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City Ballet of SD anniversary

SEE PAGE 12



Bucs win playoff game

SEE PAGE 11



Suspect charged with fatal shooting in PB

By NEAL PUTNAM

The murder weapon used to kill a Pacific Beach woman on Sept. 13 was found in the possession of a man on the run in Texas and he is awaiting extradition to San Diego.

Felipe Villegas, 27, is accused of murder in San Diego Superior Court where he has been charged with killing Mary Lou Garcia, 65, who was shot in the head near 700 Reed Avenue on the beach.

Initially, Garcia's son, Daniel Caldera, 27, was arrested and charged with her slaying, but the District Attorney's office dismissed the charge and released him from jail five days later. Police later said he was no longer a suspect when they announced the arrest of Villegas in October.

A witness told police a man in tan pants shot Garcia. Officers arrested Caldera hours later and he was wearing tan pants that had a red stain on them that an officer thought was blood. The stain was tested and it turned out not to be blood at all, according to court documents.

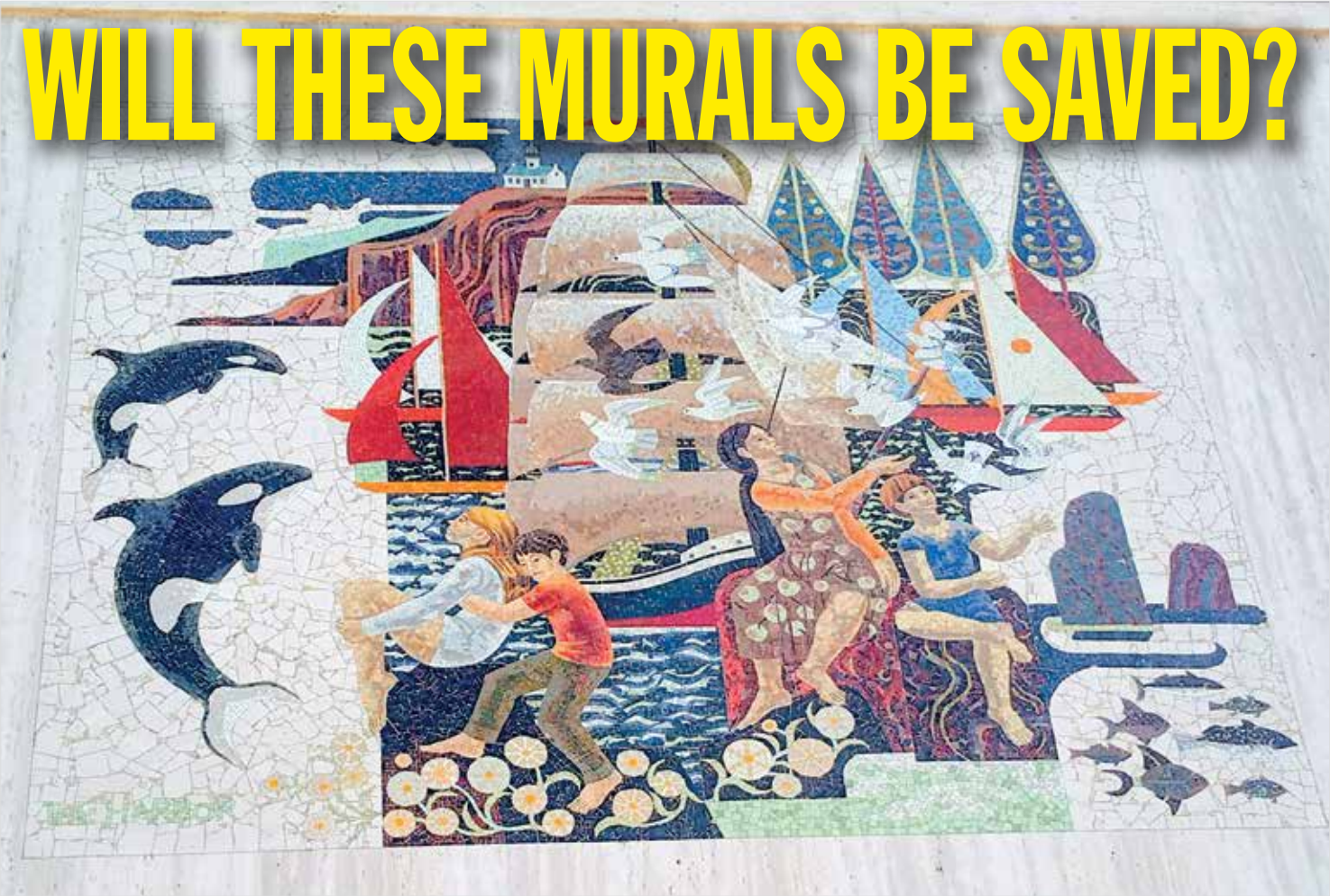
Villegas lived in Pacific Beach at the time but fled the area after the shooting. His cell-phone placed him near the scene of the homicide and a witness identified him from a video surveillance image, according to an arrest warrant affidavit.

Villegas was arrested in Monahans, Texas on Sept. 16 after allegedly stealing a Ford F-250 at a gas station. Someone shot him in the upper chest as he was fleeing in the vehicle and he crashed. The murder weapon in Garcia's slaying was found in the vehicle.

Villegas is also accused of robbing a woman at a hotel in Pecos, Texas, and firing a shot at her. She wasn't hit, and he fled, according to court documents.

The firearm was registered to Villegas and it matched the empty gun case left behind in his bedroom in Pacific Beach, which had been found during a search by police after they obtained a warrant from a judge.

READ MORE ONLINE AT [sdnews.com](#)



One of the large mosaics depicts scenes in San Diego Bay on the former bank building.

PHOTO BY DAVE SCHWAB

Chase Bank building with mosaics could be razed

By DAVE SCHWAB

What is to become of the Chase Bank building at the intersection of Mission Bay Drive and Garnet Avenue and its large historic mosaics inside and out?

JPMorgan Chase Bank, which has closed that branch, previously applied for a coastal development permit to demolish the bank building at 4650 Mission Bay Drive. That permit has since lapsed.

"The application was withdrawn, and there is no current application on the site," said City spokesperson Scott Robinson.

Community members are now wondering about the fate of that New Formalist-style building built in 1977.

"We're going to decline to comment for this opportunity," said Peter Kelley, local



The Chase Bank building at 4650 Mission Bay Drive with large mosaics on the facade.

PHOTO BY DAVE SCHWAB

spokesperson for Chase, when approached by the Beach & Bay Press for further comment.

"I went on a crusade two years ago to save the mosaics when the demo/building permit was applied for in March 2020," said

See **BANK**, Page 6

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Task force: People entering homelessness faster than people exit

By WILL SCADDEN

As homelessness rates rise in San Diego County, local authorities are working to prevent homelessness, after data revealed that people are becoming homeless faster than services get unsheltered people housed. Both the San Diego County Board of Supervisors and the San Diego Regional Task Force on Homelessness (RTFH) recently introduced new programs to help better understand, recognize, and prevent homelessness.

On Tuesday, Oct. 25, the County Board of Supervisors passed a new policy proposed by Chair Nathan Fletcher Nathan Fletcher that will incorporate the use of predictive analytics to find people at-risk of homelessness, as well as 'a new app-based tool' the County is now using to help connect unsheltered people to services.

"Developing this tool will keep people from becoming homeless. We will continue to tackle the crisis that exists on our streets, but we must invest in preventative actions like this one that stops people from becoming unhoused. This new technology will do it," Fletcher said in a statement after the passage of the policy.

To enable County staff to assess if a person is at risk of becoming homeless and provide support to keep them housed, a thorough integrated data system will be



A father and daughter enter their new housing unit in the Saint Teresa of Calcutta Villa. COURTESY PHOTO

established employing several data points, both internal and external.

In order to conduct personal outreach to people, the policy also calls for the establishment of a Homelessness Prevention Unit inside the Office of Homelessness Solutions.

Meanwhile, county staff have just started using an app connecting unsheltered people to services. Fletcher said, "[The app] will mobilize about 60 non-traditional outreach workers like librarians and park rangers who come in contact with unsheltered people to better collect their information and direct them to services."

Ahead of the Board of Supervisors meeting, the Regional Task Force on Homelessness

(RTFH) announced it will start issuing a new monthly report that details how many people enter and depart homelessness each month across San Diego County, in an attempt to better understand gaps in services.

According to RTFH in the past year, for every 10 formerly homeless people connected to permanent housing, 13 people entered homelessness for the first time.

The RTFH, founded nearly 40 years ago, provides the county with essential data and insights on the issue of homelessness, informing policymakers and providing possible causes, solutions, and strategies. RTFH conducts the annual point-in-time count of homeless people in the region,

which found no less than 8,427 individuals experiencing homelessness across San Diego County in 2022, a 10% increase from 2020. The monthly reports will add timely context and updates to the annual data.

"RTFH felt it was vital for everyone to better understand that homelessness in San Diego is not a static problem but a constant churn," RTFH CEO Tamera Kohler said. "While homelessness ends every day for some people, we're seeing too many people become homeless, overwhelming an already taxed system."

With assistance from homeless service providers from all throughout the region, the data team at RTFH created this unique monthly data report and will update the statistics on its homepage at least once a month. The first batch of data was already published, and is divided into the previous 12 months.

In two of the last 12 months, according to the newly released data, our region saw more San Diegans exiting the system than becoming homeless. The other 10 months saw more people become homeless than exit the system.

Elected officials welcomed the new monthly report, acknowledging that it will draw a clearer picture for decision-makers and the community as they work toward finding permanent solutions for the most vulnerable San Diegans.

"The monthly report is a useful tool to measure progress in getting people off the streets and into housing," Fletcher said. "While I am encouraged that so many people are going through regional programs to be housed; we still have too many people on the streets. We are committed to continuing our work with RTFH, service providers, and the 18 incorporated cities to do everything we can to slow the rate of homelessness in our communities."

The RTFH, service providers, and government entities are working together trying to solve San Diego's homeless problem, using different tactics and strategies to prevent and understand the issue.

To learn more about the RTFH and the homeless population in San Diego County, refer to rtfhsd.org. To learn more about the San Diego County Board of Supervisors new policy, visit sandiegocounty.gov.

City Council declares housing as a human right

By WILL SCADDEN

The City Council unanimously passed a resolution declaring housing a human right on Monday, Oct. 31. The resolution will serve as a guiding principle for the City as it considers policies that address the root cause of homelessness.

"The Council declares its support for the right to housing as a fundamental human right and reaffirms its commitment to providing more housing and services geared toward putting a roof over the head of every San Diegan," the resolution reads.

California is suffering through a housing affordability crisis. Apartment rental listing site Dwellsy (dwellsy.com), found asking rents in September in San Diego were up 9% compared to September 2021. This spike comes after average rent prices increased 46% from 2012 to 2019. These increases have resulted in a 15% rise statewide in the number of unsheltered individuals from 2020, according to CalMatters.

The Council resolution included plans to add housing for those who have not had historical access to adequate housing, as well as incentivizing affordable housing developments in high-opportunity neighborhoods.

Many San Diegans are in support of the passed legislation, including Father Joe's CEO and president, Deacon Jim Vargas.

"We know that access to

housing is a key part of preventing and ending homelessness," Vargas said. "We support the San Diego City Council's planned resolution to declare housing a human right, and we also want to see the City pair this declaration with a commitment of the funds necessary to ensure housing is accessible by all San Diegans."

"With housing being one of the most fundamental social determinants of health, creating policies that will increase access to affordable housing will help ensure the well-being of our neighbors and our communities," he added.

"The Council intends for the City to support housing as a human right by implementing policies that address the root causes of homelessness, that keep people housed through affordable, accessible, and habitable homes, and that provide pathways to housing for people experiencing homelessness," the resolution reads.

After the resolution passed unanimously, the Council requested the City Attorney's Office to review and consider the declaration. The Council's resolution comes shortly after the County passed new policies to address homelessness in the wake of data from the Regional Task Force on Homelessness revealing people were entering homelessness for the first time faster than people were being placed in permanent housing.

SCOTT'S PB SPOTLIGHT

I often get met with surprise when people learn that I grew up here in PB since there aren't too many "locals" anymore. It got me thinking, there's a lot of interesting people and businesses in our community that people may not know about if they are new to the area. So, each month I will be spotlighting someone within our community that I think has an interesting story to share.

Lyndsay Campbell: Mission Bay High School

This month I'm featuring a person that many of you with kids in PB will know. Lyndsay is the Head Water Polo coach for both the boys' and girls' teams as well as the assistant coach for boys' and girls' swim at Mission Bay. She is also the IB science teacher.

Lyndsay grew up in Turlock, CA to parents that were teachers amongst a family of "tractor drivers." She grew up in the outdoors of the Central Valley, as well as played water polo and swam. She continued her polo career at UC Davis, a D1 school where she competed against some of the nation's top women players, some of which went on to become Olympians. Her career there was capped off with her being the captain her senior year. Her childhood love of the outdoors continued into her adult life, and she majored in WFCB with an emphasis in Fisheries. Out of college she worked for Fish and Game and worked on the Bay Delta Study centered around the impacts to the various fisheries of the Delta that extends from the San Francisco Bay up toward Stockton and the Sacramento area. As much as she loved that position, she wanted to move down to San Diego where her brother was living, so she moved to San Diego and got a job working as an instructor for Sea Camp, a marine science camp for kids and teens. For three years she was the head instructor, and at the urging of her peers who encouraged her to pursue teaching, she went back to school and attended USD for grad school to pursue teaching. While at USD she worked at the Children's School in La Jolla. During this time she would swim at the Clairemont Rec pool and, by chance, met a retired lifeguard named John Knight who was the water polo and swim coach at Mission Bay. Randomly John knew Lyndsay's brother from lifeguarding, and he urged her to help coach at Mission Bay. She started off coaching the girls' polo team while still in grad school, and once she finished, was offered a part-time position as a teacher at Mission Bay for the 2017/18 school year. Before she even started, they offered her a full-time position as a Bio teacher, and she also started coaching the boys' polo team, as well as the swim team. After years as a successful and respected coach, John decided he wanted to step back from being the head coach, and Lyndsay stepped into the head coaching position and never looked back.




After her first year as a teacher at Mission Bay, she was tapped to help write and implement the bio curriculum for San Diego Unified, and she continues to help move forward the program throughout the district and pilot programs that she wrote are actively being tested today within the district. Her "love of all things aquatic" has its stamp in the program, as San Diego has a Marine Bio emphasis that is not seen much elsewhere throughout the country.

During our conversation, Lyndsay said something that I found very interesting that I'd never heard before. She said that "teaching makes you a better coach." By this she feels that being a great teacher requires you to learn how to get kids to learn effectively, not just talking at them and regurgitating facts and figures. That can be applied to coaching kids to be better players, have a better understanding and appreciation of the game and just better, well-rounded humans. She's learned to teach her students and players in a way that they can actually learn and can thrive. Moving forward Lyndsay wants to continue to progress education and promote and instill more hands-on methods to teach students both in and out of the classroom. As a coach, she wants to be a mentor to her players just like her college coach was a mentor to her and share her love of the game with them.

She's had great success building off of the cornerstones that Coach Knight laid, and together they have built a top notch water polo program at Mission Bay. But... even though they've been to CIF most years with her as coach, they still haven't won CIF, and that's a goal of hers she really really wants to attain.

A little over a year ago she married her husband Dallas, a Pt Loma native (we won't hold that against him for being from a rival school) who grew up in a tuna fishing family. He works in the ICU and is finishing up school to be a Nurse Practitioner. When not coaching multiple sports, teaching, grading school work, writing curriculum and a lot of other behind the scenes things for the district (I'm already tired just typing all the things she does), she and Dallas log a lot of water time free diving, surfing and living an outdoor lifestyle. If you haven't had the pleasure of meeting Lyndsay and/or your child hasn't had her as a coach or teacher, you're missing out. She's a great person with a quick smile, a gift for building confidence within her players, a heart of gold and an amazing mentor to her players and students.



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Veterans Day ceremony at Mt. Soledad honors Navajo Code Talkers

By DAVE SCHWAB

The Navajo Code Talkers were the shining stars of Mount Soledad Memorial Association's Veterans Day ceremony held on Saturday, Nov. 5 in a live in-person and virtual tribute ceremony.

"For the folks who are joining us online, if you could ever get out here in person and walk the walls, it is truly a wonderful experience

that could be life-changing," said Mark Bailey, master of ceremonies. "Bring the kids. Bring the next generation. Let them experience it."

Bailey noted that, during World War II, "a warrior class, the Navajo nation, stood up to defend their country, coming up with a top-secret system of communication that was used in every major battle in the Pacific. They came to be known as the Navajo Code Talkers. We're very fortunate – honored – to have



Corporal Manny, the English bulldog official mascot of the MCRD, was named after Johnny R. Manuelito, one of the 'original 29' Navajo Code Talkers who trained at the MCRD in 1942.

PHOTO BY DON BALCH

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Family members of Navajo Code Talkers and Phil Kendrick (center) with the unveiled plaque honoring the Navajo Code Talkers that will be placed at Mt. Soledad.

PHOTO BY DON BALCH

many of their family members with us here today."

Phil Kendro, president/CEO of the Mount Soledad Memorial Association, paid homage to veterans and to the code talkers alike. "This beacon of freedom you're looking at surrounding us here is the result of the sacrifices made by the men and women who wore the cloth of our nation," he said. "Those who answer the call, know they put themselves in harm's way, and many of them sacrificed their lives so others around the world might live in peace and freedom."

Continued Kendro: "Their unwavering patriotism is an example for each of us to emulate. We're (also) grateful to those family members who kept the home front strong and resilient, as many of us waged battles across the globe. We also remember those who are no longer with us, who paid the ultimate sacrifice, who are all forever remembered here on the walls behind us."

Of the Navajo Code Talkers, Kendro commented: "They were the original Americans, who fought for their nation at a time when they were still not considered citizens of the United States, nor even allowed the freedom to vote. However, due to their strong work, persistence, and dedicated war ethos during World War II, those stories would not be forgotten."

Kendro added that the original 29 Navajo Code Talkers went through Marine Corps Recruit Depot, and after initial training, were placed at Camp Elliott in San Diego 80 years ago. That, he noted, "was where they were sent to develop the code that would become the unbreakable code, and a key to winning the battles in the Pacific and ending WWII."

Regan Hawthorne, CEO of the Navajo Code Talkers Museum and the son of a code talker, introduced himself initially speaking in his lyrical Native American tongue. He began by pointing out that "every veteran has a story. And as I walked about this magnificent

monument, I noticed 6,000-plus stories that define who we are as Americans."

Hawthorne said between 400 and 430 Navajo teenagers enlisted in the USMC "at a time when America was in dire need of secure communications. These men thoroughly embodied what was taught in the traditional (Navajo) upbringing when mothers and fathers would instruct their boys, and they would give them this advice: 'It's up to you if you want to succeed.' I doubt if those teenagers knew that, literally, freedom was up to them."

Added Hawthorne: "The arduous task of creating a military code out of a language that was considered to be sacred, and knew nothing of warfare equipment and materials, was a challenge. But the 29 men that were sequestered took their hard language and morphed it into the single, indigenous language ever codified by the military. At its apex, the Navajo language code, literally, sank the rising sun."

Grateful to be a direct descendant of a talker who used that code in the defense of liberty and freedom, Hawthorne concluded, "I'm thankful, today, to be an American."

No Mt. Soledad Veterans Day observance would be complete without a military flyover. And on this day, there were two military plane flyovers of the memorial mountain-top with its towering cross.

HISTORY OF MT. SOLEDAD VETERANS MEMORIAL

At the height of WWII, Mt. Soledad was used as an observation point and radio transmission tower to monitor the real threat of Japanese sea forces. Easter Services were broadcast to troops from Mt. Soledad connecting those serving at home and abroad with home.

Three crosses have been built on the site of Mt. Soledad. The first was a simple redwood structure erected in 1913, which was later torn down by vandals. A second cross was built in 1923 from stucco over

NAVAJO CODE TALKERS

Code talkers were people employed by the military during wartime to use a little-known language as a means of secret communication. The term is now usually associated with United States service members who used their knowledge of Native American languages as a basis to transmit coded messages.

During World War II, there were approximately 400 to 500 Native Americans in the U.S. Marine Corps whose primary job was to transmit secret tactical messages. Code talkers transmitted messages over military telephone or radio communications nets using formally or informally developed codes built upon their native languages. The code talkers improved the speed of encryption and decryption of communications in front-line operations.

There were two code types used during World War II. Type one codes were formally developed based on the languages of the Comanche, Hopi, Meskawaki, and Navajo peoples. They used words from their languages for each letter of the English alphabet. Messages could be encoded and decoded by using a simple substitution cipher where the ciphertext was the native language word.

Type two code was informal and directly translated from English into the native language. If there was no word in the native language to describe a military word, code talkers used descriptive words. For example, the Navajo did not have a word for submarine, so they translated it as "iron fish," or, referring to a reconnaissance helicopter, they referred to it as a "hummingbird."

a wood frame. It stood for 29 years and was used as a gathering place for Easter Sunday until 1952 when it was destroyed in a windstorm.

In 1954, the third cross, which still stands today, was installed as a centerpiece of the memorial. It was erected as a lasting monument for service members who sacrificed their lives during World War I, World War II, and the Korean War.

The Mount Soledad Memorial Association created and signed its articles of incorporation as

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BANK »

CONT. FROM PG. 1

Karl Rand, chair of Pacific Beach Planning Group. "The building has been emptied, but you can go right up to the doors and look through the glass to see the inside. I am still making inquiries."

Rumor had it that the original building would be destroyed after a demolition permit had been secured and that it would be replaced with two new structures, including a 3,600-square-foot bank building plus a 3,200-square-foot quick-service restaurant.

Millard Sheets, a mid-20th-century artist renowned for designing elaborate art on bank walls reflecting the state of California's history, is credited with having done the mosaic work on the now empty bank branch building, which had previously been a Home Savings & Loan, once considered to be the nation's largest savings and loan association. To distinguish itself from its competition, Home Savings & Loan reportedly partnered with Sheets, commissioning him to do mosaics and other artwork on its bank branches.

From 1955 to 1980, Sheets was the master designer of all Home Savings buildings, including the Pacific Beach site. Sheets and his artistic team reportedly created mosaics, murals, and sculptures on 200 structures statewide. Sheets' style, as evidenced in PB, was to use art to tell local, site-specific histories.

Besides the bank's artistic mosaics, a question remains today as to whether the building itself qualifies for historical designation.

Save Our Heritage Organisation, a nonprofit that since 1969 has devoted itself to preserving the historic architecture and landmarks around San Diego, has gone on record that it is convinced that

both the building at 4650 Mission Bay Drive and its mosaics are historical.

"Located at a prominent intersection with monumental siting, this exquisite landmark is impossible to ignore because it is a unique and iconic work of art," said the nonprofit's executive director, Bruce Coons, in a July 2020 letter to the City. "The loss of this resource would be a significant adverse aesthetic impact under the California Environmental Quality Act (CEQA), and an environmental impact report will be required to consider alternatives that do not result in significant impacts."

Coons' letter goes on to state that Sheets' design work was done in the "New Formalist style, and was specifically created "for each individual community."

Coons added, "The eye-catching orientation to this busy intersection and exemplary integration of artwork into the building and site design, and eight gorgeous mosaics depicting six prominent figures in San Diego history, as well as two local scenes (the Children's Zoo and Harbor) conveys a significant artistic contribution to the post-WW II development of Pacific Beach."

Coons told Beach & Bay Press that Chase had originally applied for a ministerial permit, which wouldn't have required a historic site review or an environmental report, in order for the bank branch to be razed.

"They thought the building wasn't quite 45 years old," he said. "But the property records say it was built in 1977, which makes the building 45 years old. And to demolish it, they would have to go through a historical review of the building."

Concluded Coons: "The building itself, and its artwork, are a masterpiece of modern architecture. And we don't have a lot of those."

VETERANS DAY

VFW Post 5985 at 853 Turquoise St. in North Pacific Beach will be giving out free hot dogs and hamburgers to those who have served starting at noon on Veterans Day, Friday, Nov. 11. Your first drink is also on the house. It is the VFW Post's way of saying thank you for your service and sacrifice.

MEALS ON WHEELS SPECIAL DELIVERY

On Friday, Nov. 11 between 11-11:30 a.m., Meals on Wheels San Diego County will make a special Veterans Day delivery to honor 101-year-old WWII veteran and Pacific Beach resident Barbara Bartosik. She is the first female military veteran the nonprofit has honored in recent years for Veterans Day. Brent Wakefield, president and CEO of Meals on Wheels San Diego County, will deliver her meals and a gift to Bartosik to thank her for her service.

AUTUMN BUNCO

Join PB Woman's Club for a rousing game of bunco on Saturday, Nov. 12 at 2 p.m., gathering at

VFW Post 5985, 853 Turquoise St. It's fun and easy to learn. There will be raffle items and refreshments. There is a maximum of 40 participants. Entry is \$20. Get tickets at pbwomansclub.org/bunco.

PB HOLIDAY PARADE

Registration is now open for the 42nd annual Pacific Beach Holiday Parade on Saturday, Dec. 10 starting at noon. Parade entrants can make a payment at pacificbeach.org or make a check out to Discover Pacific Beach, 1503 Garnet Ave., San Diego, CA 92109. This year's theme is "Disco Holiday." For questions, email vannessa@pacificbeach.org.

GARDEN GURUS

Join Pacific Beach Town Council each Thursday morning from 8-10 a.m. to volunteer to participate in Garden Gurus. The gurus are an outgrowth of the PBTC's enhancement committee. The group has made a commitment to using only organic methods of weed abatement.

READ MORE ONLINE AT sdnews.com

National Charity League looking to expand in PB and La Jolla

By DAVE SCHWAB

Based in La Jolla-Pacific Beach, the Seaside Chapter of National Charity League, Inc., which fosters mother-daughter relationships through community service, is looking to expand via membership opportunities.

The nonprofit chapter, open to those who reside in or attend school in central San Diego and surrounding areas, is now accepting applications for mothers and daughters entering grades 7-10.

"It is a national and multi-generational charity organization with local branches," said Rachel McFarlin, Seaside Chapter spokesperson on the group's communications team. "We want mother-daughter teams to serve in the community. That's our main emphasis. Collectively, the National Charity League has donated three million hours to more than 6,000 charities in the United States."

A short list of the philanthropies the Seaside Chapter's members support includes ALS Association, Birch Aquarium, Challenged Athletes Foundation, I Love a Clean San Diego, Kitchens for Good, La Jolla Kiwanis, Lawrence Family JCC, Miracle Babies, Traveling Stories, the USO, just to



Noel Owens, Skye Owens, Carley Van Skike, McKayla Matkov, Suzy Van Skike, and Cathy Matkov volunteered at Wild Willow Farm. COURTESY PHOTO

name a few.

National Charity League Seaside Chapter president Jean Kim talked about the charitable group and its mission in San Diego. "I love the fact that National Charity League Seaside empowers girls to develop growth in the three pillars of philanthropy, leadership, and culture, but also in areas like connections, purpose, and passions," Kim said.

"Our emphasis this year is on the 'TikToker' experience – providing

more practical, worthwhile opportunities that align with their interests and future career paths, both internally and with partner philanthropies. In the end, we want them to be active stakeholders of National Charity League Seaside, where they know their feedback and participation directly impact the evolution of the chapter, whether it's event programming, the philanthropies we volunteer with, or ways to promote the chapter as a whole," Kim said.

McFarlin said the Seaside Chapter is all about "empowering young women to succeed. We want well-rounded contributors to society. This organization trains young women to participate in their community, and in philanthropy. We also do fun activities that are based on culture and art. It is about a chance for mothers and daughters to bond, as well as to teach girls how to run an organization."

McFarlin noted National Charity League, as an organization, offers young girls a template to emulate and follow involving "a structure that mirrors adults," i.e. an organization with leaders, a president, a vice president, a secretary, etc. She said women in National Charity League all take turns fulfilling different roles.

"We try to keep it fun," she pointed out. "The main purpose is to teach young girls to give back in the community, and to give them an awareness that there are bigger things outside of their school world."

National Charity League chapters are all dues-paying and operate on a sliding financial scale. The group is open to all qualifying girls, their moms, and female mentors. Though the Seaside Chapter is based along the central coast including the Peninsula, it also

GET INVOLVED

National Charity League Seaside Chapter informational meetings are being held on Sunday, Nov. 20, and Dec. 4 at 4 p.m. in La Jolla. These meetings are recommended but not required. For more details, email seasidenc1@gmail.com or visit nationalcharityleague.org/chapter/seaside.

has members from as far away as Poway and Scripps Ranch.

McFarlin added Seaside presently has about 250 members county-wide. She noted the group also participates with other nonprofits, like the La Jolla Kiwanis Club. Seaside Chapter girls have participated in the pancake breakfast Kiwanis sponsors annually to give back to the coastal community.

"We really look for ways to drive teams of mothers and daughters into these organizations to help fill their needs," McFarlin said, adding participating girls get exposed to lots of new influences and activities.

"Our girls have seen a Broadway theater show, taken a dance class, even taken self-defense, pottery-making, and sushi-cooking classes together," she said. "We like to integrate them into things involving culture and art."

Susan G. Komen 3-Day participants to walk through San Diego

By DAVE SCHWAB

San Diegans along the coast are gearing up for the Susan G. Komen 3-Day walk to put an end to cancer, which is being held this year from Nov. 18-20.

The 3-Day is a 60-mile journey that begins at Del Mar Fairgrounds on Friday, Nov. 18, and ends Sunday, Nov. 20 at Waterfront Park. During their march, walkers wend their way through the streets of La Jolla and Pacific and Ocean beaches, as well as through Mission Hills and Hillcrest. There are cheering stations along the route encouraging participants on their journey.

The Susan G. Komen San Diego 3-Day started in 2003 and

is the longest-running event in the 3-Day series, in which participants walk 20 miles each day. They are required to raise a minimum of \$2,300 for Susan G. Komen. Since its conception, the event has raised \$135 million.

"The majority of 3-Day participants are co-survivors – which means they haven't had breast cancer themselves but have stood by and supported someone who has been affected," said Jim Hillmann from San Jose, who has made San Diego one of the seven national regional walks he's done every year for over a decade. "I'm here because my mom passed away from breast cancer in 2004."

Hillmann said the Komen walk is transformative. "You come out



here as a first-time walker, and it doesn't take long before you realize, 'I'm part of a bigger community, a community that is here to support each other,'" he said. "By the time you're done with three days and 60 miles, you've made connections, and now you start feeling the power of that community — and the synergy that comes from that."

Each year, the Komen Race for the Cure, 5k, and the 3-Day, raises significant funds and awareness for breast cancer, celebrating breast cancer survivorship and honoring those who have lost their battle with the disease. With pledges from these events and donations throughout the year, strides are being made to continue the quest for a breast-cancer cure.

Each year, 75 percent of Komen's proceeds are awarded through a grant process to local organizations. Each grantee conducts a program that offers breast cancer education, screening, or treatment to residents in the San Diego area. The remaining 25 percent is directed to Susan G. Komen for the Cure National Grant Program to fund research on a national and international level.

Since the San Diego Affiliate's inception in 1995, nearly \$9 million has been given to local organizations that provide breast cancer education, screening, diagnostics, treatment, and patient support for the uninsured or underinsured in San Diego County.

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Pacific Beach Fish Shop marks 12 years serving fresh seafood

By DAVE SCHWAB

November marks 12 years for the Pacific Beach Fish Shop, which started out there and has since spread to Point Loma and Encinitas.

The menu offers a boatload of fresh seafood selections to choose from. Patrons are encouraged to come in and build-their-own taco, sandwich, salad, or plate by selecting their cut of fish, sides, and marinade. Diners can dive into some Fish Shop favorites, such as its award-winning TKO taco, or the grilled mahi-mahi marinated in homemade seasoning topped with tropical mango salsa.

The seafood restaurant at 1775 Garnet Ave. is also known for its coconut shrimp coated in-house. That menu item is made from

shredded coconut batter and deep-fried until it's golden and crispy.

"One of our owners here, Billy Ramirez, was the one who found this location in 2010, and opened it on Nov. 1, when there was no seafood here in Pacific Beach," said Fish Shop district manager Larry Alva, who had been working at the PB Shore Club, and seized the opportunity to manage a new seafood restaurant. "We have a fast-casual kind of restaurant set up here."

Alva said it's encouraging that the restaurant is successfully emerging from the pandemic. But he added they are now faced with supply-chain issues and costs going up.

Alva said Fish Shop's seafood comes down from Los Angeles. "We get deliveries three or four

PB FISH SHOP
Where: 1775 Garnet Ave.
Info: thefishshops.com,
858-483-1008.

times a week on the fresh fish that comes in here," he said. "Everything we make in-house. Everything is fresh. We make our own marinades, dressings, etc. We're very fortunate with the staff we have, and have been able to retain a lot of our kitchen staff."

The menu at the Fish Shop includes ahi tuna, mahi mahi, albacore, diver scallops, jumbo shrimp, red snapper, salmon, sea bass, swordfish, and yellowtail. Those fish varieties are served with a choice of a taco, sandwich, salad, or plate. Also on the menu are lumpia, crab cakes, fish and shrimp n' chips, shrimp cocktail, sashimi, fried calamari, oysters, stew, clam chowder, and shrimp and mahi mahi ceviche.

"Being here 12 years, we have a great following of regulars, that's really helped us out," said Alva of current affairs at the seafood eatery. "We have a great customer base, and people were really supportive during COVID. They were buying local, seeing that we were doing things right. This summer was great with the tourists coming back in. And even now with it getting slower (in the fall), all the regulars are coming back."

Of Fish Shop's appeal, Alva said:



Pacific Beach Fish Shop's TKO Tacos and fresh oysters. COURTESY PHOTOS

"We've always wanted to be very food-orientated, and that's what we've really done a great job doing here, with our staff, with our customers who come in. You feel really relaxed. You come in, you get good healthy food. Our folks in the kitchen take great pride in what they put out. You can also come in and socialize with other people in here."


Alva said Fish Shop's Point Loma

location at 1110 Rosecrans St. has been open since 2018.

Are we going to see more Fish Shops around in the future?

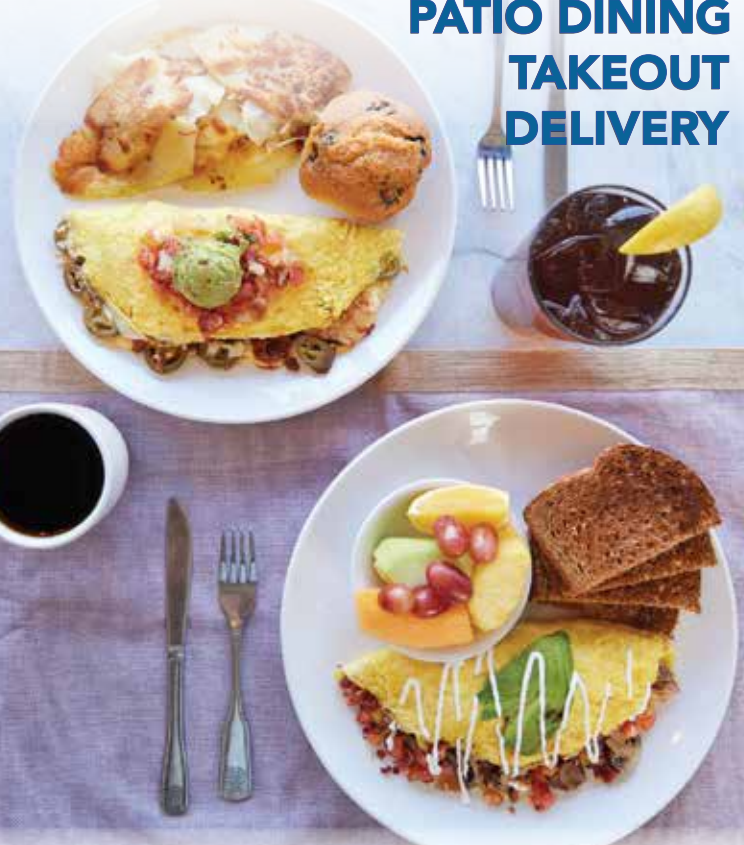
"We're hoping to," replied Alva. "The owners are always looking for spots, possibly in Little Italy or East County. The hardest part is the rent, making sure you find the right place, where you can find the right numbers to make sure that you're profitable."





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We also offer a live streamed, online church service at 9am via our website or YouTube channel. For more information about our church services, to get involved in a Life Group, to sign up for our weekly emails or to connect with our staff, please visit our website, www.pacificlifechurch.org or our social media pages.



Pacific Life Church

www.pacificlifechurch.org | Church Office: 2204 Garnet Ave, Suite 200, San Diego, CA 92109

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SCHOOL »
CONT. FROM PG. 5

“We have second-generation kids here, children of people who went to school here,” she said. “It’s just a great community feeling here. Our families are very involved – and they really take pride in our school.”

SCHOOL

The congregation, now with more than 100 members, felt a strong need for a Christian education for their children. In September of 1947, a one-room school with a capacity for 30 students was built, and St. Paul’s Lutheran School was founded.

St. Paul’s School students have ever since been prepared for success as high school students and community leaders. Consistent through these years have been staff and teachers who are passionate about sharing their faith, and dedicated to partnering with families to provide an excellent Christian education.

Lutheran churches have established schools in the United States since 1640. Today, more than 2,300 early childhood centers and preschools are operated by congregations and Christian day schools within the Lutheran Church — Missouri Synod. More than 129,000 children, from infants/toddlers to 5 years of age, are involved in these programs.

Additionally, Lutheran congregations operate 945 elementary

schools which serve 107,000 students nationwide. The NAEP report, often called the “Nation’s Report Card,” ranked the Lutheran School system as the No. 1 school system in the country. St. Paul’s Lutheran School offers its private school services as part of the Lutheran education system.

CHURCH

In February of 1943, when World War II was being waged, a small group of eight dedicated and committed people were moved to constitute St. Paul’s Lutheran Church of Pacific Beach on Feb. 14, 1943. The Rev. A.J. Brommer, who had originally been called as a missionary for the area, was chosen to be the first pastor.

This new congregation quickly realized that its location, an empty store at 1570 Garnet Ave., would be inadequate for growth. The small group of members set out in search of a property in the hope of building a new church. Five lots, which are included in the present church and school campus, were purchased in 1943 for a total of \$1,180.

In 1944, St. Paul’s was accepted as a member of the Missouri Synod and the Southern California District. Plans were drawn up in mid-1944, and a loan of \$4,000 was secured. The building was constructed on the property at the corner of Felspar and Gresham streets in June 1945. The total cost of construction was \$6,000. A parsonage was added on the same site in September 1945.

Mission Bay moves on to second round of CIF playoffs this Friday

By HECTOR TRUJILLO

Mission Bay football won its first round CIF playoff game, 24-12, over Westview High on Friday, Nov. 4.

After taking a 10-6 lead into halftime, both defenses clamped down in the third quarter holding each offense scoreless, but the Bucs were able to pull away thanks to two touchdowns in the fourth quarter.

“It was a good win for us after a rough couple of weeks in league,” said Mission Bay head coach Greg Tate. “We established a physical run game, the wide receivers made plays when their numbers were called, and multiple guys stepped up at running back.”

Mission Bay finished the regular season with the No. 5 seed after its 6-4 record, while Westview entered as the No. 12 seed with a 1-9 record.

“The line really took over in the second half,” said Mission Bay quarterback Ethan Silber. “We only had two drives, but we just ran the ball all the way down the field both times and we were able to get them up top for touchdowns.”

Silber finished 8 for 15 with 170 passing yards and three touchdowns. The receiving core was led by Charlie Park with 67 yards on three receptions and two



Mission Bay junior David Maier carries the ball.
PHOTO BY STEVE SIDELL

One of the key moments of the game came midway through the fourth quarter with Mission Bay clinging to a four-point lead. The Bucs faced a 4th-and-1 on their side of the 50-yard line and Tate decided to go for it with a quarterback sneak that Silber converted thanks to a great push from the offensive line.

The Bucs now move on to play at Montgomery High on Friday, Nov. 11 in a rematch of a regular season game on Sept. 16 that saw the Aztecs come out with a 9-6 victory in a battle of field goals.

“They’re a very physical team, they play great defense,” Tate added. “I told our guys a couple of weeks ago that if we wanted to make it to CIF we’re going to have to work for it, and this is going to be one of those lunch pail and hard hat type of games.”



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SUDOKU PUZZLE

Fill in the blank cells using number 1 to 9. Each number can appear only once in each row column and 3x3 block. Use logic and process elimination to solve the puzzle.

7			1					
		8			5			
				3	6		9	
				7	9	3		5
			3				1	
2	7							4
	5		4			6		
	8	2		1	3			
		4		8				

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9	10	
11				12						13	
14							15			16	17
	18						19				20
				21		22			23		
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36	37	38		39			40		41		
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46							47		48		
49				50	51			52		53	54
	56					57		58			59
				60			61				
					62					63	

- CLUES ACROSS**

 - 1. Greek mountain
 - 5. One dependent on something
 - 11. Gratitude
 - 14. Glazed ceramic ware
 - 15. Paddling
 - 18. Step
 - 19. More greasy
 - 21. Upper-class young woman
 - 23. Light beige
 - 24. Belief in a supreme being
 - 28. Indigenous people of Scandinavia
 - 29. A beloved princess
 - 30. Transfer property
 - 32. Field force unit
 - 33. Automated teller
 - 35. When you hope to get there
 - 36. Sino-Soviet block (abbr.)
 - 39. Politicians Fischer and Conroy are 2
 - 41. Blood type
 - 42. Stringed instrument
 - 44. Curses
 - 46. Barbary sheep
 - 47. Belonging to a thing
 - 49. Supporters
 - 52. Leaf-footed bug
 - 56. A shower of water
 - 58. Attribute to
 - 60. Intermittent
 - 62. Soda waters
 - 63. Scottish island
- CLUES DOWN**

 - 1. Klutz
 - 2. Relaxing places
 - 3. Expel saliva
 - 4. The extended location of something
 - 5. Certified
 - 6. Cease to exist
 - 7. Powerful legal pro
 - 8. The OJ trial judge
 - 9. Popular greeting
 - 10. "90210" actress Spelling
 - 12. ___ Blyton, children's author
 - 13. "This Is Us" star Fitch
 - 16. Battery cell with a nickel alode
 - 17. Full of bacteria
 - 20. Remains of an old building
 - 22. Exist
 - 25. It gets you into places
 - 26. Witness
 - 27. The spreading of a disease to another part of the body
 - 29. Father
 - 31. Touch gently
 - 34. Licensed for Wall Street
 - 36. Herring-like fish
 - 37. Lute used in N. Indian music
 - 38. Mirabel shouldn't talk about him
 - 40. Atomic #62
 - 43. Religious
 - 45. Silvery-white metal (abbr.)
 - 48. Influential civil rights organization
 - 50. Acknowledgment (abbr.)
 - 51. Turn away
 - 53. Kidney disease (abbr.)
 - 54. Smooth-feeling fabric
 - 55. Competently
 - 57. Sea eagle
 - 58. General's assistant (abbr.)
 - 59. It helps you see
 - 61. Emerging technology

A	K	S	S	O	I	N	O	L			
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7	1	2	4	9	3	5	6	8
5	8	3	6	7	2	9	1	4
2	6	8	9	3	7	1	4	5
9	7	1	5	4	6	8	2	3
3	5	4	8	2	1	6	9	7

LIVE FROM SAN DIEGO – Music performances on the coast this week

By BART MENDOZA

RECOMMENDED

After a seven-year hiatus, singer-songwriter/producer Sven-Erik Seaholm (right) is back with a new album, "Oxford, Comma." Appearing at Humphrey's Backstage Live on Nov. 16, Seaholm is a master of pop/rock songcraft with an arsenal of catchy tunes to his credit. He has also been involved in the production of many classic albums by artists ranging from Buddy Blue to Via Satellite, but it's with his own projects, where he has been known to throw in the sonic kitchen sink, that he truly shines. Making this bill a must for fans of San Diego's music scene, opening the show will be guitarist Joey Harris of The Beat Farmers and Calamity, featuring fiddle player Patric Petrie.

Sven-Erik Seaholm: Wednesday, Nov. 16 at Humphrey's Backstage Live, 2241 Shelter Island Drive. 6 p.m. \$12. humphreysbackstage-live.com.

SPOTLIGHTS

Few bands in San Diego have achieved the legendary status of The Farmers, appearing at Tio Leo's on Nov. 15. One of the hardest

gigging bands in San Diego, it's a rare night when they're not on stage somewhere in the county. Led by guitarist Jerry Raney, the band performs a terrific mix of roadhouse rock 'n' roll, meant to keep dance floors filled and happy customers coming back. Whether they're playing top-notch originals such as "East County Woman," or covers such as sing-a-long favorite, "Gloria," a night with The Farmers is always a good time. Surf rockers The Tourmaliners open the night.

The Farmers: Tuesday, Nov. 15 at Tio Leo's, 6333 Mission Gorge Road. 7 p.m. \$15. tioleos.com.

It really is amazing, the caliber of musicians on our local club scene. Such is the case with North County-based keyboardist David Yuter, who stops in at the Waterbar on Nov. 17. A gifted player, Yuter is a first-call session musician, best known for his work with EDM group, Electric Dance Machine, and he also recently joined up with 1970s hitmakers, The Babys. For this gig, Yuter will perform a mix of standards and today's hits, for a set that will make an excellent soundtrack to a night out.

David Yuter: Thursday, Nov. 17 at Waterbar, 4325 Ocean Blvd., 7 p.m. No cover. waterbarsd.com.



Recasting modern-era hits into vintage-sounding tunes, Postmodern Jukebox comes to Humphrey's Concerts by the Bay on Nov. 17 with their Life In The Past Lane Tour. Even for casual radio listeners there likely won't be any unfamiliar tunes in the night's set, but these updated versions will still yield lots of surprises. Songs by Lady Gaga, Madonna, or Radiohead might be performed, complete with retro garb, as a 1940s big band number, a 1950s jazz lounge standard, or a 1960s girl group classic.

READ MORE ONLINE AT sdnews.com

City Ballet of San Diego marks 30th Anniversary Season

The critically acclaimed City Ballet of San Diego, based in Pacific Beach, under the direction of Steven and Elizabeth Wistrich, both former Boston Ballet and Stuttgart Ballet dancers, marks its 30th Anniversary Season with an expanded season. The company, known for its innovative programming of classical, contemporary, and story ballets, performs at a variety of theaters in the San Diego area this season.

"With increased audiences, City Ballet is offering more performances in both San Diego and North County while our beloved home theater, the historic Spreckels Theatre, undergoes renovations. Having been hailed as San Diego's best dance company, we are thrilled to take our productions to a broader audience," said Steven Wistrich.

In July, the company presented another On the Move production, but this time resident choreographer Geoffrey Gonzalez created all new choreography and reimaged ballet classics at the Torrey Pines Performing Arts Center. Even audience members not familiar with the iconic ballet classics enjoyed the program with its innovative and diverse sections that truly showcased the talents of the dance artists.

The fall program in November, titled From Balanchine to Martins, celebrates ballet masterworks from the 20th century by the father of American ballet, George Balanchine, and the famed New York City Ballet principal dancer, choreographer, and



artistic director Peter Martins. Performances will be presented at both the Balboa Theatre, downtown San Diego, and the California Center for the Arts in Escondido.

The program includes George Balanchine's Rubies, with its sexy energy and athleticism, and the San Diego premiere of his delightful Divertimento from Le Baiser de la Fee, one of his greatest and most unusual works. The challenging and exciting Ash by Peter Martins completes this ballet lovers' program.

In December, The Nutcracker, which received the Tommy Award for the "Best Nutcracker" in San Diego, is expanded to five performances this season. The beloved holiday classic will be performed at

the California Center for the Arts, Escondido accompanied by The City Ballet Orchestra with John Nettles conducting.

The Nutcracker is the classic Victorian-era story of the adventures of Clara, the Nutcracker Prince, Herr Drosselmeyer, and the Sugar Plum Fairy told through a magical theatrical experience to Pyotr Tchaikovsky's famous score. Young and old alike will be captivated by Elizabeth Wistrich's choreography, exquisite costumes, and grand sets. A heart-warming production for families to immerse themselves in the holiday spirit.

Next March, City Ballet pays tribute to its talented and versatile resident choreographers, Elizabeth Wistrich and Geoffrey Gonzalez, in a program fittingly titled, Inspiration in Motion, again redefining how ballet is performed. This production of favorites and new contemporary ballets is offered at both The Conrad in La Jolla and California Center for the Arts, Escondido. Elizabeth stages her popular Beyond the Circle and Straw Feet, while Geoff creates an all-new Battu, performed live by drummer-composer Adam Larocca.

Closing the season next May at the California Center for the Arts, Escondido is the full-length production of Romeo & Juliet by resident choreographer Elizabeth Wistrich – a lavish production based on William Shakespeare's play of the greatest love story of all time.

READ MORE ONLINE AT sdnews.com



DÍA DE LOS MUERTOS

Deborah Miller, front desk administrative assistant, and Nancy Walters, executive director at La Jolla Community Center (above), at the center’s Day of the Dead festive event on Wednesday, Nov. 2. Day of the Dead (Día De Los Muertos) is a joyful time that helps people remember the departed

and celebrate their memory. The event consisted of three major themes: remembrance, community and celebration. Day of the Dead is a holiday for celebrating death and life where mourning is exchanged for celebration. The evening at La Jolla Community Center included live mariachi music and traditional Mexican tacos for dinner.



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Shooting from the hip: the necessity for a cortisone injection



Doing it Better

By Natasha Josefowitz, Ph.D.

About 25 years ago, Dr. Cliff Colwell replaced my right hip. The operation was successful; it has never bothered me since. However, at the time of the procedure, he advised me that my left hip had osteoarthritis and would also need a replacement soon.

Twenty-five years later, I was standing in the sales office of White Sands, the retirement community where I live, with a

couple. The man looked vaguely familiar; he was also looking at me quizzically. I was introduced to Dr. Cliff Colwell and his wife, Carolyn. I exclaimed, "Oh my goodness, I am Natasha." He remembered me because he had written a forward to a column on my hip replacement called "Hip Hip Hooray."

We hugged. I told him that he had been wrong about my left hip, which had never bothered me. He admitted that he had been wrong a few times in his life. After that, Cliff, Carolyn, and I became good friends; we would share many meals together.

A few months ago, my left hip began to hurt. I called Cliff and said, "Congratulations. You are finally right. My left hip is hurting."

The problem is that I am 96 years old and a major operation at my age is risky due to the frailty of advancing years. As the weeks have gone by, my pain increased. I was now limping and using a cane. Cliff suggested a cortisone injection. I called Scripps Clinic. The first available appointment was two weeks away.

My pain was reaching level eight, even nine; it was becoming excruciating! I shared this with Cliff, who told me he would take care of it. Within minutes I received a phone call from a Scripps scheduler. I had an appointment scheduled for the next day at 7 a.m. My trusted limo service, A Best, would pick me up at 6:30 a.m. Kosta, the Greek owner, was there early. (I must admit — I was nervous.)

We arrived at the clinic. Kosta got a wheelchair and pushed me to the orthopedic department, where large gold letters displayed on the wall read "The Colwell Orthopedic Institute." No wonder I could get an appointment early!

I was wheeled to a cubicle to see Dr. Hai-Yan Li. Li is one of 20 PAs (physician's assistants) at the institute. Their staff also includes 20 orthopedic surgeons. After her examination, Li told me I had two choices: I could get a cortisone shot right now or wait until the next day, when she could inject under fluoroscopy, providing a 100 percent assurance of hitting the right spot. There was no such assurance if she gave me the shot now. I agreed to wait.

The next morning, again at 6:30 a.m. Kosta was there to take me back to the clinic. This time we went straight to the operating room, where three nurses helped me onto the examination table. My hip was uncovered right above the groin. An anesthetic

was injected. After a few mild pinpricks, I asked: "When are you giving me the shot?" "It's already been done," was the answer. I didn't feel anything.

Kosta was in the waiting room with a wheelchair ready to take me home. He wheeled me to my apartment. I call him my new caretaker. I was told to reduce my activities to 50 percent for the next few days. Now I have the excuse to stay in my recliner doing my favorite activities: reading and writing. I needed to monitor my pain level hourly on the first day, then daily for two weeks until my follow-up visit with Li.

Much to my relief, I felt almost no pain that night — maybe a level two or three at best. The next day the pain was minimal. At times when I walked, it did not hurt at all. I was in awe of modern medicine!

When I had my hip replaced 25 years ago, the operation took one and a half hours with general anesthesia followed by bed rest for several days. Today, it is an outpatient procedure that takes 45 minutes using a local spinal epidural, with a rate of infection at less than half a point, and pain relief in the high 90s percentile.

In 1985, Colwell was the principal investigator using stem cells injected into the hip with a local anesthetic. One of the ultimate goals was to replace worn cartilage with living tissues rather than metals and plastics. They are presently growing five different stem cell lines to first test success in animal models before applying this technology to humans. The future looks bright for hip replacements.

Natasha Josefowitz is the author of 21 books. She currently resides at White Sands Retirement Community in La Jolla. Copyright © 2022. Natasha Josefowitz. All rights reserved.

Cathy Ives honored for cleanup efforts in Mission Beach

By DAVE SCHWAB

One person's trash is another person's treasure. For Cathy Ives of Mission Beach, trash 'is' treasure.

Trash is an incredible bonanza if you just know what to do with it, claims Ives, who recently received a County proclamation from Third District Supervisor Terra Lawson-Remer for her renowned trash collecting and recycling daily along a short stretch of Mission Beach.

"When I started out doing all this collecting, it was more of a beach rescue operation," said Ives of her environmentalism. "It was more important for me to make sure everything (recovered) on the beach — shoes, towels, beach toys, reusable plastic bottles, etc. — was reused as much as possible, and didn't go into our landfills. That was very important to me."

Ives co-founded the nonprofit Don't Trash Mission Beach, along with fellow residents Tim and Tony San Felice, to bring awareness and education about the hazards of beach trash. The organization also fosters a sense of pride in the community and advocates for personal responsibility and education through beach cleanup events and art installations.

"We are so proud of Mission Beach local, Cathy Ives, for her never-ending commitment to cleaning our beaches on a daily basis and cleaning up the trash left behind by others," said Mission Beach Town Council in an Instagram post. "And now Cathy has been properly honored for her dedication to the best ideals of public service. On Nov. 2, Cathy was presented with a proclamation where it was declared that that day, forever, will be a day of recognition for Cathy Ives throughout San Diego."

Continued the MBTC post: "Cathy has been a Mission Beach resident for the past 35 years and has been diligently cleaning Mission Beach every single morning since 2010. Alongside her partners in the nonprofit, Don't Trash Mission Beach, Cathy runs a minimum of four beach cleanups each year with 80 to 140 volunteers participating at each one."

Referring to herself as an "eco-terrorist," Ives said she has always been an environmentalist and above all else, a recycler. She started out trash collecting after beginning to write an environmental blog in 2008. That, she acknowledged, is when she "really" started getting interested in litter, especially how it can be purposefully reused.

Ives' efforts have been a labor of love, not



DON'T TRASH MISSION BEACH

Earth Day (April 22) is never ending for the Don't Trash Mission Beach volunteers, an organization co-created by Cathy Ives, who combs South Mission Beach on a daily basis to pick up trash left on the shoreline, sand, boardwalks, sidewalks, streets, and parks. The nonprofit group was also formed with the help of Mission Beach residents Tim and Tony San Felice.

The average daily amount of 500 pounds of trash picked up in just a small stretch of one beach is either discarded appropriately or recycled, upcycled, or cleaned and donated to charity. The sheer amount of recyclable, salvageable items rescued from the beach in South Mission Beach is appalling.

The estimated retail value of recovered beach items in 2020 alone exceeded \$40,000. That typically features wasted food, (illegal) glass bottles, leftover beer, wine, and liquor containers, beach toys, and personal items including shoes and towels. Ives said this daily "haul" brings to light our disposable society's mindset. For a complete look at the volume of items collected, visit donttrashmissionbeach.com.

Ives painstakingly logs every single item she collects. On her own, she picked up almost 120,000 pounds in 2020 comprised of food wrappers, bottle caps, bottles, glass, dog feces, balloons, wood, and charcoal from illegal fires. In addition to regular beach cleanups, Don't Trash Mission Beach promotes a Court Adoption Program where members of the community can sign up as stewards of their streets.

only toward other people but also toward the environment and the ocean. "To date, I have donated over (recovered) 6,000 textile-type items to the homeless," she said pointing out there are numerous reasons why it is wrong to continue to waste items that can be easily repurposed. "Beach trash kills animals," she said. "It also contributes to climate change. And it makes things look bad. Trash brings trash."

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PB FUN FACT:
In 1902, lots sold for between \$350–700 for ocean-front property

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