Natalie McDermott finishes stellar career at MBHS

SEE PAGE 13

Pacific Beach couple starts Don’t Trash PB movement

SEE PAGE 2

Rose Creek needs help

Trash, invasive plants clogging the waterway

Rose Creek isn’t getting the attention it deserves. At least not according to local environmentalists, who insist restoring and maintaining the wetlands there is key to preserving the health of Mission Bay.

City reverses on vehicle habitation, local leaders dismayed

Community leaders in Mission and Pacific beaches weighed-in on the City Council’s recent unanimous vote to repeal a 1983 ordinance prohibiting residents from living in a vehicle on streets within city limits.

“This strongly against this,” said Pacific Beach Planning Group president Henish Pulickal. “This is a slippery slope. Our community is not an RV park. If the City wants to allow people to sleep in their cars, it can’t be in residential neighborhoods.”

HENISH PULICKAL
PACIFIC BEACH PLANNING GROUP PRESIDENT

‘If the City wants to allow people to sleep in their cars, it can’t be in residential neighborhoods.’

said: “People sheltered in their RVs is better than being on the street. Nobody in their right minds would give up an RV for a (homeless) tent shelter. People should be fighting for more affordable housing and more (government) housing subsidies. This is going to be happening to more and more people until we make some real changes.”

SEE VEHICLE, Page 12

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Rose Creek flows under the Grand Avenue bridge in PB. The area has also become a haven for homeless camps.

DAVE SCHWAB / BEACH & BAY PRESS

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‘If the City wants to allow people to sleep in their cars, it can’t be in residential neighborhoods.’

HENISH PULICKAL
PACIFIC BEACH PLANNING GROUP PRESIDENT

This strongly against this,” said Pacific Beach Planning Group president Henish Pulickal. “This is a slippery slope. Our community is not an RV park. If the City wants to allow people to sleep in their cars, it can’t be in residential neighborhoods. "Let them sleep in cars in city parking lots, or military bases, or someplace where the homeless can get proper services and attention," Pulickal added. Disability rights attorney Ann Menasche, representing San Diego RV residents, said: “People sheltered in their RVs is better than being on the street. Nobody in their right minds would give up an RV for a (homeless) tent shelter. People should be fighting for more affordable housing and more (government) housing subsidies. This is going to be happening to more and more people until we make some real changes.”
Pacific Beach couple starts a movement with buckets, grabbers and Instagram

By DAVE SCHWAB | BEACH & BAY PRESS

Charley Kausen and Natalie Sollock of Pacific Beach are voluntarily picking up trash in the community and urging others to follow suit by providing an incentive to “Don’t Trash PB.”

For a $15 Venmo mobile pay service “loan,” they’ll provide a branded bucket and hand-controlled extension trash “grabber” for others committing to doing their own community clean-up.

“We send the person $5 back each time they send us a picture of their bucket full of garbage via email or post and tag us on Instagram,” Kausen and Sollock said in an email. “If they fill the bucket three times—the bucket, and grabber, are theirs forever. If at any time they don’t want to participate, they can return the bucket and grabber and get any remaining deposit back in full.”

The Venmo deposit is merely a way to ensure people actually use both clean-up tools provided, and not just let them sit in their garages.

Discussing the origin of their clean-up project named “Don’t Trash PB,” Sollock said, “Charley was obsessive picking up trash every day on our walk to the beach, picking it up with his hands. Then we wised up and picked up a bucket and grabber.”

Soon, the pair were out there showing and doing by personal example. It got attention, and results.

“People started shouting at us out of their (car) windows, ‘Hey, what are you guys doing?’” said Kausen, adding others expressed interest in joining once told.

“It finally dawned on us that all others needed to get involved was their own bucket and grabber,” said Sollock, adding that, by buying in bulk, they were able to bring the cost for the two pick-up tools down to about $10. “We then flocked to Instagram to help spread the word about it,” she added.

The pair said a dozen or more people have taken them up on their bucket-and-grabber offer. And the word is spreading.

“We don’t really have a mission statement,” said Sollock. “The whole idea was just to get people actively cleaning up in their own neighborhoods. We just wanted to provide the tools for them to do that.”

To get a bucket and grabber, reach out to Kausen and Sollock on Instagram @dontrashpb, or email dontrashpb@gmail.com.
First time on the market in over a quarter of a century!

This iconic North PB Spanish-style home sits atop an over-sized 7,900 sq. ft. bay and ocean view corner lot and boasts old-world features such as hand-carved wood beams, custom made and fired Saltillo tiles, wood windows, custom plaster interior walls and authentic stucco exterior walls, an iron-railed curved staircase, an adobe style fireplace and much more. A large yet quaint tiled courtyard off the family room provides indoor and outdoor living and the spacious yard and shade garden provide endless possibilities for an outdoor enthusiast. If you love and appreciate traditional Spanish architecture as well as a quality of construction not usually seen today, look no further.

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This centrally-located, 3-unit property is only 6 blocks to the ocean, 6 blocks to the bay, and walking distance to tons of shops and restaurants!
Mayor proposes new regulations for scooters and bikes

Mayor Kevin L. Faulconer recently released a set of proposed regulations for dockless scooters and bicycles to address public safety concerns by slowing the devices down in heavily-trafficked public spaces, establish clear rules of the road to hold operators accountable, and charge an annual fee for each device.

The proposed ordinance will be discussed at the City Council’s Active Transportation and Infrastructure Committee meeting this week.

The mayor’s proposed regulations include:

**Permit and fees:** Each company wishing to operate within City limits will be issued a six-month permit and will be required to pay $1.50 per device annually. Operators will only be able to amend or renew their permit, including increasing the size of their fleet, during the permit issuance months of January and June. Companies offering an approved equity program can receive a $15 per device reduction in their annual fee.

Operators will also be required to pay a “performance bond,” which can be returned in the event they cease operation in San Diego and remove their devices.

**Limiting speed:** Using geofencing technology, operators will be required to slow their devices down to eight miles per hour in designated high-pedestrian traffic zones around the City including:
- Boardwalks in Mission and Pacific beaches, La Jolla beach areas;
- Spanish Landing;
- Petco Park;
- Balboa Park;
- NTC Park;
- Mission Bay Park.

In two other areas in downtown San Diego, scooters will be required to slow to three miles per hour, with riders being notified they are in a no-ride zone. Those areas are:
- North and South Embarcadero;
- Martin Luther King Jr. Promenade.

**Staging and parking:** Operators may stage their devices in groups of up to four, and there must be 40 feet between groups of staged devices. They will also be prohibited from staging in school zones and hospital zones. Additionally, users will be prohibited from ending their rides in some areas, including the beach area boardwalks, the perimeter of Petco Park and the north and south Embarcadero walks in downtown.

The City will encourage residents to report misplaced or abandoned bikes and scooters through the “Get It Done” application. Operators will be notified of the reports and will have three hours to remove the devices or face potential impound and associated fees.

**City indemnification:** Each operator will be required to indemnify the City from liability claims and each will need to hold a liability insurance policy.

**Rider education:** Prior to each use, companies will be required to educate riders of local and state vehicle and traffic codes and the cost of a citation for violating those laws. Each device also will need to be clearly labeled “Riding on Sidewalks is Prohibited” and include operator usage requirements.

**Data sharing:** The operators will provide the City with detailed monthly reports that will be useful for Climate Action Plan monitoring and mobility planning, including but not limited to:
- Deployed device data, including fleet size and utilization rates;
- Trip information, including start/end points, routes, distances and duration;
- Parking information.

READ MORE ONLINE AT sdnews.com

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**Rose Creek is a crucial waterway that could become a gem with some TLC**

**By DAVE SCHWAB | Beach & Bay Press**

**KARIN ZIRK**

**SPOKESPERSON FOR FRIENDS OF ROSE CREEK**

**‘It’s been in the PB Community Plan since the early ’90s that Rose Creek should be parkland.’**

Karin Zirk, spokesperson for Friends of Rose Creek, a nonprofit whose mission is to serve as stewards of Rose Creek, finds the proposed regulations for dockless scooters and bicycles “consistent.”

“Rose Creek is a tremendous asset,” noted Zirk, “where the land meets the sea,” which ends up in this waterway and its associated problems.

“Rose Creek is where land meets water,” said Gandolfo of the City’s efforts to ensure the creek is no-ride zone. “It’s been in the PB Community Plan since the early ’90s that Rose Creek should be parkland.”

Zirk addressed a different problem facing Rose Creek, and volunteers working to preserve it, need help. “Won’t you join us?” she asked.

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**Bags of trash piled up on the trail next to Rose Creek.**

Gandolfo noted the waterway is increasingly popular for people. “With an increase in the volume (of people) comes an increase in the waste,” she said. “And an increase in waste includes biological waste, e-coll bacteria (from human waste), which ends up in this waterway and eventually, out in the ocean.”

In the final analysis, Zirk said the creek, and volunteers working to preserve it, need help. “Won’t you join us?” she asked.

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‘We welcome more mobility options and these new regulations take a common-sense approach.’

**KEVIN L. FAULCONE SAN DIEGO MAYOR**

READ MORE ONLINE AT sdnews.com
The first and still the best, Paskowitz surf camps continue this summer in Pacific Beach

By Dave Schwab | Beach & Bay Press

The Paskowitzes, known as the first family of surfing, are continuing the summer surf-camp tradition that their pioneering father, Dorian, started nearly 50 years ago, by holding surf camps in Pacific Beach July 14 to Aug. 3.

Billed as the nation’s longest-running surf camp, Israel (Izzy) Paskowitz talked about what individuals and families may expect from one of their camps.

“Our students learn the basics right away. That’s really important,” Izzy noted adding the formula for success for the small, family-run business is simple.

As stated on their website, the objective of surf instruction is to “go at your own pace, warm water, sunny beaches, great people in the water and on the beach and delicious food. ... We will teach you the correct basic skills to stand up, then you will ride waves standing on your own. We started the business of surf schools and will always maintain the best surf instructors in the world.”

Paskowitz Surf Camps
To register for this summer’s Pacific Beach surf camps, visit paskowitzcamps.com.

Founded by legendary surfer Dorian Paskowitz in 1972 with his wife and nine children, the Paskowitz Surf Camp runs classes each summer in California, Mexico, and Montauk, N.Y. The family welcomes and teaches surfers of all ages.

During its history, Paskowitz Surf Camp has introduced countless ordinary people – and plenty of famous people from music, movies and business – to the laid-back surfing lifestyle.

“We went back to our roots teaching surfing in North PB in San Diego,” said Paskowitz noting his father, Dorian, was a doctor from Galveston, Texas. Dorian was asthmatic and first experienced surfing in San Diego, which he found to be therapeutic, when manmade Mission Bay was just a “mud flat in the ’70s.”

“He was a lifeguard and started teaching surfing, before he moved to Hawaii, the epicenter of surfing. He then returned to San Diego to teach surfing at Tourmaline Surf Park in 1972,” said Izzy. “The format was always the same, teaching people to surf safely with credible instructors, the best guys on the beach.”

Forty-seven years later, Paskowitz surf camps still offer individual instruction, day camps, group lessons, corporate surf seminars and weekly overnight camps in classic, tent-style campgrounds at Campland on the Bay.

Weekly surf camps accommodate 20 students with two-to-one instruction and overnight stays at Campland that Paskowitz said includes campfires, barbecues, healthy meals and lots of activities and distractions.

Campground amenities include fitness centers, skateboard and baseball courts, watersport rentals, and a supervised kids’ activities program.

The Paskowitz family also runs a nonprofit, Surfers Healing Foundation, which has taught autistic kids surfing since 1996.

Mistrial for PB man charged with pointing laser at police helicopter

By Neal Putnam | Beach & Bay Press

A jury has deadlocked 9-3 for acquittal in the trial of a Pacific Beach man who is charged with shining a laser into a police helicopter from Fiesta Island.

The six-man, six-woman jury deliberated only four hours Jan. 16 in the case of Robert Louis Silva, Jr., before telling San Diego Superior Court Judge Carolyn Caietti they were hopelessly deadlocked.

Jurors told the judge nine people voted to acquit Silva, while three others voted to convict him of the felony charge of discharging a laser at an occupied aircraft. Caietti declared a mistrial.

The incident occurred March 20, 2018. The pilot of a police ABLE helicopter notified other officers that someone shined a purple laser beam into the cockpit at 10:30 p.m. for about a minute.

Caietti ordered Silva, 33, to return to court later to schedule future court dates for a possible re-trial.

Silva remains free on $25,000 bond.

Deputy District Attorney Michael Reilly said afterwards no decision has yet been made as to having a second trial for Silva, who has pleaded not guilty.

Silva testified Jan. 15, telling the jury he was at Fiesta Island by himself and thought the police helicopter was actually a drone that belonged to a friend. Silva said it was a game he was playing with a friend, but that he stopped discharging the laser when the helicopter got closer.

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Obituary: Longtime Pacific Beach businessman Steve Richards

A community activist in the ’70s and ’80s known for his Realty, “epic” parties and participation in Pacific Beach’s annual Christmas parade, Steve Richards, 76, died Jan. 21 after a long illness.

A friend and neighbor, Linda McCoy Ballinger said, “Richards should be remembered for the good he did for the community in the ’70s through ’90s. She added that he “had been in poor health and quite the hermit the last 10-plus years. He was a good guy in the day.”

Richards prided his roots.

“He was a proud and accomplished football player of University of Michigan in the late 60’s,” said McCoy Ballinger. “He always flew the U of M flag on his big deck during game season.”

Other things McCoy Ballinger remembers about Richards include “his lovely beach home, his ‘huge’ hearty laugh, and (his) setting up tables of juices and cookies every PB Christmas Parade in front of Steve Richards Realty in the 1300 block of Garnet.”

Kathleen Collins remembers Richards as “a friend and mentor to me for almost 40-plus years whose real estate office stood at 1350 Garnet Ave. for nearly 50 years.”

“He was honest and caring, guiding each client into real estate investments tailored to their needs and carefully ensuring his client understood each step of the process,” Collins said. “Steve guided me into investments that are now keeping me comfortable with rental income in my retirement. I owe everything I have to Steve.”

Collins described Richards as “a fixture in Pacific Beach.” She said he was a member of the Pacific Beach Lions Club and a business member of the Pacific Beach Town Council for “nearly as long as he had a business in town.”

Collins noted Richards and his family relocated to Pacific Beach from Michigan in the late ’70s or so. “He quickly had them active in the town council,” she said. “They were so active they served as honorary mayors in 1995.”

Collins said Richards was active in the annual PACSAN community barbecue honoring first responders. He was also active in Bird Rock Elementary with projects including the anti-drug D.A.R.E. program while his daughter, Hope, was a student.

“He was a great dad,” added McCoy Ballinger.

“Girls softball was a favorite activity, and for years Steve coached his daughter’s team,” said Collins. “Steve was one of the most important people in my life. Always a friend who I could laugh with, cry with – and party with.”

Survivors include Richards’ wife Monica, daughter Hope, sister Ginger and others.

There will be a Celebration of Life for Richards at 3 p.m. on Saturday, March 9 at 637 Law St. in the back yard. All are welcome.
Kitten season has begun: Do you know what to do if you find a stray?

BY EMILY BLACKWOOD

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course, your first instinct is to snuggle them, but that might not be the best idea. With kitten season approaching this spring, the San Diego Humane Society wants local residents to be aware of the exact steps to take when you find a stray kitten.

According to the organization’s Kitten Nursery manager Jakie Noble, nearly 3,000, 0- to 8-week-old kittens were turned into the humane society last year. And there are typically two “waves” of kittens: one when the weather starts to warm up in spring and another in the fall.

With so many kittens being born, there’s a greater chance for people to find them. So while leaving a kitten alone is probably one of the hardest things to do, it is the first step.

“The most common mistake people make when they find kittens is they panic and remove the kittens from their environment right away,” Noble said, adding that it’s important to first assess the situation. Ask yourself if the kitten is in danger of being cold or hungry.

“If the kittens are warm and quietly snuggled together, the likelihood appears to be that the mother cat may be close by, waiting for the human to leave,” Noble said. “If you find a kitten alone, this could mean the mother cat is moving her litter to another nesting spot. Mom uses her mouth to pick up and move the kittens, so she can only move one kitten at a time. Be careful not to ‘steal’ a kitten she may be returning to move.”

As much as most people would love to, not everyone has enough time to sit and wait to see if the mother cat comes back. That’s when you can use what Noble calls the “flour trick.”

“Take a small amount of flour and make a ring around the nest area. Watch from a safe distance to see if mom returns. Come back in a few hours. If you see paw prints in the flour, this is a sure sign that the mother cat is around and tending to her kittens.”

If the mother cat does not return for her kitten(s), then it’s time to take action. If you have the availability and knowledge to take on the kittens, do so, but if you don’t, bring them to your local shelter so they can be properly evaluated and taken care of. But don’t forget about the mother cat.

“Every effort should be made to catch/trap the mother cat too,” Noble said. “If an un-spayed cat no longer has kittens, she can immediately go back into heat and have another litter of kittens in just 60 days. The only way to break the cycle of kittens being born is to take responsibility for spaying and neutering outdoor community cats.”

And if you do decide to take the kitten(s) in — even temporarily — Noble warns that they shouldn’t be fed right away. In fact, the priority should be to get the kitten(s) warm before they eat because a cold kitten can’t successfully digest food.

When the kitten is warmed up, be sure you feed it the right diet, which is not cow’s milk, human food or cereal. Instead, go to your local pet store and buy kitten milk replacer. If you don’t have access to that, it’s important to seek assistance from our local rescue group, vet clinic or animal shelter.

For more information about kitten care and kitten adoptions, visit sdhumane.org.

‘Bachelor’ Colton Underwood appears at Mavericks Beach Club for Pura Vida

BY EMILY BLACKWOOD

La Jolla bracelet company Pura Vida recently partnered with "Bachelor" star Colton Underwood’s Legacy Foundation to release a new set of bracelets and raise money for cystic fibrosis.

Underwood previously played as a linebacker for the San Diego Chargers, where he became friends with one of Pura Vida’s owners, according to marketing manager Vanessa Skaggs. So when Underwood’s charity launched in 2015, he was more than happy to design a bracelet to raise money for his foundation, which he started in honor of his cousin, Harper, who was born with cystic fibrosis while he was playing football.

Now he’s teaming up with Pura Vida again; this time to design a set of three purple bracelets—the color of the national Cystic Fibrosis Foundation—all benefitting the Colton Underwood Legacy Foundation. The foundation has raised nearly $100,000 for CF patients as well as clinics and research organizations focused on treating people living with CF. Individual bracelets are $6, and the pack is $10.

“He wanted a platform to use his fame and success for something positive,” Skaggs said. “He has a lot of success with his original design.”

Part of that was thanks to Underwood, who wore the bracelet during the entire filming of “The Bachelorette.” He made it down to the final four men competing for Becca Kufrin’s heart. He’s continued to wear them on his current season as “The Bachelor.”

Pura Vida and Underwood’s Legacy Foundation launched the new bracelets on Feb. 13 with a fundraising event at Mavericks Beach Club in Pacific Beach. All proceeds from the event went to the foundation.
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Mission Bay family ‘put the nut in nutritious’ with healthy Perfect Bar

The Perfect Bar. Bar. None. Launched by the Keith family from Mission Beach, Perfect Bar is unlike any other nutritional supplement food bar on the market. Touted as “real food that requires refrigeration,” Perfect Bar is simply delicious. Best. Taste. Ever.

Healthy nut butter fats (peanuts, almonds, hazelnuts, cashews) and seeds are packed with organic superfoods, vitamins, minerals and organic honey in a myriad of flavors. The non-GMO, project verified, certified gluten-free, kosher, whole food protein is void of emulsifiers, whey, soy lecithin, hydrogenated oils and artificial preservatives and sweeteners. Organic honey binds ingredients while refrigeration keeps the bar fresh for up to six months.

Co-founder and CEO Bill Keith claims to have “put the nut in nutritious,” while never compromising “taste for health, no matter how busy life gets.”

The legacy of Perfect Bar began with Bud Keith, Bill’s father, a health food pioneer before health food was clichéd. Dad, a self-taught naturopath, worked with Jack La Lane, formulating nutritional products and supplements while traveling— with the family homeschooled and living in a motorhome— to universities to lecture on nutrition.

Bud introduced his first protein powder in the ’70s and owned and operated Healthouse, the first gym and juice bar located in Mission Beach. Bill describes the elder as one of the founding fathers of the health and wellness industry.

Bud manipulated mega health and super foods into protein powders, supplements and “food on the go” to keep the family well-fed. Bar recipes included super foods like kale, carrots, sweet potatoes, spinach and lemons, and supplements mixed with freshly-ground organic peanut butter, organic honey and whole food proteins.

‘Dad’s concoctions were made of nutrients, proteins, vitamins and minerals made from concentrated mega food sources versus chemicals and synthetic derivates,” said Keith. “Through trial and error, Dad tinkered until we took one bite and declared, ‘It’s perfect!’ and the Perfect Bar recipe was born. We sold our bars the way other kids sold lemonade, rolling them in small batches and selling them to anyone who’d buy them.”

When the patriarch fell victim to skin cancer, Bill, the oldest of 13 siblings, gathered the family now living in Northern California to find ways to sustain the family’s financial responsibilities. While tossing ideas around, one constant remained, “turning Dad’s refrigerated protein bar recipe into a business.”

The family purchased a packaging machine and moved to Sacramento. Mom and Dad returned to Mission Beach where Bud wished to spend the remainder of his life. Sales exceeded expectations. Ten more stores were added. The family moved the operation to Mission Beach, leveraging sales through “natural brands like Whole Foods and Sprouts.”

Trademark and rebranding the bar’s packaging to “clearly” articulate their “off the beaten path” story worked in tandem with the acquisition of an investment company and a string of “talented folks” to fill the “executive suites.” Four years later, sales landed Perfect Bar to the No. 3 best-selling national food brand bar.

Along with Perfect Bar, the brand has expanded with Perfect Snacks, Perfect Bites and Perfect Kids.

Read more online at sdnews.com
This could be YOUR view! This stunning, new construction home in North PB boasts a chef’s kitchen, top-of-the-line finishes, indoor/outdoor living spaces perfect for entertaining, a two-car garage plus ample parking space on the sizable driveway, panoramic downtown, bay and ocean views and SO much more. If you’re looking to live the ultimate coastal lifestyle, this is the home for you. Give us a call today for more information!

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cyttsandiego.org/cinderella

Two of San Diego’s biggest musical talents, guitarist Peter Sprague and singer Leonard Patton, will join forces for a special, free, afternoon concert at the Pacific Beach Library on Feb. 24. Though both performers are considered to be jazz artists, their music transcends genre, with soul and pop well represented in the mix. The pair have released numerous solo albums, but for this performance the duo will perform a variety of tunes from Bob Marley to The Beatles, all highlighted by Sprague’s wonderful arrangements and virtuoso playing.

Peter Sprague and Leonard Patton: Sunday, Feb. 24 at Pacific Beach Library, 4275 Cass St. 2 p.m. pblibraryfriends.org.

After five decades, one of San Diego’s music community bassist and teacher Bob Magnusson, has retired from performance. On Feb. 24, his musical friends are hosting a special afternoon celebration in his honor at Dizzy’s. Magnusson has had an impact far beyond San Diego, not only through his students but also through recording with the likes of Chick Corea, Madonna and 10,000 Maniacs amongst many more. The free event will start with a social hour before a group of the area’s top musicians perform including fellow bassists Mackenzie Leighton, Rob Thorsen and Sean Hickle, as well as keyboardist Ed Kornhauser, drummer Duncan Moore, guitarist Peter Sprague and saxophonist Tripp Sprague.

Celebrating Bob Magnusson: Sunday, Feb. 24, at Dizzy’s at Arias Hall, 1717 Morena Blvd. 4 p.m. dizzysjazz.com.

Legendy guitarist Jake E Lee and his band, Red Dragon Cartel, stop in at Brick by Brick on Feb. 26, topping an excellent bill that includes Murder of Five and The Taxi Taylor Band. A former San Diegan, Lee performed with local bands such as Teaser and Mickey Ratt, before embarking on a major label career that has seen him perform on such hit albums as Ozzy Osbourne’s “ Bark At The Moon” and “Ultimate Sin.” Currently touring behind his latest release, “Pati-na,” remains an incendiary player setting a high bar for players following in his wake.

Jake E Lee’s Red Dragon Cartel: Tuesday, Feb. 26, at Brick by Brick, 1130 Buenos Ave. 8:30 p.m. and up. $20. brickbybrick.com.

Mission Bay High School’s music program will host their annual Pops Concert in their auditorium on March 6. Performing will be the school’s concert band, orchestra and choir, under the direction of JP Balmat, with the “Pop” in the show’s title referring to a night of modern soundtrack classics set to include the “Phantom of The Opera,” “Black Panther” and “Little Shop of Horrors.” The night will also include a few Top 40 gems by Stevie Wonder and Abba, the latter celebrating the film “Mama Mia.”

MBHS Pops Concert: Wednesday, March 6 at Mission Bay High School, 2475 Grand Ave. 7 p.m. All ages. missionbaymusic.com.

LIVE MUSIC: Free concert at Pacific Beach Library

By BART MENDOZA | Beach & Bay Press

Mission Bay High School’s music program will host their annual Pops Concert in their auditorium on March 6. Performing will be the school’s concert band, orchestra and choir, under the direction of JP Balmat, with the “Pop” in the show’s title referring to a night of modern soundtrack classics set to include the “Phantom of The Opera,” “Black Panther” and “Little Shop of Horrors.” The night will also include a few Top 40 gems by Stevie Wonder and Abba, the latter celebrating the film “Mama Mia.”

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**MISSION BAY HIGH**

- Japanese Friendship Garden Series continues through April 25 at the Inamori Pavilion, Japanese Friendship Garden in Balboa Park. Experience live music in one of San Diego’s beautiful historical landmarks, while supporting music education in San Diego. Organized and produced by the music students of MBHS, all profits from the concerts will go to the Mission Bay Preservationists travel to perform in Japan in April. For more information, go to missionbaymusic.com.

**PACIFIC BEACH MIDDLE**

- A school tour will take place 8 a.m. Thursday, March 7. Sign in at the front office and gather in the library to meet Principal Sims and learn about the variety of programs offered and exciting changes coming to PBMS. A tour of the school will follow.

- Zoe Levin, an eighth grader at Pacific Beach Middle, has begun a school project offering lessons and stories of the Holocaust. “With this project, through lessons and stories of the Holocaust, I hope to teach my peers the dangers of hatred and prejudice, along with the ideas of remembrance, empathy and hope,” said Levin.

  "I strongly believe in this project, because education given on the Holocaust is declining, and younger generations are becoming less aware of the events during this important time in history. My project aims to improve upon this within the community of PBMS and Pacific Beach as a whole."

In 2018, Levin invited a Holocaust survivor to speak at PBMS. “From this experience, I learned how one act could strongly impact a group of both my peers and teachers alike,” she said. “This year, I hope to show the documentary, ‘Not the Last Butterfly,’ to the seventh-grade class. Following the viewing, students will be given the opportunity to paint ceramic butterflies as part of The Butterfly Project (thebutterflyprojectrow.org)."

Levin noted the butterfly project “aims to create a total of 1.5 million ceramic butterflies around the world, representing each of the children murdered during the Holocaust.” Through donations, Levin has raised the fee of $180 to show the documentary, and $144 to buy the butterflies and supplies. Those interested in supporting her efforts can reach Levin at zoe.levin1@gmail.com.

**PACIFIC BEACH ELEMENTARY**

- A big thank you to all the local businesses who have supported FOPBE’s annual fundraising auction. To buy tickets or sponsor the event, held on April 26, visit pele.schoolauction.net/speakeasy/.

**KATE SESSIONS ELEMENTARY**

- On Feb. 11, Sessions offered parents a morning coffee with the San Diego Unified Police. The focus of “Coffee with the Cops” was to strengthen community relations, identify community safety concerns, and provide resources and supports for families. There was a question and answer portion at the completion of the presentation where parents were able to get information about plans that are in place in the event of a natural disaster or a lock-down situation.

  The police also spoke about cyber bullying and the dangers of vaping. Feedback after the coffee was that there is a need for the police to come back and speak to the fifth graders.

**BARNARD ELEMENTARY**

- Barnard Mandarin Magnet Elementary School celebrated Chinese New Year with a week of festivities. Traditional Chinese lion dancers kicked off the celebration during the Monday morning assembly on Feb. 4. On Feb. 8, students from each classroom staged spirited cultural performances for their families that highlighted different Chinese arts, including dance, song, martial arts, skits, and more.

  Barnard’s free, community-wide Chinese New Year festival was held on Feb. 9. Attendees enjoyed hours of entertainment, food, and games throughout the day. Barnard students were also featured performers at Balboa Park’s House of China celebration.

  “I love my school’s Chinese New Year festival because I get to perform on the stage in front of so many people,” said fourth grade student Fiona S., who performed a tai chi fan dance, a lantern dance, taiko drumming, and a duet on the hulusi (a Chinese gourd instrument). “I have been practicing after school several days a week since September. The last four weeks I’ve been practicing even more. The hard work definitely paid off.”

  Barnard’s performance troupes took to the main stage at the Downtown Chinese New Year Festival on Feb. 16 and 17. Until then…Xin nian kuai le! Happy New Year.

**CROWN POINT JR. MUSIC ACADEMY**

- ASB students ran a Kindness Week from Feb. 11-15. Students came together with a fun week of spirit days, and spread kindness throughout the school. ASB fourth-grade representative, Melody Twigger, said, “We wanted to spread kindness to all the kids at our school and just make them smile.”

**FOPBSS**

- Registration for the 2019 Schoolyard Dash 5K and 1-Mile Kids Run is open and sign up is at schoolyarddash.org. The sixth annual Schoolyard Dash 5K and 1-Mile Kids Fun Run is a way to raise money for Pacific Beach Middle and Mission Bay High schools. Join them on Sunday, Feb. 24 to run or walk with family and friends at De Anza Cove along the Mission Bay running path. Breakfast, snacks, coffee, and drinks will follow the race and top runners will be recognized.

- The next FOPBSS meeting will take place 6 p.m. Wednesday, Feb. 27 at Mission Bay High School library.

Crown Point Junior Music Academy Principal Lopez was a good sport as he was covered in powdered paint by Mrs. Tessaro-Love’s first grade class. Students earned the most pledge participation for the CPJMA jog-a-thon event that took place on Jan. 31.
**CLASSIFIEDS MARKETPLACE**

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- **Services Required 150**
- **Vacation rentals 60**
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McDermott continues basketball success at Mission Bay

By DAVE THOMAS | Beach & Bay Press

In entering her senior season at Mission Bay, senior point guard Natalie McDermott was expected to help the Bucs shoot for more success. Given her talents and leadership, she has definitely been a help for head coach Vince Ichihara and the Bucs.

“She was a leader for the girls and pushed them to be the best they can be,” Ichihara said. “Natalie and Brooklynn Grooms are the only two players the last two seasons that were a part of the 2017 team that went to the semifinals, and also won the league championship.

“They knew what it was like, and Nat did her best to lead them. She has been a big part of the program the last three years since I’ve taken over the program, averaging double figures in points and making all-league, all three seasons. We finished the season 9-16 losing in the playoffs.”

Beach & Bay Press recently caught up with McDermott for an email interview to discuss the season, her activities off the court and more.

BBP: What got your interested in playing basketball in high school?
McDermott: I have been playing basketball since I was in fourth grade so, naturally, playing on varsity was always a dream of mine. Once I got the opportunity, I took it and made the most out of it.

BBP: Being this your final season playing at MBHS, what are you looking to accomplish both as a team and as an individual?

McDermott: As a team I am hoping to make it to the CIF semifinals like we did my sophomore year. As an individual, I hope to become a better leader on and off the court.

BBP: What do you enjoy doing outside of basketball? Any favorite subjects in the classroom? Are you involved with any clubs at school?

McDermott: Before basketball season starts, I am the student athletic trainer for our football team. I started helping out our athletic trainer my sophomore year and now I am hoping to major in kinesiology when I go to college.

BBP: What advice would you give any girl thinking of coming out for basketball next season at MBHS?

McDermott: Just go for it! Basketball has truly changed my life and helped shaped me to be the person I am now. Nothing compares to the feeling of having fun with your teammates and winning games.

BBP: Are you thinking of playing basketball in college if given the opportunity?

McDermott: I was definitely take it! Not very many people get that opportunity so I wouldn’t take it for granted.

When you look at the success the Mission Bay team has had in recent times, much of it has to do with the leadership of head coach Marshawn Cherry.

Cherry will, of course, note that his players deserve all the credit. One of those players has been a big piece of the team's success is senior guard Jaymarree Norton.

“Jay has been a vital piece to building Mission Bay into one of the most respected programs in the city,” Cherry said.

“He really doesn’t get the credit he deserves playing next to one of the top players in the country. He is a lock-down defender and a scoring threat from all over the floor.”

According to Cherry, the other players learn from Jay’s hard work in the classroom and on the court. “He has continued to lead by example in how hard work pays off,” Cherry added.

Beach & Bay Press recently caught up with Norton for an email interview, looking at his contributions to the program.

BBP: What got your interested in playing basketball in high school?

Norton: Playing basketball is what I grew up doing and loved since I was little.

BBP: What are you looking to accomplish both as a team and as an individual this season?

Norton: As far as team aspirations, I want us to achieve our maximum potential, grow, and to accomplish our goals at the end of the season. Individually, I want to be the best player and person I can be at the end of my high school career and go on to the best fit at the next level.

BBP: What do you enjoy doing outside of basketball?

Norton: I don’t have any other hobbies.

When I am outside of practice, I usually go to the gym if I am not overwhelmed with too much school work.

BBP: What advice would you give any boy thinking of coming out for basketball next season at MBHS?

Norton: Advice I have for kids considering this school from a basketball perspective is that if you want to be great, and pushed day to day to be your best, this is the perfect place.

Senior guard Jaymarree Norton has been a lock-down defender for Mission Bay this season.

Senior guard Jaymarree Norton has been a lock-down defender for Mission Bay this season.

Junior Jesse Grigolite makes a splash with water polo at Mission Bay

By DAVE THOMAS | Beach & Bay Press

Given the skills and conditioning it takes to play water polo, not everyone is cut out for it. But one local girl churning up success in the pool is Mission Bay High School junior Jesse Grigolite.

“Seeing time as an attacker and splitter, Grigolite has been quite a find for water polo coach Lyndsay Sutterley.

“Jesse is an invaluable athlete to her team,” Sutterley said. “Her teammates can rely on her. She knows how to bring those around her.”

Grigolite carries a 4.5 grade point average. She is also the vice president of the Climate Kids Club and a member of the school’s Eco Club.

Beach & Bay Press recently caught up with Grigolite for an email Q&A.

BBP: How did you get interested in water polo?

Grigolite: I originally went into my winter season of freshman year with the intention of playing soccer for Mission Bay.

Once in the pool, I knew this wasn’t an opportunity that I could turn a blind eye to. However, the game, coaching staff, and my teammates were the determining factors that made me stick with this sport and come to love it so much.

Mission Bay provides a welcoming environment to all beginners and pushes each player to become better.

BBP: What do you see as your biggest contributions?

Grigolite: Personally, I see the whole team as one unit so it is hard to pick out individual contributions. However, if I had to pinpoint my personal strengths, I think they would consist of drawing positioning ejections, endurance in the water, providing consistent effort in all I do and being able to ask questions. In addition, I try to offer some guidance in the water as far as driving and passing.

BBP: Do you see yourself doing water polo in college?

Grigolite: I would be ecstatic to go to the academic school of my choice and play club. This would be a great balance for me.

McDermott: If I were given the opportunity to play basketball in college I would definitely take it! Not very many people get that opportunity so I wouldn’t take it for granted.
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