BBQ SEASON
Ready for the summer barbecue season? The Sauce Goddess Gourmet, created by a Pacific Beach resident, has you covered with sauces, dry rubs and even caramel popcorn.

SEAWORLD MAKES A SPLASH
After makeover, new Orca Encounter show debuts

By SAVANAH DUFFY

SeaWorld’s new Orca Encounter show is a live documentary, intended to educate and entertain visitors by incorporating facts and figures about killer whales while demonstrating their behavior with orcas acting it out in front of the audience.

The orca presentation features an infinity screen, which is three stories tall and long enough to span the length of the exhibit. With eye-catching, moving scenes of beaches, lakes and rippling water, audience members may feel as if they are on an island watching the orcas glide gracefully through the ocean.

NEW SEAWORLD RIDES
Submarine Quest – Voyagers can travel to get up close to remarkable underwater animals.
Tentacle Twist – Take to the skies in this Jellyfish-themed swing ride.
Octarock – Swing high and reach for the sky as the swing rocks back and forth.
Aqua Scout – Six mini submarines spin, bump, and bounce you around.

PHOTO BY THOMAS MELVILLE

PHOTO BY THOMAS MELVILLE

Good, bad, and ugly in city’s latest budget

Funds include 2nd trash pickup in MB

By DAVE SCHWAB

There’s good news – and bad – in this year’s approved city budget for District 2, which includes Mission and Pacific beaches and the Peninsula.

In some instances, the news is “both” good and bad. Such is the case with the drive to secure a second trash pickup during busy summer months in Mission Beach to help eradicate the fly problem from spilled waste, much of it from the beach community’s large number of short-term vacation rentals.

The good news is that District 2 Councilmember Lorie Zapf was able to secure funding in this year’s budget for a second summer MB trash pickup. The bad news is that a sec-

BIKE THEFTS
Some residents are taking matters into their own hands in documenting the illicit and growing trafficking in bicycle theft, repurposing and resale in the beach areas.

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TRIAL, TESTIMONY;
Looking for an apartment this summer?
Here's how to avoid any rental scams

By JONATHAN LO

Summer is approaching, and with that comes the yearly scramble for housing. As more and more hopefuls search for an affordable and spacious option, they leave themselves vulnerable to scams.

Last year, 7,800 apartment rental complaints were filed with the Better Business Bureau.

“When you’re searching for a suitable living space, whether it’s on Craigslist or any other apartment listing service, being able to recognize the signs of a scam can provide you with a smoother apartment search, and potentially save you from theft,” said Michael Sedio, VP of operations at the BBB.

Scam-spotting tips
If you are thinking about moving, the BBB, which serves San Diego, Orange, and Imperial counties, has some guidelines on how to avoid getting cheated this season. The BBB has identified four main signs that the unit you are looking at is a front and potentially save you from theft.

1. “Money First;” if you are asked to send money without seeing the property or meeting with a landlord, back away. Do not send money to someone you have never met.

2. Another telltale sign of scamming is “No Background Check.” A landlord, or a person posting as a landlord, who seems too eager to close a rental agreement without first checking credit scores, employment income, or running a background check is likely scamming you.

3. The next red flag is “No Lease”: do not accept an apartment without first receiving a written lease from the landlord. Moreover, watch out for any fees as you go along the leasing process; be especially careful if you are charged before seeing a lease agreement.

4. Lastly is “Out of Town.” If either you or the landlord is out of town, do not sign a lease agreement until you have met them in person and visited the apartment.

Housing advice
Besides these tips on how to identify scams, the BBB also has some general tips for any apartment hunter. When searching, consult your friends, family, and colleagues for leads on places to rent. When you do find a place, bring a friend along to help inspect with and for a second opinion. Open up cabinets and closets to look for pests. Check reception in all corners of the unit. If you have a vehicle, ask if there is guaranteed parking, and if not, scope out the parking situation at various times of the day. If possible, visit the building during a rainy day to see if there is any leaking or flooding.

A BBB accredited business guarantees trust, reliability and responsiveness. If you have questions about the legitimacy of a rental service, visit their business review on bbb.org.

For additional questions or concerns, call BBB’s 24-hour customer helpline at 858-496-2131. Notify law enforcement immediately, and file a complaint with the BBB, bbb.org/sdoc, and the Federal Trade Commission, ftc.gov.

If you or the landlord is out of town, do not sign a lease agreement until you have met them in person and visited the apartment.

The first and most common of the red flags is “Money First;” if you are asked to send money without seeing the property or meeting with a landlord, back away. Do not send money to someone you have never met.

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JUST LISTED!

JUST LISTED!

JUST LISTED!
As airplane noise complaints rise, SD Airport Authority and FAA answer residents’ concerns

By DAVID HINAM

Amid continuing reports of problematic noise by San Diegans surrounding San Diego International Airport, the San Diego Airport Noise Advisory Committee, with broad public representation, continues to study the issues involved.

The ANAC board is comprised of more than 20 board members representing a broad cross-section of the community, everyone from retired airline pilots to city and county legislative aides, community advisory board members and citizens at-large.

Residents can track airplanes coming and going from San Diego via Flight Tracker, which monitors the movement of flights and air traffic patterns throughout the greater San Diego area.

Flight Tracker includes specific information about flights from San Diego International (SAN), Montgomery Field (MYF), Brown Field (SDM), NAS North Island (NVO), and MCAS Miramar (NKX) airports, as well as information on air traffic transiting through the San Diego area.

Flight Tracker information includes the aircraft’s type, altitude, origin/destination airports, and flight identification. This system allows residents to review specific aircraft that created a noise concern and lodge a complaint to the Airport Noise Mitigation Office directly from Flight Tracker.

All Flight Tracker data is post processed by the vendor within 24-hours ensuring the track is accurately displayed and complaints are approved.

Casey Schnoor, a representative from the Peninsula on the ANAC board, had several questions about ongoing noise problems allegedly associated with flight path changes in and out of San Diego International Airport. Using Schnoor’s queries, the Beach & Bay Press held a Q&A with Federal Aviation Administration public affairs manager Ian Gregor, as well as the San Diego Airport Authority.

BBP: With the exception of left turns over the Peninsula, all departure issues (early turns, missed approaches, curfew violations, etc.) tracked by the Airport Authority are continuing at, or greatly in excess of, the growth rate in SAN operations (less than 2 percent annually), indicating day-to-day management of the system is not improving upon the problems.

FAA: Missed approaches/going-arounds are important safety tools that air traffic controllers and pilots use. They occur for a variety of reasons. Sometimes, controllers send arrivals around if a preceding arrival exits the runway more slowly than expected. Sometimes pilots choose to go around if they are coming in too high or fast on their approach. What’s referred to as “early turns” is in fact controllers directing aircraft off published departure routes to keep aircraft properly separated from one another, or to keep them efficiently sequenced.

BBP: The San Diego Airport Authority has changed their procedures for accepting citizen noise complaints to disable complaints submitted by email, forcing community residents to resort to phone calls or a lengthy online procedure, which will likely result in a reduction in complaints due to these complexities. What is the reasoning behind this change?

There are three ways a resident can file a noise complaint: 1.) via the online Flight Tracker, 2.) via web form (available in Flight Tracker or www.san.org/airport/Noise/Flight-Tracking#4055ZJ0-submit-noise-concerns), or 3.) via the noise complaint hotline at 619-400-2799.

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BBP: In the first three months of this year, more than 8,000 noise complaints have been filed, putting them on track to exceed the approximately 30,000 submitted in 2016. Any response to this?

SDAA: At the Airport Authority, the most important consideration is not the number of complaints, but rather ensuring that we have the appropriate data needed to fully investigate each individual complaint. While we strive to be responsive to community complaints, it should be noted that almost two-thirds (65 percent) of all noise complaints received during February and March were from just four homes.

Our goal is to be able to track complaints geographically, pinpointing concentrations of complaints and then working to connect trends in various neighborhoods. With accurate information gathered from residents, airport staff can spend more time researching information and providing specific information back to the community, instead of just collecting complaint responses. This ultimately allows the airport to have more productive conversations with the FAA about the issue during ongoing meetings.

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Pacific Beach residents fight back on bicycle thefts

By DAVE SCHWAB

Bike theft in Pacific Beach has gotten out of hand.
That is why some beach residents are taking matters into their own hands in documenting the illicit and growing trafficking in bicycle theft, repurposing and resale.

Longtime Pacific Beach resident Janelle Sherako and others have taken the lead in chronicling the who, where and what of bicycle theft within the beach community.

On her 22 years living in PB, Sherako's never seen crime, especially bike theft, as bad, and as widespread, as it has become today.

Sherako concurs with the view that the type of theft routinely going on in Pacific Beach and the rest of the coastal community, where one or more bicycles are stolen nearly every day, is not random but part of an organized effort, in which some local homeless people are being recruited to participate by outside criminal elements.

"Criminals are paying [homeless] to go get [bikes]," said Sherako.
"That's what I've seen." A victim of bike theft herself, Sherako and her family have had six bikes stolen over the past five years. She told an interesting tale about one bike she had stolen, that she was able to recover. Her bike had been chained along with a friend, and the mutual lock was cut and both bikes stolen. She later "found" her stolen bike on Craigslist.

"I found hundreds of bikes there on Craigslist, and one of them was mine." Sherako said, noting pictures of several of the Craigslist bikes were "taken in front of the same planter. That's your first clue that this is a (theft) ring."

So what did Sherako do?
"I went over there (where her stolen bike was chained) with bolt cutters and I cut the lock and I stole my bike back," she said.

Watchdogs in PB have been chronicling alleged illegal stolen bike chop shops operating brazenly and openly in the community. One spot that has been utilized frequently by alleged thieves is the baseball diamond and public park across the street from PB Rec Center. Because places like that park are in the public domain, it’s difficult to get a letter of agency allowing the police to go there to investigate and/or enforce the law.

"Maybe we can get the city to give us a letter of agency during the time frames in which we have children’s activities over there," Sherako said.
"That would be the start of increasing safety there.

Sherako said there’s another hurdle to clear. One of the many issues involved is, how do you separate out ground in urban planning. Trujillo brings an understanding of the importance of bike lanes and a passion for the education and advocacy it takes to make a city bike-friendly. Trujillo grew up in Escondido and has worked in city planning for her community since 2014. As the bicycle advocacy coordinator, Trujillo will advocate for increased bikeways and safer bike paths for San Diego.

San Diego Bike Coalition names advocacy coordinator

The San Diego Bike Coalition, the only countywide organization advocating for the rights of all people on bikes, recently announced Daniela Trujillo as its bicycle advocacy coordinator. With a background in urban planning, Trujillo brings an understanding of the importance of bike lanes and a passion for the education and advocacy it takes to make a city bike-friendly. Trujillo grew up in Escondido and has worked in city planning for her community since 2014. As the bicycle advocacy coordinator, Trujillo will advocate for increased bikeways and safer bike paths for San Diego.
Mission Bay High School graduating seniors talked about their school, their aspirations moving on to college and entering a rapidly changing world afterward.

Co-valedictorians Emery Reyna and Alex Briski shared a 4.55 grade point average. Both gave speeches during graduation ceremonies at MBHS stadium on June 14.

Salutatorian Jacob Cayetano, also an outstanding student, noted he was “off the hook” on giving a speech. “I get to do the changing of the tassles,” he noted.

The trio will all be attending universities in the fall. Briski is going to UC Berkeley with a double major in computer science and business.

Reyna is headed for the East Coast and New York University where she’ll be studying international relations, hoping to someday work for the United Nations.

Cayetano is moving on to the University of Hartford in Connecticut where he will be majoring in computer science and minoring in audio engineering, hoping to secure a future job somewhere in the music product or sound industry.

“Time management is the single most important skill,” said Cayetano.

Reyna cautioned that time management “should be a top priority, but don’t make your life just about school. It’s finding a balance.”

Top students at Mission Bay grateful, ready to pursue higher education

By DAVE SCHWAB

Co-valedictorians Alex Briski and Emery Reyna, and salutatorian Jacob Cayetano.

PHOTO BY DAVE SCHWAB

Cayetano adding, “it was a world classroom in a sense.”

Briski agreed that the International Baccalaureate program, which she and Cayetano have participated in since they were both at Kate Sessions Elementary, was critical to their learning.

Founded in 1968, the International Baccalaureate (IB) is a non-profit educational foundation offering four highly respected programs of international education that develop the intellectual, personal, emotional and social skills needed to live, learn and work in a rapidly globalizing world.

Reyna noted that she and her colleagues will “have to learn how to navigate contrasting perspectives and the gap between the generations,” as they become adults.

Both Reyna and Briski said they were both still grappling with their graduation speeches. “It’s difficult to find a balance between honesty and positivity,” said Reyna. “It’s hard to touch upon the truth — and still have a celebration.”

“What I started out with, my thoughts and ideas — were all terrible,” quipped Briski, who said she was using the alphabet to get started adding, “The only four letters that really matter are MBHS. You want it (speech) to be inspirational, not a cliché, funny and creative. You want to find your own voice.”

Looking ahead, are the three graduates optimistic or pessimistic? “I’m optimistic, but scared,” said Reyna.

“I tend to be an optimistic person,” note Briski.

“For every action, there’s an equal and opposite reaction, that goes for the good and the bad,” stressed Cayetano. “It’s always going to teeter-totter like that. That’s just how it works.”

All three students were active in sports. Briski and Cayetano both ran track. Reyna was involved in both lacrosse (MBHS's first women's team) and field hockey (her passion).

Why are sports important? “It introduces you to people that you probably would have never communicated with,” noted Reyna.

“It’s nice to know that school is more than (just) the classroom,” pointed out Cayetano.

Discussing their educational and career goals, Cayetano said, “My goal is to graduate in four years with marketable skills and be hired out of college.”

“I want to be a part of the world,” said Reyna.

“Finish college in four years and then get a job,” said Briski.

All three graduates had similar advice to offer MBHS future grads. “Time management is the single most important skill,” said Cayetano.

Reyna cautioned that time management “should be a top priority, but don’t make your life just about school. It’s finding a balance.”

What’s important in life? Reyna spoke for all three grads in noting, “Family, friends, happiness.”

38th Annual Ocean Beach Street Fair & Chili Cook-Off
Saturday, June 24, 2017 10am - 8pm
Kangol Trunk Show Spring/Summer 2017

Please come to enjoy the Kangol Trunk show Spring/Summer 2017, June 23rd from 3 to 6 pm at our newest store in Pacific Beach. Featuring the latest collection, and highlight those fan favorites that are ubiquitous in headwear today; music will play to the partner the fashion and music, to create a great and memorable shopping experience.

Village Hat Shop has been a longtime Kangol partner. In November 2012 we launched a Kangol Store-Within-A-Store at our Flagship location in the Hillcrest neighborhood of San Diego. Founded in 1918, The Kangol hat line continues to remain hip, reinventing itself through the decades. From Run DMC in the early days of hip-hop, to stylish golfers like Payne Stewart, to Samuel L. Jackson's iconic headwear, etc., Kangol has always been on the cutting edge.

Kangol is not limited to the young. Their styles are compatible and attractive and have found a home with all ages, whether driving in a car, playing golf, or taking a stroll down the streets of any city or town.

EDUCATION NOTEBOOK

Mission Bay Cluster

• Long-term parent volunteer and Pacific Beach resident Jennifer Tandy was awarded the inaugural “Tandy Trophy for Volunteerism” at the final Mission Bay Cluster meeting of the school year on June 1. This award recognizes Tandy’s outstanding commitment to students and teachers, and her efforts with developing programs and facilities to enhance learning throughout the Mission Bay Cluster. With her last child graduating from Mission Bay High this year, Tandy’s support, enthusiasm, and dedication will be greatly missed by the school community. The Mission Bay Cluster organization looks forward to annually awarding the “Tandy Trophy” to outstanding volunteers.

PB Elementary

• This year’s fifth-grade gift to the school is a Ga-ga Pit, built with donated lumber and labor from Redline Custom Contracting. Ga-ga (which means “touch-touch” in Hebrew) is a variation of dodgeball, played in a large fenced-in area, or Ga-ga Pit.

Kate Sessions

• Kate Sessions Elementary School wishes all the best to the Sessions military families who have received orders to move out of San Diego. Thank you for your service and you will be missed. A huge thanks goes out to all of the PB businesses who have supported the school throughout the year through in-kind donations, dine-outs, prizes and gift certificates.

• Kindergarten and new student orientation will take place Friday, Aug. 25.

CPUMA

Crown Point Junior Music Academy says goodbye to retiring principal Muriel Bartolini, and retiring teachers Tom Evans, Margie Orem, Debbie Burton, Margaret Bower, and Carol Fleming. Thank you for your careers spent serving students and the community. Enjoy your retirements!

PBMS Concert Band and Orchestra

Mission Bay High School Concert Band and Orchestra earned first place in the High School Division at Music at Parks in Anaheim earlier this month.

“..."We completely remodeled our new space to highlight the beach cottage look, including rooms with coastal colors and wood accents” said Ms. Christopher. “There is even a whimsical area with a bright blue dutch door, cottage siding and shingle roof - a recreation of the front of our cottage, less than a mile away, in Mission Beach.”


Hydrangea Cove, a delightful gift and beach cottage décor shop has opened in a new place, 845 Garnet Ave in Pacific Beach. Previously in business for six years on Turquoise Street, the owner, Susan Christopher, took the opportunity to move her shop to an established retail area, just a block and a half from the ocean, with plenty of customer parking.

Established in 2011, Hydrangea Cove has become a go-to destination for unique, carefully curated gifts for weddings and babies, and also carries candles, body and bath, jewelry, books and greeting cards, and offers complimentary gift wrapping.

As a home décor shop, Hydrangea Cove features pillows, rugs, lamps, mirrors, coastal accents and vintage one-of-a-kind furniture. Design services are available.

Hydrangea Cove

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PB Town Council’s wine and beer tasting fundraiser on June 24

The Pacific Beach Town Council’s annual summer silent auction fundraiser with wine and beer tasting will take place 4 to 8 p.m. Saturday, June 24 at the Pacific Beach Woman’s Club, 1721 Horribled St.

Tickets are $25 prior to the event and $30 at the door. Proceeds will benefit worthy community projects.

This year, a portion of fundraiser proceeds, about $3,000, is earmarked to fund the San Diego Police Department “bait bike” program targeting bike theft.

“PB has the highest bike crime in the city, so we decided to fund it this year,” said Marcella Bothwell, PBTC’s director. “We hope to fund it again next year, but our fundraising efforts need to be successful.”

Bothwell noted the bike bait program, in which bikes with tracking devices are used to catch thieves, was cut from this year’s city budget.

PBTC’s director noted that PB’s own two breweries—Amplified Ale Works and Pacific Beach Ale House—will be featuring their beers at this fundraiser themed “Keep it Local.”

Food being donated for the event includes: Lil’ Farmer’s Cafe, new on the corner of Cass and Garnet; Broken Yolk with some sweet treats; and Hammond’s Gourmet Ice Cream.

Funds support community projects:

• Hosting P A I S A N: Police and Emergency Services Appreciation Night;
• Hosting Concerts on the Green in Kate Sessions Park in late summer;
• Hosting the annual Graffiti Removal Day;
• Provide scholarships and awards for local students at PB Middle and Mission Bay High;
• Give grants to local schools including the Mission Bay Cluster, Pacific Beach Recreation Center and Pacific Beach Library;
• Support the PB Holiday Parade, Kids Classic Fishing Derby, annual police barbecue, Crown Point Military Breakfast for Students, National Night Out Program;
• Support community clean-ups; and
• San Diego Veterans’ Stand Down PB area beautification projects together with Beautiful PB.

Tickets ordered at www.pbtowncouncil.org will be available at the call table. They can also be purchased at the PB Town Council office/Union Bank Building at 1706 Garnet Ave.

Proceeds will benefit worthy community projects.

Fall in love with your jewelry again

Diamonds on the Rock is operated by Debra Levine and her Son David. “I grew up working in my family’s jewelry store in Upstate New York and always prided myself on giving personal attention and great customer service” said Debra. My favorite thing to do is help someone fall in love with their jewelry again. Many people have things in their collection that they do not wear because it may not fit their current taste. We can redesign, reset, trade or even buy your piece so that it will be worn again!

Debra is a Graduate Gemologist and former Diamond Instructor at the G I A (Gemological Institute of America). She has been a jewelry designer for over 25 years. We can work with you to design a piece that is completely your own and one of a kind. Bring in your most used and cherished jewelry to be cleaned, repaired, or have the stones remounted to have them looking like the day you purchased them. Diamonds on the Rock is located in Bird Rock at 5630 La Jolla Blvd. Call 858 750 2190 or Come in today!
“Don’t live life with any regrets” is more than an Internet meme for Pacific Beach resident Jennifer Reynolds. It’s advice she followed 17 years ago while spending a sunny day on the beach with her friends. After chowing down on the barbecued ribs that Reynolds made, her friends challenged her: “You should start your own sauce business – don’t live life with any regrets.” She wasted no time. Right when she went home Reynolds began researching sauce businesses.

During her search, Reynolds stumbled upon co-packing, an industry where one company manufactures and packages products as though they were made directly by another client company. With this, Reynolds had a method of distributing her wares without having to worry about production, allowing her to focus on recipes. Thus, Sauce Goddess Gourmet was born.

When asked how she came up with the name Sauce Goddess Gourmet as well as the wacky logo, Reynolds laughed. “Before I started Sauce Goddess, I was in the printing industry and I had a funny nickname: the Litho Goddess. So transitioning to sauce goddess was easy for me.” As for the logo, Reynolds firmly believes that goddesses deserve to have godlike, flamboyant hair. Indeed, the wild hairdo dominates the aesthetic landscape of the design.

One of the first sauce recipes was one passed down to Reynolds from her father, Keith, who took grilling seriously. “You don’t mess around when it comes to grilling a good cut of meat!” Under his tutelage, Reynolds learned to utilize and balance seasonings, peppers, and vinegars. Keith trusted Reynolds with his signature barbecue sauce, which had no liquid smoke.

Reynolds continued to develop other sauces, making sure all of them were flavorful, smoke-free, and made with natural ingredients. Even after so many years, those principles hold true with each new product Sauce Goddess puts out. In 2002, Sauce Goddess Gourmet started selling seasonings, which are also a big hit. A few years later, a new line of caramel corn was also released.

For eight years, Reynolds had a main job, and only did Sauce Goddess on the side. During that time, she spared no effort expanding and getting the Sauce Goddess name out. Reynolds showcased her product at Costco road shows, food shows, and small markets. She convinced local retailers early on to include her sauces in their inventory, even though she only had a few sauces.

Over the years, Sauce Goddess Gourmet has seen some changes. The most notable was the transition of all products to being gluten-free. Reynolds decided to make the shift well before gluten-free became a trend, and for good reason.

Her sister was diagnosed with gluten intolerance and was devastated that she could not have their father’s BBQ sauce anymore. Reynold’s sister begged her to find a way to remove gluten from the recipe, and Reynolds took the challenge. She toiled over the recipe until she found a way to preserve the original taste of her father’s sauce while still being gluten-free, and today it remains one of the most popular products that Sauce Goddess sells.
What’s that new eatery at the intersection of Garnet Avenue and Cass Street you might ask? Stop by, and you will find Lil’ Farmers, a wholesome, fresh café, which is a healthy and hip place to dine-in or grab a meal to go.

The success of the original location in Kearny Mesa over the last two years has allowed the restaurant to expand to new digs in Pacific Beach. Set up like a gourmet version café they serve custom salads, sandwiches, flatbreads, grain bowls, breakfast smoothies, organic juices and Acai bowls.

Indoor seating at the café is hip, cute, classy and exudes a playful tone. From the scattered bright colors to the sketches on the utensils box to the signs that litter the wall, each detail tells a story about Lil’ Farmers.

George Katakalidis, the owner of the café, pointed out one sign in particular that decidedly exemplified his fun and playful vision for the café. It reads, “I dream of a world where chickens can cross the road without their motives being questioned.”

“The thing I love most about Lil’ Farmers is the vibe,” said Katakalidis. “It speaks to healthfulness. It speaks to great people, friendly people, people who really care about the environment and what they put in their bodies.”

Not only is it an enjoyable experience to visit the Lil’ Farmers café, their food is top notch as well. In addition to the aforementioned menu options, the café also offers a variety of coffees, juices, ice blends, smoothies, “elixirs,” and even has an adorable tea station.

Healthy, fresh and fast meals at Lil’ Farmers

By ROSE WILSON

Lil’ Farmers offers flatbread pizzas and fresh juices.

The falafel and avocado salad at Lil’ Farmers in Pacific Beach.

Multiple products from the Sauce Goddess Gourmet lineup have received awards and/or won competitions. Over the last four months alone, Sauce Goddess sauces, spices, and caramel corns have won 15 awards. Two products, the Moroccan Twist Spice Rub and the Ghost Pepper Caramel Corn, have received three awards and four other products have received two awards each.

For Reynolds, her main goal for Sauce Goddess Gourmet is to make cooking easier for people with a product that is all-natural and vegan. She wants people to be able to take a cut of meat, slather on any of her sauces or spice mixes, and be able to stick it in the oven without any additional seasoning required.

Sauce Goddess Gourmet also partners with the Arc of San Diego, which is one of the largest providers of services to people with disabilities in the area, including employment opportunities and partnerships. Reynolds hires challenged adults to do specialty hand work in the copackaging process. They help build the spice tins and gift packs sold everyday, and Reynolds greatly appreciates their contribution and efforts.

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Looking into the distant future, Reynolds’ ultimate goal is to achieve world domination through people’s stomachs. In the near future, she plans on collaborating with other sauce and spice rub companies to make a subscription box. This “meal enhancing box” will most likely be bi-monthly, and Reynolds aims to begin sales as early as July.

READ MORE ONLINE AT sdnews.com
If you're looking for a new bike, or have one that needs repairs, you ought to consider parking/purchasing it at the Bike Garage. Now open for three months, Bike Garage at 4645 Cass St., Suite 105 on the ground floor, co-owned by Ismael Bohme and Robbie Robertson, was created to serve all of Pacific Beach's cycling needs.

A locally owned and operated bicycle specialty shop serving Pacific Beach and environs, Bike Garage's goal is to provide a friendly, welcoming and expert resource for all cycling enthusiasts, from novice riders and commuters to life-long riders.

Why the moniker Bike Garage? "Ismael started out three years ago in the garage of his house, just servicing other people's bikes," said Robertson. "Then we found this spot."

Bike Garage prides itself on being the best and most accessible source for all your cycling needs, states the company's website. Whether you're looking for your new dream bike or for repairs, upgrades, maintenance or a complete rebuild for a bike you already own, or just an afternoon rental to cruise along the beach or check out some trails, Bike Garage is a perfect choice, claims the website.

The cycle shop provides other things you won't find elsewhere, like pick-up and drop-off services for bike repairs and maintenance, restoration of used bicycles to reduce waste and promotion of a sustainable community.

Bike Garage also caters to short- and longer-term rentals, while hosting events and rides to help bring together the local cycling community and create new friendships.

Bohme noted the Bike Garage gives good deals to tourists and temporary residents by selling bikes to them for say a month or more, then buying them back when they leave.

There is one more thing Bike Garage specializes in that you'll be hard pressed to find anywhere else locally: selling kits to transform traditional bikes into electric ones.
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**NOISE**

**CONT. FROM PG. 4**

SDAA: We take noise complaints very seriously. The new web format helps ensure that we have all the information we need to investigate concerns. Emailed complaints are not as helpful because they sometimes lack sufficient detail (precise location, time of event, etc.) to help us investigate the cause of the concern.

As mentioned previously, our goal is to be able to track complaints geographically, pinpointing concentrations of complaints and then working to connect trends to specific neighborhoods. We have heard concerns regarding the ability to lodge noise complaints with mobile devices and are working with the vendor to develop an update that would allow residents to input noise complaints on mobile devices, which we hope to release soon.

BBP: The Airport Authority has instituted a new “flight tracker” system that has been roundly criticized by citizens as being harder to use, both to track flights and to submit noise complaints, with no apparent improvement in track-accuracy.

SDAA: The new Flight Tracker site offers the same functionality as the previous site, with some added enhancements to provide the public with additional information. The data provided on each flight has now been expanded to include specific information (flight number, tail number, altitude, airline, etc.) and there are additional enhancements to the map, such as the FAA Noise Dots.

To submit a noise complaint, the public can click on the link on the left side of the screen (see image one) or find a complete list of aircraft and click on the link (see image two). The site has increased customization for our community, i.e., showing the FAA Noise Dots in Blue. The FAA sources the data for all web tracking sites so there is no change in accuracy.

**BIKES**

**CONT. FROM PG. 5**

truly needy homeless people from the criminal element that are traveling among some of them and allegedly exploiting them to steal bicycles that are then repurposed and resold.

“We're documenting all of this for community awareness,” said Sheraro, noting education on how to prevent theft.

“Put in your (bike) serial numbers,” she counseled.

“If and when your bike gets stolen, the only way you can do anything about it is if your bike is registered. If it's not registered, there's nothing you can do. First thing they (thieves) do is file off your serial numbers.”

Where do things go from here?

“We're going to start a petition (to get letters of intent), that's where we're going to start,” Sheraro said.

“What can local residents do to help out with bike theft in PB?”

“Don't turn a blind eye,” answered Sheraro. “Make eye contact (with thieves). Let them know they're being watched and that they need to have permits.”

Sherraro suspects there are perhaps a couple dozen homeless who may be involved in bike theft locally. Sheraro said alleged thieves have even been spied by witnesses surreptitiously cutting locks on bikes at stores, before drying off the bike and humping it away.

“We know who they are and about their criminal records,” she said. “They have back packs with lock cutters and all the other tools. We are anti-homeless. We are anti-criminal element coming in and using the homeless to steal bikes. We're taking back our city.”
Singer-songwriter James Lee Stanley has released more than three dozen albums since he first began recording in 1970, penning great story songs and acoustic folk-inspired tunes. But that’s only part of the tale.

While he has a devoted fanbase for his music, Stanley has probably been seen by more people via his numerous uncredited appearances as various aliens, including a singing Klingon, on “Star Trek: Deep Space 9.”

Currently touring behind a new album, “Had Enough Yet? Songs of Protest, Resistance and Hope,” Stanley remains a witty and riveting performer who has lost none of his songwriting prowess in the ensuing decades.

James Lee Stanley: Saturday, June 24 at the Grassroots Oasis, 3130 Moore St. 7:30 p.m. All ages. www.grassrootsoasis.com.

Anyone who enjoys the music of The Beatles will enjoy the “Benedetti celebrates McCartney” concert taking place at Dizzy’s on June 16, in honor of the bass-playing Beatle’s 75th birthday two days later.

For this performance, acclaimed guitarist Fred Benedetti will be joined by vocalist Julia Picone, multi-instrumentalist/bassist Jeff Pekarek and percussionist James Morton. The night will feature McCartney penned classic such as “Penny Lane” and “Blackbird,” all highlighted by Benedetti’s unique arrangements and virtuoso fretwork.

Benedetti Celebrates McCartney: Friday, June 16, at Dizzy’s at Arias Hall, 1717 Morena Blvd. 8 p.m. $15. www.dizzysjazz.com.

On June 16, the 710 Beach Club has a solid double bill featuring two up and coming new rock bands, Electric Mud and Bad Moon Born. The latter is an Australian quintet, with sound somewhere between The Black Crowes and Audioslave, but the night’s highlight promises to be Electric Mud.

Named after a Muddy Waters album, the band mixes jam band sounds, blues and indie rock for tunes that are a perfect soundtrack for a night on the town.

Electric Mud: Friday, June 16 at the 710 Beach Club, 710 Garnet Ave. 9 p.m. 21 and up.$5 www.710bc.com.

Legendary guitarist Doyle Wolfgang von Frankenstein, or Doyle for short, will make an appearance at Brick by Brick on June 17. An original member of legendary 1980s horror-punk combo The Misfits, these days Doyle’s music is hard-edged metal, full of bombast and adrenaline, made to play loud, complete with jack hammer riffs. Currently touring behind his latest album, “As We Die,” the night’s focus will be on Doyle’s new music, but longtime fans will find not only the horror imagery but also the intensity of his performances still remain from his Misfits days.

Doyle: Saturday, June 17, at Brick by Brick, 1130 Buenos Ave. 7:30 p.m. 21 and up.$23. www.brickbybrick.com

Classic rock fans will want to hear Santanaways performing at Tio Leo’s on June 24. Fronted by guitarist and Carlos Santana look-alike, Benito Meschoulam, the six-piece band performs the music of Santana from his 1960s Woodstock-era classics through to his modern-era favorites.

While guitar-heavy favorites such as “Europa” and “She’s Not There,” sound great, it’s their rhythm-heavy takes on evergreens such as “Oye Como Va” and “Black Magic Woman,” that make the band a standout. Nearly five decades after his debut Santana remains one of rock music’s heavy hitters – these gent provide a worthy tribute.

Santanaways: Saturday, June 24 at Tio Leo’s, 5302 Napa St. 9 p.m. 21 and up. Cover TBD. www.tioleos.com
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