiamen University impressed the students with a fantastic show. Kate Sessions would like to thank Anne Chu and Dr. Lilly Cheng for organizing this event.



During the last week of January, the fourth and fifth graders in PBE's Leadership Club led a week-long Kindness Challenge initiative, which included spirit days and acts of kindness. Each student was challenged to complete as many kind acts as possible, and students who completed their kindness checklists received a kindness sticker.

dents who are well-rounded, world-minded citizens. Parents, Noelle Adamson, Julia Sullivan and Myriah Fraiser have brought a music and art program to Sessions that is sure to do just that. The school appreciates both companies working within the budget to make it possible for the students to have such incredible opportunities.

■ Thank you to the professors of the SDSU Confucius Institute. The art program is giving students a whole approach to learning the Chinese culture through art. Students are learning brush-stroke art through painting and calligraphy and will also be introduced to the beloved game of Mahjong. There will be a traditional tea ceremony and they will also paint masks and lanterns.

### BARNARD ELEMENTARY

■ The school's annual Chinese New Year festival will take place 11 a.m. to 3 p.m. on campus (2445 Fogg St.) on Feb. 9. All are invited to join the Barnard community in welcoming the Year of the Pig. The festi-

val features live performances, carnival games, and food from around the world. Admission is free. Food, beverages, and unlimited game wristbands available for purchase. Visit [barnardfriendsandfamily.org](http://barnardfriendsandfamily.org) for information.

### FOPBSS

■ Registration for the 2019 Schoolyard Dash 5K and 1-Mile Kids Run is open and sign up is at [schoolyarddash.org](http://schoolyarddash.org). The sixth annual Schoolyard Dash 5K and 1 Mile Kids Fun Run is a way to raise money for Pacific Beach Middle and Mission Bay High schools. Join them 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.

### MISSION BAY CLUSTER

■ The next Mission Bay Cluster meeting will take place 6 p.m. Thursday, Feb. 7 at Mission Bay High School library.



Barnard students and parents dressed in their Neverland best for the school's annual family dance. Students at Barnard Elementary boogied through the night at the 2019 Neverland Family Dance in the school's auditorium on Jan. 25. With the Peter Pan theme in mind, students and their parents came to school after hours dressed as pirates, fairies, mermaids, and more while a DJ spun the latest tunes. The dance, which is an annual event at Barnard, aims to mix literary themes with pop music to make the night fun and lighthearted for all.



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### Five Ways to Celebrate Valentines Day! (It comes every year)

- 1) Put It On Your Calendar!
- 2) Plan Something Special.
- 3) Get Away... To Dinner...
- 4) Light A Real Candle.
- 5) Cuddle. Listen. Appreciate.

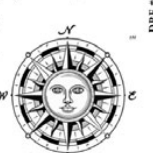
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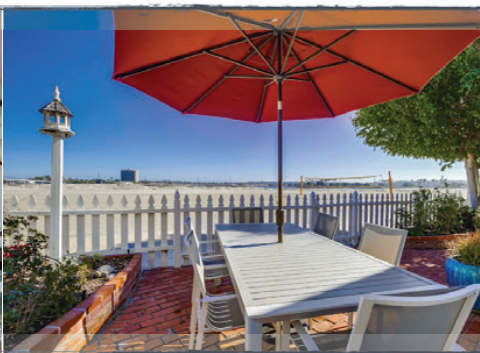
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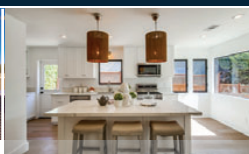
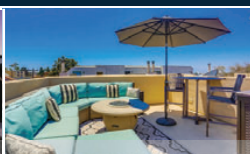
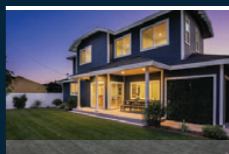
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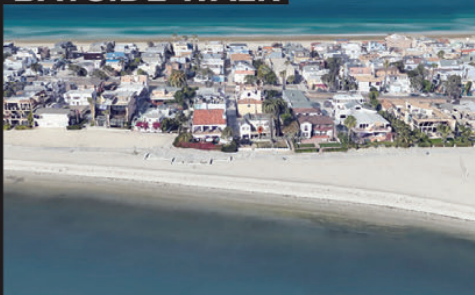
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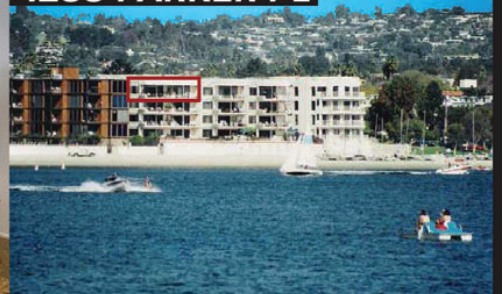
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