Mayor tries to ‘get it done’ by increasing pothole repairs

The City’s pothole patrol is working overtime. Responding to severe winter storms that wreaked havoc on local roadways, Mayor Kevin Faulconer and City Council member Monica Montgomery on March 14 announced a major expansion of the City’s pothole repair program to fill thousands of potholes that developed during heavy rains over the past few months.

The number of pothole repair teams has been nearly tripled from nine to 26 two-person crews per-day, working extended hours and on weekends. The enhanced pothole patrol couldn’t have come at a better time, according to Pacific Beach and Mission Beach residents.

"The Get it Done App has worked well, but with the recent amount of rainfall, it is going to be hard for any city crew to keep up," said Greg Knight of Pacific Beach. "Parts of our streets have become serious hazards and have already damaged quite a few cars. [The City] should have been working on these months ago, and not waited until it became such a crisis."

GET IT DONE APP
To report potholes, use the Get It Done App on a smartphone, or visit sandiego.gov/get-it-done. Residents may monitor the City’s street repair progress at streets.sandiego.gov.

LOVE FROM ABOVE
Friends and family recently held a paddleout in Mission Bay for Cortney Paul Weeks, 40, who died unexpectedly on Jan. 11. Weeks was well-known in the surfing community and in and around Mission Beach. During the paddleout, and just as the drone photo was being taken, the circle of paddlers floated into the shape of a heart, which they took as a sign that he was with them.

Stephanie Quayle to perform at Moonshine Beach

‘Ingraham Street in Pacific Beach is a disgrace. It and Midway are worse than Tijuana.’

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Pipeline project continues to disrupt traffic in PB

The ongoing Pacific Beach Pipeline South Replacement Project will eventually replace approximately 7.6 miles of water main and about 1.6 miles of sewer main in the Midway-Pacific Highway Corridor and Mission Bay areas. This project is being done to improve service reliability, reduce maintenance needs, and lessen the risk of water main breaks.

For the next month, construction will continue on Ingraham Street, West Mission Bay Drive, and the Glenn Rick Bridge area. Here are some project specifics:

Construction area No. 1
At the Glenn Rick Bridge, the crew is working on the median and pipeline replacement during daytime hours. The crew anticipates completing the pipe installation over the next couple of weeks and will then start the testing of this pipeline segment. Be advised that traffic control will be in place and may change as the project progresses.

Construction area No. 2
The crew has finished installation of water main on West Mission Bay Drive, east of the Glenn Rick Bridge. The pipe is undergoing the required tests at night. The contractor will also continue to install new ADA compliant curb ramps and cross gutters along the alignment. Be advised that traffic control will be in place and may change as the project progresses.

Construction area No. 3
On Ingraham Street, the crew will continue night work to test the pipeline and reconnections. Be advised that traffic control will be in place and may change as the project progresses.

Construction area No. 4
On Ingraham Street between Crown Point Drive/Rivera Drive to Jewell Street, the crew will investigate utilities to verify existing mains at night. After that work is concluded, installation of the new water main will start. Be advised road closures and detours will be in effect.

What to expect
• Any work that requires water service shut-down will only occur after advanced notice to residents and stakeholders has been given via door hangers.
• Always exercise caution near the work zone and note that:
  • Speeds will be reduced in the construction area;
  • Safety measures will be implemented to ensure bicyclists and pedestrians will be allowed access throughout the project;
  • Access to homes, businesses, and emergency vehicles will be maintained at all times.

HOLES CONT. FROM PG. 1
“The pot holes and cracks are everywhere in Mission Beach,” said Gary Wonacott, immediate past MB Town Council president. “These problems with the roads are compounded by the city digging up roads to replace old sewer pipes and undergrounding.”

Pointing out the Get It Done App "has worked pretty effectively for Mission Beach residents, but not for everyone," Wonacott added, “My guess is the City has been getting a tremendous amount of negative feedback from the population and the mayor is responding.”

“Road repair is a big concern in our neighborhood and we hope the increase in this department will include Mission Beach,” said Matt Gardner, current MBTC president. “Many have used the Get It Done App, and the actions from the City through this app have been mainly favorable. The city’s reaction time and problem resolutions work with satisfactory results or better around 75 percent of the time.”

Added Gardner: “We continue to educate our MBTC members on how and when to use this app effectively. We hope that using this app for road repairs will have quick resolution to the increase in potholes due to the recent rains.”

PB resident James Krokee noted a problem with the Get It Done App. “It requires an address,” he said. “When I am driving and run over a pothole – I don’t stop and take down addresses.”

Added Krokee: “Ingraham Street in PB is a disgrace. It and Midway are worse than Tijuana. Large cracks run down the street with many pot holes forming. These streets need to be repaved after pipeline projects.”

The City typically fills about 30,000 potholes each fiscal year. This fiscal year, crews have fixed 25,000 and counting in less than nine months.

“We’re going to take advantage of this dry spell to fill as many potholes as we can,” Faulconer said. “We’re making this a top priority.”

In October 2018, Faulconer announced City crews had fixed 1,000 miles of streets—nearly two years ahead of his five-year goal.

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In an effort to create a cleaner, healthier environment and help achieve Zero Waste goals, the first provisions of the City of San Diego’s Polystyrene Foam and Single Use Plastics Ordinance have gone into effect. The ordinance is being rolled out in phases to allow businesses and other entities time to implement changes with the overall goal of reducing the use of polystyrene foam and single-use plastics city-wide.

As part of the initial phase, food vendors within city limits will no longer be permitted to distribute plastic or bioplastic utensils or straws unless they are fully encased in another material. The next phase of the ordinance goes into effect on May 24, with a ban on the sale and distribution of egg cartons, food service ware and food trays made in whole or in part from polystyrene foam. This provision includes bowls, plates, trays, cups, lids and other similar items designed for one-time use for prepared foods, including containers for dine-in, takeout food and leftovers.

Acceptable alternatives that will be allowed under the ordinance include recyclable plastics, aluminum and both recyclable and non-recyclable paper products. Compostable plastics or other products like sugarcane or a sugar cane byproduct material known as bagasse are not acceptable alternatives due to possible contamination of the recycling and yard waste streams by those products.
Local environmentalists favor regional Green New Deal for San Diego

By DAVE SCHWAB | Beach & Bay Press

Local environmentalists are endorsing a San Diego Green New Deal to develop a regional vision to fight climate change and build economic sustainability.

According to an annual report card compiled by nonprofit Climate Action Campaign, San Diego had some high, and low, marks.

“There are some genuinely positive things happening addressing climate change in the City and County to get to 100 percent renewable energy by 2035,” said Sophie Wolfram, CAC director of programs, who cited planned conversion to Community Choice Energy by San Diego and eight regional cities as one “bright spot.”

Wolfram warned however that “the region is not on track to hit our state and regional climate targets, and cities are still working independently of one another.”

Worse yet, according to the CAC report card, the County’s Climate Action Plan continues to focus on building sprawl development, which locks in dependence on private cars, while jeopardizing regional progress, potentially setting a dangerous state precedent.

The objective now is to “close the gap between where we are, and where we need to be,” said Wolfram. “The idea is we need a bigger, broader vision to fight climate change.”

A similar energy-sustainability effort was launched nationally in November by activists occupying U.S. House Speaker Nancy Pelosi’s office. They called for a Green New Deal, the goal of which is to significantly reduce the country’s greenhouse gas emissions, while shepherding the economy and energy sectors away from fossil fuels and toward carbon neutrality by 2030.

The City’s Climate Action Plan calls for eliminating half of all greenhouse gas emissions, and requiring all electricity used in the City, to be from renewable sources by 2035.

San Diego’s Green New Deal proposal followed the release of CAC’s 2018 climate report card.

A San Diego Green New Deal would be a regionally scaled version of the proposed national initiative uniting all the region’s cities and public agencies to cooperate in implementing climate solutions necessary to stop the worst impacts of climate change while building prosperity, creating good jobs and tackling income inequality.

“We are committed to creating catalytic change here in our own backyard and modeling success for the rest of the nation,” said Maleeka Marsden, CAC report card lead author. “We have already proven we can model success for the nation with our landmark goal to achieve 100 percent renewables by 2035. Now we can model bigger-scale solutions on the path to a climate-safe future.”

Circulate San Diego says new MTS ballot measure could fund transit, pothole repair

By DAVE SCHWAB | Beach & Bay Press

Transportation think tank Circulate San Diego released a report March 6 finding that a Metropolitan Transit Service ballot measure could raise much-needed revenue to help the city meet its ambitious transportation- and climate-action goals.

“Our report, Transit Together, showcases that if MTS were to put a new ballot measure together for the region, that could fund up to $10 billion of new transportation improvements (during the next 40 years),” said CSD executive director and general counsel Colin Parent.

“These improvements could include a new trolley line from San Ysidro to Kearny Mesa, increasing the frequency for our existing bus facilities or funding for new and better service on our existing trolley lines.”

“MTS has the opportunity to reinvest $10 billion in local revenue to improve our transportation network and create good paying local jobs, and we look forward to working with MTS to ensure the proposal does just that,” said Armando Nunez, who is with the SouthWest Carpenters.

Commented Andy Hanshaw, president of the San Diego County Bicycle Coalition, “This MTS measure is about safety, improving our roadways and sidewalks for bicycles and pedestrians to get safely to transit stops, schools, senior centers and local communities. It’s also about the potential to fill gaps in our regional bicycle network that will connect routes for bicyclists throughout San Diego County.”

Added Hawkins, “It’s also an opportunity to improve access and amenities in and around transit centers, and provide communities with needed funds to implement projects on their own that connect with transit. A strong transportation system benefits all of us whether we drive, walk or bike to work, school or our local businesses. It provides more choices to get us moving safely to multiple places.”

Parent said the purpose of the March 6 press conference was to do outreach to “get people talking about what they’d like to see if a ballot measure.”

In order for the city to have a chance to meet its transportation mode-sharing goals in San Diego’s Climate Action Plan, Parent noted, “We’re going to have to have more (financial) resources.” He added the decision on whether to go for a ballot measure is up to MTS’s governing board to decide. “We hope this starts the conversation about what people would like to see with a ballot measure.”

The City of San Diego’s adopted Climate Action Plan calls for eliminating half of all greenhouse gas emissions in the City, and to have all electricity used in the city to be from renewable sources by 2035.

“This measure could be a transportation solution for our future and generation of San Diegans to come,” concluded Hanshaw.

Promoters of a new transit tax to raise money for mass-transit expansion said they would target 2020 as the date for a ballot measure.

Trial begins for man accused of robbing pregnant woman in PB

By NEAL PUTMAN | Beach & Bay Press

The home invasion trial opened on March 19 for a man suspected of robbing a pregnant woman in her Pacific Beach apartment.

James Lee Graham, 41, is accused of burglary, robbery, false imprisonment, and resisting an officer in the Dec. 14, 2017 incident at the Cedar Shores Apartments in the 1400 block of Pacific Beach Drive.

“Meet Mr. Graham,” said Deputy District Attorney Lucille Yturralde, gesturing to Graham in her opening statement to the seven-man, five-woman jury before San Diego Superior Court Judge Robert O’Neill.

“He’s an opportunist, a robber, and a burglar,” said Yturralde. “He took what he saw.”

Graham’s attorney, Denis Lainez, told jurors Graham was under the influence of vodka and methamphetamine and lacked any intent to commit robbery or burglary.

Lainez said Graham and the woman with him only were there to look up an acquaintance in the same building. Lainez said “it was an accident” the two people came into the apartment as they were looking for the acquaintance.

Lainez said Graham has bipolar personality disorder and he will testify in the trial, which is estimated to last at least a week. “He doesn’t remember doing this,” said Lainez.

The prosecutor said Graham and a woman walked into the apartment of Carolina Souza who was working on her computer around 9 p.m. Souza’s husband had left the front door unlocked because he was doing laundry on another floor, said Yturralde.

Souza identified Graham in court as the “very nervous, very agitated” man who burst into her apartment. “I was very afraid,” she said.

“He was imitating that he had a knife in his sleeve. He was pointing it at me,” said Souza. “I believed it was a knife.”

Souza said she was seven months pregnant after previously having a miscarriage. “I was concerned for the baby,” she said.

Souza said Graham and the woman with him took her computer, laptop, cell phone, and wallet before leaving. “I told him he could have anything he sees,” added that he asked her for a car.

Yturralde played the recorded 911 call that Souza made to San Diego Police in which she said a man with a knife and a woman had robbed her in her apartment. The witness wept upon hearing her words.

The jury was not told that co-defendant Stephanie Nicole Majsterski, 25, pleaded guilty to all charges and was sentenced Sept. 28 to five years in state prison. Graham was arrested a few blocks from the apartment, but Majsterski stole a police vehicle and drove to it Fiesta Island. Majsterski drove it into the water, but she was also arrested while trying to hide in sand around 9:30 p.m.

If convicted, Graham faces 6 years to life in prison. He has plead not guilty in this case and remains in jail on $600,000 bail.

SUSPECTED CARJACKER ORDERED TO STAND TRIAL FOR KIDNAPPING, ASSAULT

A suspected carjacker has been ordered to stand trial on April 30 for kidnapping, and assaulting a man in Pacific Beach who lost his car at gunpoint after he was pistol whipped.

Deputy District Attorney James Koerber said March 13 that Skylar Jace Battreall, 20, faces a life sentence in state prison if he is convicted of the charges.

Seven witnesses including the victim testified March 11 in the preliminary hearing before San Diego Superior Court Judge Howard Shore. He denied a motion for a change of venue based on the victim had not been able to get inside. The suspect then pulled a gun and pistol whipped the victim, knocking out some of his teeth. The victim drove a short distance and then pulled over, running out of the car in the 1400 block of Grand Avenue.

The incident occurred on Oct. 14, around 9 p.m. near the intersection of Grand Avenue and Haines Street. A 21-year-old man said Majsterski, 25, of La Jolla, was hit by another vehicle and ran away. The suspect then pulled a gun and pistol whipped the victim, knocking out some of his teeth. The victim drove a short distance and then pulled over, running out of the car in the 1400 block of Grand Avenue.

The incident occurred on Oct. 14, around 9 p.m. near the intersection of Grand Avenue and Haines Street. A 21-year-old man said Majsterski, 25, of La Jolla, was hit by another vehicle and ran away. The suspect then pulled a gun and pistol whipped the victim, knocking out some of his teeth. The victim drove a short distance and then pulled over, running out of the car in the 1400 block of Grand Avenue.
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New Local H2O in Pacific Beach specializes in purified and alkaline-infused water

A shley Paradise and Anthony Lauria are really serious about water. So much so that the couple have made the natural resource their business. They recently opened Local H2O, specializing in alkaline-infused water to the population that was formerly Frat Boy Donuts on Garnet Avenue.

“We’re taking city water and putting it through our seven-stage, reverse-osmosis filtration system,” said Lauria. “It purifies it. Purified water helps your hair and nails grow, helps your digestion, your skin.

“I’ve always been on the health, wellness and fitness side, always been an athlete,” said Paradise. “So for me using water is more about being healthy and aware of my body. Our body is made of 60 percent water. If you want nice skin or want to lose weight – use water. It washes out the toxins.”

The company’s motto is, “Come hydrate your soul.”

Why mineralized water?

“Water is great for you out of a natural spring,” Paradise said. “We wanted to mimic that. Noting unfiltered tap water has “a lot of nasty stuff” as well as impor-
tant minerals the human body needs, Paradise said reverse osmosis separates the good from the bad making water “99.9 percent clean. Then we infuse it with potassium, magnesium and calcium.”

Purified water is $5.50 a gallon at Local H2O, and mineralized, alkaline water with electrolytes is $2 a gallon.

“A whole setup is what we call it,” said Paradise of the stand and water bottles dispensing water they also sell. After becoming Pacific Beach residents in 2010, the couple said they “just really wanted to bring something to offer PB.”

Lauria said they ended up choosing osmosis by elimination. Lauria had been selling motorcycles and parts, Paradise has worked with cheerleaders selling cheer cans and being an instructor.

Lauria: “We wanted to own a local business, but we didn’t want to own a taco shop or a pizza place or a gym. She’s always been into the health and wellness side of things. So we just decided, ‘Let’s look around and see what we can find.’ We thought water. Alkaline water.”

There are several faucets coming offf Local H2O’s reverse osmosis machine that customers use to fill their own water bottles, a wide selec-
tion of which are for sale in-store.

“We’ve had a good array of customers,” noted Paradise, “Mostly people in the neighborhood.”

“People are intrigued by the alka-
line water,” added Lauria.

Art and yoga studio for children opens in PB

Jenifer teaching children of all ages for more than 25 years, Jennifer Takahashi has come to understand the value of rich, creative experiences – and that every child has a right to them. Her experience working in both education and as an artist led her to start The Grateful Dandelion Ate-
lier, a yoga, mindfulness, storytelling and art studio specifically made for kids.

Since quietly opening her doors at 4640 Jewell St. in August, Takahashi has been leading classes in everything from nature observa-
tional drawing to fiber arts to pirate-
themed yoga. While a yoga class might seem like a difficult thing to get kids to participate in, she’s found a way to make it fun and imagina-
tive.

“I call it YIM – yoga, imagination, and mindfulness,” Takahashi said. Each class includes a story compo-
nent with real-world facts that tie into the different poses and center-
ing techniques the children are doing. And rather than try to get them all to be still for Shavasana, the students are instead told a story without an ending. Then they’re asked to close their eyes and imagine what happens next.

“Often when they’re putting on their shoes, they share with each other how their story ended,” she said. “It’s good for them to know that you don’t always have to be entertained and that a screen doesn’t always have to be the producer of creative ideas.”

Classes at The Grateful Dandelion Atelier are for children ages 3 1/2, and up and typically include no more than seven to eight students because Takahashi feels that the kids learn best in a small group. And when they’re in a smaller environ-
ment, she often sees them learning things from each other.

“You learn best when you feel a connection,” she said. “It’s fun when there’s a multi-age group

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Gary Zendell bootstrapped himself into the Pacific Beach restaurant business. The owner of recently opened Surf City Pizza & Gelato at 4263 Mission Blvd., formerly a Subway, has come full circle. He’s now located directly across the street from where he started out selling “sausage bomb” sandwiches years ago from a hot-dog cart in front of the Open Bar on Thomas Avenue.

“It was a spicy, jumbo andouille sausage with bacon, cream cheese, caramelized onions and a jalapeño pineapple relish that sold for $5,” Zendell recalls. “It was a legend.”

After returning from Australia in 2005 where he was a teacher and met his wife, Isabel, Zendell started Platinum Party Rentals in 2006 with less than $5,000. Within three years, Platinum had grown into a $600,000 company.

But being a restaurateur was in Zendell’s DNA. “My grandmother owned a New York kosher deli,” he noted.

He discovered he had a flair for recipes.

“I realized I had a passion and knack for flavors, though I have no formal training,” Zendell said, adding his sausage bomb was so good Isabel told him, ‘You have to sell this, this is amazing.”

That led to Zendell’s first restaurant, IsaBella Artisan Pizzeria & Craft Beer Garden in BayHo where he lives, which opened in 2013. The name is a composite of Isa, for his wife, and Bella, meaning “beautiful.”

“I put together a full-service clas-sic Italian menu with gourmet pas-tas, made some handcrafted furni-ture and have amazing local craft beer and rotating wine lists,” he said. But Zendell had a problem. “People from PB don’t like to cross the freeway,” he said, which led to his finding a spot closer to the beach to create Surf City, a natural out-growth. “I wanted to do a quick-serve extension of IsaBella,” he said about his new eatery, which opened March 2.

“We’re doing the same authentic Neapolitan pizza with a twist, offering fun little pizzettes,” he said, noting his football-shaped mini pies served in a foil-lined pouch for easy takeaway to the beach have been a big hit.

Surf City’s menu also offers a vari-ety of 14-inch Neapolitan pizzas, gelato, gelato sandwiches, and sal-ads available by counter service and through delivery to the beach, as well as to surrounding areas through third-party applications.

Zendell plans to eventually have servers in bikinis delivering his hand-held pizzas and gelato sandwiches directly to the beach.

Multi-family apartments sold in Pacific Beach

San Diego-based DMJ Partners has purchased a multi-family project consisting of five buildings with 12 units for $5.5 million. The project is located at 3929-3933 Gresham St. and 3958-3966 Riviera Drive in the Crown Point neighborhood, one block from Mission Bay. The project was built in 1977 and is comprised of houses, townhomes and one- and two-bedroom apartments.

The units offer open floor plans with fireplaces, some water views, private garages and patios with significant onsite parking. DMJ Partners plans to complete significant renovations to the interior and exterior of the project.

DMJ Partners plans to trans-form the multi-family project to align with the young, profes-sional, hip and beachy atmos-phere of the neighborhood.

DMJ Partners was represent-ed by Katie Herrick of Ascent Real Estate in the transaction and the seller was represented by Patrick J. Park of Dunn, Realtors/Park Pacific Properties.
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LIVE MUSIC: Rising country music star Stephanie Quayle to perform at Moonshine Beach

By BART MENDOZA | BEACH & BAY PRESS

Stephanie Quayle comes to Moonshine Beach for a two-night stand on March 22–23. Recently named one of CMT’s “Next Women Of Country” Class of 2019, Quayle is currently touring behind her new single, “If I Was A Cowboy.” Well on her way to national stardom, she’s already made her Grand Ole Oprey debut and has a set list full of modern country tunes, that are as radio friendly as it gets. Quayle has a touch of soul in her vocals giving tunes such as “Selfish” a nice melodic edge. From the attention her new single is getting it’s clear she’ll be headlining much bigger stages soon.

Stephanie Quayle: Friday-Saturday, March 22-23 at Moonshine Beach, 1165 Garnet Ave., 9 p.m. moonshinebeachsd.com.

Fresh off her win for “Best Blues” at this year’s San Diego Music Awards, singer Casey Hensley performs at Humphreys backstage Live March 25. Hensley is a powerhouse vocalist, with a voice that can go zero to 60 in a heartbeat. She can croon with the best of them, but her forte is rockin’ blues shouters, perfect for filling dance floors. Hensley is currently in the studio finishing up her sophomore album, but live is where the magic happens and where Hensley, as well as her backing band, really let loose. Casey Hensley: Monday, March 25, Humphrey’s Backstage Live, 2241 Shelter Island Drive, 7 p.m. humphreysbackstagelive.com.

Anyone looking for a mid-week pick me up will want to check out Israel Maldonado on March 27 at the Duck Dive. Singing in both Spanish and English, playing his signature nylon-stringed guitar, Maldonado’s Latin-tinged tunes are compelling and engaging, while his picking style, especially when backed by his looping pedals is inspired. With a repertoire that includes Latin standards such as “Samba Pa Ti” and pop hits like “How Deep Is Your Love,” Maldonado offers up something for just about every musical taste.

Israel Maldonado: Wednesday, March 27 at The Duck Dive, 4650 Mission Blvd. 7 p.m. All ages. theduckdive.com.

Mission Bay High School’s acclaimed student band, The Preservationists, alongside music director JP Bulmat, will travel to Japan in April for a series of performances. In order to help students with expenses, a concert featuring jazz bassist Rob Thorsen will take place on March 28 at the Japanese Friendship Garden in Balboa Park. Thorsen is one of the lynchpins of San Diego’s music community, a gifted teacher, composer and artist, playing with a who’s who of top-tier talent from Stephy Johnson to Gilbert Castellanos.

Rob Thorsen: Thursday, March 28 at Inamori Pavilion, Japanese Friendship Garden, 2215 Pan American Road East, Balboa Park, 7 p.m. moonshinebeachsd.com.

For heavy metal fans there is no bigger annual event then the Wacken Open Air Festival in Wacken, Germany. Now in its 29th edition, this year’s sold out festival takes place Aug. 1-3, and has an opportunity for new talent, with a world-wide battle of the bands selecting the winner. On March 30, Brick by Brick will feature round one, with a lineup that includes Beekeeper, Convient, Manic, Nightshadow, Killin Tyranny and Vutura. The winner will move on to the winner. On March 30, Brick will feature round one, with a lineup that includes Beekeeper, Convient, Manic, Nightshadow, Killin Tyranny and Vutura. Wacken Battle of the Bands: Saturday, March 30, at Brick by Brick, 1130 Buenos Ave. 8 p.m. 21 and up. brickbybrick.com.
**Milkman still delivers to Pacific Beach, just like Roy Dwyer did for 40 years**

By WILLIAM MERRILL | Beach & Bay Press

T here is still a milkman delivering milk in Pacific Beach and La Jolla. I know this because he still delivers milk to my house.

His days start before dawn and go until after 7 p.m. I have been asked to not give out his name or phone number. He is not adding any more customers.

For more than 30 years I worked for Roy Dwyer, who was a milkman in Pacific Beach, southern La Jolla, Mission Beach and Point Loma. He drove an old Divco milk truck with standup driving and a cow “moo” horn. He worked from the early 1960s until the early 2000s.

The route served generations of customers from grandparents to great-grandchildren. There were commercial stops like the Beachcomber, the Pennant, and the Silver Fox. He had his circle of kin in the Sports Arena district, including the Body Shop and Pacers. After that, he would serve customers in The Orchard seniors’ apartment complex. Some things he didn’t do for money. He became a much loved part of thousands of people’s lives.

Dwyer was a World War II veteran. He fought his way across the Pacific, as a special operations type platoon leader. He came back from the war with a strong belief that it is an honor to serve. Bringing milk to customers is an honor, some- thing to take pride in.

Dwyer lost his sense of smell by breathing too much gun powder. I became his taste tester and quite good at that. I could tell if the customer’s refrigerator was too warm, if the milk had been left out, or was about to go bad.

We worked as a team, me running the milk to the door or to the refrigerator inside. Dwyer driving and keeping the books. Some of the houses had large dogs. They would come running at me barking. I put the milk bottle between me and the dog. Right in their nose, with the smell of milk, their opinion of me changed. I am lucky it always worked.

The main advantage of milk delivery is taste. Milk tastes different after it has been warmed on the way home from the grocery store. Once-warmed milk has a flatter taste with a slight cooked butter fragrance and a feel of fat on the tongue not quite sour but an off flavor.

Milk that has always been cold keeps its crispness and the creamy smooth flavor of its homogenized butter fat. My daughters have been spoiled by milk delivery. They have had it all their lives and will leave the once-warmed “left out” milk for me. The milk is not spoiled, just my daughters.

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**Kindness Gems in PB helps raise funds for sex trafficked victims**

By VICTORIA DAVIS | Beach & Bay Press

F or three years, Julia Freifeld was a crisis counselor for survivors of sexual violence. She worked with her clients while also pursuing her own education at California Polytechnic State University.

Feeling, as she described, “emotionally burnt out,” Freifeld looked for another way she could invest in the victims she cared for while still maintaining “my own inner peace.” That’s when she started a seaglass-based jewelry company called Jewels for Change.

“I felt like sea glass symbolized the journey of going through rough ocean waters and then coming out this beautiful and resilient survivor,” said Freifeld.

The young entrepreneur would sell her jewelry to raise money for local nonprofits and charities. After discovering Healing Gemstones—a practice that’s been highly utilized along California’s coast—Freifeld transitioned Jewels for Change to Kindness Gems.

“Gemstones have such a capacity to heal people and make people feel like the best versions of themselves,” said Freifeld, who now lives in Ocean Beach and heads Kindness Gems from her office in PB.

“I’ve always felt jewellery is a super sentimental thing. You go on vacation and you get a necklace there that will always remind you of that trip. Jewelry has an emotional tie as well and I feel like I’ve met so many people who have a necklace that their great-grandmother gave them or even how a wedding ring is this signif- icant symbol of love.”

Partnering with another local jewelry enthusi- ast Bri Downes, who Freifeld met at Ocean Beach’s weekly farmers market, Kindness Gems sells necklaces, rings and earrings decorated in Citrine, Rose Quartz, Aquamarine, Moonstone and many others.

“There are times where I have people at a booth for 45 minutes telling me their stories, their struggles...and I’m able to get to know each of them very personally,” said Downes. “That’s what makes this business so incredibly special.”

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**Five Ways to Identify Spring in San Diego. (Keep alert!)**

1) Leningthing Daylight Hours: Important, unless you’re a trollydogy. They swim over 10,000 miles each year! Did I mention the pelson outk!
2) Grey Whales Migrating North: If you surf, you know what I mean! If they aren’t, check again. Spring began March 20 at 2:58pm. What, you missed it? The clock’s ticking...
3) Vibrant Green Canyons: “Upsizing, Downsizing or Beachsizing?” Call John! You need a knowledgeable real estate professional – who understands and protects your interests.
4) Large Southern Hem! Swells: JOHN SHANNON, Broker REALTOR* (858) 225-8213 SolaceRealty.com
5) College Students on Break: Spring Season

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COMPASS
Mission Bay spring sports updates for baseball, softball, track, indoor volleyball and tennis

By DAVE THOMAS | Beach & Bay Press

Baseball

On the baseball diamond, the Bucs, under head coach Dennis Pugh, field a extremely young team in 2019.

“We start six sophomores and two juniors,” Pugh commented. Through the first 10 games of the season, the Bucs are sporting a 2-4 record. “When healthy I think we can still push to win a league title if we can get healthier,” Ichihara continued. “We started off with some injuries but are working through it and learning how to play with each other. Everyone is getting settled in and comfortable.”

“While healthy I think we can be one of the best teams in the county and definitely in our division. We just need to get healthy and keep getting better.”

Mission Bay is scheduled to visit University City at 5:15 p.m. on March 22 in their next game.

Softball

Mission Bay, under head coach Vince Ichihara, went 19-6 a season ago. “This year we only have one senior and are a pretty young team,” Ichihara stated. “We expect big contributions from senior Keke Davila, junior Cassidy West, Chey Chavez, Catt Griffiths; sophomore Paige Pallamary; and the talented incoming freshmen K-B Bar Bucher, Kira Monji and Kylie Marutan.”

Heading into this action this week, the Bucs were 6-1, including a win over Division I fifth-ranked San Diego, a game pitched by Bucher. “I expect us to have a great run this season as we get healthier,” Ichihara continued. “We started off with some injuries but are working through it and learning how to play with each other. Everyone is getting settled in and comfortable.”

“While healthy I think we can be one of the best teams in the county and definitely in our division. We just need to get healthy and keep getting better.”

Mission Bay is scheduled to visit Christian High on March 21.

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Boys tennis
Mission Bay, under head coach Trong Tong, went 3-9 overall (3-5 in league play) a season ago, Jake Stone made Individual CIF as a freshmen last season.
According to Tong, key players expected this season include junior Darin Robinson, sophomore Jake Price, Stone, senior Nicolas Guervara, senior Sebastian Medina and sophomore Terrence McCharon.
“Although we have a handful of returning players this season, we’ve lost a couple of key players who have since relocated, one of whom was a freshman (Arthur Maury) who was one match shy of qualifying for Individual CIF,” Tong remarked. “Despite the notable losses, our team did enroll a few new underclassmen who will undoubtedly bolster our roster in the next few seasons. While these players are inexperienced, they are showing the focus and dedication that’s required to be impactful in our future lineups.
Due to the annual reshuffling of our leagues, this season’s schedule appears to be a tad easier than the last. With nearly half our team being rookies, we’ve managed to get off to a 5-1 start this season, with our lone loss going to league rival Sierra High.”
Boys indoor volleyball
Mission Bay finished 7-7 a season ago, barely missing out on the playoffs. In their first tourney of this season, the Buccaneers went 2-3 with a 15th place finish out of 48 teams.
“We returned six players from last year’s team, which includes 6-feet 7-inches tall senior middle Josh Leon, 6-3-feet tall senior outside hitter Zander Caufiled and 5-feet 8-inches tall senior setter Tetsuro Escudero,” head coach Nikki Caufiled said. “A couple of the young guys from last year’s team including 6-feet tall middle Alexis Vergnet and 6-feet tall opposite hitter/setter Filippo Miticochi have also stepped up into starting positions.
We got a huge boost with the addition of 6-feet 3-inches tall junior outside hitter Ian Briski, 5-10-feet 10-inches tall junior outside hitter Jackson Priest, 5-9-feet 9-inches tall junior libero Ryan Derry and 5-feet 6-inches tall freshman setter Aric Johnson.”
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Born and raised in San Diego, I love the sun and beach — I would not trade living here for anything. I have worked as newspapers for over 24 years starting in the accounting department and then due to downsizing I was offered a sales job and I have never looked back.

In 1998 while selling for another local publication, everyone I spoke to told me that if they ever ran ads it would be with the Beach & Bay Press, so I picked up a copy, sent in my resume and have been happy selling here for over 21 years! Even met my husband here.

After working together for 14 years we finally tied the knot in 2012. Though I specialize in real estate marketing, I enjoy meeting and helping all types of businesses. I have a strong passion for animals. My husband, Mike, and I take full advantage of our zoo membership.

In addition to sales, sun and the beach I love my cat Koa, who I got from a client in Pacific Beach and my rescue dog Penelope. Next time you see us our walking or jogging be sure to say “Hi”.

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