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Beach & Bay

PRESS



Rickaroons made in Pacific Beach
SEE PAGE 7



Finding blessings at Fanuel Park
SEE PAGE 5



Bucs' Clash in CIF playoffs
SEE PAGE 13



Mayor Kevin L. Faulconer embraces William Gardner during the morning ceremony on Nov. 12 announcing the renovation of the Bonita Cove playground, which will be named after William’s late wife, Maruta Gardner, who was a Mission Beach community leader.

THOMAS MELVILLE / BEACH & BAY PRESS

MAYOR, COMMUNITY LEADERS BREAK GROUND FOR PLAYGROUND MAKEOVER

On Nov. 12, Mayor Kevin L. Faulconer joined community leaders, along with William Gardner, to break ground on a much-needed makeover for the playground at Bonita Cove.

The Bonita Cove playground replacement effort was initially started as a private initiative launched by the Mission Beach Women’s Club and longtime resident and active community member of Mission Beach, Maruta Gardner. Following the development of projects funded

under the Mission Bay Park plan, the replacement was folded into the larger plan to incorporate both the Bonita Cove West comfort station and playground.

Once complete the playground will be renamed after Maruta Gardner, who was tragically struck and killed by an impaired driver three years ago while she was painting out graffiti in South Mission. When she passed, Faulconer pledged the City’s full support in naming the park in her honor.

Improvements to the park include renovation of the half-acre playground, replacement of the comfort station, a new shade structure, sidewalks and pedestrian curb ramps to meet Americans with Disabilities Act standards and enhanced security lighting. Construction costs total \$3.4 million.

“Thanks to the voters the revenue generated by hotels and other leaseholds on Mission Bay’s public parklands is now being spent to improve Mission Bay Park,” Faulconer said.

“The Bonita Cove project, in particular, holds a special meaning for this community who have pushed to ensure it will be named after a beloved San Diegan who spent her entire life in service of her city.”

Cordelia Mendoza, president of Mission Beach Women’s Club, spoke after the mayor and said that Maruta’s spirit will live on at the new park. “Bonita Cove will be Maruta-ized, just like Mission Beach and the rest of us were,” she added.

READ MORE ONLINE AT sdnews.com

IS THERE A SOLUTION TO BIKE THEFT IN PACIFIC BEACH?

By DAVE SCHWAB | BEACH & BAY PRESS

Seems just about everybody has a story to tell about bike theft in Pacific Beach.

John D. Crow, a vacation-rental operator, has had nine bikes stolen over the past five-plus years that he has written off as a business expense. Crow thinks he has a fix on the “process” involved and a good idea of what could be done to resolve the issue.

“I think many problems would be solved if the City would just enforce trash can scavenging because criminals are hiding behind that,” said Crow, who provides bikes for his rental clients. “Thieves are stealing out of the City’s blue recycling cans, which is illegal.”

Crow caught a person recently picking through designated blue recycling bins wearing a miner’s light at 4 a.m. without identification.

“It’s a total cover,” claimed Crow of can scavenging he considers a deliberate ruse. “Do we enforce it? Not at all. If you were to say no to trash scavenging, you would be cutting off a viable way for people to continue stealing bikes.”

Crow knows of another unusual bike-theft incident involving a woman who had her bike locked up at the corner of Cass Street and Garnet Avenue. “She came to unlock it and someone had put another coil lock on it,” he said. “She Ubers home. When she came back hours later they (thieves) had stolen

See BIKES, Page 2

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CONT. FROM PG. 1

it. They had locked that bike up to come back and steal it.”

Bill Zent, a community activist working toward stricter electric-scooter regulation,

concurred with Crow. “There is a huge problem still with bike theft and the police have their hands tied,” concluded Zent, citing two recent examples.

“I’m on Grand Avenue and a homeless guy walks past me with two expensive road bikes and his backpack. I decided to follow him

... at Kendall he stopped and got a second backpack out from under the shrubs. ... Then he crossed the street and went down the alley. ... I flagged a patrol car down. ... the officer said there is nothing he can do. The owners would have had to file a report with serial numbers. ... So the

guy walks with the bikes.”

Added Zent, “A friend of mine, a bartender at the Tavern, recently went to get her nails done. She locked her bike out front. It was gone and the lock was left behind in minutes. The common thread I see is it is all daylight theft.”

Of the solution, Zent concluded, “We need a strong and mandatory bike-license program. When I grew up, you had to have the bright yellow license band on the bike and the bike shops had stamped those numbers on the back of the frame. If that or some version of it was in place, the police could check ownership very fast on a stop.”

“Every year in San Diego, nearly 3,000 bikes are stolen. Pacific Beach is one of the hardest-hit communities for stolen bikes,” pointed out Marcella Teran, Pacific Beach, and Mission Beach Neighborhood Watch coordinator. “The Bait Bike Program is one of the most important police programs for Pacific Beach. Because it is so easy and fast for thieves to steal a bike even in broad daylight, it is an attractive crime for them to make quick money for usually drugs and alcohol.”

Added Teran, “I have seen bike chops at the PB Library Park in the middle of the day, and under a park light at night. Many of these criminals are not afraid of being caught. So we need the

police to find ways to catch them and get them off the streets in our neighborhoods.”

Bait bikes have a GPS device with which police can track the theft happening in real-time and apprehend the criminal. Stealing an SDPD Bait Bike is a felony under state law, given the bikes are worth more than \$950, the felony threshold.

Henish Pulickal, a Pacific Beach Planning Group member speaking for himself, had two mountain bikes stolen from a secured parking garage. Video revealed two women used a mini torch and bolt cutters to gain entry. Pulickal believes the bait bike program needs to be fine-tuned.

“I’ve seen the bait bikes and they are pretty recognizable,” he said. “They need to use different bikes that aren’t as obvious.”

Nonetheless, the bait-bike program is a good start and a step in the right direction concluded Teran.

“This program is so important to our community, that the Pacific Beach Town Council is supporting the program this year,” Teran said. “They hope to continue to support it each year, due to its importance for our residents. The police have their hands tied catching and having criminals put in jail. This program is one that can truly help the police — and us.”



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Fourth man pleads guilty in Pacific Beach slaying

By NEAL PUTNAM | BEACH & BAY PRESS

A fourth man charged with the Dec. 29 death of a man in a Pacific Beach home has pleaded guilty to assault with a firearm as an aider and abetter of three others in the case.

Paul Charles Weinberger, 51, entered his guilty plea before San Diego Superior Court Judge Fred Link, who set sentencing for Dec. 6. A murder charge was dismissed against Weinberger and the three others in the case.

Weinberger's attorney, Paul Pfingst, said in an e-mail Saturday that his client did not possess a shotgun that killed Marcanthony Mendivil, 44, and that his guilty plea was as an "aider and abetter"

of the others in the case.

Weinberger faces a sentence ranging from two to four years in jail. The incident took place in Weinberger's home in the 2300 block of Wilbur Avenue and that he had given permission for Mendivil to stay there that night.

Deputy District Attorney Flavio Nominati said the gunman, Carlos Yslas, 25, faces between 27 to 30 years in state prison for the shooting death.

Pedro Ramirez, 27, and Freddy Sosa, 38, pleaded guilty to voluntary manslaughter and felony assault. Both men will receive a stipulated prison term of eight years, said Nominati. They pleaded guilty Oct. 18.

READ MORE ONLINE AT sdnews.com



Pictured left to right is Isa Trudersheim and her teacher Pamela Deneberg, Ilah Hagen and her teacher Heather Jessee, and Keziah Brefo with her teacher Nancy Peters, and Brian McMullen.

ILAH HAGEN, KEZIAH BREFO AND ISA TRUDERSHEIM “Kiwanis Students of the Month”

Ilah Hagen from Crowne Point Elementary, Keziah Brefo from Kate Sessions Elementary, and Isa Trudersheim from Pacific Beach Elementary are the November Kiwanis Students of the Month. These students represent outstanding leadership in their classroom. They were honored by the Kiwanis Club of Pacific Beach and Brian McMullen of Allstate P.B. with breakfast at the Broken Yolk.

CONGRATULATIONS!

Hearing starts of man accused in homeless murders

By NEAL PUTNAM | BEACH & BAY PRESS

Testimony began on Nov. 4 in the preliminary hearing of a man suspected of killing three homeless men and one woman in Ocean Beach, Mission Bay, and elsewhere in 2016.

This hearing for Jon David Guerrero, now 42, had been postponed for years because Guerrero was in a state mental hospital after a judge found him mentally competent. Another judge found him competent in May.

The hearing before San Diego Superior Court Judge Kenneth So may last two weeks and So will decide if he should go to trial on some or all of the charges.

Juan Cisneros, a District Attorney investigator, testified about the death of Shawn Longley, 41, who was found dead July 4, 2016, near the Robb Athletic Field tennis courts in Ocean Beach.

Photos of the scene showed Longley partially in a sleeping bag on a bloody sidewalk. Cisneros said there were “no signs of life” after a railroad spike was driven into his head.

“It appeared the assault occurred while the victim was sleeping,” said Cisneros.

Cisneros said the first victim, Angelo DeNardo, 53, was found under the Interstate 5 bridge near Mission Bay on July 3, 2016. Railroad spikes had impaled both his head and chest, he said, and the body had been set on fire.

The third victim, Dionicio Vahidy, 23, died four days after he was mortally wounded downtown. Guerrero is also charged with killing Molly Simons, 83, in North Park, on July 13, 2016.

Simon’s death broke the pattern of attacks on homeless men as she was struck with an object while she was walking around 5 a.m. to a bus stop. She was going to a local YMCA where she volunteered.

Cisneros said several victims’ identification was found in Guerrero’s wallet when he was arrested.

Deputy District Attorney Makenzie Harvey said in court that Manuel Mason, a 61-year-old man who survived the attacks but was blinded by a railroad spike, died in July, 2019.

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COMPASS

Residents gather on Mount Soledad to celebrate Veterans Day

By DAVE SCHWAB | BEACH & BAY PRESS

Military planes painted the sky overhead, the Marine Band San Diego played patriotic tunes, the Marine Corps Recruit Depot presented the colors and a true American hero was honored at the traditional Mount Soledad Veterans Day ceremony Monday, Nov. 11.

Hosted by the Mount Soledad Veterans Memorial Association (MSNVM), the ceremony's special plaque honoree was Senior Chief Petty Officer Kenton James

Stacy and his family. A U.S. Navy volunteer, Kenton chose to be in one of the military's most dangerous occupational specialties, an explosive ordinance disposal technician. After more than 50 combat missions, Stacy was severely injured when an improvised explosive device detonated in 2017 in Syria.

Kenton has received numerous awards for his distinguished valor including a Purple Heart, two Bronze Star Medals and three Navy Achievement Medals. In 2010, he was named USO Sailor of the Year.

Congress members Scott Peters and Susan Davis presented a proclamation honoring Stacy. Mayor Kevin Faulconer also spoke noting "the military is in San Diego's DNA. Today is about coming together as a community to honor these heroes for their lifetime of patriotism and courage serving our nation."

Of the Mt. Soledad Memorial, Faulconer said, "It is a special place for all San Diegans. It's the only memorial in the United States that honors veterans both living and deceased from the Revolutionary War to the War on Terror."



Senior Chief Petty Officer Kenton James Stacy's plaque revealed during the Veterans Day ceremony at Mount Soledad Veterans Memorial.

Of memorial plaques, Faulconer said, "They put a face to the names of our heroes and captures a moment in time for that veteran, reminding us of their great commitment to our country."

Master of ceremonies Marc Bailey quoted immediate past San Diego Police Chief Shelly Zimmerman in noting, "Leadership is a shared responsibility. That's what you have represented up here on every single one of these plaques, and every one of our veterans who've ever served this nation. Each and everyone is a leader."

Sgt. Neil O'Connell, USMC Ret. and president of MSNVM, thanked those assembled for "supporting us in every endeavor."

"We should especially thank those who made the ultimate sacrifice," said O'Connell, who added wife is now available at the

memorial "for eventually having a virtual tour created here to give stories about each and every veteran. We also have created an endowment so that this memorial will remain funded ... to teach our youngsters and our citizens about the sacrifices of our veterans preserving their legacy."

Asked what it means to be a vet and the significance of Veterans Day, Capt. Brian T. Grana, USMC said, "Vets are thanked profusely for our service on Veterans Day. For me, and in reality, I like thanking the citizens who allowed me to serve and wear the cloth of our great nation. When thanked, I typically respond with: 'Thank you for paying my salary and being the type of American citizen worth fighting for.'"

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Matthew Israel Christian at Fanuel Street Park in Pacific Beach.

Former homeless man finding purpose and friendship at Fanuel Street Park

By DAVE SCHWAB | BEACH & BAY PRESS

Once homeless, Matthew Israel Christian has found a new home — and purpose — in a most unlikely spot: Fanuel Street Park in Pacific Beach.

Christian (name legally changed), a New Jersey native, routinely spends his daytime hours cleaning the park on the bay at 4000 Fanuel St. A cross between goodwill ambassador and landscaper, Christian daily sifts playground sand to remove debris, rakes lawns and picks up trash.

Speaking with the very Christian Matthew about Fanuel Park, you quickly grasp the park means a lot more to him than most.

“I do feel at ease here, at home,” he said. “It’s a great energy place. It’s very peaceful. If you show up on a day like this where the bay is glistening, kids are happy, and everything seems like it’s right in the world — that’s when you realize this place is special.”

Added Matthew: “I like this kind of work. It’s kind of Zen-like where a person can just forget about their problems.”

Would Matthew like being compensated for his volunteerism?

“I don’t know if I feel comfortable getting paid for this, to be honest with you,” he replied.

Matthew takes park uncleanliness personally.

“To see the sand being inundated with tree debris, it’s kind of like having a beautiful home and having it fall to disrepair,” he said. “It doesn’t make any sense.”

Matthew keeps a scrapbook of cards people have sent him appreciating his clean-up efforts. “If it wasn’t for these people, I don’t know if I could have gotten through being homeless,” he confided. “It’s about hope versus hopelessness. There are people who care. There are a lot of kind people.”

Of being unsheltered, Matthew said: “I was homeless sleeping on the sidewalk for 4 1/2 years. That bothered the heck out of my back. I felt like a pariah just because I had financial problems. You’re just trying to find a place, like when it’s raining. It’s very lonely at night.

WANT TO HELP?

Neighbors and Pacific Beach residents can come together to help Matthew Israel Christian at [gofundme.com/f/matthew317](https://www.gofundme.com/f/matthew317).

It’s not easy.”

By his admission, Matthew has been financially challenged nearly all his life. “My jobs have been mostly driving jobs or lower-skilled manual labor,” he admits, while noting, “I’m 53 years old. I have no criminal record. I’m a normal person coming from a working-class family.”

As his friends will attest, Matthew is one of the more atypical unsheltered people you’re ever likely to run across.

“I’ve known Matthew since I moved to PB three years ago,” said Johanna Schnell. “He is a positive, sincere volunteer at the park, focused on keeping the children safe. It goes deeper than sweeping and sifting. When people see Matthew taking care of the park, everyone benefits. His presence truly makes a difference. The park shines brighter when he’s around.”

“He’s just a nice human being,” said Carlee Gee. “He is unassuming, kind, just doing the best he can.”

“Sometimes, I would bring him food or a backpack of clothes,” said Dorothy Gison. “He gave that backpack to a friend, didn’t use it. He’s very kind, approachable. He’s never asked for money or anything. His neighbors want to help him. We just don’t know how.”

“Matthew is a truly special man,” said Peter S., who met Matthew when he moved from Connecticut to PB in 2016 and has since befriended him, offering him both work and lodging. “He has a beautiful soul and a heart of gold... he consistently gives to others less fortunate than himself.”

Regarding Matthew’s situation, Peter S. said, “Matthew is challenged in ways that are difficult to define. He’s unable to hold a job, which pays near enough to support him. He has difficulty accepting help.”

READ MORE ONLINE AT [sdnews.com](https://www.sdnnews.com)



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Licensed esthetician Jasmine Drake of Neroli Skin and Lash.

Experience plant-based, customized facial treatments at Neroli Skin & Lash in PB

By DAVE SCHWAB | BEACH & BAY PRESS

Licensed esthetician Jasmine Drake of Neroli Skin and Lash tackles everyone's skin-care and eyelash needs at her organic Pacific Beach wellness studio.

"The products I use are from an organic plant-based, all-natural skincare line based in Hungary," said Drake, whose studio is at 4970 Cass St. "All my products and services are free from harsh chemical and preservatives, and don't contain synthetics or artificial fragrances. They really help heal the skin from within without being over-drying causing irritation, redness, etc."

Drake treats both genders for numerous skin issues from "healing their acne to helping with their wrinkles or sun damage, a huge concern in sunny San Diego," she said adding, "I see it every day. I can reverse the signs of sun damage and aging. I fully customize all my treatments: No two facials are alike."

The esthetician uses a variety of skin treatments including microdermabrasion (exfoliation), and a pumpkin enzyme treatment for brightening dark spots.

Acne is one of Drake's most common — and preferred — treatments. "I myself have suffered with acne in the past," she said. "Those (faces) can be resurfaced. There are treatments out there that can help. I educate clients on how to correct what is already going on, and give them the tools and the treatments to really go home and help heal their skin from within, without being too harsh."

Regarding wrinkles, Drake said, "As we age our skin ages and we lose moisture in our skin. So

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703-618-0708.

keeping hydrated, using the right products and really focusing in on your home-care routine is what you need to do."

Drake has a lot of technology at her disposal.

"And we can combine the more holistic, organic approach with the mechanical exfoliation for microdermabrasion and other tools and equipment, like my oxygen machine, which just work best together and get the best results," she said.

Drake gave an example of one client's skin condition that she's treating, a lady in her early 30s who just had a baby.

"Her hormones have created this break-out situation on her skin along her chin, jawline, and neck," Drake said. "She has horrible acne for the first time in her life. So what we're doing is a series of (chemical) peels on her skin. They're starting to heal and there aren't as many anymore after just two sessions."

Drake never dreamed of being an esthetician. She originally studied tourism and event management before falling in love with skincare and switching careers to initially become a medical spa coordinator.

Asked what people can do at home to take better care of their skin, Drake replied, "The number one most important product for men and women of all ages is sunscreen. You must wear sunscreen every single day. UV rays can penetrate through clouds through glass."

"I see a lot of left-sided sun damage from people who spend a lot of time driving cars. Invest in a great sunscreen that you like the feel, texture, and smell of, and that you can wear every single day. You also should cleanse your skin twice a day."



Rickaroons are naturally delicious energy bars made in Pacific Beach

By VICTORIA DAVIS | BEACH & BAY PRESS

From whole-wheat to gluten-free, to totally flour-less, Pacific Beach's energy bar company Rickaroons has spent six years trying to perfect an all-natural macaroon recipe that still tastes all good.

"You don't have to convince someone to eat an apple because it's gluten-free," said Grant LeBeau, son of Rickaroons creator Rick LeBeau, and co-founder of the company. "It's the same for us. Rickaroons have ingredients that happen to be gluten-free."

"We're not an imitation of another product. We didn't try to reverse engineer bread by putting in 50 filler ingredients to get to a bread-like product. Rickaroons are just naturally gluten-free and naturally delicious."

Rickaroons officially began business in 2013 when Grant and Rick began selling their energy bars — made with shredded coconut, coconut palm nectar, cocoa beans, dark chocolate chips, sunflower lecithin, and blended almonds — at local farmers markets. But the original "Rickaroon" was created 12 years before when Rick set out to make a gluten-free cookie for his girlfriend, who at the time was battling multiple sclerosis.

"This was back before we had

all these gluten-free options and the doctor said she had to cut out gluten from her diet," said Grant, who was in middle school at the time. "She told my dad, 'If you love me, you'll make me a chocolate chip cookie that I can eat.'"

Rick — who was also a vegan triathlete — had a cookie business with his girlfriend called "Ultimate Naturals." The two shared a love for baked goods and his girlfriend's request for a wheatless cookie became the foundation of Rick's Rickaroons. Though Ultimate Naturals was not able to be sustained through the 2008 recession, Rick says he, "never stopped improving the recipe for Rickaroons."

"I would make them as often as I would run out, which was usually every couple of weeks," said Rick. "And I always had the intention of starting up the cookie company again."

In 2012, Rick and Grant joined forces after Grant graduated from college and collaborated with Grant's sisters, Stevie and Christina Schweighart, to help oversee sales, marketing, graphic design, and accounting. Rick, the team's only baker, began coming up with new flavors like Megaroons, with chia seeds and cacao nibs, Mocha, with dark



Chocolate Blonde, with dark chocolate and coconut, is Rickaroons' best-selling energy bar. PHOTO CONTRIBUTED

chocolate espresso, Peanut Butter Protein with peanut butter, pumpkin seed protein and dark chocolate, as well as Mint To Be.

"That one's my favorite," said Grant. "It's our answer to a Thin Mint Girl Scout cookie. But our Chocolate Blonde with dark chocolate and coconut, that's been the best seller since day one."

"I love them all," added Rick. "Whichever one I'm eating is my favorite."

The Chocolate Blonde, originally called "The Origaroon" was the prototype Rick gave to his girlfriend as her own, custom-made chocolate chip cookie. While she was able to see Rickaroons gain speed up until

2015, Rick's girlfriend eventually passed away. Rick and Grant make sure Rickaroons stays connected to its roots, participating in fundraisers such as the Susan G. Koman: Race for the Cure, San Diego County Credit Union Walk MS, and Walk MS: San Diego.

Rickaroons are also available at more locations than just on Amazon or the company website. Megaroons, Mint To Be, and Mochas can all be found at Jimbo's Naturally!, Ocean Beach People's Organic Food Market, Juice Kaboose, and Cardiff Seaside Market. Each box of Rickaroons holds 12 cookies and is priced at \$25. Currently, Rickaroons is also working on a

Are Rickaroons a dessert or a healthy snack?

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nut-free and chocolate-free line of cookies.

"It's funny how there are so many different groups of people that end up gravitating naturally towards Rickaroons," said Grant. "We've had women tell us that we were their food-of-choice during pregnancy and for breast-feeding because our cookies are higher in plant fat and lower in sugar. So, it's fun hearing who we end up being supported by and who we end up working for."

Grant added: "Like it says on our site, this all starting for 'love for a strong woman and a healthy lifestyle.' We're excited to continue to share our family's recipe and mission to feed the world in a way that's good for the planet, good for their bodies and good for their taste buds."

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EDUCATION NOTEBOOK>>

MISSION BAY HIGH

▪ Mission Bay Music has several exciting events coming up: MBHS Mambo Orchestra and the Mesa College Jazz Ensemble will be playing a mixture of salsa and big band classics at MBHS Auditorium on Tuesday, Nov. 19, at 6 p.m. Admission is free and open to the public. Mission Bay Preservationists will be performing at the House of Blues for Thanksgiving. On Nov. 29-30, The Preservationists and Swing Choir will perform at the Thanksgiving San Diego Jazz Festival.

PACIFIC BEACH MIDDLE

▪ Principal's Coffee will take place at 8 a.m. Nov. 21. Sign in at the front office and meet in the media center.

BARNARD MANDARIN MAGNET ELEMENTARY

▪ More than 300 members of the Barnard Mandarin Magnet Elementary School community wove their wicked way through 30 interactive writing and literacy booths at the school's fifth annual Writers Night on Oct. 25. This year's theme was "Weaving Webs with Wicked Words," and students, families, teachers, and volunteers were encouraged to arrive in costume to the award-winning event.

Among the many creative writing activities were "It's a Mad 'Lib' House," where young writers had spooky fun finding verbs, adjectives, and nouns in a "Mad House" to complete a Mad Lib about Barnard; "Cursive Curses," where students could write their favorite spell or charm in cursive; and, in a nod to the



Mission Bay High School girls tennis team won league for the first time in school history on Oct. 15 with the help of coach Trong Tong. Standouts are singles player Ryan Stone who remains undefeated and the doubles team of Amanda Edmunds and Sonja Cayetano, who came in second place.

school's Mandarin immersion program, a booth where children could practice writing Chinese characters in different media, like salt, wax, and play dough. Event attendees also had the opportunity to meet Garfield Kwan, author of Squidtoons: Exploring Ocean Science with Comics, and help him brainstorm, illustrate, and display environmental conservation ideas.

"In the Mad Lib House, I had fun choosing all the words by looking at the different toys and videos of verbs," said Barnard fifth-grader Audrey C. "They even had exclamations like 'zoinks!'" Writers Night is just one of several family engagement events sponsored by the Barnard PTA throughout the school year. The community is also looking forward to Art Night, Science Night, International Night, talent show, family dance, and Chinese New Year in

the months ahead.

▪ For information on Barnard Mandarin Magnet Elementary School or to find out about the District's School Choice program, visit sandiegounified.org/barnard. The Choice application window for the 2020-2021 school year is open until Nov. 20.

CROWN POINT JUNIOR MUSIC ACADEMY

▪ CPJMA Music Club performs at the PB Taylor Library on Saturday, Nov. 16 from 11-11:30 a.m.

▪ CPJMA has been nominated for the California Distinguished School Award, one out of 12 schools nominated in San Diego Unified School District's 117 elementary schools.

KATE SESSIONS ELEMENTARY

▪ During Thanksgiving season, the



Students at Crown Point Junior Music Academy raised a total of \$1,214.48 for the Leukemia and Lymphoma Society, Pennies for Patients Program. Students from Mrs. Tessaro-Love's kindergarten/first-grade class were the top class to raise the most money with \$306.82.



Barnard Mandarin Magnet Elementary fifth-grader Audrey C. at the school's 'Weaving Webs with Wicked Words' Writers Night.

students at Kate Sessions are learning about giving and gratitude. One of the many ways that they show gratitude on campus is by sending Thankful-Grams to each other the week before Thanksgiving break. This year, they are specifically recognizing their generous teachers and staff who enrich children and the community every day. Students and their families will have the opportunity to send a special message to the teachers and staff members that have made an impact in their lives.

▪ In the spirit of gratitude, the Friends of Kate Sessions parent group would like to send a big thank you to three organizations that donated pumpkins for the annual Halloween Carnival. The Commissary on Naval Base San Diego (32nd Street), PB Pumpkin Patch, and Mr. Jack O' Lanterns Pumpkins in La Jolla collectively donated over 300 pumpkins to the community event. The school is grateful for the generous spirit that from throughout the community.

PACIFIC BEACH ELEMENTARY

▪ The Pacific Beach Elementary School Garden had several volunteer pumpkin plants sprout in spring 2019, which students moved to straw bales and nurtured for several months. Over

20 pumpkins were harvested and cured in late summer for each classroom to decorate and display at their second annual PBE Halloween Carnival on Oct. 26.

FOPBSS

▪ The next Friends of Pacific Beach Secondary Schools meeting will take place 6 p.m. Wednesday, Nov. 20 at Mission Bay High School in the library. Join parents from MBHS and PBMS to learn about Cluster events and volunteer opportunities.

MISSION BAY CLUSTER

▪ Can you host two actors/directors Jan. 12-19? Missoula Children's Theatre (MCT) is coming to PBMS the week of Jan. 13-18, and FOPBSS is looking for someone who has an extra bedroom or two in their house to house one or both of them. The only requirement is a clean and private bedroom complete with bedding and access to a bathroom. MCT is an opportunity for any students K-12 in the MBHS Cluster (MBHS, PBMS, Barnard, CPJMA, PBE or Sessions) to participate in the musical production for the week. Contact Laura Daly at daly5@san.rr.com ASAP if you are interested.

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PBMS student wins intermediate-level music competition

By DAVE SCHWAB | BEACH & BAY PRESS

Seventh-grade Pacific Beach Middle School student Lilian Franqui plays violin, speaks fluent Chinese and just won an intermediate-level music competition.

For six years, Lilian's been a member of the San Diego Youth Symphony and Conservatory. Established in 1945, SDYS is the sixth-oldest continuously operating youth symphony in the United States, serving close to 700 beginning through advanced and pre-professional students annually in 13 full orchestras and ensembles.

Each year, talented students from the symphony and conservatory's most advanced level Ovation, and intermediate-level Showcase ensemble programs compete in SDYS' solo Concerto Competitions.

In addition to cash scholarship awards, the winners of both competitions gain the opportunity to perform as featured soloists in future San Diego Youth Symphony concerts.

Asked by Beach & Bay Press if she intended to pursue music as a career, Lilian, who's played violin for eight-plus years, had a somewhat surprising response.

"It may as well be — I'm really into music," she said. "But honestly, my dreams are actually to be an astronaut. But I'd like to have music on the side because it's a passion of



Pacific Beach Middle School student Lilian Franqui.

mine."

Why an astronaut?

"When I was young I met Buzz Aldrin (one of the first two men on the moon), got a book signed by him," said Lilian noting she was overwhelmed. "I wore a spacesuit every night. My parents had to drag me out of it."

Asked if she'd like to go to the moon or to a space station, Lilian replied, "Mars is it. Even getting up to the moon is a huge accomplishment."

Concerning the importance of music to her, Lilian said, "It means a lot. I feel it just connects to my life in a lot of ways. It really does inspire me. It gives you sad — and happy — moments. It kind of helps me through everything."

Lilian's prize for winning the

violin competition was \$200 and an opportunity to perform her winning concerto excerpt as a featured soloist backed by the SDYS Sinfonia orchestra in spring 2020 when the Youth Symphony performs its 24th annual Celebration of Music Education concerts at Jacobs Music Center's Copley Symphony Hall.

That excites and frightens, the young musician. "I'm nervous," she admitted while pointing out, "Nerves push you to do more, and I've got a lot of experience with going on stage through ballet."

Asked for advice she'd give to other students pursuing music competitively, Lilian said, first and foremost, that it's entirely worthwhile.

"It's a great experience," she said. "Be there for the experience. Don't let anything hold you back."

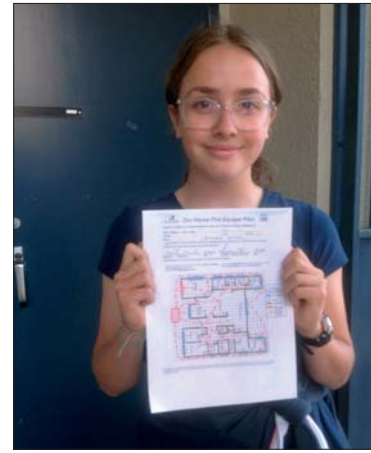
The youthful musician also encouraged anyone interested in music to become an SDYS member.

"SDYS has helped me through hard and happy times," Lilian said. "I've made so many new friends and if you need a friend, they're always there."

Also, the conductors are great, and the program has a lot of volunteering opportunities, such as chamber and auditions, a hard process but one that gets you motivated and excited."

Asked her philosophy on pursuing music, Lilian offered this advice: "You work to put in the hours — you get a good result."

PB Middle student earns award for fire escape plans



Pacific Beach Middle School student Neelu Namati and her fire escape plan.

Pacific Beach Middle School student Neelu Namati recently won a contest promoting planned escape routes for fire emergencies. She received her cash award at an Oct. 8 school ceremony.

In 2017, U.S. fire departments responded to 357,000 home structure fires, which caused 2,630 deaths and 10,600 injuries. Seven people died every day in a house fire nationally from 2012 to 2016.

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LIVE MUSIC – Authentic Sellout at 710 Beach Club

By BART MENDOZA | BEACH & BAY PRESS

Punk rock comes to 710 Beach Club with a performance from San Diego's Authentic Sellout. The four band bill includes Los Pinche Pinches, Dead End Pacific and The Deathboys, but it's Authentic Sellout that's been making the biggest splash. Featuring Sulo King (vocals), Christian Borja (lead guitar), Andy Herbst (rhythm guitar), Rice Enright (bass) and Brian Gaeta (drums) the band recently released a new single, "Technology," in advance of a new album. Anyone who enjoys their music loud, high energy and with plenty of sing-a-long choruses will have a lot of fun at this show.

Authentic Sellout: Friday, Nov. 15 at the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up. \$10. 710bc.com.



Rebecca Jade will perform at the fourth annual Vocal Jazz Summit at Dizzy's.

On Nov. 17, Dizzy's will host the fourth annual Vocal Jazz Summit, featuring four acclaimed vocalists; Allison Adams Tucker, Leonard Patton, Rebecca Jade, and Rosemary Watson. Backed by an all-star combo of Melonie Grinnell

(piano), Rob Thorsen (bass) and Claudio Rochat-Felix (drums), these gifted singers will perform a mix of material ranging from swing to Latin jazz, all selected to spotlight their vocal prowess. All of these artists are headliners on their own, making this show special in its own right, but the opportunity to hear these vocalist interact and take their art to new heights together will add up to a show sure to please area jazz, soul or pop fans.

Fourth annual Vocal Jazz Summit: Sunday, Nov. 17, at Dizzy's at Arias Hall, 1717 Morena Blvd. 6 p.m. \$20. dizzysjazz.com.

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Berhe running towards great finish at Mission Bay

By DAVE THOMAS | BEACH & BAY PRESS

For Mission Bay senior TK Berhe, cross country is both a love and something he is quite good at.

Finishing up his final campaign running for the Buccaneers, Berhe has been a mainstay for the program for head coach Barry Dancher.

"TK has become one of the leaders of Mission Bay's cross country team," Dancher commented. "He has done so through his exemplary running, as well as his dedication and perseverance to our program. His dedication to running and his work ethic has become an example for all those on our team to strive for."

Through all his hard work, Berhe is now among Mission Bay's all-time top 10 cross country runners at almost all distances.

According to Dancher, Berhe has been all City League for the past several years.

"We hope TK achieves all-league status once again this year," Dancher said recently. "Another goal is for TK to qualify for this year's CIF State Championships in Fresno (Nov. 30). I'm confident that through his never give up attitude and hard work, he will achieve this. We will miss TK Berhe next year, but his legacy will remain with us for a very long time."

Beach & Bay Press recently caught up with Berhe for an interview.

BBP: How did you get started in cross country?

Berhe: When I was in third grade, I participated in a jog-a-thon at my elementary school. My goal was to run as hard as I can to see how many laps I could do in 40 minutes and hopefully get a medal for being the top in the class. I ended



TK Berhe has his sights set on finishing his cross country career strong.

COURTESY PHOTO/BRIAN KERR

up being the top runner at the school and earned the biggest medal I ever witnessed. That's when I knew I wanted to pursue running in the future for as long as I can.

BBP: Being your senior season, what goals did you have coming into this year both for you and the team?

Berhe: The goal I had coming into cross country season was to get top five at CIF and advance to go to the state championships in Fresno. As a team I wanted us to get top three and have the whole team go to the state championships.

BBP: What is a 'typical' week for you during season?

Berhe: I would usually run 65-70 miles in a typical week before a race. I would have a long run Sunday, which would be 12-14 miles; run only four miles Monday to rest before my league race. On Tuesday, I run a light-paced two miles in the morning to wake the legs up, do a mile warm-up before I start then run my league race.

Wednesday, I run eight miles in the morning followed by four in the afternoon. Thursday, I run

four to six miles in the morning then do a hill workout at Kate Sessions Park in the afternoon. Friday, I run 6-8 miles in the morning and four miles in the afternoon. Then Saturday, I do a track workout of mile or 800m repeats.

BBP: Are you planning to go to college next year and were at? If so, would you like to run cross country?

Berhe: I am still undecided where I want to go to school but ideally I want to go to a school in California so I can be near home and not pay out of state tuition. I am willing to go to school out of state if it means I can run competitively at a good college. Two of my dream schools that are in state are Stanford and UCLA. That is for their strong academics and high-level competition. I want to strive and earn a scholarship to run at a good school, but I will be more than happy to get into a university for only academics.

BBP: For any boys or girls looking to come out for the program next season, what advice would you give them?

Berhe: Some advice I would give to the students going into the cross country program is run a lot of miles before you join cross country. It will feel so much better and less painful when the season comes because you are already mentally and physically prepared to run. Those are the two key things you need in cross country. Just try your best on the team and naturally you will progress to be a great athlete.

Young Orsborn scores big season for Mission Bay High football

By DAVE THOMAS | BEACH & BAY PRESS

Only a sophomore, Mission Bay quarterback Clash Orsborn has had quite the season for the Buccaneers. Orsborn and his teammates entered a season of questions following the untimely death of head coach Dane Roman over the summer.

In stepped new head coach AJ Vines and the Bucs find themselves in the second round of the CIF playoffs (Mission Bay plays at Holtville on Nov. 15). The Bucs won their first-round game last Friday in routing San Ysidro 56-0.

As Vines sees it, one of the key reasons the Bucs are in the playoffs and have won games this season is his young quarterback.

"Clash has been an exceptional leader for this team both on and off the field," Vines said. "On the field, he is our general. The offense starts and ends with him."

"Early on you can tell he was a little hesitant to be a vocal leader but each week as he has improved the team embraced him as the leader and now he is more comfortable with it. Off the field, he is an even better person and is a joy to be around."

With two more years of eligibility, the sky is the limit as to



Only a sophomore, Clash Orsborn continues to shine for Mission Bay High football.

STEVE SIDELL / BEACH & BAY PRESS

how far Orsborn can take his game.

"Moving forward I see Clash as the best QB in the county," Vines stated. "He has all the tools and has the grit and determination; now it's about putting it all together. Going forward we would like to win championships and that's going to start with our leader."

"Also, with a 4.0GPA, I would like to see Clash going to whatever college he chooses and setting himself up academically to do whatever he wants to do in life, career-wise."

See ORSBORN, Page 15

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Mission Bay baseball celebrates 65 years

For the past six decades, area children have played baseball at Bob McEvoy Field on Grand Avenue. This year, Mission Bay Youth Baseball is celebrating 65 years of showing area youth how to play fundamentally correct baseball, as well as promoting good sportsmanship, teaching the value of teamwork, and imparting the importance of giving back.

Mission Bay Youth Baseball players have gone on to play baseball at Mission Bay High School, various colleges, and even the Major Leagues – but it's more than that.

"One of the things that makes Mission Bay Youth Baseball so special is the bond between parents and how baseball fosters lifetime friendships among the players," said Lee Silber, a coach in the league for the past 11 years.

Over the years, the league has adapted (switching from Little League to Pony) and grown. This season, the league is improving in several ways. If your son or daughter is between the ages of 5 and 14, you may register now for the 2020 spring season at mbyb.org.

ORSBORN »
CONT. FROM PG. 13

Beach & Bay Press caught up with Orsborn recently for an interview.

BBP: How old were you when you first began playing organized football and what got you interested in playing at Mission Bay?

Orsborn: I started playing organized football when I was about 7 years old, but that was only flag football. I didn't start to play tackle until last year, my freshman year. I've always had a love for football and my mom wanted me to attend Mission Bay because of the IB (International Baccalaureate)

program at the school.

BBP: What has this season been like for you?

Orsborn: Individually this season has been a big adjustment for me because I went from being a backup on JV last year and not getting much playing time, to starting on varsity. This is a big transition, but my teammates and coaches did a great job preparing me all off-season for this moment. This season has also been fun and I think me and my teammates have really become a family.

BBP: With two years left to go at MBHS, what are your goals?

Orsborn: My personal goal over the next two years is to become the leader we need to win games. Our team goal every year should be to win CIF and make a run at state.

BBP: What else are you involved in at MBHS besides football?

Orsborn: Last year I played basketball and also participated in track.

BBP: Are you thinking about college down the road and possibly playing football there if you get the chance?

Orsborn: Yes, of course, that has always been a dream and a goal of mine. I would love any opportunity to continue to play football at the next level and also further my education.

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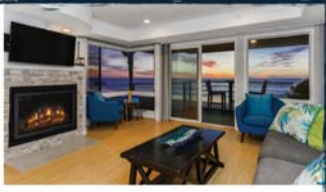
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