

THE CORONADO NEWS

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Julieyanna “Jules” Parker has only been a full-time Coronado beach lifeguard for two years and has just won Lifeguard of the Year at Celebrate Coronado on Oct. 2.

Photo provided by Julieyanna Parker.

Coronado lifeguard of the year:

Julieyanna “Jules” Parker

Lifeguard Captain Sean Carey credited Julieyanna Parker at the Celebrate Coronado event for her proactiveness in taking leadership roles in lifeguarding and completing numerous certifications while bringing a contagious attitude to work

BY MADELINE YANG
The Coronado News

Julieyanna “Jules” Parker was patrolling Coronado Beach near the water line when two girls playing in the sand came into focus.

They were probably somewhere between 6 and 8 years old, Parker estimates, and when they saw Parker with her long, blonde ponytail driving in the lifeguard vehicle, they gave her a wave.

Parker waved and one of them opened her mouth.

“Are you a lifeguard?” she said.

“Yeah, I’m a lifeguard,” Parker responded.

“And you’re a girl?” she asked.

“Yeah, you can be a lifeguard, and you can be a girl,” Parker said.

The girls were blown away by that information, Parker recalled in an interview with The Coronado News.

That happened three summers ago in her very first season working as a lifeguard in Coronado.

In fact, on Oct. 2, Parker, 27, was named lifeguard of the year at Celebrate Coronado, an event hosted by the city’s Chamber of Commerce highlighting first responders and a municipal employee of the year.

Lifeguard Captain Sean Carey said at the event that in the two years since joining the



Julieyanna Parker assisted in the instruction of a basic open water course for the Coronado Fire Department. Parker had just gotten out of the water after demonstrating how to properly deploy a lifeguard from a moving vessel for a rescue. Photo provided by Julieyanna Parker.

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San Diego supervisors approve state funding request for Tijuana River Valley study

The board says the study, estimated at over \$1 million, would provide data crucial to request for Superfund designation that the EPA has already declined

BY JULIETA SOTO
The Coronado News

The San Diego County Board of Supervisors has given its support to calls for a two-year study assessing the soil, water and sediment in the Tijuana River Valley with the goal of using the data to once more request a Superfund designation from the Environmental Protection Agency.

In late September the board unanimously agreed to ask the State Water Resources Control Board to fund a study costing \$1.4 million to test for heavy metals, pesticides, PCBs, PFAS, hydrocarbons, pharmaceuticals and other contaminants in the valley that straddles the U.S.-Mexico border.

The request, brought forward by Supervisor Paloma Aguirre and board Chair Terra Lawson-Remer, says the assessment would be the first comprehensive contamination analysis of the Tijuana River Valley, which for decades has been affected by the wastewater and industrial pollution from Mexico.

“We hear this all the time: ‘Why another study?’” Aguirre said, ahead of the board’s vote on Sept. 30. “We need that information so that we can designate Tijuana River Valley as a Superfund site.”

When a polluted area is designated a Superfund site, it triggers Environmental Protection Agency (EPA) efforts to clean up contamination and hold responsible parties accountable.

The county’s latest initiative was announced as the federal government shut down, which directly affects the EPA whose cleanup efforts at certain Superfund sites are expected to continue.

Aguirre said a Superfund designation for the Tijuana River Valley could unlock billions of federal dollars.

“We need to understand what’s in the sediment so that those who are using the Tijuana River Valley — hiking, biking, recreating — can make an informed decision,” Aguirre said. “We need to test during wet weather and dry weather so that we can have a full picture of what exactly is in those soils and sediments.”

Full study cost subject to change

The board request says the study is needed to

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Imperial Beach City Council appoints new District 3 council member

The council appointed
Mariko Renee Nakawatase
to the vacant council seat

BY JULIETA SOTO
The Coronado News

The Imperial Beach City Council has appointed Mariko Renee Nakawatase, an Imperial Beach resident who attended Mar Vista High School and currently works with the County of San Diego, as the new District 3 council member.

Following a second round of interviews on Oct. 1, the council voted to appoint Nakawatase to the empty

council seat for a term that runs through November 2026. Nakawatase will be sworn in on Oct. 15.

The council began the process to appoint a District 3 resident to the vacant council seat after Mitch McKay was sworn in as mayor, leaving his seat on Aug. 20.

At that time, McKay was appointed to fill the mayoral seat left vacant by Paloma Aguirre, who was elected as county supervisor in July.

Rather than calling a special election for both vacancies, the council appointed McKay and accepted eight applications for the empty council seat.

On Sept. 17, the council inter-

viewed the applicants and selected four to proceed to a second round of interviews. Two of the candidates withdrew, leaving Brian Patrick Bilbray and Nakawatase to contest for the seat on Oct. 1.

Bilbray and Nakawatase addressed the board once more on Oct. 1, responding to questions prepared ahead of the interviews. Nakawatase was selected on a 3-1 vote, with Council member Matthew Leyba-Gonzalez opposed.

“I feel like she’s the strongest candidate, not just for the next 12 months but beyond that,” said McKay about

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Mariko Renee Nakawatase is the new Imperial Beach City Council member representing the community’s District 3. Photo by Matthew G. Phy.

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this week

15 • Wednesday

The Coronado Public Library, in partnership with the Coronado Island Film Festival, presents Film Forum Coronado, taking place the first and third Wednesday of each month at 6 p.m. in the library’s Winn Room. Film expert Ralph DeLauro provides a brief introduction to each film and leads a discussion afterwards, often including pointers about how lighting or camera angles contribute to a scene’s mood or propel the story. The featured film on Oct. 15 is “Mirage.”

16 • Thursday

The Coronado Public Library and the San Diego Writers Festival will host a series of writing workshops this fall. Each focused on a different topic, writers both new and experienced will find new strategies to hone their craft. This month’s course, on Oct. 16 via Zoom, will dive into the hero’s journey with Holly Kammier. Register for the course at coronado.librarycalendar.com. Writers who attend a workshop will have the opportunity to have the entry fee waived if they choose to participate in Acorn Publishing Debut Author contest.

19 • Sunday

The Coronado Ferry Landing is slated to host a free weekend concert featuring The Moonlight Serenade Orchestra from 1 to 4 p.m.

CONTACT US

For news tips, story submissions and letters to the editor, contact Editor Sofie Fransen at sofie@thecoronadonews.com or 619-990-8465.

To advertise contact Ad Executive Braeden Stegman at braeden@numbersix.com

SOMETHING TO DO

Pianist Phil Dannels to blend classical and contemporary styles at October concert

Coronado News staff

Phil Dannels, a pianist, composer and tenor, will bring a dynamic blend of classical artistry and lyrical expression to the Coronado Public Library on Friday, Oct. 17 at 1 p.m.

Dannels studied music at Point Loma Nazarene University. He has been heard in recital throughout the United States and has performed as a soloist at Copley

Symphony Hall in San Diego in masterclass with Lang Lang.

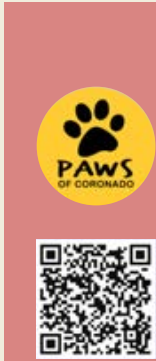
Dannels has performed under the auspices of the San Diego Opera, Bodhi Tree Concerts and Point Loma Opera Theatre. He spent several seasons as the assistant conductor for Point Loma Opera Theatre and directed their production of Donizetti’s “Rita.” In addition, he has served as a répétiteur (tutor/coach) for various operas, operettas and musicals throughout



Pianist Phil Dannels will perform at the Coronado Public Library on Oct. 17. Photo provided by Phil Dannels.

the San Diego area.

The Winn Room doors will open to the public 15 minutes prior to the performance.



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Meet Winter, the pet of the week. She’s at PAWS of Coronado and is looking for her forever home. See all adoptable animals: Scan the QR code with your smartphone camera, and tap on the link. Graphic/photo provided by PAWS of Coronado.

PET OF THE WEEK

Meet Winter

PAWS of Coronado

Meet Winter, a stunning white husky mix with a heart as big as her beautiful blue eyes.

Winter is a gentle, affectionate soul who loves long walks, belly rubs and cozying up with her favorite humans. True to her husky roots, she’s intelligent, curious, and always up for an adventure — but she also knows how to settle down and enjoy a quiet evening.

Winter does well with other friendly dogs and would thrive in a home that can give her both love and structure. If you’re looking for a loyal companion with a dash of winter magic, this gorgeous girl might just be your perfect match!

All animals at PAWS are spayed/neutered, microchipped, vaccinated and up to date on flea prevention. Adoptions are by appointment only. If you are interested in adopting Winter or other pets, please visit pawsofcoronado.org.



Enjoy Life Without Hip and Knee Pain

Are you ready to get back to an active life, but hip or knee pain is slowing you down? Learn about the latest surgical options at this free webinar presented by Sharp HealthCare.

Hear from a board-certified orthopedic surgeon about advanced treatments, including Mako robotic-arm assisted surgery, available at **Sharp Coronado Hospital**. This type of surgery allows doctors to precisely target joints damaged by arthritis while preserving healthy bone. You can also get answers to questions from our team of experts.

Register now at sharp.com/jointwebinar or 1-800-82-SHARP (1-800-827-4277).

Webinar: Advanced Treatments for Hip and Knee Pain
Tuesday, September 30, 6 to 7:30 p.m.
Link provided upon registration





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OPINION

Free speech vs. preferred speech

BY THE EDITORIAL BOARD
The Coronado News

In the wake of conservative influencer Charlie Kirk’s death, a wave of opinions and commentaries have broken out across social media platforms, news sites and talk shows. The conclusions are far reaching – supporters and adversaries of Kirk commend the way he welcomed civic debate, while others condemn the mode by which he did it.

The deeper you dive into the public’s responses, the more apparent it becomes that every argument can be boiled down to one issue – free speech.

It’s a highly contentious topic, yet free speech is a cornerstone to who we are as a nation.

It is sickening that a human life was taken for exercising a First Amendment right. And for that, America needs to take a long, hard look in the mirror and question why murder has so often been used as a mode to silence opposing opinions.

Because, this is not the first time someone has been killed or threatened due to their political views: Abraham Lincoln, Martin Luther King... But, today, the killings have become almost commonplace. Take the assassination of Minnesota Rep. Melissa Hortman and her husband, or Pennsylvania Gov. Josh Shapiro’s home getting set on fire. President Donald Trump has also survived a couple assassination attempts.

Cancelling, slandering, firing and prosecuting are also actions of silencing that have been taken against individuals for speaking their mind. For instance, Jimmy Kimmel was suspended from ABC for a period of time due to comments made in the aftermath of Kirk’s death.

In moments of crisis where emotions run high, criticism matches the pace. And silencing criticism is



Conversations on free speech have been far reaching following Charlie Kirk’s death. Photo by Narih Lee, CC BY 2.0, via Wikimedia Commons.

a suppression of free speech.

But political violence, along with a culture quick to cancel or troll, leaves very little room for criticism to operate as it should – as an expression of First Amendment rights. To be clear, those who exercise free speech should rightfully anticipate criticism and even suppression from those who disagree, but the First Amendment prohibits the government from playing that censorship role.

Institutions like universities and legacy news organizations should be the market place to exercise free speech without shaming, death threats or censoring. However, we’ve seen a horrifying trend against the exercise of free speech at the very places that should act as its safeguard.

Kirk’s assassination at Utah Valley

University was the tipping point, the culmination of years of free speech being morphed into preferred speech which favors, and in many cases limits narratives, reporting and learning toward a certain bias. Like legacy news organizations, universities are too often populated by like minded, partisan activists, who are more interested in indoctrination, influencing narratives and stifling dissenting voices.

The institutions meant to be the town square for free speech, such as legacy news organizations and universities, have turned into the culprits of “preferred speech.”

It is within each individual’s power to disagree and to express personal opinions. Disagreement is okay, it’s healthy even. The end goal of fruitful civic dialogue should be to seek truth and understanding,

not to pursue a particular political party winning the argument.

Whether or not you agree with Kirk’s political stance, or the way he debated, public discourse would benefit from taking a page from his playbook, and being willing to open up conversations to opposing views. Kirk toured college campuses with that intention in mind – to welcome those with contrasting opinions to the front of the line for debates he titled, “Prove Me Wrong.”

Slowly but surely, we’re going to lose all ability to engage in civil discourse. Our freedom to express our opinions is something we need to protect at all costs.

The Coronado News welcomes letters to the editor. Submit letters, no longer than 400 words, to newsroom@thecoronadonews.com.

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CORONADO

FORK FIRST WITH LILLY

Review: On the beauty of obsession, routine and imitation crab

Welcome back to Fork First with Lilly, a column highlighting the plates and places shaping Coronado’s food scene

BY LILLY CORCORAN
The Coronado News

This week, a reader suggested that the Fork First columnist pay a visit to Saiko Sushi Restaurant, where she has been eating weekly for 10 years. What a gem! I can’t think of anything I’ve done weekly for 10 years apart from (maybe?) working out.

A lover of sushi, I happily marched over to Saiko Sushi to get my fix. I am clearly the last person to get the memo. I visited on a weeknight as a party of one, and had to wait for a table to open up.

When Chef Anthony Pascale opened Saiko Sushi 15 years ago he wanted to offer a high caliber of food, hence the name, which is Japanese for “the best.”

Pascale has a high reverence for his craft – this translates directly to his fish case. Everything in his fish case is from the San Diego area, with exception to salmon, as it is not native to the area. The salmon come from New Zealand, but don’t worry, Pascale flew out to meet with the fisherman to ensure everything was up to his standards.

This appreciation is also reflected in the sake menu. Pascale became a sake sommelier in Japan and only stocks small-batch sake.

“Nothing corporate, nothing mass produced,” he adds.

The reader said that there are always exciting options on the restaurant’s specials menu. I was drawn to the new-style rolls; there were combinations I hadn’t heard of before. For example, one sushi roll featured both goat cheese and macadamia nuts. Feeling too hungry for a culinary exploration into cheese sushi, I ordered seaweed salad, Saiko miso and the crown roll.

Pascale says the sizable specials board is a cornerstone of



Saiko Sushi boasts an ever-changing menu with local, high quality ingredients.
Staff photo by Lilly Corcoran.

the restaurant, adding that he hires good chefs and urges them to play with exciting new combinations. He believes this frequent rotation and innovation helps keep repeat customers.

The crown roll featured spicy tuna, tempura shrimp, kani kama (aka imitation crab), spicy garlic aioli and crispy shallot. The Saiko miso was distinguished from normal miso by the addition of coconut and lemon grass. The seaweed salad was, well, seaweed salad.

The available specials were written on chalkboards adorning the maroon walls. Dimly lit pendant lights illuminated the chef’s prep area, creating an attractive and warm environment. With ample outdoor, indoor and bar seating, there was something for everyone. From my vantage across the street from

San Diego Bay, I watched as the golden sunset bounced off of downtown skyscrapers, bathing the exterior of Saiko Sushi.

However I didn’t let the great view or ambiance distract me; I was there for one reason: to find out why this restaurant was worth going to weekly for a decade. The waiter, who was sporting an undercut with bright red highlights, was attentive and knowledgeable, answering my many questions about the menu.

The seaweed salad and Saiko miso were great, and in-line with what I was expecting. Exactly what one would hope to find, an inexpensive, reliable appetizer. The crown roll was brought to me with equal promptness. It did look swiftly assembled, but again we must remember that presentation doesn’t equate to much. Or, at least, I was hungry

enough to have little opinion on the appearance.

It was wonderful, no over justification of a meal, high quality ingredients and reasonably priced. Every bite was perfectly firm and contained notes of all the aforementioned components. I can appreciate Pascale’s obsession with his craft, it is evident in every component of the dining experience. Did I leave a changed woman? Maybe not, but it was damn good enough for another decade of weekly visits. Which, I suppose, actually is sort of life-changing, if you think about it.

Saiko Sushi Restaurant, located on Orange Avenue, is open seven days a week. Check out the website for more information.

Contact:
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Coronado Island Film Festival announces 2025 lineup

Coronado News staff

The Coronado Island Film Festival (CIFF) announced its 2025 official film lineup, marking its milestone 10th anniversary.

Over five days (Nov. 5-9), CIFF will present a slate of more than 130 films across narrative features, documentaries, short films and Academy Award-contending titles. The Leonard Maltin Industry Tribute Gala, hosted by celebrated film critic and historian Leonard Maltin, will also take place on Nov. 5, at the Hotel del Coronado.

The festival will open on Thursday, Nov. 6, with a screening of “Dead Man’s Wire.” On Sunday, Nov. 9, the festival will close with a screening of “Sentimental Value.”

Centerpiece films include “The Secret Agent” and “Jay Kelly,” with key spotlight screenings taking place throughout the festival including award season hopefuls like “Arco,” “Blue Moon,” “The Choral,” “The Tale of Silyan” and

“Train Dreams.”

Additional highlights include the Culinary Cinema series, exclusive industry panels, Paul McCartney’s “Tug of War,” the ShortsFest Exhibition, and more.

“Reaching our tenth year is more than a milestone – it’s a testament to resilience, reinvention and the enduring power of story,” said Merridee Book, CEO and artistic director of the Coronado Island Film Festival. “This lineup reflects both where we’ve been and where we’re going: bold, diverse and future-facing. CIFF continues to honor the golden age of cinema while building a bridge to what’s next – through independent voices, innovation and community connection. The way we experience movies may evolve, but the magic of sharing them together in a theater remains irreplaceable. That collective heartbeat is why festivals like ours matter now more than ever.”

Festival tickets are on sale at festival.coronadofilmfest.com.



Winners celebrate their awards at the 2024 Coronado Island Film Festival. From left to right, festival founder and chair Doug St. Denis, CEO and Artistic Director Merridee Book, Scott Alexander, Leonard Maltin, Claudia Puig, Bettina Sherick, Larry Karaszewski, Jane Seymour and Clarence Maclin.
Staff photo by Katie Morris.

CORONADO

IBWC continues pilot project to clean the Tijuana River

The federal agency said it expects to release pollution data with the public in coming weeks

BY JULIETA SOTO
The Coronado News

The U.S. International Boundary and Water Commission plans to release in the next few weeks results of a new cleanup campaign that uses “ozone nanobubble technology” to remove contaminants from the Tijuana River.

The commission launched the 60-day pilot project on Sept. 9. It involves water treatment using Nano Bubble Ozone Technology (NBOT), or ultrafine microbubbles filled with ozone that when released into an environment break up toxic bonds and form new stable bonds within the environment where it is released.

A description of the project says the program implements Greenwater Services’s patented marine mobile nanobubble/ozone technology to determine its efficacy on the public health threat posed by airborne contaminants from the river. The agency says the process “does not produce any byproduct that could harm the environment or aquatic species” and “produces instant results.”

The IBWC, which identifies an urgency to use the technology in areas where Department of Homeland Security and Customs and Border Protection currently operate, says inaction could lead to regulatory action by state regulatory boards.

This remediation effort comes as the federal government shutdown halts operations at many U.S. facilities and services.

The agency confirmed the pilot project is still operating since the contract was awarded.

“There were a few days when the project was shut down due to heavy rain, but it has resumed operating,” said IBWC Public Affairs Officer Frank Fisher. “We will assess at the 30-day mark whether to move the project to the Saturn Boulevard ‘hot spot’ or keep it at its current location.”

Contract awarded

The IBWC says the process “has the potential to reduce the exposure of Americans to Mexican sewage by killing bacteria and reducing hydrogen sulfide levels.”

The agency emphasized that in addition to implementing the United



Water is deposited into the Tijuana River after treatment (2025). Photo provided by the U.S. International Boundary and Water Commission.



Ozone nanobubble equipment treats Mexican sewage along the Tijuana River in San Ysidro (2025). Photo provided by the U.S. International Boundary and Water Commission.

States and Mexico’s Memorandum of Understanding signed earlier this year, which calls on expanded capacity at the South Bay International Wastewater Treatment Plant by 2027, the IBWC is assessing “innovative technologies” to “protect public health and improve the welfare of Americans.”

According to the agency, the U.S. EPA is funding the approximately \$2.5M contract awarded to an Ohio-based company, Greenwater Services.

The company’s website says Greenwater Services specializes in water treatment using ozone nanobubbles

to remove harmful bacteria, toxins, and nutrients in bodies of water.

“Ozone treatment of wastewater and contaminated water is a widely reviewed and used technology throughout the United States and the world,” said Fisher.

Project concerns

This pilot project continues in the same month that the San Diego County Board of Supervisors voted to pursue state funding for a two-year study intended to collect data of contaminants in the Tijuana River Valley as part of a campaign to secure an EPA Superfund designation.

San Diego County Supervisor Paloma Aguirre said she is concerned the ozone technology may impact local air quality – a point she raised in a recent letter to IBWC Commissioner William C. McIntosh.

According to Aguirre, advanced oxidation processes or ozone-based treatments could result in the release of toxic gases or byproducts such as nitrosamines, which can be carcinogenic.

In her letter, Aguirre related her concerns to those from the community and experts for “a cautious and well-informed approach.”

Kim Prather, an atmospheric chemist and professor at UC San Diego’s Scripps Institution of Oceanography and the Department of Chemistry and Biochemistry, told inewsource the project is a reckless operation in the middle of a vulnerable community. According to Prather, bubbles with ozone can lead to chemical reactions in the Tijuana River whose full list of identified chemicals continues to grow.

While Aguirre supports technologies that may alleviate the environmental and public health crisis stemming from sewage pollution in the valley, she said the introduction of untested treatment methods concerns her.

Introducing additional airborne contaminants without rigorous pre-assessment and safeguards would be unacceptable, Aguirre said.

Aguirre requested the immediate suspension of the contract until the agency has provided more information on the technology and its air quality impacts, with strategies to prevent or contain collateral pollution.

“I share your desire to protect Americans,” said IBWC Principal Engineer Ramon Macias in a letter on behalf of McIntosh the following week. “The USIBWC and the entire Administration of President Donald Trump are committed to eliminating the exposure of Americans to Mexican sewage.

“We will continue to accelerate and implement all of the actions agreed to in the Memorandum of Understanding between the United States and Mexico that results in the 100% solution to this crisis. The pilot project that you are asking us to stop shows promise in accomplishing that. I will not slow the implementation of the project. We appreciate your concern for the health and well-being of Americans.”

Contact:
julieta@thecoronadonews.com

Nominations open for 2026 Community READ title

Coronado News staff

The Coronado Public Library is accepting book suggestions for the 2026 Community READ program from Oct. 1 through Oct. 15.

Celebrating its 10th year, the Community READ program aims to bring the community together around one book with conversations and events in March of 2026. The winning title will be announced in January.

Community members can suggest a book title through the library’s website at coronadolib.org, or visit an in-person nomination box at the library, Coronado Community Center, Coronado Historical Association, City Hall, or Bay Books.

Nominated titles should have been published recently, have a broad appeal, and compelling elements for discussion points.

Sharp Coronado Hospital to host free drive-up flu shot clinic

Coronado News staff

Sharp Coronado Hospital will hold free flu shot clinics on Oct. 13, Oct. 14 and Oct. 28 from 8 a.m. to 4 p.m.

Community members are welcome to drive-up, walk-up or bike-up to get a flu shot, administered by Southwestern College nursing students.

Standard dose vaccines will be available at 255 Soledad Place while supplies last. Additionally, Flublok, a CDC-recommended vaccine for those 65 years of age and older, will be available in limited supply and will be administered on a first-come, first-served basis. To learn more, call (619) 522-3741.



For three days in October, Sharp Coronado Hospital will be hosting free drive-up flu shot clinics. Pictured here, nurses hold signs at a past event. Photo provided by Sharp HealthCare.

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Imperial Beach City Council appoints new District 3 council member

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Nakawatase. “All these candidates, all eight of them, they have the opportunity to run again in November of 2026.”

New District 3 representative

Nakawatase holds a bachelor of arts degree in philosophy with a minor in political science, as well as a masters of public administration from Arizona State University. She previously told the council she has lived in the city for 22 years and is currently a director with San Diego County’s District 2 under Supervisor Joel Anderson.

Her application materials say Nakawatase currently volunteers as Key Club advisor at Mar Vista High School. She is also a Japanese American Citizens League member and currently serves as the president and chairwoman of San Diego Young Republicans.

“I bring with me a record of public engagement, collaboration with regional partners, and dedication to solving problems with both creativity and pragmatism,” says Nakawatase’s application. “If selected, I will prioritize engaging with residents directly, elevating their voices in the decision-making process, and fostering policies that balance economic growth with enhancing the everyday quality of life for residents.”

Contact: julieta@thecoronadonews.com

Coronado lifeguard of the year: Julieyanna “Jules” Parker

» Continued from Page 1

team full-time, Parker had obtained more than a handful of certifications, including rescue watercraft operations, peer support counselor and her California state fire marshal certification.

Carey also commended her for her work ethic, teachability and contagious attitude at work.

“Her attitude is more contagious than my attitude,” Carey said. “She has a way of engaging me that tells me I need to snap out of it.”

Other award winners were:

- Fire captain Andrew Dorosan with the Coronado Fire Department
- Police officer Andrew Hutchens with the Coronado Police Department
- City employee Sherry McGlaughlin

Parker said that moment on the beach with the girls changed the trajectory of her career as a lifeguard.

“I want to be more on the backside of things – training, being involved in the lifeguard academy – to have more of a female presence,” she explained. “So when women go to the lifeguard academy, they see someone like them and they’re like, ‘Oh, cool. If she can do it, I can do it.’”

According to a performance audit of the San Diego Fire-Rescue Department, Lifeguard Services Division from 2015, only 17% of California lifeguards were women at the time.

Parker is one of two full-time women lifeguards in Coronado, out of eight full-time staff. Out of the around 60 seasonal lifeguards, 10 are female.

This was about the same ratio at her lifeguard academy held through San Diego Miramar college. Out of the 50 total students, male and female, at the academy, Parker graduated sixth in her class and second among the women.

“It is intimidating looking at the numbers from that perspective. However, I also did very well in the academy,” Parker explained.

“Knowing that I can hold my own and outswim most of these guys definitely helps with my confidence,” Parker said with a light laugh.

Carey said it was unprecedented how quickly Parker was offered a full-time position as a Coronado lifeguard – just over a year after she started working as a part-timer.

“She is an excellent example of a dedicated, skilled and professional ocean lifeguard,” Carey said.

Parker came from a background in competitive swimming and volunteering for nonprofit organizations.

In college, she worked with a military nonprofit, Spirit of Liberty Foundation, a coastal conservancy called Wild Coast and Outdoor Outreach, a nonprofit working



Julieyanna Parker and her father. He had just pinned her badge after she completed her one year of probation as a full-time lifeguard. *Photo provided by Julieyanna Parker.*

with San Diego youth.

She bartended after graduating from the University of San Diego but four years later decided she needed more out of a job.

That’s when she turned to ocean lifeguarding.

“I decided that lifeguarding was kind of the perfect mix of being a public servant and also working for the community,” Parker said. “My goal – and it’s broad, but it’s to just help as many people as I can.”

She also attributed her motivation to become a lifeguard to her dad, who worked in an office most of his life, but loved the outdoors. He told her that any chance she could get to not work in an office, she should do it.

“So yeah, the fact that I could use my nonprofit background and my desire to help people – and also my office being the ocean – it’s literally kismet,” Parker said.

Even though Parker won lifeguard of the year this year, she attributes her accomplishment to a group effort.

“I had a challenging year, and I couldn’t have made it through the year without the support of all my coworkers,” she said.

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» Continued from Page 1

The county is seeking \$1.4 million

"Their rejection showed us what we need to continue making our case for justice in our community," said Lawson-Remer.

In April, EPA Administrator Lee Zeldin visited San Diego and announced binational plans with Mexico to solve the sewage crisis.. In July, Zeldin signed the U.S.'s commitment in a memorandum of understanding (MOU) with his Mexican counterpart, Alicia Bárcena, to

"We cannot ignore the fact that exposure through soil contact could pose a serious, long-term health risk," said Aguirre ahead of a board discussion that garnered full support. "This testing is not optional, it is essential."

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NAVY

USS Pearl Harbor arrives in San Diego



Families of sailors assigned to the Harpers Ferry-class amphibious dock landing ship USS Pearl Harbor wait on the pier as the ship arrives at its homeport of San Diego on Oct. 01. U.S. Navy photo by Interior Communications Electrician 2nd Class Ulrika Mendiola.



U.S. Marine Corps Gunnery Sgt. Brent Moffatt, a quality assurance chief with Marine Heavy Helicopter Squadron 361, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, waves the American flag during the Marine Air-Ground Task Force demonstration of the 2025 Marine Corps Air Station Miramar Air Show in San Diego on Sept. 28. U.S. Marine Corps photo by Lance Cpl. Jordan Searls.

That’s a wrap on America’s Air Show 2025

DVIDS

As the Marine Corps celebrates 250 years, Marine Corps Air Station Miramar brought new performances and demonstrations over a three-day air show event at the end of September.

The Silent Drill Platoon,

consisting of 24 hand-selected infantry Marines, highlighted their rigorous training with five performances, making this the first year ever that they performed on the steady grounds of MCAS Miramar’s flight line.

“It was an honor for our Marines to bring the Silent Drill

Platoon’s legacy of precision and discipline to Miramar for the first time,” said Capt. Ford Higgins, the platoon commander for the Silent Drill Platoon, Alpha Company. “Performing on the flight line during such a historic year for our Corps made this experience especially meaningful.”



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SPORTS

CHS ROUNDUP

Islander sporting events this week

BY CADE MICHAELSON
The Coronado News

It will be a packed schedule for Coronado High School sporting teams this week, with three teams playing twice – volleyball, tennis and cross country – and the girls' golf team clocking in three matches. The week is capped off with a CHS football game under the lights at Canyon Hills.

14 • Tuesday

The girls' volleyball team opens the week with a doubleheader at Christian High School. JV starts at 4:30, and varsity follows at 6:15 p.m.

The girls' golf team faces Our Lady of Peace at Riverwalk Golf Club, teeing off at 3:30 p.m.

The girls' tennis team is playing High Tech High San Diego. The JV girls are at home, playing at 4 p.m. The varsity squad will be at Barnes Tennis Center, with matches starting at 6 p.m.

15 • Wednesday

Girls' golf heads back to Coronado Golf Course to compete against University City, teeing off at 3 p.m.

Cross country is back at Morely Field for a cluster meet. Heat times TBD.

16 • Thursday

Girls' golf plays for the third time in as many days, this time against Francis Parker, teeing off at Coronado Golf Course at 3 p.m.

The girls' tennis team is taking on Canyon Hills High. JV is at home, and varsity is at Canyon Hills, with both matches starting at 4 p.m.

17 • Friday

The girls' volleyball squad hits the road to play Scripps Ranch. JV starts at 4:30, and varsity follows at 6:15 p.m.

The boys' water polo team will be playing against Clairemont High at Mesa College. Varsity starts at 6:45; JV will follow at 7:45 p.m.

The Coronado cross country team has its second meet of the week, the Mt. Sac Invitational at Mt. Sac High in Walnut, CA. Heat times TBD.

Islander football closes out the week with games on the road at Canyon Hills. JV kicks off at 4, and varsity at 7 p.m.

Contact: cade@thecoronadonews.com



San Diego Padres’ Yu Darvish leaves the game during the second inning of Game 3 of a National League wild card baseball game against the Chicago Cubs Thursday, Oct. 2, 2025, in Chicago. AP Photo/Nam Huh.

Padres bounced from playoffs with Game 3 loss to Cubs

Associated Press

Yu Darvish made an early exit against his former team, and San Diego’s big bats were a bust. It all added up to the Padres getting knocked out of the playoffs yet again, this time courtesy of the Chicago Cubs.

“It just sucks to be doing this, unfortunately,” slugger Manny Machado said. “This team, we left it out there all year. It was a hell of a journey. I wouldn’t change anything in the world for it, (except) obviously a championship.”

San Diego won 90 games and made the playoffs for the fourth time in six seasons, only to bow out to the Cubs in the deciding Game 3 of their Wild Card Series with a 3-1 loss at raucous Wrigley Field on Oct. 2.

The Padres have not made it past the National League Championship Series during this recent run. Last season, they swept their Wild Card Series against Atlanta, only to get knocked out by the Los Angeles Dodgers in the Division Series.

San Diego captured pennants in 1984 and 1998. But the pursuit of the franchise’s first World Series championship continues.

“We’ve got a really good thing,” outfielder Fernando Tatis Jr. said. “We can look ahead of us. But right now, as I just mentioned, it’s just missed opportunities.”

Darvish couldn’t make it out of

the second inning, and San Diego couldn’t come up with enough big hits. Instead of heading to Milwaukee to begin a Division Series against the team that posted the best record in baseball this season, the Padres simply headed home after scoring just five runs in three games.

“It’s obviously very disappointing,” Darvish said through an interpreter. “As we got into the game, I was full go from the first pitch. Things just didn’t turn our way. It’s a sad thing, too, that this group will not be all together next season.”

A five-time All-Star, Darvish missed the first three months of the season because of inflammation in his right elbow. The Japanese right-hander posted a 5.38 ERA in 15 regular-season outings. And his 14th career postseason start turned out to be his shortest.

The 39-year-old Darvish got lifted after the first four Cubs batters in the second inning reached safely. He gave up a single to Kyle Tucker and a double to Seiya Suzuki before hitting Carson Kelly with a pitch to load the bases.

Pete Crow-Armstrong then knocked Darvish out of the game with an RBI single — the first of his three hits. Jeremiah Estrada came in and walked Dansby Swanson to force in another run, making it 2-0. Estrada then struck out Matt Shaw and got Michael Busch to ground into a double play.

San Diego’s deep, hard-throwing bullpen mostly did its part from there, with six relievers combining to hold Chicago to one run. All-Star closer Robert Suarez gave up a homer to Busch leading off the seventh.

But the Padres couldn’t come through at the plate.

The top three hitters in the order were a combined 0 for 11, with Tatis and Luis Arraez each gave 0 for 4 and Machado finishing 0 for 3 with a walk.

Tatis struck out three times. He also hit a fly to right in the fifth that stranded runners at second and third. Machado, who homered in Oct. 1’s win, left a runner on third with a grounder to shortstop for the final out in the eighth.

San Diego had the potential tying runs on in the ninth after Jackson Merrill led off with a homer and Chicago reliever Brad Keller hit Ryan O’Hearn and Bryce Johnson with pitches. But just when it appeared the Padres might pull this one out, they came up short.

Andrew Kittredge retired Jake Cronenworth on a slow bouncer to third and Freddy Fermin on a fly to center, ending San Diego’s season.

“We had a lot of fun,” shortstop Xander Bogaerts said. “We competed with each other. We had guys that got injuries, a lot of guys stepped up. We traded for some really great people at the deadline. ... It was fun until today.”

Angel City defender Ali Riley to retire from the NWSL after this season

Associated Press

Angel City captain Ali Riley, who played in five Women’s World Cups and four Olympics for New Zealand, has announced she is retiring from the National Women’s Soccer League at the end of the 2025 season.

Riley, 37, returned to play in August from a chronic nerve injury that had sidelined her for much of 2024 and the first half of this season. The past year was also difficult because Riley’s family

lost their home in the Pacific Palisades fire in January.

“Getting myself back on the field was my singular goal after my injury last year, and I am so proud to have achieved that,” Riley said in a statement released on Sept. 30 by Angel City. “Being on the pitch every day, supporting my teammates, pushing my teammates, showing up in the way I know I can has been amazing. Now, as I reflect on what this game has given me these past three decades, since

I started in the Palisades here in LA, I know that I have truly given my all, both physically and emotionally.”

Riley, a defender, has made 163 appearances with New Zealand, second-most in team history.

Her professional career has spanned 16 years and has included stints in Europe with Rosengard in Sweden, Chelsea in the English Women’s Super League and Germany’s Bayern Munich.

In the NWSL, she played for the Orlando Pride before joining Angel City

for its first season in 2022.

“Ali Riley is Angel City. Her heart, grit, and unwavering commitment to lifting everyone around her have shaped the culture of this club,” Angel City CEO and co-founder Julie Uhrman said. “Her impact on our team, our city, the global game and on me personally is immeasurable. Ali has shown us that leadership goes far beyond the pitch; it’s in how you care for others, how you show up, and how you lead every single day.”

SPORTS



Los Angeles Chargers quarterback Justin Herbert (10) is sacked by Washington Commanders defensive end Dorance Armstrong during the second half of an NFL football game Sunday, Oct. 5, 2025, in Inglewood, Calif. AP Photo/Eric Thayer.

Chargers say they need to clean up their play after 10 penalties in loss to Commanders

Associated Press

Los Angeles Chargers coach Jim Harbaugh didn't mince words following his team's loss to the Washington Commanders on Oct. 5.

After watching the Chargers commit double-digit penalties for the second straight week, turn the ball over three times in opposing territory and fail to get the right personnel on the field on multiple occasions, the second-year coach delivered a frank assessment of where the Chargers stand after their 27-10 loss.

"We need to get better," Harbaugh said. "We're a good football team. We're not good enough in some of the areas that you need to win games."

The Chargers committed 10 penalties for 85 yards in their second straight defeat, including a roughing the kicker penalty that erased a punt return touchdown. They had to burn two timeouts in the first quarter because they did not have the right personnel on the field. And promising drives stalled with a fumble, an interception and a turnover on downs — all in Commanders territory.

With the self-inflicted wounds, the Chargers went scoreless over the final three quarters and surrendered 27 unanswered points.

"We didn't play clean football," safety Derwin James said. "Special teams, defense, giving up penalties, offense, false starts. It just all around wasn't a clean game."

The Chargers committed 14 penalties for 107 yards in a 21-18 loss to the New York Giants last week. It is the first time the Chargers committed at least 10 in consecutive games since 2014.

The Chargers' first penalty came on the very first play when they were called for illegal formation on the opening kickoff, a harbinger of things to come.

Then, with the Chargers driving and looking to add to an early 10-0 lead, Quentin Johnston fumbled at the end of a 19-yard reception in Washington territory to give the ball back to the Commanders.

Washington quickly went down the field and scored on Jacoby Croskey-Merritt's 15-yard touchdown.

The Chargers' miscues piled up from there.

A roughing the kicker penalty by reserve linebacker Marlowe Wax wiped out a 57-yard punt return touchdown by Ladd McConkey late in the second quarter. Right guard Trey Pipkins committed penalties on back-to-back plays to wipe out completions of 24 and 31 yards, respectively, early in the third quarter. Tight end Tyler Conklin was

late coming onto the field on a 4th-and-2 in the third quarter and let a pass slip through his hands for a turnover on downs in Commanders territory.

Justin Herbert capped the mistake-filled day by throwing an interception in the end zone to Commanders cornerback Mike Sainristil with 7:40 remaining.

With the game out of hand, backup quarterback Trey Lance replaced Herbert for the Chargers' final drive in the fourth quarter.

"We can't beat ourselves," wide receiver Keenan Allen said. "When you beat yourself, it's just like, the worst place."

"Lack of discipline, penalties, technique, whatever the case may be, it just can't happen."

After starting 3-0, the Chargers have been outscored 48-28 in their consecutive losses. The 24 penalties are the most in a two-game stretch by any Chargers team since 2011.

Harbaugh made clear that stemming the penalties is priority No. 1.

"They're correctable," Harbaugh said. "There's been emphasis put on it. We just need to emphasize it more, practice it more, work on it more and get it to where it's we're at our best."

"We've got to tighten up the operation in every way."



FILE - Matthew Schaefer, drafted first by the New York Islanders, middle, stands between Michael Misa, drafted second by the San Jose Sharks, left, and Anton Frondell, drafted third by the Chicago Blackhawks, during the NHL hockey draft June 27, 2025, in Los Angeles. AP Photo/Damian Dovarganes, File.

Matthew Schaefer and other top draft picks make NHL season-opening rosters

Associated Press

The NHL's season-opening rosters are in, and they include three of the top five picks from the most recent draft.

No. 1 choice Matthew Schaefer made the New York Islanders after a strong training camp, No. 2 Michael Misa will start with the San Jose Sharks and No. 5 Brady Martin has gone from his family's farm in Elora, Ontario, to the first line with the Nashville Predators.

"You've seen teams having young guys, they keep them up and they manage the workload," Islanders first-year general manager Mathieu Darche said Monday.

Schaefer, a smooth-skating defenseman who turned 18 on Sept. 5, is getting eased in, though there was little doubt about him sticking on Long Island and not returning to his junior team in Erie. Darche confirmed that Schaefer will be in the lineup Thursday night at Pittsburgh.

"He's completely earned his spot on the team," Darche said. "He's ready for this. And then we'll start the season and see where it goes at this point. ... The way he's going to play is going to dictate what we do."

San Jose's final few cuts left Misa and 2024 No. 11 pick Sam Dickinson to add to the rebuilding club's youth movement. The Sharks finished last in the NHL last season when Macklin Celebrini and Will Smith were rookies and are again projected to miss the playoffs, though the long-term future is bright.

With Nashville trying to climb back into contender status, Martin skated alongside Filip Forsberg and Ryan O'Reilly at practice on Oct. 6.

It had become clear at Rangers practices that versatile forward Conor Sheary was on track to make the team after attending camp on a professional tryout agreement. Sheary won the Stanley Cup in 2016 and '17 when New York coach Mike Sullivan was with the Penguins.

Sheary signed a two-way contract worth the league-minimum \$775,000, according to a person familiar with the deal who spoke to The Associated Press on condition of anonymity because financial terms were not disclosed. Brett Berard was sent to Hartford of the American Hockey League to make room under the salary cap.

"There's a lot of pressure on players when they're on a PTO and obviously a lot of uncertainty, so you're just happy for guys when they work so hard," Rangers Hall of Fame goaltender-turned-TNT analyst Henrik Lundqvist said in a video call with the AP. "You're happy for a guy like that, for sure, when you put in the hours and preparation to try to make it."

Veteran defenseman Matt Grzelcyk also signed with Chicago after his PTO, getting \$1 million for the season from the Blackhawks. Kevin Rooney signed for the league minimum with Utah after trying out at New Jersey's camp.

AP Player of the Week: UCLA's Nico Iamaleava

Associated Press

The Associated Press national player of the week in football for Week 6 of the season:

Nico Iamaleava, UCLA

The transfer quarterback from Tennessee was responsible for all five UCLA touchdowns in the 42-37 upset of Penn State. With tight ends and wide receivers coach Jerry Neuheisel calling the plays for the first time, Iamaleava completed 17 of 24 passes for 166 yards and two TDs and ran for 128 yards and three scores on 16 carries.

Iamaleava led the Volunteers to a 10-3 record and the College Football Playoff last season. He announced his transfer to UCLA in April and lost his first four games as the starter. His head coach, DeShaun Foster, was fired after the third game and offensive coordinator Tino Sunseri was let go after the fourth.



UCLA quarterback Nico Iamaleava (9) runs during the first half of an NCAA college football game against Penn State, Saturday, Oct. 4, 2025, in Pasadena, Calif. AP Photo/Marcio Jose Sanchez.

Iamaleava is completing 66% of his passes (98 of 148) for 191 yards per game and six TDs. He's thrown three interceptions and been sacked 12 times. He leads the Bruins in rushing with 66 yards per game and four TDs.

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SPORTS

Bronny James has a rough shooting night, but makes progress in his quest to earn a role with Lakers

Associated Press

Three days shy of a year after Bronny James made his preseason debut with the Los Angeles Lakers in this desert arena, the NBA’s most famous son resumed his quest to show he belongs in the big leagues.

While his 1-for-12 shooting performance in the Lakers’ opener wasn’t ideal, James felt his effort Friday night was another step forward in a process that’s already showing results to coach JJ Redick.

Bronny James scored eight points while LeBron James and Luka Doncic sat out of the Lakers’ 103-81 loss to the Phoenix Suns.

Bronny’s 40-year-old father is progressing deliberately in his return from a minor nerve injury to begin his record 23rd NBA season, while Doncic is also ramping up with caution after his busy summer playing for Slovenia at EuroBasket.

That left plenty of playing time in the Coachella Valley for depth players like Bronny James, who hit a 3-pointer late in the third quarter for his only field goal. He missed his other seven 3-point attempts while struggling for buckets alongside fellow 2024 draft pick Dalton Knecht, who was 2 for 10 with 1-for-7 shooting from distance.

“I felt like they were pretty good shots,” said Bronny James, who turns 21 years old on Monday. “Not rushed, not forcing anything. Didn’t have my legs under me as much as I wanted to, so a lot of them were short, but most of them were on line. I felt like I could have made those. I felt like I took some good shots.”

Bronny’s confidence was undiminished by those misses after the Lak-



Los Angeles Lakers guard Bronny James, right, tries to pass while under pressure from Phoenix Suns forward Dillon Brooks during the second half of an NBA preseason basketball game Friday, Oct. 3, 2025, in Palm Desert, Calif. AP Photo/Mark J. Terrill.

ers opened their preseason in the same arena where Bronny James first played alongside his famous father in October 2024.

The Palm Springs-area fans who rumbled with anticipation whenever Bronny touched the ball a year ago didn’t react much this time around. The novelty of Bronny’s presence has faded while he continues to grow into something much more than a side-show.

Bronny was in the Lakers’ first substitution group, and he played nearly 23 minutes. He gave a consistent defensive effort with intermittent effectiveness as he works to become the

impact defender that Redick believes he can become with more growth.

“Definitely felt like I was more comfortable, especially with the ball in my hands, and with the defensive and offensive schemes,” Bronny said. “But I’m just trying to feel it out. Feeling my way still and just continuing to grow.”

Bronny appeared in 27 games for the Lakers during his rookie season, even making basketball history by playing alongside his father in the opener. But he accomplished much of his growth in the G League, where he averaged 21.9 points and 5.5 assists for the Lakers’ affiliate.

After a summer of hard work, Bronny is demonstrating progress to Redick.

“He is so much more comfortable and confident as a player,” Redick said of Bronny. “Skill-wise, read-wise, all of those things have improved, but there’s a big difference between improving those things in individual workouts and small group settings, and doing it 5-on-5. ... He’s a totally different player than he was a year ago. I thought the stuff that he did down in the G League last year was huge for him in developing a comfort level in playing at this level.”

Austin Reaves scored 20 points to lead the Lakers’ starters, which included newcomers Deandre Ayton and Jake LaRavia with Rui Hachimura and Jarred Vanderbilt.

Bronny James wasn’t the only Lakers player trying to stand out on defense. Ayton had eight rebounds and just one point while taking only two shots in 18 minutes, but he also blocked two shots while demonstrating his commitment to protecting the rim.

The Lakers’ preseason continues Sunday against the Golden State Warriors. Redick said Doncic also will sit out that game in San Francisco, as will LeBron James.

That means Bronny James will have more chances, and he remains determined to seize them.

“I’m just trying to feel it out, trying to get some reps in with the guys,” Bronny said. “There’s probably not going to be as many opportunities during the season, so I’m just coming out and defending hard, playing my game, doing the non-negotiables. So if JJ sees that, maybe he’ll give me an opportunity.”



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