PB bank bandit pleads guilty, out on bond

By NEAL PUTNAM

The “Deposit Slip Bandit,” who robbed a Pacific Beach bank by writing his demand note on a deposit slip, has pleaded guilty to one charge and was released on bond. Sened Beyene Michael, 22, agreed to pay back all three banks he robbed for a total of $10,037, according to court records.

Sentencing is scheduled for Aug. 28 before U.S. District Court Judge Roger Benitez. Michael has posted $30,000 bond and lives with his parents in Emerald Hills.

He could face a 20-year maximum sentence in federal prison, but a shorter sentence of five years or less is more in line with federal sentencing guidelines.

The first robbery in the series occurred Nov. 28, 2016 at 3 p.m. at the Wells Fargo Bank at 1302 Garnet Ave. He wrote “I have a gun,” though the teller did not see one, and he left with $3,912.

Other robberies occurred at a bank on Federal Boulevard and in Chula Vista. Michael pleaded guilty to the Chula Vista robbery and won’t be charged with other robberies on condition he pay restitution for the others.

Upset with PB parking?

Parking Advisory Board looking for your input

By DAVE SCHWAB

Pacific Beach wants to know what visitors and residents think about the community’s parking and traffic situation.

The Pacific Beach Parking Advisory Board is seeking public input through a survey, which can be taken at www.pbparking.org, or via hard copies at PB Library or Discover Pacific Beach and PB Town Council offices.

In a release from Discover PB, the community’s business improvement district, it’s stated the Parking Advisory Board “Recognizes and has established that parking imbalances occur in PB between business district, beach parking and residential areas, times of day, days of the week and seasons of the year. However, we would like to gather information on the general parking and traffic climate in Pacific Beach.”

The advisory board’s parking survey quizzes respondents on a variety of issues including:

• What mode of transport they use to get to work and around the community.

DID SHE SAY YES?

The proposal on Law Street beach (above). Aimee Crafton shows off her ring from Marlon Rechberger.

IFLYING HIGH AFTER ROMANTIC PROPOSAL OVER PACIFIC BEACH

By ROSE WILSON

If you visited – or maybe flew over – Law Street beach a few weeks ago, you may have wondered who Bärli is and did she say “Yes?” On May 12, and for a few days after, spelled out in 20- by 15-foot letters created by stones and seaweed in the sand, was the message “Marry me Bärli.”

Mamma Mia’s Italian Prep Meals offers the perfect balance between nutrition and taste with made-by-order, grab-and-go meals like turkey meatballs (right).

MUSIC

Nine-time Grammy winner Sheryl Crow, who has sold more than 35 million records, will be performing at Humphreys Concerts by the Bay Tuesday, June 6.

SEE PAGE 14

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Thursday - June 1, 2017

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Residents: Less is better for Fiesta Island

By DAVE SCHWAB

The less redevelopment the better. That was the takeaway from dog owners who packed a May 23 scoping meeting at Mission Bay High School to bemoan the city about what they’d like — and not like — to see with long-range master planning on Fiesta Island.

Fiesta is a huge pinwheel man-made island on Mission Bay with fire pits, dog parks, endangered bird sanctuaries, youth camps, various water sports and 27 miles of beach including a 90-acre off-leash dog area.

The city is kickstarting its long-delayed public process for planning the future of Fiesta Island, defining two options. A and B, in its recent public notice on resuming the Fiesta Island planning process.

“Option A” would divide the area with a road and reduce access for off-leash users. “Option B” would keep the area intact and increase the fenced, off-leash area.

Prior to the May 23 pooch powwow, Debra Madden of Fiesta Island Dog Owners (FIDO), a community-based nonprofit with more than 14,000 members dedicated to preserving Fiesta Island’s leash-free recreation area, weighed in on the city’s reboot of long-term planning for the popular recreational island.

“We don’t want an amphitheater,” said Madden, FIDO spokeswoman. “This is the third planned amphitheater. They’ve got one in the dog space on Fiesta Island.”

Madden noted the Fiesta “experience” is “unlike other parks where you just stand around or sit” in a park setting, but rather is an active park where people walk, jog, run or cycle alongside their pets.

“You can’t be out there looking at the dogs, the ocean and the clouds without feeling refreshed,” confided Madden.

FIDO was created in 2006 as a response to a massive development plan unveiled then by the city, which originally proposed removing or moving the leash-free dog area. Fiesta Island went off-leash after the city in 1972 passed an ordinance “prohibiting dogs on all of its beaches in San Diego County, with the exception of OB Dog Park and Fiesta.”

City and park planners on May 23 said the scoping meeting was being held to receive public input on what Fiesta Island users wanted in terms of possible improvements, as a prelude to the environmental impact review process the city is conducting. The end result of that process is to amend the Mission Bay Park Master Plan to incorporate any publicly desired Fiesta Island improvements.

One city official noted Fiesta Island has been divided into quadrants, adding the island is crisscrossed with trails and roads. The official added a grading plan is proposed for the island to “reduce silt flowing into the bay.”

A notice of preparation for an EIR for proposed Fiesta Island redevelopment went out May 9. Once the eir is complete, there will be a 45-day, formal public comment period, to be followed, ultimately, by review and support or opposition by the San Diego City Council and the California Coastal Commission of any changes proposed, if any.

Following the scoping meeting, FIDO praised the workshop for its “great turnout.” The group also released a statement noting that, “though there is considerable interest in leaving things the way they are, this [Fiesta off-leash] area is not currently recognized on city plans as a dog park. ... So it is imperative that we get this plan process completed and adopted.”

FIDO is on record as favoring Fiesta Island planning Option B.

About a year ago, Fiesta Island was nominated by the pet-friendly travel website BringFido.com, beating out nine other dog parks from around the country to receive the Reader’s Choice Award for “Best Dog Park in America.”
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City approves funding for roundabout at Foothill Blvd. and Loring St.

By DAVE SCHWAB

Relief is on the way for Pacific Beach residents on Foothill Boulevard, who just found out funding for a roundabout, a long-sought-after roundabout at the dangerous Foothill/Loring intersection has been approved in the city’s 2017-18 budget.

The good news came recently during the Orange Council Budget Review Committee, as the Transportation and Storm Water Department announced funding has been approved for construction of roundabouts in the budget at Loring and Foothill Boulevard, along with three others on Crown Point Drive.

“We have funding for design of all four of the traffic circles, including three planned for Crown Point Drive and the one on Foothill/Loring,” said Linda Marabian, the city’s deputy director of transportation engineering.

“We’re committed to finishing (all of) it. So, in the coming years, we will be allocating funds for these projects.”

Funding is expected to arrive by August, with roundabout construction completion possible by 2018, Marabian added.

A major push for the Pacific Beach roundabouts was made by District 2 Councilmember Lorie Zapf.

Zapf thanked PB residents for turning out at the council committee hearing, noting, “I know it’s a deal to come downtown, find parking, and come up here. It’s not a small thing, and we understand that and appreciate your efforts.”

Both Zapf and Marabian said the involvement of residents along Foothill Boulevard and in the Crown Point area was a critical factor in the approval of the traffic-improvement projects.

Foothill residents have been trying since at least 1991 to get their concerns about excessive speeds and other dangerous conditions on the street addressed.

In 2014, residents again got involved when Foothill’s posted 25 mph speed limit signs were unexpectedly changed to 30 mph. Virtually every resident on the street signed petitions, and the Pacific Beach Planning Group backed their demands that the 25 mph signs be restored.

The Pacific Beach Planning Group also asked that traffic-calming measures be installed along the twisting road, where traffic regularly hits speeds far exceeding 25 mph.

Community activists Jeffrey S. Rosan and Thomas Coat, who’ve been lobbying for years for traffic improvements on Foothill, were elated about this recent turn of events.

“I have lived on this street for 30 years,” said Rosan. “Many of my neighbors who wanted to see something such as this happen nearly 30 years ago (not an exaggeration), have passed away. It is my prayer that, when this is built, it works in a way to reasonably reduce speed and allows vehicles, bicycles and pedestrians the ability to finally cross at this intersection without feeling like an untimely death is just around the corner.”

Rosan noted the roundabout’s design “Will incorporate a method to take the run-off which pools at the base of Foothill and Loring (or turns into a river during big rains) occurs. Now if we can just get more cops to enforce our speed laws... who knows... it could happen.”

Noting traffic on Foothill Boulevard “has always been bad and is getting worse,” Coat pointed out Foothill is a “major connecting street” between Pacific Beach and La Jolla.

“The street is very dangerous, curvy, and has elevation changes,” said Coat adding, “We went to the PB Planning Group and they backed us.”

Coat gave kudos to councilwoman Zapf for “making this a priority item in the 2018 budget so we can finally see some action on it.”

Coat added PB residents are still looking to install other traffic-calming measures on streets west of Foothill Boulevard.

“Theirs is not a single crosswalk on the entire street (Foothill) from Beryl to Farnum,” Coat pointed out.

The announcement that the roundabout at Foothill/Loring will be built is the first step in the traffic-calming process. It is hoped that additional traffic-calming measures will follow. Those could include an additional roundabout at Vickie/Foothill, lighted crosswalks, electronic speed limit signs and smaller barriers to control speeds.

Roundabout design work also may seek to solve drainage issues that cause flooding at the Loring/Foothill intersection following storms.

Mission Beach asks for funds to combat flies

By DAVE SCHWAB

Mission Beach activists are lobbying to get more money in the city budget for additional summer trash pickup to combat the community’s growing fly infestation during the busy tourist season, which has become increasingly problematic.

Gary Wonacott, Mission Beach Town Council president, and John Vallas of BeautifulMB, a nonprofit dedicated to MB’s improvement, have both been lobbying city government to find the means — and the cash — to do additional summer trash cleanup.

Last summer, District 2 Councilmember Lorie Zapf’s office secured funds for a one-time additional trash pickup that made a noticeable difference in lessening fly-related problems.

This year, she’s again asking for funding.

“I have continually asked for the second trash pickup to be included in the budget and most recently resubmitted an updated budget memo asking for the $70,000 to also be included for the trash pickup,” Zapf said.

“It is now in the hands of the entire City Council and I know many Mission Beach residents and business owners are actively engaging other members of the City Council to support this item in the budget,” she added.

A fly summit was also hosted by Zapf in MB in June 2016, bringing together MB residents, merchants and city and government officials to discuss the significant — and intensifying — summer fly infestation.

In a recent letter to Mayor Kevin Faulconer, Wonacott said, “We on MBTC are disappointed that Councilmember Zapf’s number one budget priority is not in your 2018 budget. Funding was found in the 2017 budget and, as a result, the Mission Beach community for the first time in six years was free of what one entomologist described as the worst fly infestation he had ever seen in an urban setting.

“We know the root cause of the summer annual fly infestation in Mission Beach – thousands of fly eggs that gestate in the garbage cans, which need to be dealt with before they crawl out and move on to their next state of development in the alleys. This is specifically what the second trash pickup does. It gets rid of the problem before it becomes a problem.”

Continued Wonacott: “It does not seem unreasonable for you to add another $50,000 to $60,000 to the budget for this service given the consequences. In the meantime, we need the city, and the mayor, to put the funding for the second trash pickup back into the 2018 budget.”

Wonacott previously blamed a prior cutback, from twice to once-weekly summertime trash pickup, use of heat-absorbing black cans, unfiltered, unlocked and/or cracked or damaged receptacles, as well as dumpster “scavenging” for contributing to the fly infestation problem.

Some of the “fixes” are simple, Wonacott said, like putting trash in shaded areas. He added direct sunlight can increase temperatures as much as 15 to 20 degrees inside cans, which hastens flies’ life cycle. Flies can go from eggs to adults in just a week under ideal breeding conditions.

Vallas, in a memo recently sent to the San Diego Tourism Authority, wrote, “My request is, while we (MB) are showcasing the beach lifestyle and welcoming millions of visitors, that we increase trash and recycling to deal with our enormous tourism traffic increase in such a small-yet-densely-populated area.

We have scores of negative Yelp reviews, Health Department citations of restaurants — the flies come from the residential/vacation rental trash (in the alleys, which overflow in the summer, also increasing scavenging, etc.) and swarm people dining or even just sitting on their deck outdoors. This is a huge problem, in a small area, with a simple and cost-effective solution.”
YMCA-PBMS joint project proceeding

By DAVE SCHWAB

Shown is ongoing construction of the $2.8 million first phase of a joint-occupancy project at Pacific Beach Middle School between San Diego Unified School District and the YMCA.

The joint-occupancy project, nearing completion, is to include a track, field, swimming pool and recreation facility. The first phase involving building a track, turf field and parking lot, began construction in April 2016 and is expected to be done in early June.

Since 2009, Pacific Beach Middle School and the YMCA have been working to turn a gravel multi-purpose yard at the school into an aquatics center. The plan is to have the district pay for the construction of a new athletics field and parking, and to have the YMCA pay for the construction and maintenance of a new aquatics and community center in a “Pools for Schools” program.

Police looking for SUV in hit-and-run in Pacific Beach

Authorities are seeking the public’s help to identify and locate the driver of a SUV involved in a weekend hit-and-run crash that left a 39-year-old motorcyclist with a fractured leg in Pacific Beach. Surveillance cameras in the area captured images of a silver Jeep Grand Cherokee that made an illegal U-turn in the 4500 block of Mission Bay Drive into the path of a southbound motorcyclist around 2:15 p.m. May 20, according to San Diego police and Crime Stoppers.

The motorcyclist struck the back of the Jeep and was ejected. A surveillance video is available at youtu.be/SVe9KcKkks. Anyone with information on the case is asked to call police at 858-495-7808 or at sdcrimestoppers.org.

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Boaz earns Sun Catcher environmental award

Pacific Beach resident Trish Boaz, executive director of the San Dieguito River Valley Conservancy, received the San Diego EarthWorks’ Sun Catcher award at the organization’s annual dinner on May 24.

Every year, EarthWorks recognizes businesses, clubs, organizations and/or individuals that deserve special recognition for their work on behalf of a healthy environment.

Boaz’s long-time friend, former City Councilmember Donna Frye, presented her with the award. Over the last 20 years, Frye and Boaz have worked together on environmental causes.

In 2013, Boaz joined the San Dieguito River Valley Conservancy — a nonprofit dedicated to sustainable management of the natural resources of the San Dieguito Watershed — as executive director, bringing more than 30 years of conservation and environmental knowledge to the conservancy, as well as establishing positive relationships with many of the group’s partners.

Beach cleanup

Join Shore Buddies and Surfrider Foundation San Diego County Chapter on Sunday, June 4 from 9 to 11 a.m. for Shore Buddies’ first official beach cleanup. The event will be located at Pacific Beach. The first 100 volunteers will receive a free Shore Buddies hat.

Stay after the cleanup for the raffle, featuring prizes from local ocean-minded businesses, and hear live music from Potato Wave. For more information, visit the Shore Buddies Facebook page.

1-5 and ramp closures

The northbound 1-5 off-ramp at Balboa Avenue will be temporarily closed Friday, June 2 at 7 p.m., through Monday, June 5 at 5 a.m. Crews will install infrastructure to support a new railroad bridge on Balboa Avenue/Garnet Avenue. Changeable Message Signs will be placed in advance of the closure detouring motorists to take the northbound 1-5 exit at Clairemont Drive/Mission Bay Drive.

Additionally, between 6 and 8:30 a.m. Saturday, June 3 and Sunday, June 4, motorists will encounter a series of intermittent traffic closures up to 10 minutes on northbound and southbound 1-5 near Balboa Avenue. The rolling closures are needed to relocate electric distribution lines across the freeway.

SD crime decreases

Mayor Kevin L. Faulconer and Police Chief Shelley Zimmerman announced last week that San Diego remains one of the safest big cities in the nation after a new report shows that crime is at its lowest level in decades. The report shows a 10 percent decrease in overall crime from January to April compared to the same period last year.

The report shows historic lows for aggravated assault, violent crime, burglary, larceny and property crime, though crime was down for all categories year over year. Earlier this year, the police department announced that the 2016 total crime rate was at its lowest level in four decades.

“I am pleased to announce that during the first four months of 2017, every major category of crime decreased when compared to the first four months of 2016,” Zimmerman said.

Lifeguards receive new Toyota vehicles

Toyota and the City of San Diego recently announced its continued partnership and unveiled 35 Toyota vehicles for lifeguard rescue and operations. The multi-year partnership agreement includes Toyota’s promise to maintain and service the 35 vehicles in the fleet, providing monthly detailing on each vehicle during the peak summer months and saving the City of San Diego tens of thousands of dollars in maintenance and service fees.

The 2017 lineup features a variety of SUVs and pickup trucks, including Tacoma, Tundra, 4Runner and Sequoia. The newest addition is the 2017 RAV4 Hybrid.

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Lifeguards receive new Toyota vehicles
Pacific Beach man rocks the marathon in San Diego

By SAVANAH DUFFY

The Rock ‘n’ Roll San Diego Marathon Series has been running faithfully for the past 20 years, and so has 61-year old lawyer and Pacific Beach resident Kurt Hallock.

Since the marathon series’ inaugural race in 1998, Hallock has run every Rock ‘n’ Roll San Diego race. Hallock says his favorite San Diego race memory was “holding on the very first year. I was 42, had a good run the whole way and PR’d in 2:56. Trained with two fantastic runners, Larry Williams and Harvey Levine (both of whom were original investors in the race).”

Another favorite moment was when two friends from Montana ran it with Hallock. “The next morning, the guy, who’s a fair runner, has his picture on the cover of the Union-Tribune. It looked as if he was leading the race,” he said.

The marathon celebrates its 20th anniversary this weekend, June 3-4, during which time more than 30,000 runners will be standing alongside the starting line, prepared to push their bodies as they run, jog or walk to reach their goal of the 5K, half marathon or marathon.

Rock ‘n’ Roll Marathon Series spokesperson Hilary Friedman says that 84 of those runners, including Hallock, are the returners—the ones who have run this marathon religiously since it first took place in San Diego.

On Sunday, June 4 look for Hallock out on the course and cheer him on to the finish line, which should welcome him like an old friend.

For more information about the Rock ‘n’ Roll San Diego Marathon, visit runrocknroll.com.

The Rock ‘n’ Roll Marathon to celebrate 20 years in San Diego this weekend

The Rock ‘n’ Roll Marathon Series recently announced that Synchrony Financial, a consumer financial services company, will become the new title partner for the Rock ‘n’ Roll San Diego Marathon & ½ Marathon. The event, which features live bands performing at every mile along the course, returns to San Diego the weekend of June 3-4 and will celebrate 20 years running this year.

Synchrony Financial Rock ‘n’ Roll San Diego will welcome more than 30,000 marathon and half-marathon runners, showcasing some of San Diego’s most iconic neighborhoods. The races will take off from Balboa Park and travel through Hillcrest, North Park and Normal Heights before the marathon breaks from the half marathon at mile 8. The marathon route will also run through Mission Hills, Old Town and Mission Bay Park before both distances finish downtown at Waterfront Park.

READ MORE ONLINE AT sdnews.com

Mission Bay Chiefs go from worst to first

By DAVE THOMAS

For one area youth baseball team, the idea of giving up on a season never crossed their minds.

The Mission Bay Chiefs, made up of youth players ages 9 to 11, recently went from worst to first, showing that hard work and determination do pay off.

With 11 kids on the team from Pacific Beach and La Jolla, the Chiefs are part of the Mission Bay Youth Baseball program.

Team members included Joseph Cruzo, Joshua Gousha, Logan Ham, Alex Harrington, Hunter Harrington, Noah Heuring, Robert Holmer, Shaun Lovett, Alan Myers, Gavin Porrec, Jovanni Rodriguez, and Reef Tusa.

The season began in late January with tryouts, culminating recently with a great finish from the kids.

“This was a total team effort to make the playoffs due to the power rankings, it was still an overall good season,” Tusa said. “Our pitching and hitting started to come together the last couple games of the season, and then we got on fire starting in the playoffs to knock off the best teams.

“This was a total team effort to win every game with even our youngest and less-experienced kids making some big key plays at needed times,” he said.

Tusa added that a few of the players will go on to play in the All-Star tournament, fall ball, and travel ball later in the year.

“We had six great dads who helped coach this year and this was a huge reason for our turnaround, more than almost any other team,” Tusa added. “We also had some great moms who helped out too.”

The local Pacific Beach sponsors of the team included Tim Tusa Real Estate, Hoboken Pizza, Rocky’s Crown Pub and SD Taproom.

Buccaneer teams shine bright on the diamond

By DAVE THOMAS

For a pair of Mission Bay spring sports teams, this past season turned out to be a hit.

On the baseball diamond, the Bucs under head coach Dennis Pugh went 16-11 and finished as co-league champs with Clairemont.

“The biggest part of our season was our pitching and hitting the whole time,” Pugh said.

Although Mission Bay did not make the playoffs due to the power rankings, it was still an overall good season.

According to Pugh, this was the program’s first winning season in nearly a decade, giving the team something to build on.

All-League players included Joey Witkowski and Parker St. Germain on the first team, and Brad Palmer and Connor Bailey on the second team. Honorable mention honors went to Aiden Young.

“We have six starters coming back next year, but we need to keep
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Home décor by the shore and so much more at Get Hooked

By DAVE SCHWAB

You’ll be hooked at Get Hooked, a new home décor store in Pacific Beach. Owned by Pamela Taylor, who also operates Crystal Pier Bait & Tackle, Get Hooked (named for her other business’ staple item) provides a nice tie-in and complement. “It came about because I was expanding the home décor at the bait and tackle shop, which is really small,” said Taylor about her quest for a new retail space that she found at 940 Garnet Ave., previously a smoke shop. Taylor took the space over in February and repurposed it, reopening just a couple of weeks later.

“We just just call it home décor by the shore and so much more,” said Taylor, noting her price range is $1 for bottled water up to about $60 for décor. “My philosophy is, have a little bit of everything,” she said. The home décor’s décor is busy both inside and out. The interior is filled, floors to rafters, with a plethora of coastal goodies.

“A lot of my stuff is handmade by locals, but not all of it, because it’s hard to get handmade everything,” Taylor said. “We do a lot of coasters. And all of my coasters and wooden signs are made in the USA. We try to do mostly made in the USA when we can. We have something that fits everyone as far as a sign — or a saying.”

“What’s the hottest item in home décor right now? “Mermaids are it thing,” noted Taylor. “Mermaids and octopi are really popular. I try to stay with what’s current, and mermaids are right now, everyone is decorating with mermaids.”

Has PB changed much since Taylor set up shop at Crystal Pier Bait & Tackle in 2009?

“Yes, it is changing,” she answered. “You see more parents with baby strollers. You see more children. You see more younger adults that are making it their home, buying homes.”

Taylor added, “I’d like to see a bigger turnaround where we’re not promoting things that involved alcohol so much — everything we do, seems like it revolves around alcohol. I think we need to start getting people to think about us as a shopping destination. If you have places where people can shop and get things, people will come.”

READ MORE ONLINE AT sdnews.com
The Best Surfer in the water is the one having the most FUN!

Awarded Nickelsodene’s Parents’ Choice for surf schools, Surf Diva’s La Jolla Surf Camp & American Surf Academy provides the best coed surfing program for kids, tweens and teens in San Diego. Girls and boys ages 5-8, 9-11 and 12-17 learn to surf and participate in activities emphasizing ocean and beach awareness. The camp takes place at either La Jolla Shores or Del Mar beaches, the best spots to learn to surf on the west coast! Surfboards are provided! Surf Diva is a local, family owned business of 20 years and the world-class water is the one having the most FUN! Does your child speak German? How about a German language summer camp at German Pacific School San Diego? GPPSD offers four weeks of very creative, imaginative camps with many of hands-on projects. This year’s topic is time travel (“Zeitreisen”). The campers will go back in time, study the giants of the past, visit princesses, knights and dragons, sail with the Vikings and learn the language of the pirates! and eventually travel to the future – are you ready? GPPSD, a nonprofit school with three locations in Clairemont, Carmel Valley and Poway, also offers classes on Saturdays and on weekday afternoons. The younger students learn German by playing, singing, theater, stories and games. Later the students focus on reading and writing. During their time at GPPSD students take different exams which lead to the AP exam and the German Language Diploma (DSD I and II). The DSD II exam is proof of the language proficiency for students applying at German universities. More information: www.gppsd.org 858-461-9118 germanpacificschool@gmail.com
cover mixed media sculpture: Hike through Balboa Park collecting natural objects. Then create masks, walking sticks, musical instruments and mobiles. Students will learn to use tools, acrylic paints, plus and array of decorative items to finish their pieces, while stimulating the imagination and making new friends.

8 Week long camps July 10–Sept. 1. Classes are for grades 1-8. Time: 9:00-12:00 Monday–Friday. Fee: $160

Registration Information: www.ewoolrychpottery.com
Phone: 619-236-8997

Junior Theatre
Join Junior Theatre this summer and experience the wonderful world of Performing Arts where campers will take classes in acting, dance, & singing, Musical Theatre, Acting, Performance and Advanced camps available in Balboa Park. To register or for a list of camp dates, descriptions & pricing or call 619-239-1311.

Teens can create and play at Kalabash
Located in Bird Rock, Kalabash School of Music + the Arts is thrilled to present their fabulous offering of summer camps for kids and teens. From Comic Book Art to their popular Original Mixtape record label summer camp, this July and August is going to be filled with music, art, discovery and fun! Don’t miss this opportunity to create and play with these kind and talented artist-teachers in their beautiful school by the sea. For more information please visit KalabashArts.com

SuperCamp
SuperCamp - Senior Forum is a summer program for students entering grades 9 to 12. Covering the threads of communication, collaboration, critical thinking, creativity, and character, participants examine their own limiting beliefs, learn academic and life success strategies, reframe attitudes, and look at replacing old ineffective habits with new successful habits.

Students define what is important to them, why they learn the way they do, and how to make use of their new knowledge to learn and live better. supercamp.com/highschool/

Fusion Academy
“Finally, a summer school that won’t take away your summer fun! Catch up, get ahead, or try something new! Take one class or tackle a whole semester this summer. Catch up on missed credits, retake a class, get ahead before next semester, or supplement a homeschool program with an art, music, or lab class. From algebra to yoga and everything in between, we have classes for an array of levels. In-person or online, that’s how we work!” fusionacademy.com

Quantum Academy
Quantum Academy - designed to immerse high school seniors and new and returning college students in activities that open their eyes to what they need to succeed in college and beyond. In building habits for success students participate in team activities, workshops, dialogue, and personal reflection, and gain awareness and strategies on how to successfully navigate their college years and build a solid foundation for their career and life beyond the campus. A prime focus of this program—that comes into play in most of the following areas—is the development by students of a personal growth plan and clearly defined action steps. Our key areas are academic confidence, personal success, leadership, self-empowerment, character development and Fun. supercamp.com/camp/college/
Mission Bay High School’s music program holds its annual Spring Concert on Friday, June 2. There will be performances from the school’s Concert Band, Mambo Orchestra and Choir, all under the direction of JP Balmat. This music program is an integral part of San Diego’s arts community, particularly the jazz scene. Balmat’s efforts have seen young musicians at the school record original music and perform acclaimed concerts around the city, as well as in New Orleans and Japan. Funds raised from this performance go directly to keep the music happening at Mission Bay High School.

Spring Concert: Friday, June 2 at Mission Bay High School, 2475 Grand Ave. 7 p.m. All ages. $5. www.missionbaymusic.com.

Pop-rocker Sheryl Crow performs at Humphrey’s Concerts by the Bay on June 6. Touring behind the latest album, “Be Myself,” the night’s set list includes the bulk of the new album, plus plenty of her hits.

Sheryl Crow: Tuesday, June 6 at Humphrey’s Concert’s By The Bay, 2241 Shelter Island Drive. 7:30 p.m. humphreysconcerts.com.

Java Joe’s new location in Old Town is continuing its reputation as the spot in San Diego for acoustic music. Only open a few months, legends such as Jason Mraz and Steve Poltz have already taken the stage there, with a steady stream of the area’s top talent amongst the regulars. Over the next two weeks alone, such top-tier names as Billy Galewood (June 2), troubadour Gregory Page (June 3), Latin-inspired singer-songwriter Gaby Aparicio (June 9), and folk-tinged songstress Nina Francis (June 11) will perform at the venue. If you’re a fan of acoustic music it simply doesn’t get better than this great mix of well-known names as well as coming talent.

Acoustic Music at Java Joe’s, 2611 Congress St. 8 p.m. www.javajoessd.com.

On June 4, Dizzy’s will be the site of a special tribute concert paying tribute to jazz singer, Al Jarreau, who passed away on Feb. 12. The event will feature vocalists Leonard...

Renovation Work Nears Finish on Luxury Residences

Restoration and renovation work is nearing completion on Muse La Jolla, a new luxury residential community located at 1020 Prospect Street in La Jolla. Most of the 16 residences, which range in size from 996 to 3,255 square feet, will be ready to close within 60 days. Two units have already been sold.

The four-story, concrete building includes one-, two- and three-bedroom floor plans. The four penthouse units include private rooftop terraces with direct access. The first-floor units include private ocean-view patios with just over 1,000 square feet of additional living space. Released home prices range from $2.7 million to $10.12 million.

The project includes 24-hour concierge and valet service as well as three-car garages within a controlled-access parking structure. The developer for Muse La Jolla is a joint venture whose managing member is an affiliate of San Diego-based real estate developer Hammer Ventures. The building was originally designed by modernist architects Ladd & Kelsey in the 1960s.

One model home is currently open, with additional units to be unveiled in the coming weeks as construction and interior staging is completed.
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Goto www.teqiq.com for more information.

Cont. from pg. 12

Patton, Rebecca Jade and Gregory Fletcher, with an all-star band that includes pianist Matt Falker, saxophonist Tripp Sprague, guitarist Louis Valenzuela, bassist Antar Martin, and drummer Richard Sellas. With dozens of albums to his credit since his 1975 debut, there won’t be any shortage of material to choose from, but listeners can expect the evening’s highlights to include the classics.

A Tribute to Al Jarreau: Sunday, June 4, at Dizzy’s at Arias Hall, 1717 Morena Blvd. 3 p.m. $20. www.dizzysjazz.com.

A Tribute to Al Jarreau: Sunday, June 4, at Brick by Brick, 1130 Buenos Ave. 6 p.m. 21 and up. $22. www.brickbybrick.com.

Classic rock fans won’t want to miss tribute band Extreme Cream when they appear at Brick by Brick on June 4. Performing the music of 1960s power rock trio, Cream, which included Eric Clapton in the lineup, the band includes drummer Kofi Baker, son of original Cream drummer, Ginger Baker. Perhaps more importantly, the band includes one of the best guitarists on the planet, Mike Keneally, best known for his work with the likes of Frank Zappa, Dethklok and Andy Partridge.

Extreme Cream: Sunday, June 4, at Brick by Brick, 1130 Buenos Ave. 6 p.m. 21 and up. $22. www.brickbybrick.com.
Eat clean, healthy and tasty with Mamma Mia’s new meal prep pickup

By LUCIA VITI

Think eating clean and healthy is synonymous with dining on bland and boring? Not with Mamma Mia’s Italian Prep Meals from the popular Pacific Beach restaurant. Boosting a “new concept” of traditional Italian cuisine, Mamma Mia’s owner and executive chef, Cinzia Mezzetti, offers the perfect balance between nutrition and taste with made-by-order, grab-and-go, home-made meals that are truly “delicioso!”

Fresh ingredients and sauces smoker lean meats, carbohydrates and vegetables void of artificial additives, flavors or preservatives. Not only are Mamma Mia’s Italian Prep Meals ideal for those on a weight-loss plan, but they’re spot-on for anyone looking for a scrumptious, healthy meal as well. Without compromising flavor, these low-calorie, low-fat, dairy and gluten-free clean lunches and dinners bring healthy, fresh food directly to your home or office.

Pouring years of experience as an Italian chef, the Pacific Beach resident crafted the novel meal plan as a result of her athletic venture into the world of bikini and body-building competitions. The statuesque beauty was forced to drastically change her food regimen in order to gain muscle mass while “leaning out.”

“I had to eat clean and lean,” she said. “I cut my pasta, my pizza, my breads and sweets. All food had to be grilled or boiled. But I’m a professional chef. I love good food. And I was not about to eat plain boiled chicken. I headed straight to the kitchen knowing that I could make even ‘diet’ food delicious.”

Mezzetti worked with a nutritionist to experiment with recipes that controlled portion size, calories, fat content and salt intake – “we all need a little salt” – without sidestepping flavor.

“There are no limits to what I can do in the kitchen,” she continued.

“None. I love the challenge of working with food combinations to make the food tasty and different because I eat the food.”

Satisfied with a meal plan that consisted of “everything light,” organic and made from scratch, she knew her “beautiful dishes” could work for others. Mezzetti researched San Diego’s healthy to-go choices and quickly became convinced that she could offer a menu unsurpassed in variety, taste and convenience. She developed two clean menus, one to lose and one to gain. Patrons have the option of customizing their meals.

“These are healthy, flavorful, diet-free meals,” she said. “You pick your quantity of clean protein and add your choice of vegetables, carbs and I keep everything balanced and nutritious. I know how to manipulate foods to keep the calorie and fat content low and the flavor high. Everything is made fresh and preservative free.”

Mezzetti added that her clean meals are “for anyone who orders food online has no idea who touches the food or how long it’s been sitting in a package,” she said. “My food is freshly-made and I’m the only one who touches it. My boxes are sealed. These are meals you can trust.”

Food stays fresh in the fridge for up to three days. Orders can be made online and picked up at Mamma Mia’s on Balboa Avenue, or delivered for a $4.50 flat-rate fee to downtown San Diego, La Jolla, Pacific Beach, Ocean Beach, Point Loma, Clairemont, Old Town, UTC, College Area, and Mission Valley.

Better Buzz expands with coffee shop in Pacific Beach

By SAVANAH DUFFY

The grinding of coffee beans and the aroma of espresso has overtaken the facilities formerly filled with the sound of dryers and scent of detergent on Garnet Avenue.

The new Better Buzz coffee shop – aka Pacific Beach West, so as not to be confused with the spot on east Garnet – occupies the space where a drive-through laundromat used to exist, according to Daniel Greig, director of coffee production for Better Buzz Coffee Roasters.

The new shop opened in March, the same day the company celebrated the 10-year anniversary of their first place in Pacific Beach. “It’s a pretty big milestone for us,” Greig said.

Since that day two months ago, customers have been flocking to the new location, with resounding approval of the shop’s specialty items. New to the drive-thru, which can fit 10 vehicles, and the extensive patio space and the inner café that can accommodate as many as 30 customers.

Better Buzz patron Alguil Carandang recently sat outside with her dog and a small cup of whipped cream on the table, the only remains of her dog’s free puppuccino (a dog treat topped with whipped cream). For her, the patio is an appealing factor because she has the opportunity to enjoy the Better Buzz experience outdoors in a spacious area with her dog. But the sheer size of the shop isn’t the only thing drawing in customers. Greig says each Better Buzz shop has a spin-off of “essential Better Buzz elements.” But also it has its own unique design, and this new location is no exception.

From the large porch swings on the patio to the walls of the building, a combination of white oak merged with what Greig says are the building’s original bricks, the café has a look unlike any of their other shops.

Gold accents are a key aspect to the shop’s theme. Gold pendant lighting, high-top chairs and even gold accents on the single-origin espresso machine complements the wood and white tile throughout the rest of the shop.

“It’s really pretty actually. I really like it,” said Better Buzz customer Hannah Lee about the interior.

Signature features of the company are exhibited in the greenery and succulents inlaid into the tables.

Life’s Better Buzzed

Signature features of the company are exhibited in the greenery and succulents inlaid into the tables.

Diced grilled chicken and onions skewers with zucchini, rice and Italian dressing, which has 410 calories.

ITALIAN PREP MEALS

Where: Mamma Mia, 1932 Balboa Ave.
Info: Info: info@italianprepmeals.com, 858-272-2702.

meal menus – “every day” and “clean” – aren’t just for athletes.

“This is clean eating for busy people,” she said. “My menu, not found anywhere else in San Diego, is also good for anyone with diabetes or high cholesterol. While I designed the menus for fitness buffs, fitness is a small slice of a bigger market. Everyone wants to eat healthy, fresh and easy. I have a big kitchen and I’m ready to serve a lot of people.”

Mezzetti stressed the importance of meals traveling straight from the kitchen into sealed packaging for quality control.

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BETTER BUZZ COFFEE ROASTERS

Where: 1186 Garnet Ave.
Hours: 5:30 a.m. to 7 p.m. daily.
Info: 858-274-2899.

Better Buzz patron Abigail Carandang recently sat outside with her dog and a small cup of whipped cream on the table, the only remains of her dog’s free puppuccino (a dog treat topped with whipped cream). For her, the patio is an appealing factor because she has the opportunity to enjoy the Better Buzz experience outdoors in a spacious area with her dog. But the sheer size of the shop isn’t the only thing drawing in customers.

“I really like it,” said Better Buzz customer Hannah Lee about the interior.

The live-edge bar, which allows customers to essentially be inside and outside at the same time, is a feature that Better Buzz customer Will Shaker said he particularly enjoys, in addition to his nitro cold brew. Of course.

“In terms of the vibe, I think I like this one best,” Shaker said. “They’re all chill … but this one is a bit better. I think, more relaxed.”

This Better Buzz location is usually full of customers doing everything from homework to socializing – even making wedding invitations, as Greig has previously observed.

The shop continues to draw in new people, yet somehow it has not taken away service from the original PB Better Buzz, according to Greig, who says most of their customers have remained faithful.

READ MORE ONLINE AT sdnews.com
Pacific Beach Middle

Pacific Beach Middle eighth-graders and their teacher advisors are celebrating PBM’s commitment to make the world a better place. More than 200 students presented their International Baccalaureate Community Projects on May 22 and 23, to panels that included younger students, community members and dignitaries. Students were also invited to share their projects at the Mission Bay Cluster meeting and at the UC San Diego Civics Showcase on May 17. Johnny, Brennan, and Allen’s International Baccalaureate Community Project promoted “Vocal ID,” which is an organization where people can record their voice to become a surrogate for someone who speaks through assisted technology.

Anna’s project designed art kits that were donated to children at Rady Children’s Hospital. Julio set up a food pantry in the first floor of the library for students to anonymously drop off or take home canned goods if their family is in need. Service is a key component of all IB programs worldwide. Kiwanis, PB Town Council, CA IB, Belmont Park, and Happi Yeti all donated prizes and/or award funds to recognize students.

CPJMA

Crown Point Junior Music Academy music teacher Stephen Luchs was recognized as 2017 Outstanding Elementary Instrumental Music Teacher of the Year at the SDOSS’s Elementary and Choral Honor Concert. He teaches music at Crown Point Jr. Music Academy, where students begin their music instruction in kindergarten by learning to play the violin.

Barnard Elementary

Barnard Asian Pacific Language Academy is currently hosting 16 students from China through their partnership with Advanced International Academy.

Kate Sessions

Parents, students and teachers would like to welcome new principal Adam Carlin for the 2017/18 school year. Carlin comes to Sessions from the Poway Unified School District most recently as assistant principal at Stone Ranch Elementary. Kate Sessions’ community thanks former principal Joseph for everything she did for the school and wish her well in retirement.

Students from the Mission Bay High School graduating Class of 2017 wear the gear of where they are heading to college in the fall. Their hard work and commitment has set them on a path for success beyond high school. The entire Mission Bay Cluster community is proud of them all.

EDUCATION NOTEBOOK>>

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Austrian native Marlon Rechberger, CEO of Solpal Inc. in Pacific Beach, met Aimee Crafton (nicknamed Bärli, German for “little bear”) at Firehouse restaurant on Super Bowl Sunday two years ago. He approached the green-eyed flaxen-haired beauty because he thought she looked European. It turned out that Crafton is American, but that didn’t stop the sparks from flying between the two.

They spent the next couple of years getting to know each other and falling in love. As frequent business travelers, they would often extend their trips to spend extra time with each other at each destination. Little did Crafton know, this special part of their relationship would later lead to Rechberger’s extravagant proposal.

Rechberger wanted to incorporate their traveling history into the proposal so he enlisted the pilot of a 1920s-era bi-plane to take him and Crafton for an afternoon ride on May 12. That morning, Rechberger and five of his friends started preparing the beach for the big moment. They worked tirelessly for three hours, much longer than they originally anticipated, to get things just right.

Originally, they thought it would be easy to just carve letters into the beach, letting the darker wet sand dry and five of his friends started preparing the beach for the big moment. They worked tirelessly for three hours, much longer than they originally anticipated, to get things just right. But all their hard work was worth it in the end. The letters were visible for several days after the proposal, and the pilot told Rechberger that whenever he flies over them, he would tell his passengers about the romantic guy who made an incredibly lucky woman very happy.

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Marlon Rechberger and Aimee Crafton are all smiles after she said ‘yes’ to his high-flying proposal above Pacific Beach.

HIGH ABOVE THE BEACH, WHILE SHE WAS LOOKING DOWN TO WHERE HE WAS POINTING, HE PULLED OUT AN ENGAGEMENT RING FROM HIS POCKET.
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- Stainless Steel Appliances
- Quartz Counters
- Vaulted Ceilings
- Custom Cabinets
- 2-Car Garage
- Bay Views
- $3,100 a Month to Rent

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- Granite Counters
- Walking Distance to Beaches
- 2 Secured Parking Spaces
**Offered at $575K**
840 Turquoise #318

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### Luxury Studio by the Beach
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- Stainless Steel Appliances
- Granite Counters
- 2 Blocks from the Beach
**Offered at $329K**
1049 Felspar #33

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### Top Floor Ocean Views
- 1 Bed 1 Bath 713 Sq Ft
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- Furnished option with additional $3,000
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  - Master bedroom is spacious and separated from the second bedroom. Large patio for entertaining, relaxing and sunset views. Space to be added by the unit. Private garage plus assigned parking space directly in front of the unit. Washer and dryer in the condo. Close to Transportation, shopping and Beach.

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- **7467 Alta Vista, Carlsbad, CA 92009**
  - **Value Range Price of $425,000 - $433,000**
  - Penthouse, corner unit, with breathtaking ocean & hillside views. This light and bright 2 bedroom, 2 bathroom condo is 1,032 sf and has an open layout, vaulted ceilings and fireplace. Large patio for entertaining or relaxing. Spa and BBQ are conveniently located. Rooftop 4 car garage (with storage closet) and 1 additional designated parking space! Full sized stacked washer and dryer in the unit. Great area and minutes from the Ocean! Call for your private showing.

**PACIFIC BEACH**
- **9470 West Point Loma Blvd., San Diego, CA 92107**
  - **Listed at $4,950,000**
  - Master bedroom is spacious and separated from the second bedroom. Large patio for entertaining, relaxing and sunset views. Space to be added by the unit. Private garage plus assigned parking space directly in front of the unit. Washer and dryer in the condo. Close to Transportation, shopping and Beach.

**Point Loma**
- **4570 West Point Loma Blvd., San Diego, CA 92107**
  - **Listed at $4,975,000**
  - Built on approximately 1 acre and is an idyllic location in one of San Diego’s most treasured areas. Local beaches, marinas, shopping centers, restaurants and the San Diego International Airport are only minutes away, and are only some of the reasons why this home is an incredible opportunity.

**LA COSTA**
- **7467 Altiva Place, Carlsbad, CA 92009**
  - **Value Range Price of $350,000 - $355,000**
  - This light and bright 2 bedroom, 2 bathroom condo is 1,032 sf and has an open layout, vaulted ceilings and fireplace. Large patio for entertaining or relaxing. Spa and BBQ are conveniently located. Rooftop 4 car garage (with storage closet) and 1 additional designated parking space! Full sized stacked washer and dryer in the unit. Great area and minutes from the Ocean! Call for your private showing.

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