HOLIDAYS LIGHT UP THE BEACH

CRYSTALS ON CRYSTAL PIER,
HOLIDAY PARADE & SANTA RUN

Holidays hit the ground running early in Pacific Beach, kicking off with Christmas on Crystal Pier, followed by the San Diego Santa Run and the Holiday Parade.

City reaches agreement to address pollution in Mission Bay

Local nonprofit environmental organizations San Diego Coastkeeper and Coastal Environmental Rights Foundation (CERF) have reached agreement with the City of San Diego regarding major stormwater infrastructure projects to improve water quality in several critical water bodies including Mission Bay, Rose Creek, San Clemente Creek, and the Tijuana River.

In addition to improving local water quality, the required attention and spending will help to bring the City into compliance with federal and state clean water legal requirements. Polluted urban runoff represents the San Diego region’s primary threat to water quality. Once water from rain, irrigation flows, leaks, or other surface waters begins to flow over hard city surfaces, it picks up accumu-
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1154 Evergreen
There is plenty of outdoor space on this single level Roseville residence. The 2 BR 2 BA house sits on a 5,000 sq.ft. corner lot. Just a few blocks away is Shelter Island and the North San Diego Bay.

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This tastefully remodeled townhome is located in North PB walking distance from Tourmaline Beach! The stunning kitchen has quartzite slab countertops, a farmhouse sink, stainless steel appliances and a glass-tile backsplash. Other features include dual master suites with vaulted ceilings and ensuite bathrooms. The oversized deck allows for plenty of outdoor space to relax and entertain guests. The unit comes with 2 parking spaces in a secured, underground garage and includes a large storage closet and extra space for a work bench.

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MARIANNE KENDALL

COLDWELL BANKER
Pacific Beach 858.775.0280 | 1243 Hornblend St.

SCOTT BOOTH
DRE #01397371 858.775.0280 scottbooth6@gmail.com

KATHY EVANS
DRE #00555757

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MARIANNE KENDALL

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Pacific Beach 858.775.0280 | 1243 Hornblend St.
PB planners frustrated with Balboa Trolley Station EIR

The 748-page Balboa Avenue Trolley Station final environmental document was greeted with mostly consternation by local community planners who felt their suggestions were largely overlooked.

“It was a great exercise to discuss among ourselves what looked best, though it was made clear some, or all, of our input could be rejected,” said former lifeguard and PB planner B. Chris Brewster. “We just couldn’t imagine they would do so wholesale.”

“I haven’t had a chance to read the 748-page document yet, but from what I hear, the City did not take into account any of our recommendations or feedback that we gave them earlier this year,” said Henish Pulikkal, Pacific Beach Planning Group chair.

“It’s a little frustrating to review final drafts of two recent big projects (DeAnza and PB Trolley Station EIR) and see so many of the community’s common-sense suggestions for improvements dismissed so out-of-hand,” said PB planner Ed Gallagher. “The City’s different departments/agencies (planning department, SANDAG, MTS, stormwater enterprises) ought to convene a meeting and coordinate their efforts. If not, they should work together to. Perhaps, put them in a room with only a week’s worth of food and water and no showers and see what they can’t come out until they have a deal.”

“The City of San Diego went through these motions to prevent a California Environmental Quality Act (CEQA) challenge,” said Karin Zirk of Friends of Rose Creek. “CEQA requires public outreach; however, it does not preclude bad projects.”

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PB HOLIDAY PARADE 1PM
DEC 15th
ON GARNET AVE FROM HAINES TO BAYARD
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Men who robbed PB store may get 12 years

Federal prison terms of 12 1/2 years are recommended by the U.S. Attorney for two men who have pleaded guilty to robbing 10 Metro PCS stores including their last heist in Pacific Beach where they were both arrested.

The 151-month terms are recommended by the U.S. Attorney for two men who have pleaded guilty to robbing 10 Metro PCS stores including their last heist in Pacific Beach where they were both arrested.

Prosecutors said Soto would enter a store with either a machete, taser, or pellet gun that resembled a firearm and would point it at store clerks. Soto would demand cellular phones and cash. Caldwell often waited outside the store, serving as the getaway driver in a Mercedes.

Both were arrested Feb. 21 after Soto robbed the Metro PCS store at 909 Grand Ave. at 2 p.m. while Caldwell waited outside. Police had followed them from the College area and saw Caldwell park on Thomas Avenue while Soto got out and walked towards Grand Ave.

Record opioid, fentanyl deaths reported in San Diego

Local prescription drug deaths have set a new record. Deaths due to heroin have dropped. But fentanyl deaths have skyrocketed.

Those are the main results of the County’s 2018 Prescription Drug Abuse Report Card released in October. The latest report shows 273 San Diegans died from prescription drugs last year, an 8 percent increase from 2016 when 253 fatalities were reported. The previous record was set in 2012, when 268 prescription drug deaths occurred.

In addition to deaths, the report card tracks other indicators of opioid abuse in the county. It also shows the following (most recent years for which numbers are available vary by statistic):

- 7,101 visits to local emergency rooms in 2016, compared to 7,501 in 2015. Data for last year won’t be available until 2019.
- 10 percent of 11th-graders reported prescription drug abuse in 2017 vs. 14 percent in 2015. Survey is conducted every two years.
- 47 percent of adults arrested reported misusing prescription drugs in 2017, compared to 49 percent in 2015.

As little as two milligrams of fentanyl is a fatal dose for most people. Because of its potency, fentanyl overdoses may require additional Naloxone, a medication that reverses overdose from opioids.

“We have seen a steady increase in fatal overdose cases over the years where fentanyl has been added to opiates,” County Chief Medical Examiner Dr. Glenn Wagner said recently.

La Jolla gallery charged with illegal ivory

City Attorney Mara W. Elliott announced Nov. 28 that criminal charges have been filed against Carlton Gallery in La Jolla at 1144 Prospect St., its owner and an employee for trafficking ivory in defiance of California law.

The announcement was made at the San Diego Zoo’s Elephant Odyssey Exhibit, along with Capt. Adrian Foss of the California Department of Fish and Wildlife, and Advisory Board Member of the Wildlife Trafficking Alliance.

According to the City Attorney’s Office: “This prosecution follows the largest seizure of ivory products by the California Department of Fish and Wildlife since a state law banning their sale took effect in 2016. More than 300 pieces of ivory and items containing ivory were seized from the gallery and its warehouse. Investigators learned $1.3 million in illegal ivory was for sale at Carlton Gallery.

The law makes it unlawful to purchase, sell, offer for sale, possess with intent to sell, or import with intent to sell animal parts and products containing ivory or rhinoceros horn.

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Barrel Republic’s new kitchen opens in PB

The weather may be cooling, but the Pacific Beach culinary scene is heating up with each passing day. If you’ve been craving some seasonal fare, brews and bites in this beachside neighborhood, look no further than your local craft brew destination – as the new kitchen at Barrel Republic, at 1261 Garnet Ave., opened this week.

Widely known as the mecca for craft beer lovers seeking the hoppy taste of freedom, Barrel Republic offers the freedom to pour your own beer fresh from the tap with well over 40 casks of coveted craft brews to choose from. This newly remodeled local watering hole and tasting room has added on a kitchen annex to dish out savory share plates, sandwiches and more.

Spearheaded by experienced executive chef Michael C. Brown, the addition of the kitchen brings an extensive menu of elevated American bar fare to the tasting room, one that is already making waves in OceanSide and Carlsbad with dishes including:

- Bacon-wrapped pork belly, honey-glazed and served with local kale slaw;
- BBQ pork sliders with pickled onion and a smoky sauce;
- Ironman salad with spinach, kale, raw almonds, ground flaxseed, quinoa, cranraisins, strawberries and turmeric-maple vinaigrette;
- Candied bacon flatbread with brown sugar crusted bacon, bacon aioli, smoked gouda, smoked BBQ sauce, fresh tomato, red onion and a cider vinegar spritz;
- Vegan wild mushroom “French dip” with portobello, oyster and button mushrooms, sautéed onion, spinach, vegan cheese and porcini au jus;
- Crispy avocado grilled cheese with tomato smear, mozzarella and kale pesto on sourdough.

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Make the Right Choice Senior Living

The crispy avocado grilled cheese sandwich (above) and the bacon-wrapped pork belly served with local kale slaw (right).

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Chef brings creole flavors to Miss B’s Coconut Club

The new menu at Miss B’s puts a creole-twist on Caribbean-style cuisine.

“When I came in I changed the style, kept the Caribbean, but just tried to put more flair into it,” said new chef Quinton Austin from New Orleans. “I added more flavor, more seasonings.”

With roots in Louisiana and experience cooking French, Caribbean and Italian cuisines, Quinton “Chef Q” has global talent in the kitchen with a creatively culinary mind and a knack for spicing up menus.

Natasha Ross, the eatery’s director of brand marketing, said Miss B’s name, a play on Mission Beach, harkens back to the beach community’s early days as a “tent city.”

Miss B’s Coconut Club is a revival of Mission Beach’s colorful past. A 1920s-era, pin-up girl’s Caribbean curves and demure smile have returned in a mural to welcome everyone who steps inside, whether they’re a first timer, part-timer or regular.

Rum is the real star of the restaurant’s drink menu, which features grownup cocktails including shareable, tropical punches and bowls to drum up conversations and generate a buzz. Miss B’s also proudly pours 20 local and microbrew tap handles, along with kombucha on tap and house made cold brew on nitro.

Ross said the restaurant’s decor remains relatively unchanged.

“We didn’t change the decor, though we always make constant upgrades to it,” Ross said, adding, “We like to keep that nice, tropical Caribbean vacation vibe. But we’ve added more colors, more palm leaves, more tropical drinks and garnishes. The main thing is the updated menu, which reflects Caribbean-style food.”

Chef Q noted Miss B’s menu has been significantly upgraded adding alluring new items like crab sliders, jerk chicken wraps and plantain coconut shrimp.

The new and improved menu, said Austin, offers mouth-watering blackberry chipotle barbecued ribs, soft-shell crab sliders and a smoked salt and chipotle ribeye steak.

“We also have a whole fish, a red snapper with roasted red pepper butter,” said Austin.
Leave your car behind for Pacific Beach’s Holiday Lane down Garnet Avenue

By DAVE SCHWAB | Beach & Bay Press

It may not quite be candy lane, but Pacific Beach this year has something equally festive — an EcoDistrict Holiday Lane.

On Friday, Dec. 14 from 4 to 8 p.m., beautifulPB and others will turn a section of Garnet Avenue into the inaugural family and pet-friendly, car- and alcohol-free EcoDistrict Holiday Lane.

“There’s going to be a 20-foot mobility lane down the center of the street for bikes, skateboards, skates and electric scooters with four roundabouts,” said Kristin Victor of beautifulPB, a nonprofit promoting sustainable development and EcoDistrict creation, while reducing the ecological footprint and impact of community projects.

Of the Cyclodias-like event, Victor said: “The roundabouts will show what a car-free main street experiment is about. The beauty of it is we’re piggybacking on Discover PB’s Santa Run and the Holiday Parade, which is the following day.”

Describing the event as an “awesome collaboration” between beautifulPB and Discover PB business improvement district, Victor said it has numerous objectives besides supporting sustainability including promoting PB’s business district along Garnet as well as non-motorized travel.

Sidewalks will be clear for strolling for holiday shopping and festivities during the event, which will also allow cafe tables to be brought outside for dining.

Presented by beautifulPB in collaboration with the PB EcoDistrict Partners, Garnet Avenue will be closed Dec. 14 between Ingraham Street and Mission Boulevard for creation of the holiday village.

Vacant retail space will be activated with local artists and makers of handmade goods for holiday shopping. There will be lots of children activities as well as festive, local music and street entertainment for all ages.

Victor added the long-term vision for PB is to have Garnet Avenue become more bicycle- and pedestrian-friendly, while diverting vehicular traffic away from Garnet to Grand Avenue, which she noted is better designed for car access.

“What we’re really talking about on Garnet is a car-free, mobility-centric environment,” Victor said. “If we can induce the cars to go to Grand rather than Garnet, we can...”
Holidays in Pacific Beach begin on Crystal Pier

By DAVE SCHWAB | Beach & Bay Press

“The holiday events create a sense of community, lively action in our streets and storefronts and build community pride,” said Sara Berns, executive director of Discover PB, which is hosting the Christmas 2018 celebration.

“Not only does it help create the festive feel of the holidays when the weather here says different, but it is a day to get the entire community connected to our businesses, neighbors, schools and organizations,” Berns said. “Who knows, standing out waiting for the floats to go by or running past in the 5K, you may notice a business you never noticed before from your car.”

 Held from 2 to 5 p.m. on Dec. 1, Christmas on Crystal Pier highlights feature a sunset tree lighting and photos with Santa. The pier is also festooned each year with wreaths hung by local businesses and community groups. Wreaths being sold by Discover PB will adorn Crystal Pier through Jan. 1. Wreaths are high visibility given the thousands of visitors who check out the pier each month.

Santa photos will cast $10 or $5 if a donation is made for school supplies benefitting PB schools. Needed school supplies include: Hand sanitizer (big family size bottles), sanitizing wipes, Kleenex boxes, color copy paper (any color), and white copy paper, staplers and staples, adult scissors. Post its, white cardstock paper, spiral notebooks, glue sticks and colored pencils and markers.

Pictures are first-come, first-served. There is no guarantee your picture will be taken if you arrive after 3:45 p.m.

The Holiday Parade starting at 1 p.m. on Saturday, Dec. 15 is the centerpiece of the beach community’s annual holiday fest.

This year’s parade theme is “Jingle Bell Rock,” so rock out to your favorite holiday tunes. Replete with community floats, local school bands and Santa wrapping things up, join everyone on Garnet Avenue for a fabulous friends and family event to rejoice in the holidays.

Easily PB’s most colorful holiday event, nothing compares with the parade on Dec. 15. The run is for a fabulous friends and family event. Replete with community floats, local school bands and Santa wrapping things up, join everyone on Garnet Avenue for a fabulous friends and family event to rejoice in the holidays.

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MISSION BAY HIGH

- Junior students in MBHS’s engineering development class learn the full engineering design flow, from market analysis and research techniques all the way through design, test and production. To prove that this versatile design flow can be used on almost any product or problem, they start the year out by designing a custom candy bar to sell at Mission Bay school events. Although researching ingredients with a taste-testing class may be the most fun part for students, they also learn about how to make valid specifications, design for test concepts, and other key engineering skills.

Turning their researched ideas into products with 3D printing, silicone mold making, and collaborating with the cooking club at Hoover High School gives them real-world work applications, and a literal taste of victory after professional judges rate their bars. Working with local businesses like Eclipse Chocolate and Perfect Bar, it’s a project that engages students at the same time it teaches critical thinking, creativity, cooperation and collaboration. Learning that can be practical and delicious.

PACIFIC BEACH MIDDLE

- The annual PBMS Toy Drive is Nov. 26 through Dec. 7. Students can bring new, unwrapped toys to their first-period class and the class that collects the most toys wins a class trip to Belmont Park. Toys will be donated to Bridge of Hope.

PACIFIC BEACH ELEMENTARY

- Students at PBE will put on a performance of “Robin Hood” with the Missoula Children’s Theatre Group on Dec. 8 at 2:30 and 5:30 p.m. in the school auditorium.
- A huge thank you to Mission Bay Real Estate Association for its generous donation of $3,600, to PBE from the Don Brown Links for Learning Golf Tournament.

KATE SESSIONS ELEMENTARY

- Kate Sessions Elementary School would like to thank the Village Garden Club of La Jolla for selecting them to receive a $250 garden grant. The Village Garden Club said: “It is apparent that your garden program continues to make great progress. We are delighted to support the efforts. It is our hope that this grant will help make your school garden even more of a success.”
- On Nov. 14, Sessions students received a visit from Sabore who is from the Maasai tribe in Kenya, Africa. After learning about his culture and customs, there was a question-and-answer session followed by a performance of a traditional dance. Sabore founded an organization called Sabore’s Well to help create sustainable communities by supplying clean drinkable water, improving environmental and sanitation conditions, reducing poverty, and providing high-quality education. For more information, go to saboreswell.org.

ACES CELEBRATION

On Nov. 15, the Mission Bay High School community came together in front of the library to celebrate the 50,000 students who have worked in our ACES after-school tutoring program since it began just over five years ago. ACES (after-school center for excellence and support) provides consistent academic support Mondays through Thursdays in Mission Bay High’s library from 2:15 to 4:15 p.m.

FOPBSS

- Registration for the 2019 SchoolYard Dash 5K and 1 Mile Kids Run is open. Sign up to take advantage of the early bird pricing at schoolyarddash.org. The sixth annual SchoolYard Dash 5K and 1 Mile Kids Fun Run is a great way to raise money for Pacific Beach Middle and Mission Bay High schools. Join in 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. Come on out to enjoy the fun all while supporting Pacific Beach schools.

- Head to Green Gardens for the holiday fundraiser on Nov. 29 from 4 to 7 p.m. Find unique holiday gifts, while 20 percent of the sales will go to support Pacific Beach schools.
At age 89, bluesman Tomcat Courtney remains one of the hardest-working men in San Diego's music community. Still maintaining several weekly residencies, including Wednesday nights at The Turquoise in Pacific Beach.

Courtney picked up the six-string guitar just after end of WWII and he’s also mentored generations of musicians along the way, helping to preserve the blues music he loves so much. Sadly father time is taking it’s toll on our music legend. If you haven’t caught a set from him yet, make it a priority.

Tom Cat Courtney: Wednesdays at The Turquoise, 873 Turquoise St., at 9 p.m. all ages. theturquoise.com.

To Leo’s hosts a particularly diverse bill on Nov. 30, with four months remaining on the bill the Celtic-inspired combo, Ass Pocket Whiskey Fellas, Cajun/Zydeco band The Bayou Brothers, The Jazz Pockets and classic country rocker Dave Gleason. All the groups are highly rated, but the standout here is guitarist Gleason, who can pick and twang with the best of them. Mixing in elements of surf and R&B, Gleason’s guitar playing is stellar and the perfect way to kick off a great night of music.

Dave Gleason: Friday, Nov. 30 at Tio Leo’s, 5302 Napa St. at 9 p.m. and 10:30 p.m. totleos.com.

Rap-rockers Kottonmouth Kings hit the stage at Brick by Brick on Nov. 30. Touring in support of two albums released this year, “The Harvest” and “Kingdom Come,” the band has developed an intense and loyal following that has sustained them over more than two decades. The Kottonmouth Kings newest single, “Loyalty is Royalty,” shows them hitting just as hard as ever, with atmospheric beats and an anemic chorus. If you like your shows heavy on the beats, full of inspired wordplay and loud, this ones for you.

Kottonmouth Kings: Friday, Nov. 30 at Brick by Brick, 1130 Buenos Ave. at 8:30 p.m.

Jazz fans won’t want to miss a special concert from The Bi-National Mambo Orchestra at Dizzy’s on Nov. 30. Under the direction of trumpeter Bill Caballero, the 18-piece big band will present, TP Meets PP, an evening devoted to the music of Latin music legends, percussionist Tito Puente and pianist Perez Prado. With more than 100 years of music between them, the song possibilities are endless. It’s shame Dizzy’s doesn’t have a dance floor, these are songs with irresistible rhythms.

The Bi-National Mambo Orchestra: Friday, Nov. 30 at Dizzy’s, 1717 Morena Blvd. at 7 p.m. and 11 p.m. dizzyjazz.com.

Java Joe’s in Old Town is now The Backdrop. The venue is expanding beyond its traditional singer-songwriter shows, with game nights, movie nights and open mic amongst the upcoming additions to its schedule. On Nov. 30, the bill will be topped by Rob Deez. His music is hard to categorize, ranging as it does from traditional folk to acoustic hip hop, but his tunes are always lyrically clever with plenty of hooks. Deez has released plenty of music, but live is where engaging humor an observations work best.

Rob Deez: Friday, Nov. 30 at The Backdrop, 2691 Congress St., at 8 p.m.
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2) Surviving Childhood: Not as common in your grandparent’s generation.
3) A Roof Overhead: Over 500,000 Americans lack this basic need.
4) Family: Whether or not you share opinions or DNA.
5) This Moment: Life is a “Succession of Now”. Don’t miss any!

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