Four-day boat show puts lap of luxury on public display

By NICOLE SOURS LARSON | REACH & RIV PERS

As thoughts begin to turn to spring and boating, one of the best ways to explore the wealth of watercraft options — and the great deals that are now available — is during the San Diego Sunroad Boat Show. The show opens Thursday, Jan. 26 and continues through Sunday, Jan. 29 at Sunroad Resort Marina, 955 Harbor Island Drive, located at the east end of Harbor Island.

This year’s show, now in its third year at Sunroad since it’s settled, coastal, pedestrian-friendly flavor. On Jan. 20, Ocean Beach residents joined District 2 City Councilman Kevin Faulconer and San Diego County Supervisor Greg Cox in cutting the ribbon marking completion of Phase One of the new Ocean Beach Gateway Park, the culmination of 15 years of fundraising and planning by local leaders and the Ocean Beach Community Development Corporation (OB CDC). It’s not a bad look for a once-threadbare tract of land sitting between two main thoroughfares and one that once featured an industrial site and a parking lot. Today, it’s the Gates of Ocean Beach, with a strong sense of coastal and pedestrian-friendly character.

Four-day boat show puts lap of luxury on public display

The results are in for 2011’s cleanest and dirtiest beaches in San Diego, according to data compiled and evaluated from San Diego Coastkeeper and the Surfrider Foundation San Diego Chapter’s twice-monthly beach cleanups during the year.

Toppling the environmental organizations’ charts as San Diego’s cleanest beach last year was the Ocean Beach Pier, with a whopping 3.57 pounds of trash collected per volunteer at the site. Top items collected during the cleanup were plastics and cigarette butts. Not all of the blame can be placed on Ocean Beach residents and visitors, however, according to environmental groups. Some litter is deposited there as a result of the “great trash migration” that occurs during major storms. This situation relocates litter from gutters, messy dumpsters and transient camps to San Diego’s beaches and bays, said Alicia Glassco, education and marine debris manager at San Diego Coastkeeper.

Although some of the blame can be diverted from Ocean Beach residents and guests as being responsible for the overall volume collected there, Glassco pointed out the need for the overall volume collected for recycling, since the residents of Ocean Beach have had a solid grasp of the term since the mid-1960s, it’s only fitting they had a major hand in designing the latest nod to their beaches last year. Ocean Beach Pier and Sunset Cliffs beaches there — including the OB Pier area — held distinction of dirtiest on the list.

The top trashiest beaches in San Diego were: OB Pier area, San Diego’s bays and beaches, said Alicia Glassco, education and marine debris manager at San Diego Coastkeeper. Not all of the blame can be placed on Ocean Beach residents and visitors, however, according to environmental groups. Some litter is deposited there as a result of the “great trash migration” that occurs during major storms. This situation relocates litter from gutters, messy dumpsters and transient camps to San Diego’s beaches and bays, said Alicia Glassco, education and marine debris manager at San Diego Coastkeeper.

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Man faces 64 counts of car burglary in OB, PB — and counting

By NEAL PUTNAM | The Beacon

An auto mechanic pleaded not guilty Jan. 18 to 64 counts of car burglaries and other charges involving thefts from victims in Ocean and Pacific Beach, but the prosecutor told the judge more charges are expected to be filed because of yet-unclaimed property.

Bail was set at $410,000 for Curt Lonnie Simnitt, 40, who is charged with 30 counts of car burglaries, 29 counts of receiving stolen property, three counts of using other people’s credit cards and one count each of forgery, grand theft and possession of methamphetamine.

Those 64 counts reflect 28 victims whose cars were broken into from “people who parked at beaches all over the county,” said Deputy District Attorney Jacyn Wang.

Simnitt was arrested by San Diego Police on Jan. 13 at a motel after serving a search warrant at his apartment, where much of the stolen property was recovered. His community of residence where much of the stolen property was found surfboards, skateboards, wet suits, was not disclosed, but Wang said police recovered. His community of residence where much of the stolen property was found surfboards, skateboards, wet suits, was not disclosed, but Wang said police recovered.

Police on Jan. 13 in connection with a series of vehicle burglaries in Ocean Beach, Pacific Beach and La Mesa. Some property is yet to be claimed.

Investigators with the San Diego Police Department’s Western Division displayed recovered property seized during the arrest of 40-year-old Curt Simnitt on Jan. 13 in connection with a series of vehicle burglaries in Ocean Beach, Pacific Beach and La Mesa. Some property is yet to be claimed.

Simnitt was allegedly then able to use those keys to unload the possessions, though in some instances he reportedly broke into the cars.

Wang told San Diego Superior Court Judge David Smulowski more charges will be filed involving an additional 18 victims. She asked for $47,500 in bail, saying Simnitt had developed a plan to escape into Mexico.

Additionally, Simnitt already was facing charges in a stalking case filed against him in El Cajon Superior Court, said Wang. That case is unrelated to the thefts, but he is alleged to have committed the new string of crimes while out on a $10,000 bond for the stalking matter, she said.

Simnitt’s attorney, Ryan Tegnelia, told the judge the charges are “property offenses,” and felt that $200,000 bail is more appropriate. Tegnelia also told the judge Simnitt had worked as an auto mechanic for 15 years and had local ties, although his exact community of residence was not part of court paperwork.

A Jan. 31 preliminary hearing is set, but may be delayed if more charges are filed in the interim.

Because there is still unclaimed property — which may add to the number of charges pending against Simnitt — property inquiries can be directed to the police department’s Western Division at (619) 692-4800.
Coroner probes death of man found in bushes near North Harbor Drive

The discovery of a dead man’s body along North Harbor Drive in Point Loma sparked a joint police investigation by the Port of San Diego’s Harbor Police Department and the San Diego Police Department Homicide Unit on Jan. 19. A passerby walking through a parking lot in the 4900 block of North Harbor Drive noticed a body in some bushes around 8:30 a.m., according to investigators. The citizen called 9-1-1 to the Port of San Diego’s Harbor Police Department Homicide Unit on Jan. 19.

The cause and manner of the unidentified man’s death are not known, but an autopsy was scheduled to be performed by the county Medical Examiner’s office, said investigators. Police said only that the man appears to be 40 to 50 years old.

Anyone with information related to this case is encouraged to call the homicide unit at (619) 531-2293 or San Diego County CrimeStoppers at (888) 580-8477.

--- Staff report

Police investigators probe the scene where a man’s body was discovered by a passerby near a parking lot in the 4900 block of North Harbor Drive on Jan. 19. Photo by Jim leur/The Beacon

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The Peninsula Beacon is launching a new, regular feature to help you, our valued reader, get your name and face in print! And it’s easy! Just take your Beacon along when you go on vacation or to some unusual destination out of town and have someone snap a shot of you (or your family) holding the paper with your destination in the background. Here is what we will need from you: email your high-resolution photo to us at beacon@sdnews.com (cell phone pictures not advisable because of quality issues), list the folks in the shot holding the Beacon, tell us where the shot of you or your family was taken and that’s it! Left, San Diego Community Newspaper Group reporter Marko Lamb demonstrates, holding up her Beacon during a trip to the Panama Canal this month.

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Empty Nesters: Free Special Report Reveals 9 Costly Mistakes to Avoid When Selling Your Home

SAN DIEGO. Are you an “Empty Nester” who needs a home in the future? Is it too dangerous or too expensive to move into another home more suitable for your current stage in life? If you know what it takes to get in vast and good company, you’re in.

“Many thousands of vehicles pass by the front of Point Loma Naunear University, Fort Rosecrans National Cemetery and Cabrillo National Monument are within shouting distance of the intersection in the peninsula’s west-central area, and that doesn’t count the hundreds of motorists on their way to other parts of Point Loma and beyond. Now, thanks to a minor stroke of genius — a bendable hose — drivers stand to benefit from a civic improvement that some residents might never see the light of day — but they should to make sure it’s not a loss in record time once it finally gets under way.”

At 11 a.m. on Friday, Jan. 27, the Point Loma Association will stage a dedication and ribbon-cutting at the medians to mark the start of an initiative to acknowledge the major players in the beautification project. Drought-tolerant plants, beach ball and a solid partnership with the city made this project a reality. Jackson spearheaded last spring after taking in the drab expanse once too often. A few months later, he said, the project was completed.

“I think the hardest thing,” Jackson said. “To find an architect who would take the time to discuss what your needs are and to make sure the plans are in place, and to have it all come to fruition.”

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“Just be patient,” she said. “The surge back because it’s given so much.”

Bob Sherwood, a world-renowned GUE technical dive certification instructor, was on board that day. “I love the ocean deteriorate,” Boyd said. “I love the fish.”

The two-person dive teams slip into the cold, cloudy water video camera. All divers were certified by Global Underwater Explorers (GUE), dive instruction that claims to be the most rigorous and meticulous in technical dive certification. Divers’ experience levels vary and not all these volunteers have cleared netting before.

On the surface, ocean water conserving efforts are in the spotlight. Thousands of people take part in beach cleanups throughout the year, while watchdog agencies keep tabs daily on water quality. Underwater things aren’t so transparent. Man-made pollution, refuse, light and heat can reach the ocean depths.

“The haul can be big or small.”

“Bob Sherwood was a world-renowned GUE dive instructor. Even though he was the most experienced diver, this would be our first clean up dive with GUE.”

“The husband-and-wife team of Karim and Heather Hamza drove down from Los Angeles, where Karim owns Hollywood Divers. The Hamzas donated the divers’ double tanks and gear.”

Before the 100-foot descent to the shipwreck, Heather propelled the team on what to expect and how to cut nets.

“Our person pulls the net and once, she explained, demonstrating by rolling netting like a tube of toothpaste. “It can get caught in your gear, but don’t worry — you can get untangled.”

Silt would pose another challenge. Visibility can go from 15 feet to zero in a second because cutting nets stirs up sand, she said.

“I think it’s a real added quality to such an important inter-

The Point Loma Association, founded in 1961, is a 700-member organization dedicated to the peninsula’s beautification and maintenance. In addition to its land-scaping efforts, it sponsored the 2003 World Underwater Cutters’ Conference, which has helped support the Fourth of July fireworks celebrations. It has bestowed a number of awards and prizes to deserving homes and has represented its members in project recommendations to the city.

Defending the oceans: nonprofit volunteers tackle submerged debris

Underwater netting cleared from shipwreck off Peninsula

By PATRICIA WALSh / THE BEACON

On Saturday, February 4th, 2012
4 p.m. until 9 p.m.
Masonic Center • 1711 Sunset Cliffs
$10.00 Donation
Silent Auction & Raffles. Great Prizes!!
Tickets available at the door, or call Bill or Marti Keeles at (619) 225-8200

Divers cut from netting 100 feet below surface on the shipwreck High Seas located a mile and a half off the coast of Point Loma. Photo by Patricia Walsh / The Beacon

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MEET A FRIEND. HEAD DOWN TO THE BOARDWALK. TAKE A QUICK COFFEE BREAK. RUN BACK TO THE OFFICE. CHECK OUT A MUSEUM AT BALBOA. COME TO THE DOCTOR'S APPOINTMENT. GET TO A MEETING. STOP BY THE BANK. WORK ON YOUR BICEPS. DROP OFF THE LAUNDRY. TAKE A STROLL AROUND THE GASLAMP.

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Must be 18 years or older to register. Must have valid U.S. driver’s license.
The San Diego Police Department's Robbery Unit apprehended Robert Nathan Alm, 27, on suspicion of the San Diego County Grand Jury's March 13 election.

Home fire displaces owner; dogs killed

Flames swept through a two-story home of Poinsettia Drive on Jan. 18, displacing one woman and claiming the lives of her two dogs.

Maurice Laqua, a spokesman for the San Diego Fire-Rescue Department, said the cause of the fire was deemed accidental or undetermined. Flames apparently erupted in a bedroom at about 12:30 p.m., but the woman managed to escape the burning home unharmed.

Laqua estimated the loss was placed at $50,000 to $100,000 to the structure and $250,000 to its contents.

Free Electronic and Appliance Recycling at Liberty Station

If January isn’t “Clean Out Your Electronic Clutter” Month, it should be. For those of you living among old computers, cell phones, answering machines, and other assorted electronic gizmos, now is the chance to move them all out of your living space—for free, and in an environmentally responsible way—and also help out some Point Loma schools.

Pat yourself on the back: You will have eliminated clutter, nurtured the recognized High Tech High schools in Pt. Loma (three high schools and www.hightechrecycling.com. The event will benefit the five nationally-recognized High Tech High schools in Pt. Loma (three high schools and two middle schools), along with Explorer Elementary. On Sunday night, put yourself on the back. You will have eliminated clutter, nurtured the environment, and helped out some worthy schools.

La Jolla Village News

Beach & Bay Press

DOWNTOWN NEWS

PUBLISHER
MCCRAY, VINCENT AND RUNAS

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BART MENDOZA, BIANCA KOCH, MANNY LOPEZ, MEAGHAN CLARK, SEBASTIAN RUIZ, TAWNY MAYA

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HEATHER GLYNN (x117)
San Diego Surfrider Boat Show, which runs from Thursday, Jan. 26 through Sunday, Jan. 29, is expected to be 10 percent bigger this year.

During the massive post-Fourth of July cleanups," said Glassco. "We hope that those who choose to participate in the annual marshmallow fight held on the Fourth of July will come out to the ‘Morning After the Mess’ cleanup to help.”

Just up the coast, in a surprise turnaround, Pacific Beach’s Crystal Pier beach area — in 2010 dubbed one of the worst offenders of beach litter by environmentalists — was named the county’s cleanest beach, according to the environmental organizations’ data, with just 0.3 pounds of trash collected per volunteer.

This may reflect the fact that the beach also had the highest number of volunteers at all the beach cleanups hosted by the two environmental groups. Glassco said that because the beach at Crystal Pier area gets a lot of traffic, it is also a popular area for cleanups.

“We can also refuse Styrofoam and take out containers here in California,” she said.

As for Ocean Beach, we would like to find it in a better state on July 5 this year, during the massive post-Fourth of July cleanups," said Glassco. "We hope that those who choose to participate in the annual marshmallow fight held on the Fourth of July will come out to the ‘Morning After the Mess’ cleanup to help.”

"The solution [of cleanest beach] is based on the pounds of trash collected per volunteer. This helps us account for the increase in weight total when we have large numbers of volunteers," she said. "At the Pacific Beach cleanup, we had over 300 volunteers, bringing the value lower than for any other cleanup in 2011.”

In absolute weight, volunteers at Ocean Beach Pier’s May 14 cleanup collected 269 pounds total, and volunteers at Pacific Beach’s June 25 cleanup collected more than 157 pounds total.

Overall trends in the beach cleanup data from 2011 indicated a decrease in volunteers last year. Likely correlated to high unemployment rates, suggested Glassco. Despite the decrease, 3,600 volunteers from between the organizations picked up nearly 5,900 pounds of trash last year, each piece meticulously collected, identified and tallied in its respective category to move forward with a solution for pollution.

"Collecting data at beach and bay cleanups is almost as important as removing the trash from the environment,” Glassco said. “The data help us identify from where trash on our beaches originates.”

Of the top items collected, single-use plastic dominated the removal effort, as usual. More than 100,000 pieces of single-use plastic, including cigarette butts, plastic bags, plastic food wrappers, bottle caps, lids, cups and straws, were collected throughout the year.

"Plastic poses a serious threat to our marine and coastal ecosystems because it does not biodegrade. Even cigarette filters are made of plastic," said Haley Hagensen, coordinator for Surfrider Foundation’s San Diego chapter. "The solution starts at home. Please help us rise to the challenge as we work to hold on to our butts.”

Glassco added that in order to drastically minimize the pollution of plastic — a top contender each year — beachgoers should choose food containers made of eco-friendly materials or bring their own reusable food containers and bottles.

"We can also refuse Styrofoam and support legislation to ban Styrofoam takeout containers here in California,” she said.

Some of the fascinating items beach cleanup volunteers have reported in their collections over the years include two headless statutes collected in La Jolla Shores, a military badge at Belmont Park headland and a pregnancy kit at Dog Beach Shores, a military badge at Belmont Park headland and a pregnancy kit at Dog Beach.

"As for Ocean Beach, we would like to find it in a better state on July 5 this year, during the massive post-Fourth of July cleanups," said Glassco. "We hope that those who choose to participate in the annual marshmallow fight held on the Fourth of July will come out to the ‘Morning After the Mess’ cleanup to help.”

"Just up the coast, in a surprise turnaround, Pacific Beach’s Crystal Pier beach area — in 2010 dubbed one of the worst offenders of beach litter by environmentalists — was named the county’s cleanest beach, according to the environmental organizations’ data, with just 0.3 pounds of trash collected per volunteer.

This may reflect the fact that the beach also had the highest number of volunteers at all the beach cleanups hosted by the two environmental groups. Glassco said that because the beach at Crystal Pier area gets a lot of traffic, it is also a popular area for cleanups.

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February may be the shortest month of the year, but with Valentine’s Day smack dab in the middle, it’s still the most important when it comes to romance. Anyone wanting to get a head start on the lovers’ holiday, or simply wanting to have a romantic evening that goes beyond the traditional band-and-a-snack outing will want to check out the “Electric Love” event being held on Friday, Feb. 3 at Electric Ladyland in Ocean Beach.

The night promises to be a feast for the eyes and ears. Hosted by Middle Eastern-influenced trio and dancers Danyavaad and the Shimmy Sisters, there will be “Love potions” by Hugh T. Alchemy, tarot-card readings, art on display from local artists, including Adelaide, Jon Sprague and Duckman, as well as sweet bites provided by the folks from Plant Powered Living.

Danyavaad providing the soundtrack, in addition to The Shimmy Sisters, on hand will be Hoop Charmer “The Love Blaster,” aerial artist Tammy Firefly, acrobat David Booker and fire dancer Anja Indirani. The event culminates with an open jam. Guests are welcome to bring instruments and participate, but Danyavaad guitarist/sitarist Greg Vaughn has stocked the session with well-known local musicians, including Krista Richards (Stone Train), Sarahon Orozco (Todo Mundo) and Zoe Tantrum (London Below).

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“This is going to be a full-sensory event,” said Vaughn. “We’re really trying to engage the audience. Our performances don’t have that wall there, where you’re just sitting there watching a show. We’re going out into the crowd and every show we’re trying to pull people up and be part of the event. At some point, we’ll try to get the whole audience up and dancing. We really want to pull the audience into the show and have their energy and their input be a part of how we react or even what songs we play or how the improvised jams happen.”

For Vaughn, this audience-involvement approach is key to keeping the music fresh.

“Being inclusive has been what we’re about from Day One,” he said. “If someone has never been to a show like that, it’s a pretty eye-opening experience.”

Danyavaad and the Shimmy Sisters will host a colorful, music-splashed Valentine’s Day event called “Electric Love” at Electric Ladyland in Ocean Beach on Friday, Feb. 3.

 Courtesy photo

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**SHOW**

Contemporary/Modern Page 7

**CONTENTS**

In addition to boats for sale, other exhibitors will showcase nautical furniture, custom-made mattresses, canvas and sails, specialized marine paints, lubricants and other supplies, along with marinas and yacht clubs for cruisers’ exploration and discovery.

The Unified Port of San Diego is sponsoring educational seminars that will cover a range of subjects from fishing to boating-related environmental issues to safety concerns in Mexico.

Barrett Canfield, president of South Coast Yachts, which will be exhibiting four new Beneteau sailboats ranging from 30 feet to 50 feet, and two new 25-foot and 30-foot Schock Dayboats, said he is enthusiastic about the Sunroad boat show, which he finds productive for both buyers and sellers.

“It’s the perfect central location by the airport,” Canfield said. “I’ve done boat shows for 20 years and this is the best-run boat show.”

Jim Johnson, a broker with Chuck Hovey Yachts, which will exhibit a 55-foot Fleming raised pilothouse motor-yacht, along with a 48-foot Offshore motor-yacht and a 49-foot Hylas offshore cruising sailboat, agrees.

“People are excited when they come to the show,” said Johnson. “Every year, it has grown. Boats are sold from the show throughout the year. There’s a well-rounded selection of vendors and different types of boats. If you’re a boat-buying enthusiast, you’ll find what you want at the show.”

The San Diego Sunroad Boat Show hours are noon to 6 p.m. on Jan. 26 and 27, and 10 a.m. to 6 p.m. on Jan. 28 and 29.

Children under 12 are admitted free with a paid adult. Adult tickets run $10 per person, making it easy and economical to bring the whole family to look for that long-anticipated dream boat.

Parking is available for $10 at the Sheraton San Diego Hotel & Marina on Harbor Island, which also offers special discounted boat show rates for out-of-town visitors. Sunroad’s Island Deli will again offer its tasty tacos to hungry visitors.

For information and a complete list of exhibitors, call (619) 497-5254, or visit www.bigbayboatshow.com.
Grapplers positioned for grip on league title

By SCOTT HOPKINS | THE BEACON

While there is a Jan. 25 league match included the winning U.S. Naval Academy (USNA) team, the 29 teams would give the Pointers their first league title in nearly 20 years.

The Pointers matches are certainly a part of the Point Loma High School (PLHS) campus to see members of the school’s wrestling team appearing in a light-headedness as they go through their school day.

But school officials said they aren’t worried. The affliction is likely caused by team members spending significant time at a higher altitude than they have been accustomed to in previous years. You see, Pointer wrestlers are currently sitting high atop the Eastern League standings.

This success is no accident, and a dramatic 17-30 victory over defending champion Patrick Henry last week on the Pointers’ mat elevated the grappling team to the top of the league heap. A win over Mira Mesa during a huge home match on Wednesday, Feb. 1 would give the Pointers their first league title in nearly 20 years.

Head coach Phil Moore and assistant Miles Doughty have transformed their students from Pointers to pit bulls over the last several years and are now enjoying the fruits of their labors.

“I am ecstatic where we are,” said Moore after last week’s dramatic match. “I knew this was going to happen because we have great kids.”

The Pointer wrestlers are certainly a dogfight.

In last week’s showdown with Henry in the noisy Pointers gym, the match down to the final bout, where 114-pound Alex Beia defeated Henry’s Ryan Palladino 9-3 to seal the Pointers victory.

Until that moment, the two teams struggled through a see-saw battle that left the Pointers ahead 13-10 entering the Palladino match. If Beia were pinned, the six points would have given the Patriots a 16-14 win. But Beia, his teammates shouting encouragement, took control of his opponent early and his major decision earned four team points.

The final score touched off a celebration among parents and students, many of whom rushed to greet the exhausted wrestlers and coaches.

“The difference this season is we’ve had another year to work with our kids,” Moore said. “After watching Patrick Henry wrestle, I figured out how to attack them, and that’s how we accomplished the win.”

Moore has spent four years developing his team.

“I have always known these guys could win, they just needed to learn how to wrestle,” he said. “There are no fluke wins in wrestling. You have to be in shape and pull off the moves. It takes a couple of years to groom a kid.”

There were side stories to the triumph. Football player Eric Bueno, wrestling in his first-ever meet, had to lose six pounds during the day to qualify for his 197-pound weight class. Despite putting up a good fight, Bueno was pinned.

While there is a Jan. 25 league match at San Diego High and a tournament Jan. 27-28 in Holvick, Pointer wrestlers and coaches are savoring over their upcoming face-off with Mira Mesa. The Marauders, according to Moore, are the final hurdle for his team to leap in its quest for an Eastern League championship.

The last wrestling title won by the Pointers was in 1995. Doughty knows this because he was a member of that team and his father, Brian Lamb, was the coach.

“Back then, when we had a home match, it was an event,” Doughty said.

“The entire gym, including the balcony, was packed. We would sure like to win a big one this year. I think we are right where we need to be.”

BITES ‘N’ BITES:
• The match-anticipating Feb. 1 match with Mira Mesa begins at 1:30 p.m. in the Pointers’ gym. There is no admission charge for wrestling.
• Weight classes increase slightly during the season to allow for growth.
• Former coach Lamb is now head wrestling coach at The Rock Academy.
• Moore is establishing wrestling programs for K-12 youth to develop future Pointers. He can be contacted at phillipgrants@yahoo.com.
• The Pointers defeated Scripps Ranch in a non-league match by a whopping 72-12 score. The Dogs won eleven matches by pins, lost two by pins and saw the Falcons forfeit at the 195-pound class.

MATCH SUMMARY: POINT LOMA 37, PATRICK HENRY 30

108 pounds: Daniel Harris (PL) pinned Jake Wood (PH) in 1:30.
115: Michael Harris (PL) pinned Nat Salas (PH) in 1:50.
122: George Ly (PL) pinned Ian Mobley (PL).
128: Kiernan Miles (PH) defeated Chase Scalito (PL) 1:28.
134: Alex Beia (PL) defeated Ryan Palladino (PH) 9-1.
140: Trey Hughes (PL) pinned Julian Dailert (PH).
147: Brandon Rose (PH) defeated Ryan Martinez (PL) 9-8.
154: Keegan Bell (PL) pinned Jose Becerra-Aguilar (PH) 16-10.
162: Alex Coronodo (PH) defeated Martin Cervantes (PL) 8-6.
170: Bailey Dugdale (PL) defeated Ernesto Moya (PH) in 1:22.
184: Tony Melli (PL) pinned Joseph Harrison (PH) in 2:34.
197: Austin Bregante (PH) pinned Ian Mobley (PL).
222: Bruce Nguyen (PH) defeated Jonny Sanchez (PL) 5-4.

The Pointers entered three boats in the competition against 58 other high school teams. Their varsity boat, skippered by Olin Paine, captured the event championship.

But their second boat, designated JV1 with skipper Scott Sinks on board, took second place overall. The PLHS’s third boat, JV2, finished in fourth place.

The annual event also features a college-legislative division, and the 29 teams included the winning U.S. Naval Academy, Stanford, USC, seven University of California campuses and many other prestigious schools.

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A typical pattern with an overloaded caregiver may unfold as follows:

• 1 to 18 months—the caregiver is confident, has everything under control and is coping well. Other friends and family are lending support.
• 20 to 36 months—the caregiver may be taking medication to sleep and control mood swings. Outside help dwindles away and except for trips to the store or doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.
• 38 to 50 months—Besides needing tranquillizers or antidepressants, the caregiver’s physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgment and the caregiver is often unable to make rational decisions or ask for help.
• 50 months and beyond—the caregiver becomes too difficult to endure any longer. Fatigue cloud judgment and the caregiver is often unable to make rational decisions or ask for help.

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Recognizing the need for outside help in caregiving, the caregiver feels alone and helpless. It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care, hiring home health aides or paying for care. This may include respite care, hiring home health aides or putting the disabled loved one in a facility. Without intervention, the caregiver may become a candidate for long term care as well...read this entire article by going to www.planforcare.org. The RN Care Managers at Innovative Healthcare Consultants can also help guide you in the ways to get help. Call (877) 731-1442 toll free or visit our website at www.innovativehc.com.

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Sports

Football standouts get nod in PrepStar Classic

A trio of Pointer football standouts has been selected to play for the San Diego CIF Section team in the upcoming PrepStar California Classic football event.

Running back Morris Mathews, tight end Tevin Heyward and defensive back Aaron Watkins will join other top players from the county to play a team made up of players from the Los Angeles City CIF Section.

The game, to be played Sunday, Jan. 29 at the Home Depot Center in Carson, begins at 3 p.m. as part of a triple-header.

The day’s games begin at noon with a match between youth players from northern and southern Los Angeles County. The final battle pits the best of CIF Southern Section North players against those from CIF Southern Section South. This game kicks off at 6 p.m.

Tickets for the event are now on sale through Ticketmaster and are priced at $12.50 for adults, $7.50 for students with valid identification.

Admission is free for children under 8. See www.homedepotcenter.com for further information, including directions.

The Home Depot Center seats 27,000 fans and is the home field of the Los Angeles Galaxy and Chivas USA teams in Major League Soccer.

Water polo player named to All-Tournament Team

A member of the PLHS girls’ water polo team has been honored for her performance. Senior Monica Longworth was named to the All-Tournament Team at the conclusion of last week’s East County Invitational event.

Longworth was among eight selected players in the 16-team event, where each squad played three games in two days at either the Santana or El Capitan high school pools.

In the final day of competition, the Pointers edged La Jolla Country Day 10-9 in a shootout after dropping an 8-5 decision to Mira Mesa.

Entering the tournament, Longworth led the Pointers with 17 goals and 20 assists after 16 matches.
Free Living History Activities in Old Town State Park All Year Long

February may be museum month in San Diego but Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums have ongoing living history activities every Wednesday and Saturday from 10 a.m. to 2 p.m. to educate the public about what life was like in San Diego in the 1800s. The park also hosts free tours daily at 11 a.m. and 2 p.m. that begin at the Robinson-Rose Visitor Center.

“With no denying that Old Town San Diego State Historic Park has a lot of great things to offer visitors,” stated Interpretation and Education Manager Karen Beery. “We encourage all San Diegans to set a date to experience the state park and explore the way San Diego was in the 19th century.”

Every Saturday of the month, the park offers a different taste of historic trades and crafts guilds for visitors. The first Saturday of every month, the park hosts the Print Guild and Tintype Guild. Visitors can have a first-hand experience of how printed word and photography was executed in the early days of California.

On the second Saturday of each month, the park hosts California Day. Between 1821 and 1848, people who lived in Southern California were called Californios. The unique cultural heritage and activities of the Californios will be shared and celebrated with visitors.

The third Saturday transports visitors from the Quilt Guild. Fiber Arts Guild and the Mormon Battalion. Guest of the park will learn about the traditional methods of quilting, spinning, weaving and other fiber arts techniques. Visitors will also learn about the famous military unit, the Mormon Battalion, and how the impact of their service changed the history of San Diego.

Point Loma FIRST robotics team

FIRST (For Inspiration and Recognition of Science and Technology) is a non-profit organization established by inventor Dean Kamen to get more young people involved and excited about science and engineering. Under strict rules, limited resources, and deadlines, high school teams of about 25 stu-
dents or more design and build robots to compete in sports-inspired games against a field of competitors. This year’s game, “Rebound Rumble,” challenged teams to play the game of basketball with their robots.

Through the FIRST robotics competition (FRC), more than 60,000 high school students from around the country are engaged in an extensive technical challenge. On March 3-4, more than 58 FRC teams will be competing at the San Diego regional competition in the Valley View Casino Center (formerly known as the San Diego Sports Arena). More than 30 local teams partici-
ate in this free public event every year, an extraordinary display of wit and skill.

The Holy Cows will be among them. The Holy Cows are a nationally ranked FRC team based out of High Tech High in Point Loma. They can usually be seen organizing their community volunteer- ing with “Cali’s”! their warmhearted cowmass in toto even while contributing more than 4,000 hours in community service every year; this devoted team has all the time to build quality robots. The Holy Cows have consistently placed high at the San Diego Regional for the last four years, were champions of the Silicon Valley Regional in 2011, and recently earned a Wildcard award at the FIRST World Championships in 2011.

Kristen Olson, director of public relations, The Holy Cows Correia team makes big inroads

The rookie seventh-grade robotics team known as the “Robo Cows” of Correia Middle School in Point Loma advanced to the semifinals of the regional FIRST Tech Challenge (FTC) regional championship on Jan. 14 at Madison High School. The team was one of 12 teams that competed for recognition and The Rock Academy robotics team took home the Connect Award and the Thunk Award. The Connect Award is given to the team that most connected with their local community and the engineering community. The Warriors team was acknowledged for several outreach events, including visits to the Ronald McDonald House, to spread the word about robotics.

The team also brought back the Thunk Award, which is awarded to the team that best reflects the journey the team took as they experienced the engineering design process during the build season. The warriors engineering journal was recognized for its comprehensive information and well-organized format.

The Warriors were one of three nominees for the Inspire Award, the most prestigious FTC award, given to the team that truly embodies the challenge of the FTC program. The Warriors outreach partners won awards as well. Team Fusion from Defesa Charter School won the Inspire Award and The Rock Academy fusion partners won awards as well. Team Vision from Del Mar Charter School won the Inspire Award and The Rock Academy fusion partners won awards as well. Withou...
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How does your community garden grow? Ask PLNU, Westminster Presbyterian

Point Loma has staked a claim in the flourishing urban agriculture movement.
In a joint effort between Point Loma Nazarene University (PLNU) and Westminster Presbyterian Church, a new community garden is under construction on an unused portion of church land between Canyon and Talbot streets. Like other community gardens across San Diego, many with waiting lists to get in, plots in the Westminster Community Garden will be available for rent or sponsorship.

The idea for the garden took root at the crossroads of inspiration, education and social justice. Professor Harry Watkins, Ph.D., who teaches classes in international studies and minor in sustainability at PLNU, had opened his community garden to the public.

Watkins turned to Victory Gardens San Diego for real-time education in gardening. The manual for a Gardening 201 class became the textbook for the project. Teacher and students dug in with Fred Geistra, a 32-year church member and volunteer.

“We need to not be dependent on food that is transported 1,500 miles from farm to table,” said Watkins. “We need to grow food and build families and community across many affected socio-economic groups.”

To that end, growers who rent plots will be asked to donate 20 percent of their yield to people in need.

For Beth Tipton, a PLNU senior who will graduate in May with a degree in international studies and minor in sustainability, the garden is her way of acting locally.

“I was frustrated learning about international issues and not feeling I could act against hunger, wars, famine and the injustices of the world,” she said. “But I can have a big impact locally. We can place seeds in the ground and impact people.”

And so she works the land. 75,000 square feet of dirt and grass cradled between a playground and grove of eucalyptus trees.

“We need to be connected to the food systems,” she said. “The wonder of life is clearly seen here. Because we’re conscious and aware of how we use the land, it makes us more observant.”

To date, the garden’s plots have been staked, a barn built and painted, and an irrigation system, funded by the church, has been installed. Tipton will work alongside her teacher, fellow students and volunteers every Saturday until the garden’s grand opening, planned for March.

But there is still much that needs to be done — fencing installed, bricks laid and the land tilled.

Support from the community is also needed to bring the project to fruition. While $2,000 of an estimated $7,000 in costs has been raised, the Westminster Community Garden still needs donations — which are tax deductible — along with garden tools and supplies, and the time and talent of people who aren’t afraid to get their hands dirty.

Tipton hopes her passion will inspire people to purchase a plot, or sponsor one so someone else can grow their own food.

Paul Rahilly said he is on board. He stumbles on the garden on a regular outing with his family to the church’s playground. He has a garden at home, but he said he will sponsor a plot through his business, Intelligence, so someone else can reap the benefits.

Westminster Community Garden’s 10-foot-by-10-foot plots are available for $25 for six months. Larger 10-foot-by-20-foot plots cost $40 for six months. Fees will help defray water and maintenance costs.

A concert fundraiser will be performed by members of the San Diego Symphony at 7 p.m. on Feb. 6 at Westminster Presbyterian Church, 3598 Talbot St. Tickets are $10. All proceeds will be donated to the project.

For more information on contributing, volunteering or renting a plot, contact the Westminster Presbyterian Church at (619) 223-1194.

Digging it at the Westminster Community Garden are, from left, Harry Watkins, Point Loma Nazarene University professor; PLNU students Ben Johnson and Liz Nelson; Joe Mayer, Westminster Presbyterian Church; PLNU student Beth Tipton; and Paul Rahilly, whose business Mtelligence, so someone else can reap the benefits.

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