



SAN DIEGO COMMUNITY NEWSPAPER GROUP THURSDAY, MARCH 21, 2019 **BEACHANDBAYPRESS.COM**



THIS WEEK



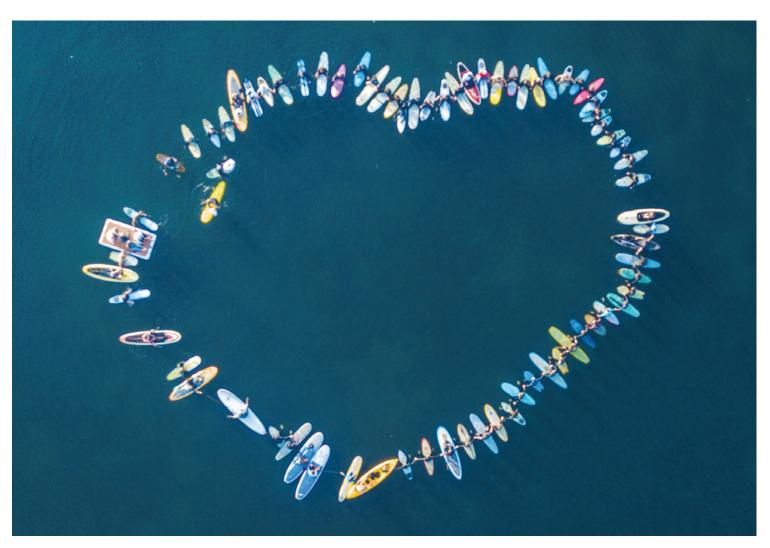
Mission Bay spring sports action in full sprint

SEE PAGE 12



Stephanie Quayle to perform at Moonshine Beach

SEE **PAGE 10**



LOVE FROM ABOVE

Friends and family recently held a paddleout in Mission Bay for Cortney Paul Weeks, 40, who died unexpectedly on Jan. 11. Weeks was well-known in the surfing community and in and around Mission Beach. During the paddleout, and just as the drone photo was being taken, the circle of paddlers floated into the shape of a heart, which they took as a sign that he was with them. LEETAL ELMALEH / INSTAGRAM @leetalsteps

Mayor tries to 'get it done' by increasing pothole repairs

By DAVE SCHWAB | BEACH & BAY PRESS

he City's pothole patrol is working overtime. Responding to severe winter storms that wreaked havoc on local roadways, Mayor Kevin Faulconer and City Council member Monica Montgomery on March 14 announced a major expansion of the City's pothole repair program to fill thousands of potholes that developed during heavy rains over the past few

'Ingraham Street in Pacific Beach is a disgrace. It and Midway are worse than Tijuana.'

JAMES KROKEE

The number of pothole repair and Mission Beach residents. teams has been nearly tripled and on weekends.

"The Get it Done App has from nine to 26 two-person crews worked well, but with the recent per-day, working extended hours amount of rainfall, it is going to be hard for any city crew to keep The enhanced pothole patrol up," said Greg Knight of Pacific couldn't have come at a better Beach. "Parts of our streets have time, according to Pacific Beach become serious hazards and have

GET IT DONE APP

To report potholes, use the Get It Done App on a smartphone, or visit sandiego.gov/get-it-done. Residents may monitor the City's street repair progress at streets.sandiego.gov.

already damaged quite a few cars. [The City] should have been working on these months ago, and not waited until it became such a crisis."



Pipeline project continues to disrupt traffic in PB

he ongoing Pacific Beach Pipeline South Replacement Project will eventually replace approximately 7.6 miles of water main and about 1.6 miles of sewer main in the Midway-Pacific Highway Corridor and Mission Bay areas. This project is being done to improve service reliability, reduce maintenance needs, and lessen the risk of water main breaks.

For the next month, construction will continue on Ingraham Street, West Mission Bay Drive, and the Glenn Rick Bridge area. Here are some project specifics:

Construction area No. 1

At the Glenn Rick Bridge, the crew is working on the median and pipeline replacement during daytime hours. The crew anticipates completing the pipe the project progresses. installation over the next couple of weeks and will then start the testing of this pipeline segment. Be advised that traffic control will be in place and may change as the project progresses.

Construction area No. 2

The crew has finished installation of water main on West Mission Bay Drive, east of the Glenn Rick Bridge. The pipe is undergoing the required tests at night. The contractor will also continue to install new ADA compliant curb ramps and cross gutters along the alignment. Be advised that traffic control will be in place and may change as and detours will be in effect.



Construction area No. 3

On Ingraham Street, the crew will continue night work to test the pipeline and reconnections. Be advised that traffic control will be in place and may change as the project progresses.

Construction area No. 4

On Ingraham Street between Crown Point Drive/Rivera Drive to Jewell Street, the crew will investigate utilities to verify existing mains at night. After that work is concluded, installation of the new water main will start. Be advised road closures

What to expect

- Any work that requires water service shut-offs will only occur after advanced notice to residents and stakeholders has been given via door hangers.
- Always exercise caution near the work zone and note that:
- Speeds will be reduced in the construction area;
- Safety measures will be implemented to ensure bicyclists and pedestrians will be allowed access throughout the
- · Access to homes, businesses, and emergency vehicles will be maintained at all times.

HOLES »

"The pot holes and cracks are everywhere in Mission Beach," said Gary Wonacott, immediate past MB Town Council president. "These problems with the roads are compounded by the city digging up roads to replace old sewer pipes and under grounding."

Pointing out the Get It Done App "has worked pretty effectively for Mission Beach residents, but not for everyone," Wonacott added, "My guess is the City has been getting a tremendous amount of negative feedback from the population and the mayor is responding."

"Road repair is a big concern in our neighborhood and we hope the increase in this department will include Mission Beach," said Matt Gardner, current MBTC president. "Many have used the Get It Done App, and the actions from the City through this app have been mainly favorable. The city's reaction time and problem resolutions work with satisfactory results or better around 75 percent of the time."

Added Gardner: "We continue to educate our MBTC members on how and when to use this app effectively. We hope that using this app for road repairs will have quick resolution to the increase in potholes due to the recent rains."

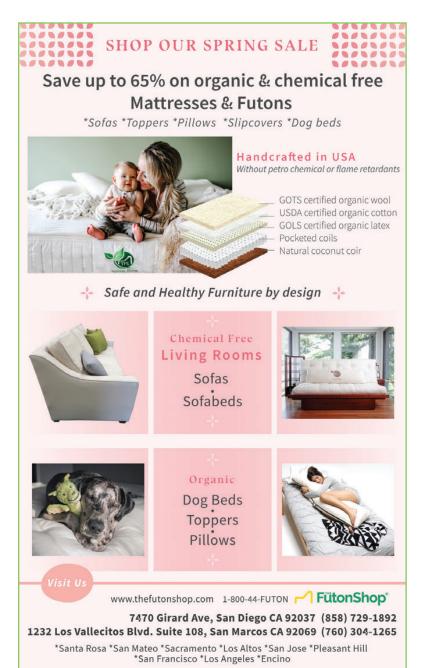
PB resident James Krokee noted a problem with the Get It Done App. "It requires an address," he said. "When I am driving and run over a pothole – I don't stop and take down addresses."

Added Krokee: "Ingraham Street in PB is a disgrace. It and Midway are worse than Tijuana. Large cracks run down the street with many pot holes forming. These streets need to be repaved after pipeline projects."

The City typically fills about 30,000 potholes each fiscal year. This fiscal year, crews have fixed 25,000 and counting in less than nine months.

"We're going to take advantage of this dry spell to fill as many potholes as we can," Faulconer said. "We're making this a top priority."

In October 2018, Faulconer announced City crews had fixed 1.000 miles of streets – nearly two years ahead of his five-year goal.





Styrofoam ban in effect for San Diego

cleaner, healthier environment and help achieve Zero Waste goals, the first provisions of the City of San Diego's Polystyrene Foam and Single Use Plastics Ordinance has gone into effect. The ordinance is being rolled out in phases to allow businesses and other entities time to implement changes with the overall goal of reducing the use of polystyrene foam and single-use plastics citywide.

As part of the initial phase, will no longer be permitted to distribute plastic or bioplastic utensils or straws unless requested by the customer.

ware, coolers, ice chests and pool or beach toys made from polystyrene foam will be prohibited at City facilities (including special events).

Coolers, ice chests and similar containers; pool and beach toys; and dock floats, mooring buoys, and anchor or navigation markers made from polystyrene foam will no longer be legally sold or distributed in the City unless they are fully encased in another material.

The next phase of the ordifood vendors within city limits nance goes into effect on May 24, with a ban on the sale and distribution of egg cartons, food service ware and food trays made in whole or in part

In an effort to create a Additionally, all food service from polystyrene foam. This provision includes bowls, plates, trays, cups, lids and other similar items designed for one-time use for prepared foods, including containers for dine-in, takeout food and leftovers.

> Acceptable alternatives that will be allowed under the ordinance include recyclable plastics, aluminum and both recyclable and non-recyclable paper products. Compostable plastics or other products like sugarcane or a sugar cane byproduct material known as bagasse are not acceptable alternatives due to possible contamination of the recycling and yard waste streams by those products.

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1426 Loring St. 4BR | 3BA | 2,659 sq. ft. | 7,400 sq. ft. lot

Single-family, North PB home with ocean and bay views! The open-floor concept features dual master bedrooms and dual living spaces. The bottom level includes 3 bedrooms, one of which is a master with an ensuite bathroom. The top floor boasts a private master suite with an oversized ensuite bathroom and a second living space. Enjoy a large custom landscaped and hardscaped backyard and a two-car garage. Call NOW for more information and to schedule a private showing before this one hits the market!



4600 Lamont St. #4-130 **OPEN HOUSE Sun. 1-4**

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Renovated, pool-view condo in the highly-desired Pacific Beach complex. The Plaza! This unit gets an abundance of natural light, has newer dual-pane windows, an updated kitchen and bathrooms, a ceiling fan, and a fireplace in the living room. Each bedroom has an ensuite bathroom and tons of storage in the oversized closets. Enjoy an assigned parking space in the covered, secured parking garage and relax on your exclusive patio. Live a resort-style life with all of the incredible amenities The Plaza has to offer, such as a pool, spa, media room, billiards room, fitness area with a sauna, 24-hour security, guest parking and so much more! Call NOW for a private tour.



4410 Gresham St. 2BR | 2BA | 1,509 sq. ft.

Our first-time homebuyers just closed escrow on this brand new construction townhome with sunset/ocean views, an abundance of outdoor space, and coastal vibes. The property is located just 7 short blocks from the beach and includes a one-car garage and extra off-street parking space. We helped our clients purchase the property at the great price of \$750,000, which was \$29,000 less than the asking price. Call NOW if you're also looking to purchase your dream home!

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Local environmentalists favor regional Green New Deal for San Diego

By DAVE SCHWAB | BEACH & BAY PRESS

ocal environmentalists are endorsing a San Diego Green New Deal to develop a regional vision to fight climate change and build economic sustain-

card compiled by nonprofit Climate Action Campaign, San Diego had some high, and low, marks.

"There are some genuinely positive things happening addressing climate change in the City and County to get to 100 percent renewable energy by 2035," said Sophie Wolfram, CAC director of programs, who cited planned conversion to Community

Choice Energy by San Diego and eight regional cities as one "bright spot."

Wolfram warned however that "the region is not on track to hit our state and regional climate targets, and cities are still working independently of one another."

Worse yet, according to the CAC According to an annual report report card, the County's Climate Action Plan continues to focus on building sprawl development, which locks in dependence on private cars, while jeopardizing regional progress, potentially setting a dangerous state

> The objective now is to "close the gap between where we are, and where we need to be," said Wolfram. "The idea is we need a bigger, broad

'The region is not on track to hit our state and regional climate targets. The idea is we need a bigger, broader regional vision.' -sophie wolfram, CLIMATE ACTION CAMPAIGN

er regional vision to fight climate calls for eliminating half of all greenchange."

A similar energy-sustainability effort was launched nationally in November by activists occupying U.S. House Speaker Nancy Pelosi's office. They called for a Green New Deal, the goal of which is to significantly reduce the country's greenhouse gas emissions, while shepherding the economy and energy sectors away from fossil fuels and toward carbon neutrality by 2030.

house gas emissions, and requiring all electricity used in the City, to be from renewable sources by 2035.

San Diego's Green New Deal proposal followed the release of CAC's 2018 climate report card.

A San Diego Green New Deal would be a regionally scaled version of the proposed national initiative uniting all the region's cities and public agencies to cooperate in implementing climate solutions necessary

change while building prosperity, creating middle-class jobs and tackling income inequality.

"We are committed to creating catalytic change here in our own backyard and modeling success for the rest of the nation," said Maleeka Marsden, CAC report card lead author. "We have already proven we can model success for the nation with our landmark goal to achieve 100 percent renewables by 2035. Now we can model bigger-scale solutions The City's Climate Action Plan to stop the worst impacts of climate on the path to a climate-safe future."

Circulate San Diego says new MTS ballot measure could fund transit, pothole repair

By DAVE SCHWAB | BEACH & BAY PRESS

ransportation think tank Circulate San Diego released a report March 6 finding that a Metropolitan Transit Service ballot measure could raise much-needed revenue to help the city meet its ambitious transportation- and climate-action goals.

"Our report, Transit Together, showcases that if MTS were to put a new ballot measure together for the region, that could fund up to \$10 billion of new transportation improvements (during the next 40 years)," said CSD executive director and general counsel Colin Parent. "These improvements could include a new trolley line from San Ysidro to Kearny Mesa, increasing the frequency for our existing bus facilities or funding for new and better service on our existing trolley lines."

"MTS has the opportunity to reinvest \$10 billion in local revenue to improve our transportation network



and create good paying local jobs, and we look forward to working with MTS to ensure the proposal does just that," said Armando Nuñez, who is with the Southwest

Commented Andy Hanshaw, president of the San Diego County Bicycle Coalition, "This MTS measure is about safety, improving our roadways and sidewalks for bicycles and pedestrians to get safely to tran-

Colin Parent, executive director and general counsel of Circulate San Diego, speaks at the press conference at Old Town Transit Center.

sit stops, schools, senior centers and local communities. It's also about the potential to fill gaps in our regional bicycle network that will connect routes for bicyclists throughout San Diego County."

Added Hawkins, "It's also an opportunity to improve access and amenities in and around transit centers, and provide communities with needed funds to implement projects on their own that connect with transit. A strong transportation system benefits all of us whether we drive, walk or bike to work, school or our local businesses. It provides more choices to get us moving safely to more places."

Parent said the purpose of the March 6 press conference was to do outreach to "get people talking about what they'd like to see if a ballot measure like this passes."

In order for the city to have a chance to meet its transportation mode-sharing goals in San Diego's Climate Action Plan, Parent noted, "We're going to have to have more (financial) resources." He added the decision on whether to go for a ballot measure is up to MTS's governing board to decide. "We hope this starts the conversation about what people would like to see with a ballot mea-

The City of San Diego's adopted Climate Action Plan calls for eliminating half of all greenhouse gas emissions in the City, and to have all electricity used in the city to be from renewable sources by 2035.

"This measure could be a transportation solution for our future and generations of San Diegans to come," concluded Hanshaw.

Promoters of a new transit tax to raise money for mass-transit expansion said they would target 2020 as the date for a ballot measure.

Trial begins for man accused of robbing pregnant woman in PB

By NEAL PUTNAM | BEACH & BAY PRESS

he home invasion trial man suspected of robbing a pregnant woman in her Pacific glary. Beach apartment.

dent at the Cedar Shores Apartments in the 2100 block of Pacific

"Meet Mr. Graham," said Deputy District Attorney Lucille Yturralde, gesturing to Graham in her opening statement to the seven-man, fivewoman jury before San Diego Superior Court Judge Robert O'Neill.

"He's an opportunist, a robber, and a burglar," said Yturralde. "He took what he saw."

Graham's attorney, Denis Lainez, told jurors Graham was under the influence of vodka and opened on March 19 for a methamphetamine and lacked any intent to commit robbery or bur-

Lainez said Graham and the James Lee Graham, 41, is woman with him only were there accused of burglary, robbery, false to look up an acquaintance in the said. imprisonment, and resisting an same building. Lainez said "it was officer in the Dec. 14, 2017 inci- an accident" the two people came knife in his sleeve. He was pointinto the apartment as they were looking for the acquaintance.

> Lainez said Graham has bipolar personality disorder and he will testify in the trial, which is estimated to last at least a week. "He doesn't remember doing this," said

The prosecutor said Graham and a woman walked into the apartment of Carolina Souza who was working on her computer around

9 p.m. Souza's husband had left the front door unlocked because he was doing laundry on another Diego Police in which she said a floor, said Yturralde.

Souza identified Graham in court as the "very nervous, very agitated" man who burst into her her words. apartment. "I was very afraid," she

ing it at me," said Souza. "I believed it was a knife."

Souza said she was seven months pregnant after previously having a miscarriage. "I was concerned for the baby," she said.

Souza said Graham and the woman with him took her computer, laptop, cell phone, and wallet before leaving. "I told him he could have anything he sees," adding that he asked her for a car.

Yturralde played the recorded 911 call that Souza made to San man with a knife and a woman had robbed her in her apartment. The witness wept upon hearing

The jury was not told that codefendant Stephanie Nicole "He was imitating that he had a Majsterski, 25, pleaded guilty to all charges and was sentenced Sept. 28 to five years in state prison.

Graham was arrested a few blocks from the apartment, but Majsterski stole a police vehicle and drove it to Fiesta Island. Majsterski drove it into the water, but she was also arrested while trying to hide in sand around 9:30 p.m.

If convicted, Graham faces 63 years to life in prison. He has pleaded not guilty in this case and remains in jail on \$600,000 bail.

SUSPECTED CARJACKER ORDERED TO STAND TRIAL FOR KIDNAPPING, ASSAULT

A suspected carjacker has been ordered to stand trial on April 30 for kidnapping, and assaulting a man in Pacific Beach who lost his car at gunpoint after he was pistol whipped.

Deputy District Attorney James Koerber said March 13 that Skyler Jace Battreall, 20, faces a life sentence in state prison if he is convicted of the charges.

Seven witnesses including the victim testified March 11 in the preliminary hearing before San Diego Superior Court Judge Howard Shore. He was ordered to stand trial for carjacking, kidnapping during a carjacking, and assault with a deadly weapon.

The incident occurred on Oct. 14, 2018 around 9 p.m. near the intersection of Grand Avenue and Haines Street. A 21-year-old man said Battreall asked for a ride and got inside. The suspect then pulled a gun and pistol whipped the victim, knocking out some of his teeth. The victim drove a short distance and then pulled over, running out of the car in the 1400 block of Grand Avenue.



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New Local H20 in Pacific Beach specializes in purified and alkaline-infused water

By DAVE SCHWAB | BEACH & BAY PRESS

shley Paradise and Anthony Lauria are really serious about water.

So much so that the couple have made the natural resource their business. They recently opened Local H2O specializing in alkaline-infused water in the retail space that was formerly Frat Boy Donuts on Garnet

"We're taking city water and putting it through our seven-stage, reverse-osmosis filtration system," said Lauria. "It purifies it. Purified water helps your hair and nails grow, helps your digestion, your skin."

"I've always been on the health, wellness and fitness side, always been an athlete," said Paradise. "So for me using water is more about being healthy and aware of my body. Our body is made of 60 percent water. If you want nice skin or want to lose toxins."

The company's motto is, "Come hydrate your soul.'

Why mineralized water?

"Water is great for you out of a natural spring," Paradise said. "We wanted to mimic that."

Noting unfiltered tap water has "a lot of nasty stuff" as well as impor-



Ashley Paradise and Anthony Lauria recently opened Local H2O. DAVE SCHWAB / BEACH & BAY PRESS

tant minerals the human body needs, Paradise said reverse osmosis separates the good from the bad making water "99.9 percent clean. Then we weight – use water. It washes out the infuse it with potassium, magnesium and calcium."

> Purified water is 55 cents a gallon at Local H2O, and mineralized, alkaline water with electrolytes is \$2 a

> "A whole setup is what we call it," said Paradise of the stand and water bottles dispensing water they also sell. After becoming Pacific Beach resi

LOCAL H20

What: 1380 Garnet Ave.

Hours: 9:30 a.m. to 7 p.m. daily.

Info: 858-246-7816, 661-304-8928 localh20pb.com, localh2opb@gmail.com.

dents in 2010, the couple said they "just really wanted to bring something to offer PB."

Lauria said they ended up choosing osmosis by elimination. Lauria had been selling motorcycles and parts. Paradise has worked with cheerleaders selling cheer cams and being an instructor.

Said Lauria: "We wanted to own a local business, but we didn't want to own a taco shop or a pizza place or a gym. She's always been into the health and wellness side of things. So we just decided, 'Let's look around and see what we can find.' We thought water. Alkaline water."

There are several faucets coming off Local H2O's reverse osmosis machine that customers use to fill their own water bottles, a wide selection of which are for sale in-store.

"We've had a good array of customers," noted Paradise. "Mostly people in the neighborhood."

"People are intrigued by the alkaline water," added Lauria.

Art and yoga studio for children opens in PB

By EMILY BLACKWOOD | BEACH & BAY PRESS

fter teaching children of all ages for more than 25 years, Jennifer Takahashi has come to understand the value of rich, creative experiences – and that every child has a right to them.

Her experience working in both education and as an artist led her to start The Grateful Dandelion Atelier, a yoga, mindfulness, storytelling and art studio specifically made for

Since quietly opening her doors at 4640 Jewell St. in August, Takahashi has been leading classes in everything from nature observational drawing to fiber arts to piratethemed yoga. While a yoga class might seem like a difficult thing to get kids to participate in, she's found a way to make it fun and imagina-

"I call it YIM – yoga, imagination, and mindfulness," Takahashi said. Each class includes a story component with real-world facts that tie into the different poses and centering techniques the children are doing. And rather than try to get them all to be still for Shavasana, the students are instead told a story without an ending. Then they're asked to close their eyes and imagine what happens next.



Jennifer Takahashi opened The Grateful Dandelion Atelier in August. EMILY BLACKWOOD / BEACH & BAY PRESS

their shoes, they share with each other how their story ended," she said. "It's good for them to know that you don't always have to be entertained and that a screen doesn't always have to be the producer of creative ideas."

Classes at The Grateful Dandelion Atelier are for children ages 3 1/2 and up and typically include no more than seven to eight students because Takahashi feels that the kids learn best in a small group. And when they're in a smaller environment, she often sees them learning things from each other.

connection," she said. "It's fun visit thegratefuldandelionatelier.blo "Often when they're putting on when there's a multi-age group

THE GRATEFUL DANDELION ATELIER

Where: 4640 Jewell St.

Info: 805-452-4595.

thegratefuldandelionatelier.blogspot.com.

because then they're learning from each other. And it's not always the bigger kids teaching the little kids; sometimes the older ones learn something new from the younger ones."

And her classes are not just for kids. Takahashi also hosts an occasional Creativitea Night for adults to come and spend some time flexing their creative muscles. While that wasn't her original intention with the studio, she found that adults need to set aside time to express themselves just as much as children do.

"I think our society right now is at a crossroads, and we need to figure out a new pace," Takahashi said. "It's sad that we're tired by Wednesday with jobs where we're just waiting to punch the clock. We need to be drawing more balance in our lives and it's important for both adults and kids to have these makea-mess moments."

To see a list of classes available at "You learn best when you feel a The Grateful Dandelion Atelier, gspot.com.



LARGEST SELECTION OF SELF SERVE CRAFT BEER - FREEDOM TO POUR!

Surf City Pizza & Gelato serving Neapolitan pies in PB

By DAVE SCHWAB | BEACH & BAY PRESS

ary Zendell bootstrapped himself into the Pacific Beach restaurant business.

The owner of recently opened Surf City Pizza & Gelato at 4263 Mission Blvd., formerly a Subway, has come full circle. He's now located directly across the street from where he started out selling "sausage bomb" sandwiches years ago from a hot-dog cart in front of the Open Bar on Thomas Avenue.

"It was a spicy, jumbo andouille sausage with bacon, cream cheese, caramelized onions and a jalapeño pineapple relish that sold for \$5," Zendell recalls. "It was a legend."

After returning from Australia in 2005 where he was a teacher and met his wife, Isabel, Zendell started Platinum Party Rentals in 2006 with less than \$5,000. Within three years, Platinum had grown into a \$600,000 company.

But being a restaurateur was in Zendell's DNA. "My grandmother owned a New York kosher deli," he noted.

He discovered he had a flair for recipes.

"I realized I had a passion and knack for flavors, though I have no formal training," Zendell said, adding his sausage bomb was so good Isabel told him, 'You have to



Surf City Pizza & Gelato serves authentic Neapolitan pies with a twist, offering fun little pizzettes.

sell this, this is amazing."

That led to Zendell's first restaurant. IsaBella Artisan Pizzeria & Craft Beer Garden in BayHo where he lives, which opened in 2013. The name is a composite of Isa, for his wife, and Bella, meaning "beautiful."

"I put together a full-service classic Italian menu with gourmet pastas, made some handcrafted furniture and have amazing local craft beer and rotating wine lists," he said.

But Zendell had a problem. "People from PB don't like to cross the freeway," he said, which led to his

create Surf City, a natural outgrowth. "I wanted to do a quickserve extension of Isabella," he said about his new eatery, which opened

"We're doing the same authentic Neapolitan pizza with a twist, offering fun little pizzettes," he said, noting his football-shaped mini pies served in a foil-lined pouch for easy takeaway to the beach have been a

Surf City's menu also offers a variety of 14-inch Neapolitan pizzas, gelato, gelato sandwiches, and salfinding a spot closer to the beach to ads available by counter service and

SURF CITY PIZZA & GELATO

What: 4263 Mission Blvd.

Hours: Sundays-Mondays 11:30 a.m. to 9 p.m.; Tuesdays-Thursdays 11:30 a.m. to 10 p.m.; Fridays-Saturdays 11:30 a.m

Info: pizzasurfcity.com, 858-886-7566.

through delivery to the beach, as well as to surrounding areas through third-party applications.

Zendell plans to eventually have servers in bikinis delivering his handheld pizzas and gelato sandwiches directly to the beach.

Multi-family apartments sold in Pacific Beach

San Diego-based DMJ Partners has purchased a multifamily project consisting of five buildings with 12 units for \$5.5 million. The project is located at 3929-3933 Gresham St. and 3958-3966 Riviera Drive in the Crown Point neighborhood, one block from Mission Bay. The project was built in 1977 and is comprised of houses, townhomes and one- and two-bedroom apartments.

The units offer open floor plans with fireplaces, some water views, private garages and patios with significant onsite parking. DMJ Partners plans to complete significant renovations to the interior and exterior of the project.

DMJ Partners plans to transform the multi-family project to align with the young, professional, hip and beachy atmosphere of the neighborhood.

DMJ Partners was represented by Katie Herrick of Ascent Real Estate in the transaction and the seller was represented by Patrick J. Park of Dunn, Realtors/Park Pacific Proper-





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Country singer Stephanie Quayle will perform Friday-Saturday, March 22-23 at Moonshine Beach.

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LIVE MUSIC: Rising country music star Stephanie Quayle to perform at Moonshine Beach

By BART MENDOZA | BEACH & BAY PRESS

Moonshine Beach for a twonight stand on March 22– 23. Recently named one of CMT's "Next Women Of Country" Class of 2019, Quayle is currently touring **2241 Shelter Island Drive. 7 p.m.** behind her new single, "If I Was A Cowboy." Well on her way to national stardom, she's already made her Grand Ol' Opry debut and has a set list full of modern country tunes, that are as radio friendly as it "Selfish" a nice melodic edge. From the attention her new single is getting it's clear she'll be headlining much bigger stages soon.

Stephanie Quayle: Friday-Saturday, March 22-23 at Moonshine Beach, 1165 Garnet Ave., 9 p.m. moonshinebeachsd.com.

Fresh off her win for "Best Blues" at this year's San Diego Music Awards, singer Casey Hensley performs at Humphreys backstage Live on March 25. Hensley is a powerhouse vocalist, with a voice that can go zero to 60 in a heartbeat. She can croon with the best of them.

floors. Hensley is currently in the April for a series of performances. studio finishing up her sophomore In order to help students with tephanie Quayle comes to album, but live is where the magic happens and where Hensley, as well as her backing band, really let loose.

> Casey Hensley: Monday, March 25, Humphrey's Backstage Live, humphreysbackstagelive.com.

Anyone looking for a mid-week pick me up will want to check out Israel Maldonado on March 27 at the Duck Dive. Singing in both gets. Quayle has a touch of soul in Spanish and English, playing his sigher vocals giving tunes such as nature nylon stringed guitar, Maldonado's Latin-tinged tunes are compelling and engaging, while his picking style, especially when backed by his looping pedals is inspired. With a repertoire that includes Latin standards such as "Samba Pa Ti" and pop hits like "How Deep Is Your Love," Maldonado offers up something for just about every musical taste.

> Israel Maldonado: Wednesday, March 27 at The Duck Dive, 4650 Mission Blvd. 7 p.m. All ages. theduckdive.com.

Mission Bay High School's acclaimed student band, The Preserbut her forte is rockin' blues vationists, alongside music director shouters, perfect for filling dance JP Balmat, will travel to Japan in

expenses, a concert featuring jazz bassist Rob Thorsen will take place on March 28 at the Japanese Friendship Garden in Balboa Park. Thorsen is one of the lynchpins of San Diego's music community, a gifted teacher, composer and artist, playing with a who's who of toptier talent from Steph Johnson to Gilbert Castellanos.

Rob Thorsen: Thursday, March 28 at Inamori Pavilion, Japanese Friendship Garden, 2215 Pan American Road E., Balboa Park. 7 p.m. moonshinebeachsd.com.

For heavy metal fans there is no bigger annual event then the Wacken Open Air Festival in Wacken, Germany. Now in its 29th edition, this year's sold out festival takes place Aug. 1-3, and has an opportunity for new talent, with a worldwide battle of the bands selecting the winner. On March 30, Brick by Brick will feature round one, with a lineup that includes Beekeeper, Convent, Manic, Nightshadow, Killing Tyranny and Vuture.

Wacken Battle of the Bands: Saturday, March 30, at Brick by Brick, 1130 Buenos Ave. 8 p.m. 21 and up. brickbybrick.com.



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Milkman still delivers to Pacific Beach, just like Roy Dwyer did for 40 years

By WILLIAM MERRILL | BEACH & BAY PRESS

here is still a milkman delivering milk in Pacific Beach and La Jolla. I know this because he still delivers milk to my house.

His day starts before dawn and goes until after 7 p.m. I have been asked to not give out his name or phone number. He is not adding any more customers. The route is long enough. No new customers please!

For more than 30 years I worked for Roy Dwyer, who was a milkman in Pacific Beach, southern La Jolla, Mission Beach and Point Loma. He drove an old Divco milk truck with standup driving and a cow "moo" horn. He worked from the early 1960s until the early 2000s.

The route served generations of customers from grandparents to great-grandchildren. There were commercial stops like the Beachcomber, the Pennant, and the Silver Fox. He had his circle of sin in the Sports Arena district, including the Body Shop and Pacers. After that, he would serve customers in The Orchard



seniors' apartment complex. Some things he didn't do for money. He became a much on the way home from the groloved part of thousands of peocery store. Once-warmed milk ple's lives.

veteran. He fought his way across the Pacific, as a special operations type platoon leader. He came back from the war with a strong belief that it is an honor to serve. Bringing milk to customers is an honor, some-daughters have been spoiled by thing to take pride in.

Dwyer lost his sense of smell by breathing too much gun powder. I became his taste tester and quite good at that. I could tell if

the customer's refrigerator was too warm, if the milk had been left out, or was about to go bad.

We worked as a team, me running the milk to the door or to the refrigerator inside. Dwyer driving and keeping the books. Some of the houses had large dogs. They would come running at me barking. I put the milk bottle between me and the dog. Right in their nose, with the smell of milk, their opinion of me changed. I am lucky it always worked.

The main advantage of milk delivery is taste. Milk tastes different after it has been warmed has a flatter taste with a slight Dwyer was a World War II cooked butter fragrance and a feel of fat on the tongue not quite sour but an off flavor.

Milk that has always been cold keeps its crispness and the creamy smooth flavor of its homogenized butter fat. My milk delivery. They have had it all their lives and will leave the once-warmed "left out" milk for me. The milk is not spoiled, just my daughters.

Kindness Gems in PB helps raise funds for sex trafficked victims

By VICTORIA DAVIS | BEACH & BAY PRESS

or three years, **√** Julia Freifeld was a crisis counselor for survivors of sexual violence. She worked with her clients while also perusing her own education at California Polytechnic State University.

Feeling, as described, "emotionally burnt out," Freifeld looked for another way she could invest in the victims she cared for while still maintaining "my own inner peace." That's when she started a seaglass-based jewelry company called Jewels for Change.

"I felt like sea glass symbolized the journey of going through rough ocean waters and then coming out this beautiful and resilient survivor," said Freifeld.

The young entrepreneur would sell her jewelry to raise money for local nonprofits and charities. After discovering Healing Gemstones—a practice that's



California's coast Freifeld transitioned Jewels for Change to Kindness took on the company full time after graduating.

and make people feel like the best versions of themand heads Kindness Gems many others. from her office in PB.

is a super sentimental for 45 minutes telling me thing. You go on vacation their stories, their strugand you get a necklace gles...and I'm able to get there that will always to know each of them remind you of that trip. very personally," said Jewelry has an emotional Downes. "That's what tie as well and I feel like makes this business so I've met so many people who have a necklace that their great-grandmother

KINDNESS GEMS

Customers can catch Julia Freifeld and Bri Downes selling their Kindness Gems jewelry at the Ocean Beach Farmers Market. Or visit kindnessgems.com and use promo code: SPREADKIND-NESS.

been highly utilized along gave them or even how a wedding ring is this significant symbol of love."

Partnering with anoth-Gems her senior year. She er local jewelry enthusiast Bri Downes, who Freifeld met at Ocean "Gemstones have such Beach's weekly farmers a capacity to heal people market, Kindness Gems sells necklaces, rings and earrings decorated in Citselves," said Freifeld, who rine, Rose Quartz, Aquanow lives in Ocean Beach marine. Moonstone and

"There are times where "I've always felt jewelry I have people at a booth incredibly special."

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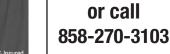


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Mission Bay spring sports updates for baseball, softball, track, indoor volleyball and tennis

By DAVE THOMAS | BEACH & BAY PRESS

Softball

Mission Bay, under head coach Vince Ichihara, went 19-6 a sea-

"This year we only have one senior and are a pretty young team," Ichihara stated. "We expect big contributions from senior Keke Valverde Flores: juniors Cassidy West, Chev Chavez, Catt Griffiths; sophomore Paige Pallamary; and the talented incoming freshmen K-Bar Bucher, Kira Monji and Kylie Maratea."

Heading into action this week, the Bucs were 6-1, including a win over Division I fifth-ranked Santana, a game pitched by Bucher.

"I expect us to have a great run this season as we get healthier,' Ichihara continued. "We started off with some injuries but are working through it and learning how to play with each other. Everyone is getting settled in and comfortable.

be one of the best teams in the county and definitely in our division. We just need to get healthy and keep getting better."

Mission Bay is scheduled to visit Christian High on March 21.

Baseball

On the baseball diamond, the Bucs, under head coach Dennis Pugh, field an extremely young team in 2019.

two juniors," Pugh commented. Through the first 10 games of the season, the Bucs are sporting a 2-8 mark.

'We play an upgraded schedule the first part of the year to help our power ranking, which determines your CIF playoff ranking in which we are in Division IV," Pugh added.

According to Pugh, top players early on include sophomore Declan Lynch, junior Dusty Schraeder, sophomore Caleb Dickinson, sophomore Braiz Ramirez



BUCS LACROSSE

Mission Bay girls lacrosse players celebrate after beating Valhalla, 10-5, in their season opener. The Bucs are currently 2-4 and play host to University City at 5:15 p.m. on March 22 in their next game.

and sophomore Kai Taniguchi.

Mission Bay is slated to host rival La Jolla on March 21.

Track and field

Head coach Danny Perez is look-"When healthy I think we can ing for another pair of winning campaigns this season.

> The boys went 7-0 a season ago. Mission Bay had won 23 dual meets in a row to claim its second straight City League crown a year ago. The Bucs saw their win streak end last week in a loss to La Jolla.

The Bucs were moved into the tougher Eastern League this time around with the likes of Saints, Our Lady of Peace. San Diego. Serra, La Jolla, Hoover and Morse. "We start six sophomores and Mission Bay is 1-1 on the young season. The Bucs fell to La Jolla (89.5-46.5) and beat Morse (69-

According to Perez, team leaders are senior Nick Archer (high jump, triple jump, long jump) who is the 2018 City Field Athlete of the Year. Archer leads the league in the triple jump at 43.5 feet.

Not far behind is junior Alec Pletogher, who is the leader in the long jump (21 feet), second in the triple jump (42.2 feet) and currently, tied for second in the league

in high jump at 6-feet.

On the track side, the distance squad is led by junior TK Berhe, who leads the league in the 1600 (4:35) and is in the top five in the 3200m (10:09).

The girls finished 4-3 a season ago. Gina Queck, who leads the league in the 800, 1600 and 3200m, looks to have a bounceback season as her season was ended a year ago due to injury. She is a 2017 state-meet qualifier in cross country and looks to win a few league titles at Eastern Finals.

Senior Brooklyn Grooms is the defending pole vault City League champion and looks to win her third league title in four years.

Junior Lilian Robinson is the leading 100m runner, long jumper and has taken up the skill of pole vault as well.

"I expect this season to be a bit tougher in year's past but we can still push to win a league title if we win the rest of our meets and get help," Perez commented. He added that he also wanted to thank the coaching staff and admin for all the support to the team.

SEE SPORTS, Page 13

EDUCATION NOTEBOOK>>

MISSION BAY HIGH

- In honor of Dr. Martin Luther King Jr.'s legacy and to help make a positive impact in the San Diego community, Mission Bay High School and the UC San Diego partnered together for an MLK Service Day at the Bay. This collaboration grew from a partnership between the ACES after-school tutoring program coordinated by Dr. Ron Lancia and the UCSD Education Corps volunteer tutors led by Kylin Copthorne, UCSD Service Team leader Casey Simon's team of university volunteers worked with MBHS students and teachers to plant succulent gardens, paint conference rooms, set up a college corner in the library, design a costuming and makeup studio for the IB Film Program, complete a campus-wide cleanup, and create a memorial of Dr. King.
- Led by International Baccalaureate marine science teacher Steve Walters, the school's National Ocean Sciences Bowl team practiced for several months preparing for the ocean science competition. "The students were well-prepared and had a great time competing in the NOSB. This is iust one part of the BlueSTEM Career Technical Education (CTE) Pathway that we have developed at Mission Bay High School," Walters said. "Students are able to bridge the gap between them and the career opportunities San Diego's Bluetech industry has to offer."

PACIFIC BEACH MIDDLE

- PBMS Concert Band and Orchestra will present their March Pops Concert in the PBMS auditorium on Thursday, March 21, 6:30 p.m. It's a fun event for the entire
- A PBMS tour will take place 8 a.m. and then meet in the media center to meet Principal Meng and IB coordinator Jennifer Sims to hear about the selection of programs offered at PBMS. A tour of the school will take place after the presentation.

PACIFIC BEACH ELEMENTARY

■ Led by fifth-grade teacher Dave Sandler, Pacific Beach Elementary's Rubik's Cube team of fourth and fifth graders solved 25 cubes collectively for a time of 4:08. Loki Barrett took third place in the solo competition. "They have been practicing since October. About 6 percent of the world extreme focus, dedication, and obviously are pretty special people to accomplish



Mission Bay High School students Ashley Slomba, Zoe Wynne, Emilie Otterson, and Margo Walker competed in the National Ocean Sciences Bowl at University of San Diego on Feb. 23, placing fourth overall.



CPJMA violin teacher Stephen Lucas and his students performed at the SchoolYard Dash on Sunday, Feb. 24 to showcase the Suzuki Violin program available for students from TK-fifth grade.

something like this," said Sandler.

■ FOPBE will present "A Night at the Speakeasy" at Marina Village on April 26, 6 to 11 p.m. Enjoy a night full of fun, food, Thursday, April 4. Sign in at the front office entertainment, and an auction to raise funds for PBE. Tickets are on sale at pbe.schoolauction.net/speakeasy/register/ticket_sales.

BARNARD ELEMENTARY

 Hundreds of Barnard Mandarin Magnet Elementary's students, parents, teachers, and staff dressed as their favorite Dr. Seuss characters on March 6, in recognition of the National Education Association's "Read Across America" celebration, held on famed author Theodor Seuss Geisel's birthday. Festivities in "Seussville" enjoyed a parade around the school's blacktop and can solve a Rubik's cube; these kids show classroom visits from the Cat in the Hat and other Dr. Seuss characters (also known as PE teacher MJ Leone and members of the

grade student Ophelia C.

CROWN POINT

 Seas the Night Dinner and Silent Auction will take place on Saturday, May 11 from 5 to 9 p.m. at Mission Bay Yacht Club. Early bird special ends March 31. To purchase tickets visit friendsofcpjma.com/auction2019/.

FOPRSS

■ The Taste of North PB Restaurant Walk will be held on Wednesday, April 10, 5 to 8 p.m. Join the community in sampling food from restaurants in north Pacific Beach and enjoy student art and music from local musicians along your walk. Tickets are \$15 for adults and \$10 for children ages 5-10 years old and can be purchased at MBHS,

student council). "Having a day devoted to Dr. Seuss is a good idea because it makes reading more fun and exciting," said fourth





Kate Sessions third graders, Isabel Slomba and Samantha Rhine, are working to reduce their carbon footprint by composting. Each day they take a bin to the cafeteria, fill it with leftover fruit and vegetable scraps, and add it to the composting container in the school garden. Over time, the scraps become a nutrient-rich soil that will be used to fertilize the school garden's fruits and vegetables.

PBMS, PB Elementary School, Leilani's Normal St. Over the next three weeks, San Cafe, Pernicano's Pizza House, and Java Earth Cafe. Tickets will be available the night of the event at the Turquoise Animal Hospital. All contributions benefit FOPBSS to help enhance programs at local PB public schools.

SAN DIEGO UNIFIED

■ The San Diego Unified School District invites the community to experience its annual Student Art Exhibit through April 12 at Eugene Brucker Education Center, 4100

Diego Unified will present a diverse array of 640 artwork pieces by students in grades TK-12. Students from 12 high schools, 10 middle schools, one K-8 school, and 26 elementary schools from throughout the district will showcase their work. Additionally, students and teachers from across the San Diego Unified District will be honored at the VAPA Spotlight Awards for their artistic contributions to teaching and learning at an Academy Award-style ceremony. For more information, visit sandiegounified.org.

SPORTS » CONT. FROM PG. 12

Bovs tennis

Mission Bay, under head coach Trong Tong, went 3-9 overall (3-5 in league play) a season ago. Jake Stone did make Individual CIF as a freshman last season.

According to Tong, key players expected this season include junior Darin Robinson, sophomore Jacob Price, Stone, senior Nicolas Guevara,

more Terrence McClaron.

"Although we have a handful of returning players this season, we've lost a couple of key players who have since relocated, one of whom was a freshman (Arthur Maury) who was one match shy of qualifying for Individual CIF," Tong remarked.

"Despite the notable losses, our team did enlist a few new underclassmen who will undoubtedly bolster our roster in the next few seasons. While these players are inexperienced, they

that's required to be impactful in our future lineups.

"Due to the annual reshuffling of our leagues, this season's schedule appears to be a tad easier than the last. With nearly half our team being rookies, we've managed to get off to a 5-1 start this season, with our lone loss going to league rival Serra High."

Boys indoor volleyball

Mission Bay finished 7-7 a season

senior Sebastian Medina and sopho- are showing the focus and dedication ago, barely missing out on the play- 6-feet tall opposite hitter/setter Filson, the Bucs went 2-3 with a 15th up into starting positions. place finish out of 48 teams.

> "We returned six players from last year's team, which includes 6-feet 7-inches tall senior middle Josh Leon, 6-feet 3-inches tall senior outside hitter Zander Caufield and 5feet 8-inches tall senior setter Tetsuro Escudero," head coach Nikki Caufield said. "A couple of the young guys from last year's team including 6-feet tall middle Alexis Vergnet and

offs. In their first tourney of this sea- ippo Miticocchio have also stepped

We got a huge boost with the addition of 6-feet 3-inches tall junior outside hitter Ian Briski, 5feet 10-inches tall junior outside hitter Jackson Priest, 5-feet 9-inches tall junior libero Ryan Derry and 5feet 6-inches tall freshman setter Aric Johnson."

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JUST LISTED IN S. MISSION BEACH



Situated in a boutique, 4 unit building in an ideal South Mission Beach location, this 3 bed/2 bath condo has so many desirable features! In-unit laundry, side-by-side 2-car garage, private balcony, & peekaboo ocean views are a treat, & the unit also enjoys an updated kitchen w/ granite countertops, newer dual pane windows, & a spacious master bedroom. Turn-key vacation rental! Steps to the beach & a tranquil Mission Bay enclave. Walkable to shops and restaurants. Quick access to Seaworld Dr., I-5, & I-8.

805 Devon Ct | Offered at \$899,000



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The Long and short of it— I love what I do!

not trade living here for anything. I have worked at newspapers for over even met my husband here. 24 years starting in the accounting department and then due to down-I have never looked back.

In 1998 while selling for another

love the sun and beach — I would my resume and I have been happibeach I love my cat Koa, who I got ly selling here for over 21 years! I

After working together for 14 years we finally tied the knot in 2012. sizing I was offered a sales job and Though Í specialize in real estate marketing I enjoy meeting and helping all types of businesses. I local publication, everyone I spoke have a strong passion for animals. to told me that if they ever ran ads My husband, Mike, and I take full it would be with the Beach & Bay advantage of our zoo membership.

Born and raised in San Diego, I Press, so I picked up a copy, sent in In addition to sales, sun and the from a client in Pacific Beach and my rescue dog Penelope. Next time you see us our walking or jogging be sure to say "hi".

> **Heather Long Marketing Consultant** San Diego Community New (858) 270-3103x115

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Sun 1-4 pm
PACIFIC BEACH
Fri 12-2 pm
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Sun 2-5 pm1969 Loring Street3BR/3BA\$1,995,000 - \$2,195,000Nellie High 858 886-9223
LA JOLLA
Sat 1-4 pm
Sat 1-4 pm
Sat 1-4 pm
Sun 10-1pm
Sun 1-4 pm3129 Bremerton PI5BR/3BA\$2,295,000The Reed Team 858.395.4033
Sun 1 - 4pm
Sun 1-4pm
DOWNTOWN
Sun 1-4pm
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819 Nantasket Court MISSION BEACH

Sun 1-4 pm8374 Beaver Lake Dr4BR/3BA\$825,000Jim 0'Donnell 619.990.8522

2 Bed + 1 Optional Bed | 2.5 Bath | 1,292 SF

One home from the water, this tri-level townhome is the perfect retreat, located on one of North Mission's nicest walking and tree-lined courts. Best value on the market in all of Mission Beach for a townhome of its size!



3737 Balboa Terrace Unit A **BAY HO**

2 Bed | 2 Bath | 1,120 SF

Panoramic, ocean views and endless sunsets from your living room and patio! This Bay Ho townhome is the perfect place to call home.

Open House this Saturday 3/23 1-4 PM.



500 W Harbor Drive #107 DOWNTOWN

2 Bed | 2 Bath | 1,489 SF

Luxury townhome living in the Marina District at Cityfront Terrace. Enjoy stunning interior updates, oversized private patio terrace & top of the line building amenities.

Open House this Sunday 3/24 1-4 PM.

Call for More Details or to Schedule a Private Showing.



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Greg's Best Buys for March



Ocean Views at See the Sea

Terrific Opportunity to Own a 2 Bedroom Ocean View Condo just steps to one of San Diego's finest sandy beaches and Crystal Pier. This Beachfront Oasis includes 2 private Ocean/Pier view Balconies. This secure gated Condo is an Active Vacation Rental, or make it yours to enjoy with friends & family. Superb Complex amenities include underground garage parking, Spa, BBQ and large common deck area perched above the Board Walk. Live the good life with an easy stroll to a wide variety of Shops & Restaurants.

4465 Ocean Blvd., Unit 31, Pacific Beach, CA 92109 Offered at \$945,000 | 2BR/2BA

24 Acre Rancho Del Cielo Estate

Enter a new World at the amazing 24 Acre Rancho Del Cielo Estate, featuring panoramic views & amenities. Enjoy this Custom built Home, 8 Horse Barn/Arena, Tennis Court & 2 Pools. Home includes gourmet Kitchen & formal Dining Room w/ mountain/valley views of Laguna/Palomar Mtn. Extravagant Master Suite, entertaining areas w/ built in wet bar, 6 Fireplaces & custom Koa Wood thru-out. Estate featured in San Diego Home/Garden Magazine. Includes some of San Diego's most exotic Plants & Flowers.

16239 Highland Valley Rd., Ramona, CA 92065 Offered at \$2,695,000 | 3Br/ 3.5Ba





Ocean Views and steps to the beach

Ocean and Bay Views! This spacious Condo boasts of 1,689 sq. ft. and is just steps to the Beach and one short block to the Bay. The upstairs Master Suite has some Ocean View, plus a total of 3 relaxing Decks to enjoy the ambiance, Bay view and BBQ with friends & family.

2810 Mission Blvd. S. Mission Beach, Ca 92109 Offered at \$939,000 | Large 2Ba/2Ba

Panoramic Ocean Views

The Perfect Del Mar Ocean View Beauty! This Condo was fully Remodeled in 2016. Model Home Quality. Owner added square footage through expanded Master Bedroom, larger walk-in Closet and Spa-like high end Master Bathroom with separate soaker Tub and oversized Shower. Some of the best Ocean Views in the Complex as the Living Room/Dining Room sit up higher above other units. Enjoy Ocean Breezes and endless Summer Sunset Views from this seaside Gem!

2157 Caminito Del Barco Del Mar, Ca 92014 Offered at \$1,309,000 | Large 2Br/2.5Ba





Greg Flaherty

Certified Luxury Home Marketing Specialist 858-692-0185
Greg@coastalpro.com
www.coastalpro.com

CalBRE #01073434



Coming Soon!

Cute 2/1 Ocean Beach cottage surrounded by a white picket fence and sits on a 4100 sqft lot.

4569 Long Branch Ave 92107 Ocean Beach Priced at \$799,000



Kara Watkins Norgart

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Get sit-down white water views and the location only steps off the sand without paying the price of Ocean Front Walk.

4 Bedrooms 3 Bathrooms 1407 sqft.

709 Portsmouth Court Mission Beach \$1,850,000



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