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Jr. Lifeguards learn the ropes

SEE PAGE 5



**PB** boxer training for Olympics

SEE **PAGE 11** 





# **SURFING LEGENDS HONORED**



John Holly, Skip Frye, and Mike Hynson check out Frye's award during San Diego's Surfing Hall of Fame ceremony at Belly Up Tavern. The three surfing legends were inducted as part of the inaugural class of the Surfing Hall of Fame. See page 11 for the story.

### MISSION BEACH WOMAN CLEANS AND CRUSADES AGAINST SLOVEN CONDUCT

'There is broken glass everywhere - on the beach, in the parking lots, in the picnic areas, on the boardwalk.'

CATHY IVES
MISSION BEACH RESIDENT

By DAVE SCHWAB | BEACH & BAY PRESS

athy Ives is mad as hell and she's not going to take it anymore. What she's upset about is trash and irresponsible behavior at Mission Beach.

"I am done with the amount of drinking on the beach," said Ives, who cleans up beach trash daily from the jetty to Belmont Park oceanfront.

"Friday morning I picked up more than 100 glass beer bottles. Sunday, I picked up more than 50 glass beer bottles at Belmont Park. And there were five to seven illegal fires still burning, strewn with liquor bottles, glass, aluminum and plastic. It is too much."

Noting glass bottles of any kind are forbidden everywhere on the beach any time, Ives added bottles and trash from fires are just a part of overall beach pollution.

Ives tried reporting beach cleanup issues on the City's Get It Done App, but was not satisfied with the

SEE **TRASH**, Page 12

# PB man gets 15 years to life for killing uncle

By NEAL PUTNAM | BEACH & BAY PRESS

Pacific Beach man who stabbed his uncle to death was sentenced on Aug. 12 to 15 years to life in state prison. San Diego Superior Court Judge Steven Stone ordered Randy Bautista Baisa, 39, to pay \$7,300 in funeral costs for Merlino Baustista, 66.

There was no victim impact statement made as relatives of Baustista and Baisa are related to both men, said Deputy District Attorney Scott Pirrello.

Pirrello said family members were conflicted about how to react as they were sad about Baustista's slaying, but also sad that his nephew was going to prison for possibly the rest of his life.

The relatives live in Northern California and could not attend the sentencing. Baisa, wearing jail clothes, said nothing in court before he was sentenced.

Baisa withdrew his insanity plea and pleaded guilty to seconddegree murder in the death of Baustista on Jan. 17, 2018.

Stone ordered that Baisa pay the \$7,300 funeral costs to reimburse the state compensation program which paid for the funeral. Portions of any money Baisa receives on his account or any payment for prison earnings will be deducted from his account.

Baustista lived with his nephew in the apartment they shared at 1855 Diamond St. He was stabbed 18 times, according to the county medical examiner's office.

Baisa admitted to stabbing his uncle afterwards.

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# Costs rise for City cleaning up derelict watercraft

By DAVE SCHWAB | BEACH & BAY PRESS

ifeguard and City Parks and Recreation recently impounded 17 derelict watercraft, then hauled them off to the dump when they weren't claimed by their owners.

"It's been going on for years and has gotten quite a bit worse — and more expensive," said Ed Harris, a San Diego lifeguard and Teamsters Local 911 Union member.

Unlike car owners, when boat owners abandon their vehicles nobody chases them down, said Harris. "What happens is people buy a boat and don't put maintenance into it," he said. "It sits, and then they decide to walk away from it."

Oftentimes, added Harris, those abandoned boats end up left in privately owned marinas in San Diego Bay or Mission Bay.

"The city has set aside Zuniga Jetty," said Harris. "We have a state grant for \$100,000, which we will use for Mission Bay. We allocated another \$70,000 recently."

where boat owners can anchor their boats adrift.' for free. In April, the City Council San Diego's Municipal Code to tighten open-water boat anchoring near Zuniga Jetty Shoal,



Workers use a backhoe to clear a boat off Fiesta Island in Mission Bay.

**COURTESY PHOTO** 

restricting it to two hours.

In the past, Harris noted mari-\$200,000 for boats abandoned at na owners have sometimes gotten stuck with abandoned boats that he said, "Can be very expensive to get rid of and pay landfill fees, and has led them to cast them off. We've seen that. We've Zuniga Jetty off Zuniga Point is also seen some people just set nership for years with Parks and at that point, the burden falls on

Other times, pointed out Harenacted an ordinance amending ris, boats can come loose from their moorings and drift before getting picked up.

"Impound fees are high if

[owners] don't come and get their and not going to the trash. boat," Harris said. He added, because boats carry gas and oil, which are hazardous materials. Harris. "Those 17 that were that the City can't haul them recently in our custody we had for away itself, but must contract out more than 90 days. We provided for that service.

"Lifeguards have been in part-Rec, which provides the heavy the City. We take them to the equipment," noted Harris. "Every six months or so [Parks and Rec] take [boats] to the dump. Rarely do we have boats that are still seaworthy, that are worth keeping posals."

"We're seeing more derelict boats out on the moorings," said the proper notification, and nobody came to pick them up. So dump. By the end of summer, we may have to impound another 10 to 20 boats. It's a never-ending process of impounding and dis-

# **Attacker of woman** in Mission Beach receives six years

By NEAL PUTNAM | BEACH & BAY PRESS

The attacker of a woman in Mission Beach was sentenced Aug. 16 to six years in state prison for a sexual assault that the prosecutor described as occurring "in broad daylight" that was stopped by Good Samaritans.

The sentencing of Philemon J. Shark, 40, followed a legal ruling by San Diego Superior Court Judge Laura Halgren in which she found Shark's previous conviction for burglary in Washington was not a serious or violent felony in California. That meant that Shark's prior "does not constitute a strike," ruled Halgren, which resulted in a lower sentence.

Deputy District Attorney Trisha Amador said the 8:40 a.m. incident on Dec. 23, 2018 was shocking in that it occurred "in broad daylight" as the 24year-old woman was walking near Tangiers Court and Mission Boulevard when she was attacked from behind.

"He pushed her to the ground and his intent was clear. He was pulling off her pants," said Amador, who added the victim "is still suffering to this day."

"If not for the Good Samaritans, what would have happened?" said Amador to the judge. "This has seriously impacted her."

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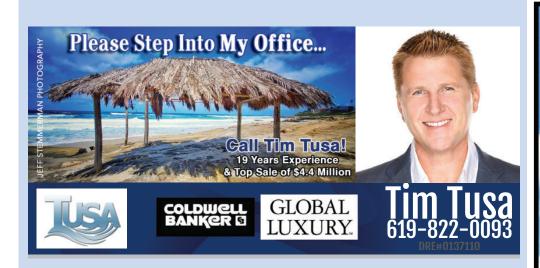
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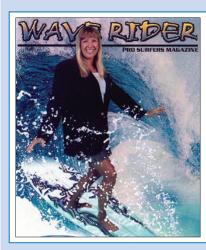
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-Steve A.



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# Mission Bay Cluster gets back to school

By DAVE SCHWAB | BEACH & BAY PRESS

eturning Mission Bay Cluster students are going to see lots of change and improvement as both Mission Bay High and Pacific Beach Middle schools are undergoing major refits, while schools cluster wide get new air conditioning.

The cluster's six schools — MBHS, Barnard Mandarin Magnet Elementary, Crown Point Junior Music Academy, Pacific Beach Elementary, Pacific Beach Middle and Kate Sessions — all resume instruction Monday, Aug. 26.

### Mission Bay High

"Schools districtwide are going through whole site modernization: It's exciting times," said Ernie Remillard, principal of the high school built in 1953. "The other big components (at MBHS) are a whole new engineering building, new game design space for college career technical education, new carpet and paint in many of our classrooms, upgrades to the cafeteria, some exterior work and an auxiliary gym, all finishing up in October."

Remillard added the 65-year-old school's sewer lines and other infrastructure are gradually being replaced. Bathrooms are also being updated and being made ADA-compliant.

"Our IB program, the ability of our kids to take college-level classes

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and flourish," added Remillard. "Our athletics, choral group and music program are all second to none."

### Pacific Beach Middle

This summer, Pacific Beach Middle's site modernization began with demolition of an old building and construction of a new two-story classroom building and three new classrooms in the existing library

Principal Kimberly Meng noted building deconstruction took place this summer to avoid distractions this fall. Touring the refurbished counseling center, Meng noted, "The white walls are dry erase. This is a beautiful new space."

Communications, safety and security have all been upgraded at PBMS. "We got a new fire alarm and phone system with an intercom to every classroom, and a new PA system, both inside and out, for emergencies," Meng said. "All our locks are now accessed only by staff with key cards that are electronically scanned. The school is locked all day, and the only way you can get in or out is through your key card."

### **Barnard Mandarin** Magnet Elementary

Students from Barnard's graduating class traveled to China this summer, culminating their six years in a Mandarin immersion language program. Besides exploring Chinese cul-

on our campus, continues to grow ture, the trip provided a prime opportunity for students to show off their language skills acquired at Barnard.

### PB Elementary

Listing what the school has to celebrate this year, principal Denise Goulart said: "Higher test scores, a return of extraordinary programs, and quality instructors, which make PBES an amazing place to grow and learn. We are in our second year of a Science Technology Engineering Arts and Math (STEAM) grant, where students learn the importance of design thinking and innovation. PBES welcomes Debra Peacock, our new education specialist, and Miguel Cortes, our new phys ed coach. We can't wait to start the new school year."

### **Crown Point Junior** Music Academy

"At Crown Point, we believe that music opens minds," said principal Armando Lopez. "Our students can not only receive instruction in all content areas, but enhanced music instruction as well. Our free Suzuki Violin Program is a unique program that involves not only the students, but the parents."

Added Lopez: "We capped off last year with tremendous concerts at our school. Additionally, we showcased our students in a multicultural fair with music, singing, dancing and arts and crafts from countries

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Recent Barnard Mandarin Magnet Elementary School graduate Angela E. and Chinese penpal Feiyang met for the first time this summer in Chengdu, China. The school's graduating class traveled to China this summer.

Croatia, India and Italy. We look forward to offering our full curriculum, including our newly implemented STEAM program starting in transitional kindergarten."

### **Kate Sessions**

Kate Sessions Elementary blends local students, those living in military housing and special-education students choosing the school because of its programs.

"Our vision is to become a worldclass school where we create learning experiences that foster student inquiry by promoting critical thinking, problem-solving and develop-

including Japan, Taiwan, Poland, ing moral integrity," states the school's website. "Our Parent-Teacher Organization supports our academic program by funding a vocal music teacher, art teacher and a librarian. We offer Spanish language instruction for all grades kindergarten through fifth grade, and computer literacy classes for grades 3-5. Our Gifted and Talented Education programs are infused with International Baccalaureate elements that bring the real world into the classroom."

> The first Mission Bay Cluster meeting is Sept. 5 at MBHS Library.

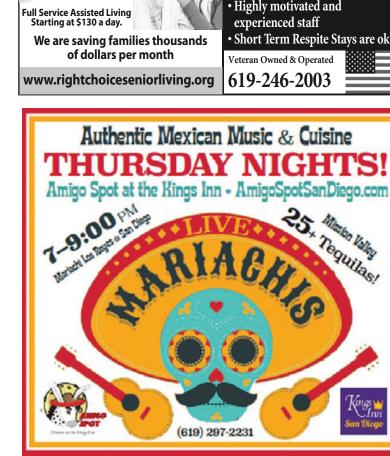
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# **Junior Lifeguards learn the ropes in Mission Beach**

By DAVE SCHWAB | BEACH & BAY PRESS

n Aug. 15, aspiring teen lifeguards learned what it's like to actually work in the field, being schooled by Junior Lifeguard interns at Mission Beach on first-aid and water-rescue tech-

That day, lifeguard hopefuls, in a bootcamp-style setting, got the chance to shadow Junior Lifeguard interns for a day of mentorship and learning.

The Junior Lifeguard Program teaches youth ages 7 to 17 important life and safety skills, including water-rescue techniques, first aid and CPR.

It was a dress rehearsal for Junior Lifeguard Internship Program participants, many of whom will go on to become seasonal and professional lifeguards with San Diego Fire Department or other agencies.

Starting out at Santa Clara Recreation Center, the day combined fun, and first aid, the things they're going camaraderie and hard work for 26 teen junior lifeguard interns. This year's intern field, for the first time, was more female than male, 19 women and seven men.

"We like to empower these females and give them the confidence that they really can do this job," said San Diego Junior Lifeguard intern coordinator Lauren Leisk.

"We give them individualized life-



to need when they try out to become lifeguards."

Added Leisk, "We go over to the beach and train them on how to rescue someone with their fins and rescue boards, train them on water observation, and on how to properly package someone on a backboard, how to splint someone off with a broken arm."

Interns are hired and paid to supguard training on rescue swimming port City lifeguard staff during the time.

program's two, four-week summer aquatic education sessions.

Aug. 15 was especially significant for at least one of this year's female interns, Ava Smith from Northern California. She failed on her first attempt at becoming a Junior Lifeguard intern, but returned for a second try and succeeded.

"It's my dream job," said Smith, adding she was "absolutely devastated," after falling short the first

Asked why she wants to be a lifeguard, Smith answered: "Being able to make a difference and save people's lives. Being an intern is kind of a sneak peak at that."

Smith ran 12 miles and swam four miles that day. Other program interns had run six miles and swam two.

"It's not fun in the moment when you're doing push ups or running a mile, but when you look back at it, you have such fond memories," Smith said.



Student intern Ava Smith, coordinator Doug Smith, and intern coordinator Kylie Vogel (above). Junior Lifeguards train during a session on Mission Beach (left). COURTESY PHOTOS

During the day, lifeguard interns ran relay races on the beach. They also swam out in pairs to marked ocean buoys, with one swimmer "rescuing" the other and bringing them ashore.

"The Junior Lifeguard Program is a unique learning opportunity for young men and women in San Diego, and our interns are an expression of that," said Lifeguard chief James Gartland. "Junior lifeguards look up to interns and find inspiration in knowing that hard work and dedication will often yield personal growth and leadership roles."

The Junior Lifeguard Program is funded by the City of San Diego with support from the Prevent Drowning Foundation of San Diego.

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### Tenth annual OMBAC Volleyball **Beachfest and Tournament cancelled**

ball Beachfest and Tournament port." scheduled Sept. 7 at Mariner's Point has been cancelled.

"Regrettably, we have canceled the 10th annual OMBAC Volleyball Tournament and Beachfest due to unforeseen circumstances and a shortened timeframe for administrative requirements," said Leslie Simoni, account coordinator with Chemistery PR.

club and the Mission Bay community that we take these actions. We

The 10th annual 4-on-4 Volley- thank you for your continued sup-

OMBAC Volleyball is one of the featured activities at the core of the Old Mission Beach Athletic Club, underscoring the organization's commitment to sports, community, and camaraderie.

OMBAC is a nonprofit that focuses on amateur sports, youth athletics, and local charities.

Over The Line (OTL), held on "It is in the best interest of the back-to-back weekends in July, is OMBAC's main fundraiser.

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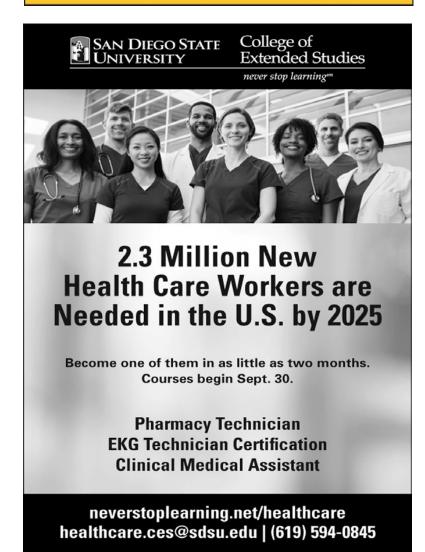
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# **Petals by the Beach uses donation** to spread kindness through flowers

By DAVE SCHWAB | BEACH & BAY PRESS

beach florist got an unusual contribution and request recently: \$500 from a Pacific Beach woman to pass out flowers to random passers-by.

"We have never seen such generosity and kindness," enthused Melissa Cummings, co-owner, along with her mom, of Petals by the Beach at 1470 Garnet Ave.

"She wanted to spread kindness to the people of her community, to show that there are still kind people out there despite our world's problems. It was enough to pay for flowers every day for two weeks. That was pretty cool."

The donation came from Pacific a grief counselor. Storm said the recent back-to-back mass shootings in Texas and Ohio, that left at least 31 people dead, prompted her to do something extraordinary.

"After those two shootings within 13 hours of each other, I noticed the reaction on Facebook was just so scary and negative," said Storm. "The next morning I sat down and thought, 'What could I do that's positive?' Then I had the idea of donating money to a local flower



One of the recipients of free flowers at Petals by the Beach. COURTESY PHOTO

Beach resident Thera Storm, who is reaction she'd get from Cummings, whom she didn't know, when she approached her with her unortho-

> But Storm shouldn't have worried.

"She donated a generous amount at our shop for us to pass out flowers to complete strangers," said Cummings. "She wasn't paying it forward. In her words, 'She wanted to spread kindness to the masses."

Cummings took Storm's money and honored her request.

"For two weeks I've been passing Storm was almost afraid of the out flowers every day to random

people walking by of all different ages," Cummings said, adding she wasn't embarrassed about it.

"I just said, 'We had a customer recently donate a significant amount of money, and we're spreading kindness and happiness."

The reaction to Storm's flower donation has been uplifting. "People said that is so nice, we need more of that," said Cummings, adding, "A few people even cried. I began taking pictures (of recipients) and putting them on our Facebook and Instagram pages."

"I feel like I had a very small, passive role," said Storm of her gesture. "All of the work has been done by Melissa."

It's Storm's practice to take 10 percent of every paycheck and stash it away to do something special at a later date.

Asked if being a grief counselor factors into her humanitarianism, Storm said, "I'm just very aware that tomorrow isn't guaranteed. And to have that moment of randomly being blessed with some flowers, that just helps folks who are sad.

"I love helping people and watching them feel like I removed a backpack of bricks from them. I love flowers. Flowers was a nice gesture. I just hope they have a positive impact on people."



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# NIBBLES AND SIPS - Miss B's new cocktails, 55 Thai Kitchen opens

By FRANK SABATINI JR. | BEACH & BAY PRESS

#### Miss B's Coconut Club

Those commercial-looking drink pouches with little straws poking out of them you see at Miss B's Coconut Club are not affiliated with Capri Sun fruit drinks.

They were instead designed by the Mission Beach establishment as a vessel for a newly created cocktail called Capri Son.

"The pouches are a nostalgic ode to the Capri Sun products we drank as kids," said beverage director and co-founder Rob McShea. Though in this version, the contents carry a kick from Absolute Apple Vodka, which is mixed with citrus juices, ginger, passion fruit, ginger and Italian bitters. Weighing in at 12 ounces, they sell for \$8 apiece. 3704 Mission Blvd., 858-381-0855, missbcoconutclub.com.

#### 55 Thai Kitchen

Gone are the milkshakes and Rock-Ola jukebox tunes that previously set the stage for Reuben sandwiches and apple pie. Now, the address that housed Buddy's Diner in PB has transformed into the fourth location for 55 Thai Kitchen.

The eatery, known for its charitable contributions to local schools, first responders and military personnel, originally launched a few years ago in the back of a Golden Hill store. Since then, the massaman curry has become all the rage as chef-owner Vijit Pipatkhajonchai attests to making it exactly like it's done in his native Bangkok. 1564 Garnet Ave., 858-900-2146, 55thaikitchen.com.







Miss B's Coconut Club Capri Son cocktail: A boozy spin on a commercial fruit drink in Mission Beach (left). Saffron Thai's Su-Mei Yu shares recipes with anti-inflammatory benefits (center). Menu changes are in effect at The Med by new executive chef Timothy Ralphs.

### Tacos & tunes

A trifecta of eating and drinking establishments at Ocean Beach's Sunset Plaza will host "tacos & tunes" every Tuesday night, from now until mid-December. Look for specials from 3 to 10 p.m. each week on cauliflower tacos from Wonderland Ocean Pub: Hawaiian wahoo tacos from Blue Water Seafood; and grilled tahini chicken skewers from OB Surf Lodge. Discounts on various drinks will also be offered, and live music kicks in at 5 p.m. 5083 Santa Monica Ave., 619-255-3358, wonderlandob.com.

### The Med

The recent hire of Timothy Ralphs as new executive chef for The Med has resulted in revised menus for breakfast and lunch. A reboot of the dinner menu is still in the works.

Ralphs is a culinary graduate of

the Scottsdale Culinary Institute and satile "anti-inflammatory paste," trained at the prestigious Le Cordon Bleu in Paris.

His debut dishes at The Med, located within the La Valencia Hotel, include chorizo Benedict; an eggwhite frittata with kale and goat cheese; a pineapple poke bowl; and Jidori chicken with whipped cauliflower. 1132 Prospect St., 858-551-3761, lavalencia.com/dining.

### Saffron Thai

Fans of chef-restaurateur Su-Mei El Jardin Cantina Yu can learn some of her culinary secrets in a cooking class she's conducting from 2:30 to 5 p.m., Sept. 7, at her recently opened Saffron Thai in La Jolla. The restaurant is an offshoot to the original location at 3731-B India St. in Mission Hills.

Yu will teach attendees how to make popular dishes from her restaurants, in addition to her ver-

which serves as the foundation for some of the recipes. She will also demonstrate ways to blend spices such as turmeric, peppercorns and garlic for achieving optimal health

The cost is \$55 per person and includes a signed copy of Yu's most recent cookbook, "The Elements of Life." 1055 Torrey Pines Road, 858-263-4324, saffronthai.com.

El Jardin in Liberty Station will spring back to life on Aug. 28 as El Jardin Cantina after undergoing a four-month revamp. The original venture ran for about a year under the culinary direction of former "Top Chef" (season 15) Claudette Zepeda-Wilkens.

She has has since parted ways with the restaurant's operator, Rise Rosecrans St.

& Shine Restaurant Group, which recently changed the restaurant's décor in preparation of a more casual menu featuring familiar Mexican fare, but with crafty spins.

A sneak peak at the menu reveals short rib taquitos, crispy pork belly "bites" with chipotle cream, and grilled octopus with cilantro-yogurt sauce. In addition, tortillas will be made onsite. 2885 Perry Road, 619-795-2322, riseandshinerg.com.

### Casa Castillo

A fusion of Mexican and Guatemalan cuisines come into play at the new Casa Castillo in Loma Portal, which opened in early August to a menu featuring pupusas (stuffed flatbreads), meat-filled omelets, chiliquiles and various crepes. For kids, there are pancakes shaped as Mickey Mouse. 3334

# Authentic flavors of Mexico City served at Pacific Fresh Grill

By DAVE SCHWAB | BEACH & BAY PRESS

ignature tacos served at Pacific Fresh Grill are anything but standard.

Instead, the new eatery's cuisine reflects ancient Mesoamerican roots in Mexico City and the Aztec and Mayan cultures.

"It is our first restaurant, it became a dream come true," said Luis Briones who, along with wife Vronica, have opened the new eatery at 2015 Garnet Ave.

Previously, Luis was an acc tant and financial analyst at a restaurant chain in Orange County. He was encouraged to change occupations by his boss who told him, "You know everything about the business, you should open your own place."

Added Luis, "The passion became stronger because my background is from Mexico City."

Food from Mexico City and central Mexico, noted Luis, is heavily influenced by recipes served on pita bread from Lebanese and Turkish immigrants.

"Lamb was very expensive in Mexico, so they started using pork," said Luis. "That's how tacos el pastor was born."



The grilled fish taco at Pacific Fresh Grill in Pacific Beach.

A mainstay of Pacific Fresh Grill's menu, tacos al pastor is a dish developed in central Mexico based on shawarma spit-grilled meat, similar to the Turkish döner kebab and the Greek gyros.

How are Mexico City-style tacos different?

"Flavors," replied Luis, noting tacos el pastor is served with grilled pineapple. "It's a street food. But it's one of the most delicious tastes."

Luis said many of his menu items are derived from his mother's fami-

Deep-fried quesadillas are just one of Mexico City's delicacies served at Pacific Fresh Grill. Luis pointed out unemployed people there often make ends meet by opening street

Pacific Fresh Grill also puts its own

twist on tacos and other dishes.

"Here in California, it's just a flour tortilla with a lot of cheese," said Luis. "But in Mexico City, you actually have quesadillas without cheese, which is a folded tortilla with a filling in the middle. You have different influences: beef, pork."

Items on Pacific Fresh Grill's menu include: a shrimp taco with chimichurri, Luis' culinary take on

### **PACIFIC FRESH GRILL**

Where: 2015 Garnet Ave, Ste. 103.

Hours: 11 a.m.- 9 p.m. Mondays to Saturdays, closed Sundays.

Info: 619-279-1685.

an Argentinian sauce; several different chili-pepper based mole sauces; a sampler taco plate with three choices; tostadas; panucho, a Yucatan speciality made of homemade tortillas stuffed with black bean sauce and topped with Cochinita Pibill or Tinga: Taco in Nahuatl, a tortilla with a filling in the middle; Tacos de Cochinita Pibill, pulled pork with pickled onions on a corn tortilla; and grilled- or Bajastyle fish tacos.

"We don't use your typical refried beans, but black beans," noted Vronica, who added a visit to Pacific Fresh Grill is more than just a meal.

"A lot of our customers are saying, when they come here to eat, they get a history lesson as well because almost every dish has a (historical) background to it, as if you were going to that region," she said.

Decor inside Pacific Fresh Grill is simple, tasteful and spacious with plenty of seating and original artwork displayed from a local artist.

# Peace, harmony and organic skincare at Kiwi Spa

By LUCIA VITI | BEACH & BAY PRESS

aya Banks followed her "green sun" into the world of skincare. The owner and lead esthetician of Kiwi Spa – located on Grand Avenue – oversees the latest skincare treatments while touting rich, organic, handcrafted skin care products void of environmental toxins, parabens, sulfates, pesticides and carcinogens.

Sporting an atmosphere of peace and harmony, the everything kiwidesigned spa promises to deliver the "best ultimate results and impeccable customer service."

Banks offers a comprehensive list of unique and skin-proficient facial care treatments that use only vegan and organic ingredients. Sidestepping stock that prolongs shelf life, nothing is artificial in either her treatments or products.

"Commercial products, like moisturizers, often have ingredients that healthy, glowing skin." prolong their shelf-life," she said. "These creams don't dissolve to penetrate into the skin. After a while, little microscopic pieces build up and block the entrance of oxygen. Your skin begins to age from the inside. We use only natural, organic and vegan-based products."

Banks listed rose water, coconut butter, witch hazel, cocoa butter, raw organic honey, white clay, chamomile and green matcha tea, and coffee among the ingredients beauty advice from my grandma,"



The everything kiwi-designed spa sports an atmosphere of peace and harmony.

PHOTO COURTESY OF MAYA BANKS

Arriving in a roundabout way from her birthplace of Ukraine, Banks has traversed the globe learning everything skincare along the way. Beginning with her grandmother, an "organic esthetician" who ventured into the forest to "pick roots and plants to help those that the doctors' couldn't," she moved to Israel to work as a cosmetologist at the tender age of 18.

"I learned the art of skincare and used in her treatments as a "path to" she said. "She used nature's best

treasures to make organic mixes she way," Banks opened the Kiwi Spa, called her special magic youth her "dream come true." elixir."

Banks continued to travel to acquire as much knowledge as she

Within five years, she moved to Croatia to manage a spa while working as its lead esthetician. Cyprus and the Dominican Republic followed suit. The elegant beauty then married a "regular customer" who moved with her to the United States.

Taking stock from the many "secrets she's learned along the

Inspired by the ocean and surrounding mountains, San Diego -"my favorite city ever," – and the Kiwi Spa – her "special little oasis" also features the newest skincare technologies, including its exclusive, state-of-the-art Jet Peel machine purchased from the shores of Israel.

This "touch-free, needle-free transdermal infusion" technology fuses oxygen and saline water into a high-pressured, "extremely" fast jet stream that penetrates deeper than

**KIWI SPA** 

Where: 1919 Grand Ave., Suite 1L. Hours: 8 a.m. to 9 p.m. daily. Info: kiwi-spa.com, 619-621-1177.

any needle. Serums to stimulate collagen and elastin are also included in the "micro droplets" that exfoliate the skin's surface. The results are instant with no downtime or skin irritation.

The Hydrokiwi Facial is another machine-based procedure that combines micro-dermabrasion with oxygen to offset sun damage, acne, rosacea and the effects of aging.

In lieu of Botox treatments, Banks uses the starfish infusion, a unique, non-medicinal serum that pumps up the skin without making skin muscles look "dead."

Banks sports the Kiwi Spa within the realm of her kiwi lifestyle.

"Kiwi is my happy fruit," she said. "A sliced kiwi has a special, organic energy."

True to form, the kiwi really is a super food, loaded with vitamin C and powerful antioxidants known for boosting one's immune system. Research also highlights the kiwi as a fiber and potassium-rich fruit high in serotonin. Touting a wide variety of physiologic attributes for aiding heart health, appetite, digestion, learning and memory, the kiwi is also known to help with depression and mood disorders.

Kiwi Spa customers are treated with the utmost care.

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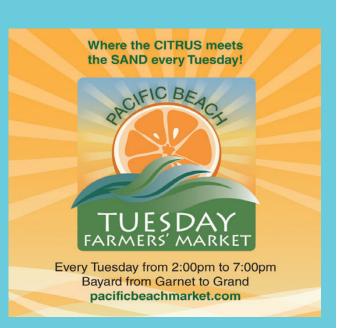


















# Mission Bay High fall sports ramping up

By DAVE THOMAS | BEACH & BAY PRESS

#### Football

This will be a challenging season for the Mission Bay High football team in more ways than one. First, the Bucs are dealing with the unexpected death of former head coach Dane Roman in late July

Roman, who guided the Bucs last season to a 2-8 record in his first season at the helm, was found dead in his home by one of his assistant coaches after failing to report to

Second, the team has struggled the last few years, something Mission Bay coaches, players and fans hope to change starting this season.

A.J. Vines has been named the new head football coach at the school.

For Vines, this will be his first season as a head coach at Mission Bay. Vines had previously spent time with the Helix High football pro-

the Bucs should include senior slotback/cornerback Evan Aguon, sophomore quarterback Clash Orsborn, senior linebacker/running back roughly 30 boys total on the Mikey Moreno, junior wide receiver/running back/defensive back Payton Maul, senior lineman William Matkins, junior lineman Joseph Holt and junior wide receiver/defensive back Andrew Hutchison.

very simple this year," Vines said. Smrynos, Gabe Esquival. Top juniors

"Let's get great at what we do. Don't focus on the outcomes we want, focus on what it takes to get the outcome we want. Play smart, play fast, play physical."

Vines expects all of the team's games to be tough this year given the schedule, with Kearny, San Diego and La Jolla standing out.

Mission Bay is in action Friday, Aug. 23 at San Ysidro High.

### Boys sand volleyball

Head coach Nikki Caufield leads their fifth season of competition in early September.

Last year's team finished tied for second in league and ended up tied for third place in Division I. Mission Bay lost in the semifinals 3-2 to San Marcos.

"We return nine of the 10 boys from our top five varsity teams last year so we have an experienced squad returning," Caufield stated. "We also have another nine to 10 returners from last year's squad According to Vines, key players for that will be competing to make the top five teams. So far we have eight to 10 freshmen that have come out this year so we are looking to have

According to Caufield, key returners are seniors Ian Briski and Dusty Schraeder from the No. 1 squad, seniors Cody Armstrong and Ryan Derry from the No. 2 squad and also "The goals I have for the team are seniors Jackson Priest, Jake

#### **MISSION BAY FOOTBALL**

Aug. 23 - at San Ysidro

Aug. 30 - at La Jolla

Sept. 6 - University City

Sept. 13 - at Mountain Empire

Sept. 20 – at Mar Vista

Oct. 4 - Clairemont

Oct. 11 - at San Diego

Oct. 18 - Patrick Henry

Oct. 25 - Kearny

Nov. 1 - at Scripps Ranch

include Andy Knight, Filippo Miticocchio and Alexis Vergnet; and Key sophomores are Aric Johnson, Jake Kepner, Kyle Alexander and Alex Morch.

The Bucs are hoping to construct three courts on campus the first weekend in September and still need about \$4,000 to fund the on-campus court construction.

### Boys water polo

The Bucs finished 13th in power rankings at the end of last season. According to head coach Lyndsay Sutterley, key players this fall look to include senior attacker Kyle Baker and junior attacker Alex Branch.

"We have a lot of new players who we are excited to integrate into our program," Sutterley commented. "The team is hungry for a CIF appearance and it is our goal to accomplish this. We are looking forward to a year of growth and high-



Mission Bay held a scrimmage last week. The Bucs will open the regular season at San Ysidro on Friday, Aug. 23.

ly competitive water polo."

Mission Bay will have its first league matchup on Oct. 1 at the or sophomores so they have plenty Clairemont pool.

### Field hockey

The Bucs, under head coach Kris Auer, were 7-9 a season ago and missed out on CIFs. Looking to this season, Auer noted key players should include senior midfielder Natailie Gousha and junior forward Karrin Evans.

"This year we want to continue to grow our family culture while putting our best performances on the field," Auer stated. "We are very proud of the young ladies who represent our school and our community each and every game. These are dynamic young leaders who embody a slice of all that is good about Mission Bay."

Mission Bay opens its season Aug. 30 versus La Jolla Country Day.

### Girls tennis

The Bucs were 3-12 overall a season ago (2-10 league play) and didn't make team CIFs for head coach Trong Tong.

According to Tong, key singles players this season look to be senior Rosina Valia and sophomore Ryan

Key doubles players are seniors Amanda Edmunds, Arielle Bardwil, Kira Axmann, Kylee Kropf, Sonja Cayetano and Sophia Gillenberg.

"We just started tryouts, so player positions are still to be determined as we're beginning to tweak with our lineup," Tong noted.

more experienced this season as a last year. huge majority of our starters will be seniors," Tong said. "As another upside this year, our turnout thus far has been the biggest in my coaching tenure here at Mission Bay, which bodes well in creating the depth that we often need and replenishing our huge graduating class. Even though most of the new play-

ers are brand new to the sport, many of them are either freshmen of time to improve.

"Additionally, we've been reshuffled back into City League, which consists of all DIII teams this season. As such, I feel my following goals are as attainable as ever: qualifying for Team CIF, winning the league championship and sending at least there singles and/or doubles team into Individual CIF."

Mission Bay's first match is Aug. 29 at Kearny.

#### Girls volleyball

The Bucs, under head coach Steve Upp, were 20-12 a season ago.

They placed seventh in the Sweetwater Classic, second in the Aztec Invitational and second in their own Buc Bash. Mission Bay lost to a strong Sage Creek team in the first round of the CIFs, with Sage Creek going on to win Division II.

"We are returning five starters from last year's team and hope to compete for the Eastern League title," Upp commented.

Mission Bay's first home match is Sept. 5 versus Helix.

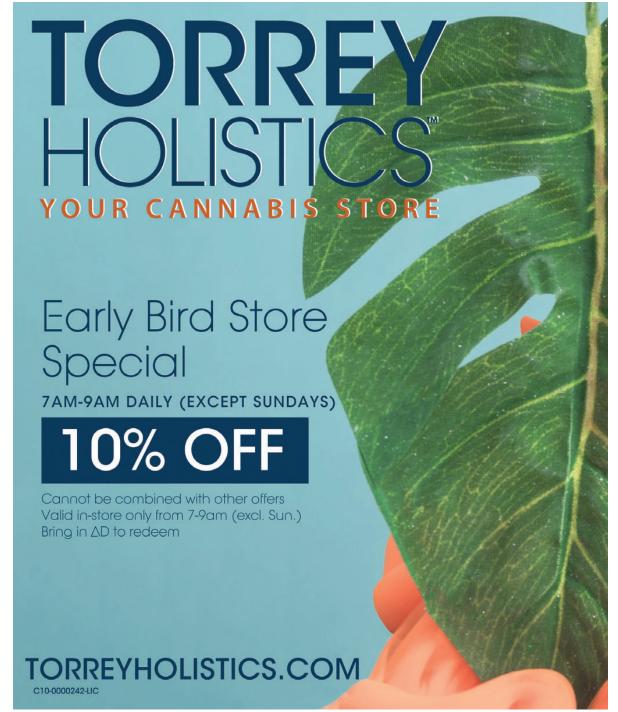
### Cross country

In cross country action, head coach Barry Dancher's squads were a combined 9-4 a season ago. The boys went 6-1 and finished second in the City's and City League, with the girls going 3-3.

According to Dancher, leading boys' returnees include seniors TK Berhe and Trevor Reichenberg and "Although we lost a couple of junior Fernando Ugarte. Berhe returning players, our team is a bit made it to the CIFSD finals in track

> The girls are led by junior Gina Queck and senior Leilani Ferguson. Queck ran in the CIFSD finals last year in track.

> "We hope that we can win the boys' championship in our league this year and send several of our runners to the CIF Championships in Fresno," Dancher said.





# **Local legends inducted into San Diego's Surfing Hall of Fame**

By DAVE SCHWAB | BEACH & BAY PRESS

everal local surfers and shapers were among legends of the sport who were inducted Aug. 13 into the San Diego Surfing Hall of Fame at a ceremony at Belly Up Tavern in Solana Beach.

The event was hailed by its organizers as "the greatest gathering of surf legends San Diego has ever seen." Among the inaugural list of surfing hall of famers:

- Skip Frye (from Pacific Beach known for his pro surf career and iconic boards.)
- Mike Hynson (from Pacific Beach who costarred in the 1966 hit "The Endless Summer" and surfboard design guru.)
- Butch Van Artsdalen (from La Jolla, a pioneering surfer who took on 25-foot waves in Hawaii to garner the title "Mr. Pipeline.")
- Tom Ortner (La Jolla resident and an icon in the Windansea beach community.)
- Carl Ekstrom (from La Jolla, developed the first asymmetrical boards in the late 1960s.)
- Larry Gordon (from La Jolla, a fixture in the board making community from the 1960s until his of the best-known surfing names.) death in 2016.)
- Beach surfer and board shaper.)



Carl Ekstrom (who developed the first asymmetrical boards in the late 1960s) speaks during San Diego's Surfing Hall of Fame ceremony at Belly Up Tavern.

- Chuck Hasley (founder of the Windansea Surf Club of La Jolla.)
- Windansea Surf Club (legendary surf club known for boasting some

Surfboard craftsman Hank Warn-• John Holly (veteran Ocean er, a legend in his own right, was the event's master of ceremonies.

packed," said Warner adding, "Ninety-nine percent of surfers grew up idolizing these inductees in have emerged everywhere that the San Diego Surfing Hall of Fame."

Jimmy Lewis, live art from Wade Koniakowsky, and a special collabo-

"It was a big event, Belly Up was ration between Warner and surf filmmaker Ira Opper.

"These innovators and pioneers waves break. In this regard, San Attendees enjoyed live music from Diego has been particularly blessed," organizers wrote. "Our 70 miles of coastline have produced some of the 'It's an amazing group. It's not just surfers. It's shapers. It's artists. It's photographers, the whole gamut.'

**HANK WARNER** 

most innovative shapers and wave stylists in the sport. And as everyone paddling out to the lineup knows, you have to honor those who have come before us."

Warner discussed his long-term goals for the San Diego Hall of Fame.

"We're going to be doing this yearly," he said. "We have a list of about 100 people we'll be choosing from."

Warner pointed out the inaugural list of legends are "influential surfers so it was pretty much bulletproof (selecting) for the first year."

Warner said the objective is for the San Diego Hall of Fame to be nonprofit and truly representative of the surfing community.

"It's an amazing group," he noted. "It's not just surfers. It's shapers. It's artists. It's photographers, the whole gamut. It's really honoring all the elite surfers who have come before us."

Discussing the policy of a future brick-and-mortar San Diego Hall of Fame site, Warner envisions inductees "donating boards, photos, wetsuits, etc., priceless heirlooms to the museum/hall of fame."

# Pacific Beach boxer fights for her place in the 2020 Olympic Games

By VICTORIA DAVIS | BEACH & BAY PRESS

t had been four years since Danyelle Wolf, Pacific Beach's Lthree-time national championship fighter, had been in a boxing ring. That is, until this past January, when her boxing coach, Basheer Abdullah at Arena MMA gave her some news: Wolf's weight class had been added to the 2020 Olympics. It was time to get back in the ring.

"For so many years when I was just doing boxing, I had to fight to keep my spot on Team USA, but I had the confidence to do it, because I really felt like, 'This is mine,'" said Wolf. "But after being out of the game for so many years doing martial arts ... I just didn't feel like it was mine anymore."

There were plenty of worries surrounding Wolf aiming for the Olympics — the fact that she only had five weeks to prepare for the Olympic qualifiers and that she was dislocating an arm and tearing her labrum while training overseas in Thailand. Wolf says choosing to get back in the ring was a "mental battle with myself."

But she took the chance, loving, as she says, "a solid challenge" and ended up winning all three bouts of the U.S. Olympic qualifying event in Las Vegas in March. Despite being almost 10 years older than most of her competitors at 35, and having spent all of the last four years training in martial arts, not boxing, Wolf once again proved the value of a strong and stubborn drive.

"I do humbly take credit for talk-



newly recovered from surgery after Danyelle Wolf, Pacific Beach's three-time national championship fighter, trains in the ring.

ing her back into boxing," said Abdullah with a laugh. "If I didn't believe she had an honest shot at making the team, I would not have asked her to come back. I would have let her focus on her MMA

"She's not just a born athlete, she's extremely intelligent, almost obnoxiously so," added Carl Gebhardt, Wolf's MMA coach at San Diego's Steel Gym. "She has this mix of tenacity and instinct. She's unapologetically Danyelle and she's not afraid to go out and take what she wants."

career."

goal for Wolf, ever since she made the decision in 2009 to live off her n't even on my radar." savings and "see what I was made of" as an athlete.

But, leaving her job as a life coach in Rancho Santa Fe to train for Iron Man races and Triathlons in Pacific Beach, Wolf did not plan on boxing being the source of her success. But then, fate stepped in.

"I had just moved to San Diego and everywhere I went people would ask me, 'So, are you a fighter?'" said Wolf, who was 25 at the time. "I wasn't sure what they meant at first.

Going pro had always been the I was like, 'A fighter for what? For Jesus? For cancer?' Martial arts was-

> Though she has played almost every other sport under the sun from basketball to field hockey, Wolf said boxing was "probably the only sport I hadn't tried yet." After continuing to be asked "Where do you fight?" by perfect strangers over the following weeks, Wolf said her interest was peaked.

"I also was starting to worry about if my nose looked messed up," said Wolf. "I couldn't figure out why so many people kept mis-

taking me for a fighter? But now, years later, I believe those people must have been guardian angels directing me to where I was always supposed to go."

Two years after picking up her first boxing glove, Wolf began fighting with team USA and traveling around the world, competing in South Korea, Guadalajara and Venezuela. Wolf has won ring-side world championships, Jiu Jitsu World League championships, national Golden Gloves and had opportunities to be in ESPN's 2014 Body Issue and go to the ESPY Awards, walking the red carpet with The Rock.

But this multi-dimensional fighter's biggest opportunity yet comes in December, when Wolf will have to beat out seven other women in the final stage of the U.S. Olympic trials to earn a spot on the national team.

"We have a lot of females as young as 6 in this gym who want to be fighters and they really look up to Danyelle," said Gebhardt.

"The competition is going to be steeper in December and then it will obviously be even more challenging in the Olympics. But I know Danyelle, I know her mindset and how hard she's been working. She has a goal in front of her and I know she's going to be fine."

"I'm all about perseverance and digging deep to find the highest potential within yourself," added Wolf. "I want to show women that doors open for you when you give 100 percent. The trick is being ready when it's time to jump at the chance to walk through them."

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### $\mathsf{TRASH} imes$ CONT. FROM PG. 1 response."They (city) said it needs

to go to the police," she said. "But there's no place to put it, I reported it under illegal dumping, and they (police) said it needs to go someplace else."

Ives was told at a Mission Beach Town Council meeting by a police representative that SDPD does not have the resources to do beach cleanup.

Ives has been complaining to various government agencies about beach cleanup problems for the past 18 months and continues to document the issues providing photos. "I have a whole Facebook album just devoted to this," she

Ives is requesting that the City enforce its laws requiring:

- No drinking on the beach;
- No smoking on the beach;
- No glass bottles on the beach;

• Enforcement of littering laws.

• No fires directly on sand;

"Public safety is our top priority," said José Ysea, supervising public information officer for City of San Diego. "During the summer months, the City of San Diego beefs up police and lifeguard presence in our beach areas. With 17 miles of coastline our personnel work dili-

gently to enforce all laws and rules

along our beaches and bays. "As in any of our other communities, we not only encourage, but rely on the public to be our eyes and ears when they see or hear something wrong. If they witness anyone in distress or see a dangerous situation, we ask that they call 9-1-1 immediately," Ysea said.

"If they have non-emergency issues, we ask that they use our Get-it-Done app available on Android and Apple devices, as well as at sandiego.gov/getitdone," Ysea said. "As part of Mayor Kevin illegal to put them directly in the Faulconer's CleanSD initiative, we sand. They need to be in a portable This has sped up our response time for reports relating to trash and debris."

Ives has some recommendations for how beach enforcement should be improved.

"The number one thing is better signage," Ives said. "I am advocat-

Some of the cans and bottles collected by Cathy Ives on a Sunday morning this summer in Mission Beach.

ing they enforce the ordinances and put up big signs saying, 'No drinking, no glass. no styrofoam."

Ives also cautioned that Mission Beach is not being patrolled at the right times.

"The police need to start patrolling on the sand from the jetty to north Mission Beach from 11 p.m. to 4 a.m., not 6 a.m.," she argued. "That is 'not' when the action is happening. They should be giving tickets, fines."

Pointing out styrofoam is now banned because it's not biodegradable, Ives noted the material is winding up in boogie boards nonetheless. "There is no enforcement," she said. "Stores should have stopped selling those, as well as styrofoam ice chests."

Concerning plastic straws, which state law is gradually phasing out requiring them to be requested in restaurants, Ives noted, "There are more straws on the beach now than ever."

illegal still-burning fires."

fire pits strewn with trash. "I can't Clean SD money that was even tell you how bad Bonita Point approved this year in the city's is," she said. "Between the people budget is focused on our beaches sleeping in cars, the drunks sleep- and boardwalks."

ing on the beach ... it is awful."

Ives added the Mission Beach jetty has become especially troublesome.

"Rats are out in full force at the jetty," she warned. "You got rid of the cats that killed the rats. Do you know that hepatitis A can be spread this way?"

Worst of all, said Ives: "There is broken glass everywhere – on the beach, in the parking lots, in the picnic areas, on the boardwalk. Another resident in less than a week picked up more than 200 pounds of glass, mainly beer bottles in less than a mile. He has been living here for years and states it is the worst he has ever seen."

Added Ives: "The trashcans are filled with glass bottles. The tide line is strewn with glass bottles and cigarettes, food wrappers, and clothing. I've washed more than 900 beach towels, some from hotels, and blankets left on the beach and donated them, as well Concerning fires, Ives said: "It's as 115 beach toys, all left behind."

Responding to clean-up complaints from Mission Beach resinow have clean-up crews working device or in a fire pit. Due to the dents, District 2 Councilmember 24 hours a day, seven days a week. still-warm fires, I have had to Dr. Jen Campbell said: "Keeping 'encircle' the fires with bottles or our beaches clean is a prime contoys. There is nobody to put out the cern for my office. We've been in contact with Environmental Ser-Ives noted the jetty has 10 illegal vices to ensure that the additional

San Diego, CA 92109 (858) 270-3103 sdnews.com beachandbaypress.com

EDITOR: Thomas Melville x131 tom@sdnews.com

Twitter: @beachbaypress

**CONTRIBUTING EDITORS:** Kendra Sitton x136 Emily Blackwood x133

Dave Schwab x132

Jeff Clemetson x130

**COPY EDITORS: Dustin Lothspeich** 

CONTRIBUTORS: Bart Mendoza Diana Cavagnaro Kai Oliver-Kurtin Neal Putnam Natasha Josefowitz, Nicole Sours Larson **Scott Hopkins** 

Linda Marrone Dave Thomas Paige Fulfer Judi Curry Lucia Viti Ed Piper Jemma Samala Kathy Miller Gray Victoria Davis

PRODUCTION: Chris Baker x107 Barbara Rogel x107

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PHOTOGRAPHERS:

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# **LIVE MUSIC — Savannah Jack** to perform at Moonshine Beach

By BART MENDOZA | BEACH & BAY PRESS

ashville-based country combo Savannah Jack performs at Moonshine Beach on Aug. 30 and 31. Currently touring behind their second studio album, "Night of spent more than a decade on of the road honing their craft as opening act for everyone from Kenny Rogers to Vince Gill, and building a sizeable following in the process. Savannah Jack has plenty of crossover appeal, mixing in a bit of humor as well as plenty of rock favorites that fit in with the modern country sound, including songs by the Rolling Stones and The Eagles.

Savannah Jack: Friday-Saturday, Aug. 30-31 at Moonshine Beach 1165 Garnet Ave., 10 p.m. \$10.

San Diego is blessed at the moment to have a world-class jazz scene full of brilliant musicians. Near the top of that list is pianist Joshua White. Appearing at Dizzy's on Aug. 24, White plays around town with many combos, including Gilbert Castellanos' weekly jam sessions in Balboa Park, always turning in terrific performances. However, for his own performances, his improvisational skills are especially at the forefront, making each show a unique listening experience. For this show, White will be backed by bassist Dean Hulett and drummer Tyler Kreutel.

Joshua White: Saturday, Aug. 24 at Dizzy's at Arias Hall, 1717 Morena Blvd. 8 p.m. \$20 dizzysjazz.com.

For music fans, one of San Diego's finest summer time traditions is a trip around Mission Bay aboard the Bahia Your Life," the band have Belle. Offering up a nice mix songs and summer breezes, the cruise is a unique way to catch some of the area's top performers across genres. On Aug. 25, reggae favorites Irieality will be the featured artists, playing short sets between docking stations. The six-piece band eschews rock elements for a more traditional sound, similar to peak 1970s-era Wailers, making their music appealing to both die hard reggae fans as well as novices to the music.

> Irieality: Sunday, Aug. 25 at the Bahia Resort, 998 West Mission Bay Drive. 9:30 p.m. 21 and up. \$10. bahiabelle.com.

> A little taste of Louisiana will hit Tio Leo's on Aug. 27, with a performance from the Bayou Brothers. Playing songs inspired by New Orleans and Mardi Gras, this is toe-tapping, festive music at it's best. The band is a street fair favorite, scoring a San Diego Music Award in 2013, with three albums to date, most recently 2015's "High Roller Zydeco." However, it's live where they excel. The band's high-energy performances, especially from rubboard player Judy Seid, are a lot of fun to watch, lis-

The Bayou Brothers: Tuesday, Aug. 27 at Tio Leo's, 5302 Napa St. 9 p.m. 21 and up. Cover TBD. tioleos.com.

With a set list full of vintage crowd pleasers, a show from The Cool Rush Band is the perfect soundtrack to an evening at the beach. Appearing on Aug. 31 as part of the "Campland Rocks" concert series at Campland on the Bay, the quintet's repertoire stops in the 1970s, but every tune is a sing-a-long classic. Featuring blues to the Beatles, "Gimme Some Lovin" to "The Letter," and even lesser played gems such as "Stuck In The Middle," the band offers up such a wide range of songs their shows are enjoyable for music lovers of all stripes.

The Cool Rush Band: Saturday, Aug. 31 at Campland on the Bay. 8 p.m. All ages. No cover. campland.com.

Rock-a-billy legends, The Stray Cats, stop in for a twonight stand at Humphreys Concerts by the Bay on Aug. 31 and Sept. 1. You can expect to hear all the hits, including "Rock This Town," "(She's) Sexy and 17," and "Stray Cat Strut," but longtime fans will also be happy to hear tunes from their brand new album, "40," released by Encinitas based label, Surfdog Records.

The Stray Cats: Saturday-Sunday Aug. 31-Sept 1 at **Humphrey's Concerts by the** Bay, 2241 Shelter Island Drive. 7:30 p.m. \$128.50.



Dancers of City Ballet of San Diego will perform The Rosin Box Project.

### Dancers of City Ballet of San Diego to present new season of The Rosin Box Project at Liberty Station

Dancers of the City Ballet of San Diego, Leigh Olson, Katie Spagnoletti, and Carly based in Pacific Beach, will present the second season of The Rosin Box Project in four performances at The White Box Live Arts in Liberty Station Thursday, Aug. 29 to Sunday, Sept. 1. The show will be premiering five new contemporary ballets choreographed, directed, and performed by the dancers themselves.

Spearheaded by Carly Topazio, the TRBP 2019 roster totals 10 dancers, one guest choreographer, and five brand new world premiere contemporary ballets. Dancers include Lauren Anthony, Liz Fittro, Bethany Green, Brian Heil, Chelsea Khun, Rony Lenis, Jessie

Topazio. Choreographers include Thom Dancy (guest choreographer), Green, Olson, Spagnoletti, and Topazio.

The Rosin Box Project was created following the close of the City Ballet of San Diego's 2017-2018 season by company dancer and photographer Topazio. In May 2018, several of City Ballet's company members came together to direct, choreograph, and curate full-length contemporary ballet performances in the summer of 2018.

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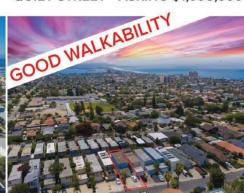




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