Longstanding tradition set to take flight for 64th year

**KIWANIS OB KITE FESTIVAL**

With springtime right around the corner, one historic community event is certain to light up children’s faces with smiles as they brighten up the skies with their own hand-crafted, high-flying creations. Each year, children at the Kiwanis Ocean Beach Kite Festival send hundreds of colorfully decorated kites fluttering into the Ocean Beach skies, just as their parents and grandparents did before them. The spectacle not only brings joy to children in the fun, carnival-style environment, but it is also reminiscent of times past for generations of Ocean Beach locals.

“This free family event is the oldest children’s kite festival in the United States,” said Melanie Nickel, president of the Ocean Beach Kiwanis Foundation. “It’s such a long established tradition, now into the third generation. People who took part in the kite festival as children later brought their children and are now bringing their grandchildren.”

A youngster gets a big round of applause from his mom during a previous Kiwanis Ocean Beach Kite Festival. This is the 64th year of the event. Photo by Jim Grant | The Beacon

The Kiwanis Ocean Beach Kite Festival, now in its 64th year, is set to take place March 3. The event began as a small affair at Ocean Beach Elementary School. “The Kiwanis Club started the kite festival in 1948 to celebrate their 20th anniversary,” said Nickel. “At that time, the Kiwanians — all men in those days — went into the schools and taught the kids how to make a kite during school time, then held a festival to show off all their kites.”

Now, decades later, the festival is host to more than 1,000 attendees and has expanded into a full day of fun with carnival rides, games, live music, food and a craft fair. Lunch will also be provided free for children and for a small donation for adults. Youngsters at the event can make their own kites from 9 a.m. to 12:30 p.m. at the Ocean Beach Recreation Center. Whether it is a child’s first or hundredth time flying a kite, San Diego Kite Club will provide a special kite design that is guaranteed to fly regardless of the wind conditions.

“Even the smallest child can make and fly one of our kites,” assured Nickel.

Following the free kite-making session, Ocean Beach Kiwanis will host to more than 1,000 attendees.

**KITES, Page 7**

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**PLNU among state’s bright stars in solar energy push**

Craig Knox, vice president of Ocean Beach MainStreet Association, said the Kiwanis Club started the kite festival in 1948 to celebrate their 20th anniversary. Photo by Jim Grant | The Beacon

The Environment California Research & Policy Center, a statewide citizen-based advocacy organization, recently named San Diego top in the state for solar rooftop installations, announced Mayor Jerry Sanders at a press conference on Jan. 24.

According to the organization’s California Solar Cities 2012 report, San Diego is at the forefront of California’s thriving solar market with 4,500 solar installations on residential, commercial and government buildings with the capacity to generate 17 megawatts of electricity at peak output.

No. 1 solar city by happenstance. It was the result of local policies and programs that encourage investment in solar power,” said Sanders. “It’s good for our environment, it’s good for our reputation as a city that embraces innovation, and it’s been great for our economy.”

One such program, the California Solar Initiative, is a solar rebate program that drives solar power into the residential market. According to the report, San Diego is home to the only solar rebate of its kind that is jointly administered by a nonprofit organization, California Center for Sustainable Energy, and the local utility company, San Diego Gas & Electric.

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**OCEAN BEACH CRAFTING YEARLONG CELEBRATION FOR ITS 125TH BIRTHDAY**

At the age of 125 this year, Ocean Beach remains as vibrant and vital as ever. To celebrate the quasquicentennial, the Ocean Beach MainStreet Association (OBMA), Ocean Beach Historical Society and the Peninsula Beacon have partnered for the yearlong fete honoring the independent and successful beach town.

Ashley Lewis from Dog Beach Design kicked the party off by designing an anniversary logo that will appear on all events during the year. The logo captures the essence of Ocean Beach that has endured since its founding in 1887. It illustrates surfboards on top of a woody stationwagon overlooking the ocean and pier at sunset.

By mid-March, special Ocean Beach merchandise like T-shirts, stickers and medallions should be on sale at stores throughout town, said Jenny Knox, executive director of the OBMA.

“Money from the merchandise will go into a pot for beautifying efforts and to clean up the beachfront,” Knox said.

The celebration continues with a four-part business-development series being offered to OBMA members.

“It’s an energetic start to the 125th to celebrate the community and enjoy what we have here, and to put our best foot forward,” Knox said.

The next speaker in the series will be customer-service expert Susan Clarke. She will present a seminar free to OBMA members.

**SEE ANNIVERSARY, Page 7**

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**SOLAR, Page 5**
Planners hear regional vision, but say no help offered to ease Midway gridlock

By TONY DE GARATE | THE BEACON

There are all kinds of whiz-bang ideas out there to improve how resi-
dents get from one place to another that could be of keen interest to folks in the Midway area.

For instance, by next year’s end, Japan Airlines plans to offer nonstop fares from Lindbergh Field to Asia — for the first time ever.

By 2018, it may well be possible to take the trolley all the way to UC San Diego.

Airlines plans to offer nonstop fares from the Midway area.

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Hedges headlinestellar cast of authors at PLNU’s writer’s symposium

By MARSHA KAY SEFF | THE BEACON

Chris Hedges, who was on the team of The New York Times writers that won a Pulitzer Prize in 2002 for coverage of global terrorism, is among the guests at the 18th annual Writer’s Symposium by the Sea. Point Loma Nazarene University, which sponsors the event from Feb. 27-29, is expecting about 1500 students and community members at the Civil Performance Hall.

The symposium should answer the question: “Why writing matters and why your writing matters?” according to Dean Nelson, director of the university’s journalism program. “Storytelling has always mattered to people,” he said.

Yes, blogging and tweeting count. Nelson said society has simply moved away from etching hieroglyphics in caves to writing books, blogging and tweeting.

“Whether you tell a story in 140 characters or 140 pages, storytelling still matters — and it always will matter,” Nelson said. “The symposium recognizes and celebrates that fact.”

The event includes afternoon workshops and evening interviews conducted by Nelson. The interviews feature Hedges and award-winning author and popular blogger Rachel Held Evans. Workshops will be headed by investigative journalist and crime writer Caitlin Rother and literary agents Ilse Capron and Andrea Cavallaro. Special guest, author and screenwriter Dave Eggers, concludes the event.

Held Evans is the focus of the first interview at 7 p.m. Monday, Feb. 27. From Dayton, Tenn., site of the famous Scopes Monkey Trial of 1925, Held Evans’ first book was “Evolving in Monkey Town.” It explores the relationship between faith and doubt and recounts the challenges of asking tough questions about Bible faith. Christianity. Held Evans recently finished a yearlong experiment in “biblical womanhood,” in which she attempted to follow all of the Bible’s instructions for women as literally as possible. That experiment will be documented in a book published this year by Thomas Nelson.

Rother will conduct the first workshop, “When the Truth Hurts,” from 3:30 to 5 p.m. on Tuesday, Feb. 28. The former investigative reporter for The San Diego Union-Tribune and author of The New York Times bestseller “My Life, Deabeled,” has written a host of books, including “Poisoned Love,” about her brother’s Rossman murder case in San Diego. Rother currently is working on one about John Gardner, the San Diego man convicted of the rape and murder of two local high school girls.

Hedges will be interviewed at 7 p.m. on Tuesday, Feb. 28. Active in the Occupy Wall Street movement, he has written for more than two decades about wars around the world, including Somalia, the Middle East, Africa and the Balkans. His books include “War is a Force that Gives Us Meaning.” “American Fascists: The Christian Right and the War on America,” “I Don’t Believe in Athletes,” “Learning Moses on the Freeway” and “The World As It Is: Dispatches on the Myth of Human Progress.” His most recent book is “The Death of the Liberal Class.”

The “Future of Publishing” is the topic of the workshop by Capron and Cavallaro from 1:30 to 5 p.m. on Wednesday, Feb. 29. The two literary agents from the Dijkstra Agency in Del Mar will discuss where they believe the publishing world is headed and how to prepare to participate in it.

Eggers will round out the event at 6 p.m. on Wednesday, Feb. 29. The New York Times recently called him “the magnetic center of a literary counter-establishment.” His books include “Heartbreaking Work of Stag- gering Genius” and “How We Are Hungry” and, his most recent work, “Zentimon.” Among his screenplays are “100 Ways to Go” and “Who Has a Wild Thing.”

Eggers is also the founder and editor of McSweeney’s, a literary journal, and a small publishing house committed to finding new voices.

Enthusiasm for the event has grown since the first year, when only 80 people attended, according to Nelson. Point Loma Nazarene Writer Joseph Wambaugh was the first guest and the one to request the interview format that caught on and has continued. The boy was also treated at Rady Children’s Hospital for wounds from the Taser barbs, but did not suffer any other injuries, according to police.

“He did assault the officers, and at that point the officers have many different options available to them. One of the options is a Taser,” Vasquez said.

The boy, whose name was not released because he is a minor, was booked into Juvenile Hall.

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Two boys injured by cars in separate cases

Two young Peninsula boys were seriously injured over the last two weeks after being struck by vehicles while playing in the street, according to police.

The most recent case occurred Feb. 20 when a 4-year-old boy darted out from behind parked cars in a parking lot in the 700 block of Sunset Cliffs Boulevard shortly after 4:30 p.m. The child was struck by a 2011 Mercedes SUV and suffered a fractured femur, said police.

In the second case, a 3-year-old boy was struck by a car in front of his house in the 2100 block of Catalina Boulevard on Feb. 11 and suffered serious head injuries. The Point Loma Heights boy was playing shortly after 11 a.m. when he apparently walked out into the street and was struck by a Toyota sedan.

Alcohol was not a factor on the part of the drivers in either case, according to police.

Peninsula planners to host candidate forum

The Peninsula Community Planning Board will host a candidate forum on Thursday, March 8 in advance of its regular election on March 15. The candidate forum will take place at 6:30 p.m. at the Point Loma/Hervey Branch Library, located at 3701 Voltaire St.

Interested candidates must be a resident, property owner or business owner within the Peninsula Community Planning Board to be eligible to present their qualifications to the public.

Each group choreographs, directs and produces its portion of the show. MADCAPS is a 52-year-old organization with a membership of 150 young ladies from Point Loma and Mission Hills. Membership is limited to 25 in each of the four grade levels to ensure that everyone receives the opportunity to participate.

The shows also serve as the group’s single-greatest source of funding, allowing them to assist selected beneficiaries. This year’s show will benefit St. Vincent’s de Paul, Children’s Hospital, Head Start, Therapeutic Recreation Services, YWCA Shelter School, A.R.T.S. Senior Olympics, Bayside Community Center, PACE, Habitat for Humanity, American Cancer Society and the San Diego River Park Foundation.

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San Diego International Airport, the nation's busiest single-runway commercial service airport, is about to get busier.

“This announcement creates an even stronger tie between Japan and San Diego,” said Ruben Barrales, president and chief executive officer of the San Diego Regional Chamber of Commerce. “It will certainly help to attract more Asian investment to San Diego, and create more jobs in our region," he said.

Beginning in December, Japan Airlines (JAL) will offer direct service between San Diego and Tokyo Narita International Airport for the first time, according to Katie Jones, spokesperson for the San Diego County Regional Airport Authority. The nonstop flight will be aboard the 787 Dreamliner aircraft. It will mark the first time JAL will have a presence in San Diego.

In December, flights are scheduled to depart Mondays, Thursdays, Tuesdays and Saturdays at noon. Return flights will arrive at 5:30 p.m. The flights will be daily beginning in March 2013.

The flight departing San Diego will take 12 hours, leaving at noon and arriving in Japan at 4:55 p.m. the next day. Return flights will depart Narita International Airport at 5:30 p.m. and touch down in San Diego at 10:30 a.m. for a 10-hour flight.

The new service will start several months before the completion of the airport’s expansion, Jones said, with JAL operating out of Terminal 2 East. Made to Boeing, the 787 Dreamliner seats 210 to 290 passengers. It is considered a midsize, wide-body aircraft and needs less runway than the older generation wide-body aircraft.

Lindbergh Field’s runway is 200 feet wide and 9,401 feet long. The Dreamliner is smaller than the British Airways 777, which is the largest aircraft that operates out of Lindbergh Field, Jones said.

In the 12-month period ending May 2011, Lindbergh Field averaged 5,966 aircraft operations a day, according to AirNav.com, a company providing aviation information.

In 2010, Southwest Airlines was the leading carrier, handling 38.45 percent of the passenger load at Lindbergh Field. United Airlines was second with 15.3 percent, followed by Delta Airlines with 10.9 percent, according to the Airport Authority.

North Bay planners prep for March 21 election

The North Bay Community Planning Group (NBCPG) will host elections on March 21 for eight of its 12 board seats. Applications are being accepted through March 14.

The NBCPG is an advisory body that makes recommendations to the city on land-use, traffic and other development issues in the Midway-Pacific Highway/Sports Arena area.

The boundaries of the NBCPG extend from Interstate 5 to the east; to Barnett Road on the north; to the San Diego City College — West Campus, 1249 Fordham St. to the west. To be eligible, candidates must live in the planning area, own property in the planning area, or own or manage a business in the boundaries.

Prospective NBCPG members must attend a monthly meeting, held on the third Wednesday afternoon of each month, attend one city training workshop or subcommittee meeting and attend a monthly meeting, held on the third Wednesday afternoon of each month, attend one city training workshop or subcommittee meeting and attend a monthly meeting, held on the third Wednesday afternoon of each month, attend one city training workshop or subcommittee meeting.

Applications and information can be obtained on the NBCPG website at www.nbcpg.net under the links "Elections." The website also describes the boundaries of the planning area, owns property in the planning area or is a business located in the planning area.

For more information, call Melanie Nickel at (619) 226-2800.
Middle-class scholarships can make college affordable for all Californians

By Assemblywoman Toni Atkins

California’s public universities and colleges need to be a bargain for middle-class parents. In addition to their relatively low cost, they were also among the top academic institutions in the nation. They were the ultimate equalizer because an excellent student could go to a world-class university — even if their parents were not wealthy. Due to the national recession and chronic budget shortfalls, college fees have risen dramatically over the last decade. Since the 2003-04 school year, California State University fees have increased 191 percent. University of California fees have increased by 145 percent and community college student fees have also increased significantly.

While low-income students can rely on Cal Grants and Pell Grants, middle-income students whose families make just over the cutoff limit are being increasingly squeezed out of higher education.

To keep college affordable for all Californians, I am joining with Assembly Speak- er John A. Pérez and my Democratic colleagues in the Assembly to propose the Middle-Class Scholarship Act. A program to keep college fees down for middle-income families. These scholarships will be funded by closing a tax loophole for out-of-state corporations.

All students in the CSU and UC systems with family incomes of less than $150,000 who do not already have fees waived by closing a tax loophole for out-of-state corporations.

Investing in California’s students is an investment in our future. For every $1 we spend on higher education, the state gets a $3 return on its investment.

Passing this legislation will require a two-thirds vote of the California Legislature, which means Republican and Democratic legislators will have to join together in supporting the plan. This won’t be easy to accomplish, but with enough persuasion from students, par- ents, and all who depend on an educated workforce in California, it can become a reality.

For more information, visit my website at www.asm.ca.gov/members/a76/.

Assemblywoman Toni Atkins repre- sents the 76th Assembly District, which includes Ocean Beach, Point Loma, Pacific Beach, Mission Beach and the southern portion of La Jolla.

Dion Goedken, 50, longtime Point Loma resident and surfer

Loving family and friends sadly announce the death of Dion Goedken, who died Jan. 12 in San Diego. He was 50.

Born in Iowa on Oct. 2, 1961 to Joseph and Vernelle Goedken, Dion was the youngest of five chil- dren. In his home- state, he attended Kirkwood College and the University of Iowa. Soon thereafter, he arrived in San Diego and later married Sue Custer. Together, they had daughter Kalani, now 18.

In his youth and throughout his short life, Dion displayed three over- ruding talents: organizational leadership in the retail grocery business; long- boarding, surfing the big waves off California and Mexico and in many other Pacific Ocean locales. His favorite surf spots included New Break, which he helped pioneer on Sunset Cliffs and Hanalei Bay. He was witness to and a participant in much early, colorful Cali- fornia surf lore and was proud to be an “OB” surfer.

Dion had a great sense of humor, traveled widely, and was a great friend who made a difference by choosing to help in a hurricane, fire or mechanical breakdown on land or sea. He was often called “Mr. Fix-it” or “leave no one behind.”

He was a great fan of San Diego, knew the local history well, and enjoyed touring around the city point- ing out major and minor landmarks to his diverse group of friends.

Briann sensed he was sick several years before others fully understood that fact. He knew he was increasingly diffi- cult condition with dignity and strength, and took comfort from the words of poet Maya Angelou, “People will forget your name by the end of his life. Brian was especially appreciative of the care he received from Karina Orta and the companionship of his dog, Bella.

He passed in death by his par- ents, his loving family and friends.

In lieu of flowers, the family would appreciate memorial contributions to the Surfrider Foundation, San Diego Chapter, 3331 Ocean Beach Blvd., PO Box 151, Soluna Beach, 92075.
and instruction, children can enter their kite in a contest at the Ocean Beach Elementary schoolyard at 1 p.m. “We give prizes in three categories: best decorated, most unusual and best theme. There are 10 age categories ranging from toddler to adult,” Nickel said, urging children and adults alike to have fun with their designs.

The contest is not limited to kites made at the festival, said Nickel. Anyone can bring in a kite and enter it in the contest. Ice cream certificates from local favorite Lighthouse Ice Cream will be awarded for the winning kites in each category.

This year, the Kiwanis will even hand out “alumni” ribbons for older generations who have taken part in the festival in previous years to highlight the historicity of this long-standing tradition. “It’s a lot of fun for the kids, and it’s something for families to do together,” said Nickel.

The 64th annual Ocean Beach Kite Festival takes place March 3 from 9 a.m. to 4 p.m. All kite-making materials will be provided, but

KITES CONTINUED FROM Page 1

Get Your Flu Shots Now at Anderson Medical Center

Now is the time to get your flu vaccine. Influenza is a virus that causes fever and body aches. The flu can last for up to a week and make it difficult to get out of bed. The best defense against this is a flu vaccine.

The vaccine is formulated to fight the most likely types of influenza that are affecting people this year. Flu shots contain no active virus and cannot make you sick. Flu vaccines are recommended for all ages. Anyone who has contact with a lot of people will benefit from the vaccine. Flu shots are especially important for the elderly, children and people who are involved in healthcare.

Anderson Medical Center is offering the vaccine with no appointment necessary. Come in today and get your flu shot. We are located at 1945 Garnet Avenue. For more information, you can call 858-224-7977 or visit our website at Andersonmedicalcenter.com.

Why Would You Need a Geriatric Care Manager?

Jim’s elderly father lived several hours from him and Jim was concerned. He knew his dad needed more help but wasn’t ready for assisted living and wanted to continue living in his home. Jim went to The National Association of Professional Geriatric Care Managers and did a search for a care manager in his father’s area. He found Innovative Healthcare Consultants listed, interviewed and hired one of our RN geriatric care managers to assist in coordinating his needs.

Since Jim didn’t have experience or live in the area, the care manager was able to get Jim’s father into a daily meal program, through the VA, she got dad hearing aids and also got him a lifebracelet for emergencies. She takes Jim’s dad to doctor’s appointments, advocates for him, coordinates his medications and makes home visits to check on his well being. She reports back to Jim, with his father’s permission.

Is it expensive? Not really when you consider the care manager is on call 24/7 for any crisis situation. The first few weeks coordinating the care and concerns hours may be increased. Then once the person is headed in the right direction, hours decrease and your peace of mind is restored. Medical needs increase as you age, so hiring a nurse geriatric care manager who specializes in helping to achieve the best health outcomes may be desired. You want someone who has been in the field for awhile and has experience in dealing with elderly ailments. All the RN Care Managers at Innovative Healthcare Consultants are listed on the national website.

Keep the care manager to be your eyes and ears to your parent or spouse. Jim’s father eventually needed more care and the care manager was able to arrange the move to Jim, which was the most economical option... Jim says “The care manager allowed me to stop worrying and enjoy my dad’s final years.” See our website at www.innovativehcc.com or call us at (877) 731-1442.

Ask the Audiologist!

Question: How long should my hearing aid batteries last?

Depending on the size of the battery, the length of life should be anywhere between 5 days and 5 weeks.

Here’s the breakdown:

- Size 10 (yellow) 5-7 days
- Size 13 (brown) 7-10 days
- Size 675 (blue) 14-21 days

The range in days depends on how many hours per day the hearing aids are on. Also, if you have accessories (remote, Bluetooth streamer, etc.), that can add additional battery drainage. If you find that you are changing your batteries more often than this, it could be a sign of corrosion or damage within the device itself and you should take it to your hearing professional to have it evaluated.

- Color coded batteries are color coded so you always know what you are purchasing. Check the correct size battery. No matter what manufacturer, the batteries will always be color coded. Know your color and you will be just fine!

Send us your questions! 1310 Rosecrans Street, Suite A San Diego, CA 92106 • 858.224.7977 • Andersonmedicalcenter.com“Assisting with care needs when you need a little help”

- Home care for adults; hourly & live-in.
- Specializing in Alzheimer’s, dementia, post-operative & rehabilitation care.
- Medication reminders, meal prep, transportation.
- Expertise in geriatric care management.
- All caregivers insured, criminal backgrounds checked and cleared by workers compensation.
- 1-877-731-1442 (toll-free)

www.innovativehcc.com

ANNIVERSARY CONTINUED FROM Page 1

Knox said many people think their parents are not being well taken care of because their symptoms are not severe enough to warrant it. “I’ve had patients who are in declining health and did everything to prevent them from going to assisted living,” Knox said. “The family is not willing to be on board with that so the patient has to make that decision. To me, if you have a plan, that’s better than nothing.”

Dr. Kenneth Anderson, formerly of PB Urgent Care, announces the opening of Anderson Medical Center at 1945 Garnet Ave.

Dr. Kenneth Anderson, formerly of PB Urgent Care, announces the opening of Anderson Medical Center at 1945 Garnet Ave.

Dr. Kenneth Anderson, formerly of PB Urgent Care, announces the opening of Anderson Medical Center at 1945 Garnet Ave. Hours of operation are 8 to 8 on weekdays and 8 to 4 on weekends. 858.224.7977 • Andersonmedicalcenter.com

$15 Flu Shot with this Ad

(Rog. 525, Expires 03/07/12)

The Ocean Beach Kite Festival brings out hundreds of children and their parents with a backdrop of themes. Please bring cash for carnaval rides, craft fair purchases and adult lunches.

For more information, email oceanbeachkiwanis@gmail.com.

The 64th annual Ocean Beach Kite Festival will take place March 3 from 9 a.m. to 4 p.m. All kite-making materials will be provided, but

The historical society keeps a photographic archive at the United Methodist Church on Sunset Cliffs Boulevard. The collection may be viewed by appointment.

“Eight or 10 of us showed up at the Ocean Beach Branch Library,” said Pat James, co-founder. “And we were off the ground.”

James said he hopes to have a more permanent and accessible exhibit later. “Ocean Beach has a pretty colorful history in only 125 years of existence,” James said.

Knox said many people think their Ocean Beach experiences are not significant. But as a collective, individual memories are important and contribute to a detailed history for generations to come.

For more information, visit www.oceanbeachsandiego.com or www.obhistorystorywordpress.com.
Point Loma High School wrestlers finished in fifth place overall and one team member won his weight class title during the recent City Championship tournament.

Kevin Desta, a four-year veteran of the Pointer team, defeated Nathan Bush of Mira Mesa for the 287-pound heavyweight title in the event held at San Diego High School. Desta’s victory came in a 6-1 decision in the title match.

At 222 pounds, Pointer Jovanny Sanchez also took third-place honors with a 4-2 decision over Justin Trento of Mira Mesa.

Wrestling at 172 pounds, Pointer Bailey Dugdale pinned Cathedral Catholic’s Peter Haddad for a fifth-place finish.

At 155 pounds, Harris’ brother, Michael, finished in sixth place.

Chase Scillato of Point Loma finished sixth at 126 pounds, as did Pointer Martin Cervantes at 147 pounds and Tony Mellot at 184 pounds.

The strong showing by the Pointers put a validation stamp on the hard work coaches Phil Moore and Myles Doughty have done over recent years.

The coaches have also begun a wrestling program for youngsters in the Peninsula area to develop future Pointer talent.

Kevin Desta, a four-year veteran of the Point Loma High School wrestling team, defeated Nathan Bush of Mira Mesa for the 287-pound heavyweight title in the event held at San Diego High School. Desta’s victory came in a 6-1 decision in the title match.

The Pointers totaled 149 points as a team at the meet, with Mira Mesa champion of PLHS’s Eastern League, winning the team title with 210 points.

Point Loma High School wrestlers defeated Nathan Bush of Mira Mesa for the 287-pound heavyweight title in the event held at San Diego High School. Desta’s victory came in a 6-1 decision in the title match.

PLHS grapplers make strong showing at citywide tournament

At 222 pounds, Pointer Jovanny Sanchez also took third-place honors with a 4-2 decision over Justin Trento of Mira Mesa.

In a 6-1 decision in the title match.

Wrestling at 172 pounds, Pointer Bailey Dugdale pinned Cathedral Catholic’s Peter Haddad for a fifth-place finish.

At 155 pounds, Harris’ brother, Michael, finished in sixth place.

Chase Scillato of Point Loma finished sixth at 126 pounds, as did Pointer Martin Cervantes at 147 pounds and Tony Mellot at 184 pounds.

The strong showing by the Pointers put a validation stamp on the hard work coaches Phil Moore and Myles Doughty have done over recent years.

The coaches have also begun a wrestling program for youngsters in the Peninsula area to develop future Pointer talent.
Polish transplant, now of Point Loma, earns bachelor’s, prestigious volunteer service award

Eleven years ago, she came to this country in search of a new life. Today, as she sips her coffee on a clear San Diego morning, the military wife and mother of two prepares for a day filled with fundraising and community service. She is thankful for her accomplishments and good fortune.

Point Loma resident Sylwia Stetz is living the American dream. When Stetz came to the United States with her husband and young son, her first job was working as a coat-check girl in a local New York restaurant. She also worked odd jobs, but was unfulfilled. Her dream was to pursue a higher education, which would provide her with better opportunities and make her a “better person.” She recognized that earning a degree would provide her with those opportunities.

Stetz’s husband was transferred to San Diego in 2009, and she packed up her son and new baby girl and joined him, moving to the other side of the country.

In addition to her full time job as a mom and a pre-arrivals coordinator, Stetz is active in her husband’s command as a Navy ombudsman and in her kids’ school programs. She recently received the Bridgepoint Education President’s Volunteer Service Award, a national award that recognizes and honors volunteers that make a difference in their communities.

As an ombudsman, Stetz acts as a connector between families and the command and communicates with spouses and families. In this role, she provides emotional support to families during difficult deployments. She also organizes fundraisers, events and holiday gatherings for the military and their families and sends care packages to the Navy service members.

“Looking back at my life in Poland, I had never envisioned living in San Diego, working in a great job, excelling in my education and making a difference in the community, while enjoying quality time with my family. I feel accomplished and confident. It’s a great feeling. I hope I can inspire my children, my husband, co-workers and friends and show them that anything is possible.”

Stetz said she now plans to pursue a master’s degree at Ashford University in the coming year.

For more information, call (619) 222-9532.

OBTC has surplus clothing goodies for sale

Anyone thinking it’s too late to purchase a 2011 Ocean Beach Christmas Tree shirt or sweatshirt can think again.

Items are still available — at special sale prices — at the James Gang, 1931 Bacon St., and the money raised from the sales goes to support the annual OB Christmas Tree Festival.

Short-sleeve T-shirts can be purchased for $10 each, long-sleeve T-shirts are available for $15, and sweatshirts without hoods are available for $20. Special limited-edition hoodie sweatshirts may be purchased for $40.

For more information, visit www.obtowncouncil.org.
Pharmacy has antidote for musical blues

By BART MENDOZA / THE BEACON

Though it’s easy to think that today’s popular bands spring out of nowhere, a little digging almost always reveals that is not the case. Such is the story behind Pharmacy, a “new” band with a long history.

Performing at The Shakedown Bar on March 2, the quartet features singer Kathleen “Kit” Johnson, drummer Jayden Fullerton, guitarist Ramones’ Silvia and bassist Donald “Ramon” Vee, the latter also known as a member of seminal local punk band Social Spit.

Pharmacy has been drawing enthusiastic crowds for just over a year, however, its roots go back to the early 1980s, though there were several breaks in the ensuing years.

The band originally known as Pharmacy became known as Kitten’s Pharmacy in 1995, going on to release an album, “Recommended by Doctors,” before splitting in 1999. Several short-lived reunions followed, but it’s the latest version of the band that seems to have caught the public’s eye.

The band’s sound is a basic driving mix of rock and punk influences, primarily focused on originals though it has been known to cover tunes like “Don’t Push Me Around” by San Diego’s own punk legends, The Zeros.

Today, frontwoman Johnson is known as a vocal powerhouse with a commanding stage presence, so it’s hard to believe that she actually came into the music world late in the game. “I was actually a lot of fun. I was in bands, it’s kind of surprising that I didn’t start sooner, but I didn’t think I could sing,” she said.

Johnson started out playing a few parties with friends and sitting in at the Princess Pub downtown. “I’m surprised it’s gone this far,” Johnson said. “I’ve always had music in me and it was always fun to do. When I took a hiatus from music prior to this band forming, I really missed it.”

Though previous versions of Pharmacy have had various levels of success, the current version seems to have made the biggest impact, with the band now on a regular tour circuit that includes Los Angeles and Las Vegas.

“Since we changed the music, it seems that more people are responding,” Johnson said. “That’s why we’re trying to get out and play beyond San Diego, though we love local shows.”

One of the biggest changes for the band is that Pharmacy now has greater songwriting input from Johnson herself.

“I never really wrote many songs in the previous bands, maybe one each,” she said. “But I have five or six now, with myself and Jayden, the band’s main songwriters with Jonny also contributing some great songs. Even Ramon is starting to contribute now.”

Though her sound has shifted from pop rock to a harder sound, akin to the New York Dolls, she cites The Beatles as her biggest influence.

“Kind of like to think our new sound is somewhere between the Beatles and Alice in Chains,” Johnson said.

The band has recorded an EP with a new disc in the wings once the band is done promoting the current tunes. But it’s live where the band really connects with an audience.

“It’s fun to get up there and perform,” she said. “I just really enjoy it as it gives me a total rush. I just like interacting with people to see if they like our music. The last couple of shows we did people really got into it. They were dancing and getting all crazy. I never saw that before in the other bands. It’s like, wow! We really do have something good going on. It’s really motivating and makes me want to be better.”

Pharmacy performs at 10 p.m. on Friday, March 2 at the Shakedown Bar, located 1048 Midway Drive. No cover. 21 and up. www.theshakedownsd.com.
Becker-Downey is the director of Bravo School of Art at Liberty Station.

Lauren Becker-Downey is the director of Bravo School of Art.

A tapestry created by Lauren Becker-Downey, director of Bravo School of Art.

Ann Maioroff and Pam McKay show off their “painted sneakers.”

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Elsbree House B&B: home away from home in OB

There is a story about “turning lemons into lemonade” and still savoring the taste more than two decades later.

In 1991, Katie Whalen-Elsbree and her husband, Phil, completed construction on the four condos that replaced the little Ocean Beach cottage they had lived in for 20 years. The couple had planned to live in one and sell the other three “just 500 feet from the ocean, beach and pier.”

But the real-estate market was soft and they decided to keep one unit for themselves and convert two of the others into a five-bedroom, five-bath bed-and-breakfast. They converted the remaining condo into a vacation rental.

The idea panned out, and the quaint New England-style building, which Phil designed, became Elsbree House Bed & Breakfast, located at 5054 Narragansett Ave.

Today, Katie, a one-time schoolteacher who taught at Ocean Beach Summit High School for her last six years in the classroom, is the innkeeper. As such, she’s in charge of guest relations, reservations, correspondence and hospitality.

Having studied interior design, she’s also in charge of décor.

“I have an excuse to buy and fix things up,” said Katie. “Our goal is to keep the house in the same shape as it was 23 years ago.”

The self-described “people-person” in the family, she regularly joins guests for breakfast, answering questions and helping with itineraries.

People who grate to B&Bs are not like regular travelers, Katie said.

“They want to connect with other people. I’m like their tour guide the first day, then they meet other guests.”

Phil, a former math and science teacher for the San Diego County Office of Education, does all the behind-the-scenes work, including maintaining the grounds, making the beds and preparing an “extended continental breakfast,” including baking bread and scones.

Since their first guest on March 17, 1991, the couple has entertained thousands of people from around the world, including honeymooners, cruise passengers, visiting parents of college students and many friends and families of OB neighbors.

“There are so many people you really love, that are fun and funny and you’re sorry when they leave,” Katie said.

“We keep in touch with some and have many, many repeats.”

Some of their guests are third-generation visitors to Elsbree House. Most travelers are great, she said, and give the inn top scores on vacation and B&B websites.

One of the few negative guests, Katie said, was a large group that complained on the Internet there was no place to eat in OB.

Room costs at the B&B are $109 a night in the winter and up to $195 in the summer.

“Business is good,” Katie said. “We’re doing better this year than last.”

Though managing the B&B is a seven-day-a-week job, the Elsbrees do hire a relief when necessary.

And when they’re home, they’re glad to have some privacy. Guests have their own living room and dining room.

“Elsbree House has good karma — OB karma,” Katie said.

It pays the expenses on the property, with some money left over for travel. Yes, the couple often stays in B&Bs.

“Not a luxury,” they tell unique, taking on the character and personality of the innkeeper,” Katie said.

Katie, the founder of Fostering Opportunities Dollars for Scholars, a group that helps kids who have aged out of foster care, is the current president of Ocean Beach Dollars for Scholars, for OB and Point Loma students.

For more information on Elsbree house, visit www.bbinnob.com, or call (619) 226-4133.
Looking ahead

Upcoming events in the Peninsula area. Feb. 23 – March 31

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