OB Beach Ball draws disciplined crowd in kickoff for summer event series

Two young men will share the title of valedictorian facing San Diego’s beach communities and what would you do as mayor to meet this challenge or obstacle? DeMAIO: The single-greatest challenge facing all of our communities are the fiscal problems at City Hall — driven by runaway pension costs. For our beach communities, we have seen the fiscal crisis result in service cuts, reduction in police and fire coverage, threats to our fire pits, and streets and boardwalks that are falling apart.

I am not waiting to be mayor to fix this problem.

Candidate: CARL DeMAIO (City Councilman)

What is the single-greatest challenge or obstacle facing San Diego’s beach communities and what would you do as mayor to meet this challenge or obstacle? DUMANIS: Our beaches are San Diego’s natural treasures and the single-biggest obstacle for beach communities is the city’s overall financial condition. We currently don’t have the money to make real progress on sewer upgrades, for instance. Sewer spills can be devastating in our beach communities, causing environmental, health and economic problems for those communities.

As mayor, I have a strong voting record and have been an exception- al advocate for better awareness of environmental issues both in Congress and in San Diego — our city and communities need an environmental

Candidate: BONNIE DUMANIS (District Attorney)

What is the single-greatest challenge or obstacle facing San Diego’s beach communities and what would you do as mayor to meet this challenge or obstacle? FLETCHER: Water — our region’s most precious resource — is the heart of San Diegans’ quality of life.

Whether it is ensuring a healthy economy or preserving clean beaches and bays, both our economic base and our quality of life depend on how our city protects our water resources.

I have a strong voting record and have been an exception- al advocate for better awareness of environmental issues both in Congress and in San Diego — our city and communities need an environmental
CONTEST RULES

- Photos must be taken by an amateur photographer and must have been shot in the past year. Photos will be displayed at The Peninsula Beacon booth during the Ocean Beach Street Fair & Chili Cook-Off on Saturday, June 23. The public will vote to select its favorite picture.
- Prizes will be awarded for the top three photos, which will be published in the June 28 Peninsula Beacon.
- The Beacon will not accept photos that have been enhanced. Photos that are too bright or too dark will also be disqualified.
- Amateur photographers only. A professional category may be added in future contests.
- Photos should be with photographer’s name, address, phone number, date the photo was taken and a brief description of the subject.才算 entry.
- The safe return of entries is not guaranteed. Entrants should be no larger than 8 by 10 inches and no smaller than 3 by 5 inches. Please don’t send a photo in a slide.

The winning shot will be given to the Peninsula Beacon, Attn: Photo Contest, 1621 Grand Ave., Suite C, San Diego, CA 92109.

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Point Loma skier, 22, triumphs over athlete’s worst nightmare
By MARIKO LAMB | THE BEACON

SharpHealthCare Foundation will celebrate the community spirit of local heroes who have turned tragedy into triumph at the 22nd annual “Victories of Spirit” award ceremony on Friday, June 1.

This year, four individuals and one local organization will be honored with the Eagle Spirit Award, an award symbolizing the Navajo sign of the most potent healing power.

“The Victories of Spirit event celebrates the power of rehabilitation and strength of the human spirit, honoring former rehabilitation patients who have overcome great adversity,” said David Brown, system director of Sharp HealthCare’s Rehabilitation Services.

One such local hero, UCSD student and Point Loma native Randy Ewing, will be honored for his dedication to helping injured athletes get back into action through his volunteer efforts with High Fives — a Tahoe-based nonprofit that raises funds and awareness for people who suffer from life-altering winter action sports injuries.

Ewing, 22, an avid outdoor sports enthusiast and lifeguard, is lucky to be alive after suffering a serious brain injury while taking on a complex new adventure two years ago.

Following his determined recovery at Sharp Memorial Hospital — including having to relearn basic motor functions and memory retention — Ewing realized how lucky he was to regain his ability to do what he loved. This realization has been an incredible motivator for Ewing.

Through Ewing’s efforts, the nonprofit was able to exceed its fundraising goals to provide scholarships and resources to help athletes recover from sports injuries and get back to doing what they love.

Although dealing with a traumatic injury is a daunting ordeal, Ewing said his injury sparked something in him that made him more compassionate toward others who have suffered from similar situations.

“It certainly makes you more sympathetic. It gives you more of an understanding of what they’re going through, even if it’s not exactly what you went through,” he said.

Ewing attributes much of his successful recovery efforts to the people who surrounded him and helped him through his own trying recovery process.

Now, he says, he is just returning the goodwill.

“I think the biggest thing I’ve learned over the past couple of years is that when you get knocked down, you have to get back up,” he said. “No help goes unnoticed. A lot of times, when you see someone who’s down and out, you think you can’t do anything to help, but every little bit really does mean something.”

Ewing continues his involvement with High Fives, while managing the campus’ outdoor sports rental shop and finishing up his degree in cognitive neuroscience. He will accept his award at the Manchester Grand Hyatt at 6 p.m. on June 1, along with three other former rehabilitation patients — Heather Herren, Russell Storm and Bill Lundstrom — and local organization HeadNorth.

The 2012 Victories of Spirit celebration, sponsored by SharpHealthCare Foundation will benefit Sharp Rehabilitation Services programs, including adaptive sports, challenged women’s support initiative, traumatic brain injury support and general rehabilitation.

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The 2012 Victories of Spirit celebration, sponsored by SharpHealthCare Foundation will benefit Sharp Rehabilitation Services programs, including adaptive sports, challenged women’s support initiative, traumatic brain injury support and general rehabilitation.
PLHS Principal Bobbie Samelson will present the class to a member of the San Diego Unified School District Board of Education, who will formally accept them.

Each graduate will have a brief moment in the afternoon sun as his or her name is read before they walk across the temporary platform to receive an empty diploma holder and pose for a photo with Samelson.

Finally, after Senior Class President Kyle Satter’s remarks, the school’s newest alumni will gather at the center of the football field to fling their caps skyward. In one final act of class unity before the celebration begins, The barriers will then removed and waves of proud folks armed with digital cameras and bearing bouquets of colorful flowers and leis will descend upon the field. They will attempt to locate their favorite graduate, who is simultaneously trying to locate his or her best friends.

It’s a scene that will last for perhaps an hour until graduates are reminded they must turn in their caps and gowns in the school gym. This is where the actual diplomas will be given, and for the few students who were “on the bubble,” holding the small piece of paper will prompt a heavy sigh of relief.

The day marks an end of compulsory education for the throng, but PLHS counselors report 78 percent of the class of 2012 will continue on to higher education in two or four-year colleges.

Other students are planning to enter vocational schools, the military or the workforce. Sarah Brandi, PLHS’ new head counselor, quickly discovered what previous generations of Pointers have known.

“I’ve really fallen in love with this school and the community,” Brandi said. “It’s a great school and we are very proud of our graduates. They are a great group of kids. They have won lots of awards in athletics and individual academic honors this year.”

Brandt said several class members are receiving full-ride scholarships; more have won scholarships and grant money.

She praised counselors Sadie Mudzin-Gullamber, Judy Kison, Teresa Prieto, counseling secretary Madeline Tolpen and school registrar Jackie Rosso for their efforts in preparing the class of 2012 for graduation.

Also instrumental were Leah Allen, resource teacher; and Jo Kelley, ASB advisor and testing coordinator; and Jo Kelley, principal’s secretary.

CLASS NOTES

Graduate Paige Pendurac, who is headed to the University of New Mexico, will join the valedictorians and salutatorians at the annual “Salute to Excellence” gathering on Monday as they present the class to a member of the San Diego Pointers.

The class of 2012 is offering flowers for pre-sale through June 5 and at the graduation ceremony. Guests attending graduation are urged not to buy flowers from street vendors so that purchases will benefit next year’s senior class. For an order form, visit www.pointlonalmuch.org or purchase them at the Voltaire Street stadium entrance on June 12.

The European history classroom of Glenn Richard, a favorite teacher of both young men.

Both honorees were what one might expect of such highly talented youth: smiling, talkative, polite and eager to share their experiences and talk about their hobbies with a constant twinkle in their eyes.

Following graduation, however, the two will be taking different paths.

“I’m heading up north a bit to UC Berkeley,” said Singer. “I visited last spring and am really excited to be going there. It’s a great campus.”

Singer said he plans to major in engineering, “most likely mechanical.”

Blessed with multiple college acceptances, Singer revealed one Berkeley advantage.

“I can still surf there,” said the current co-captain of the PLHS surf team, who cited math and the sciences as his strengths.

“I chose the University of Chicago because of its prestige and what it has to offer,” said Redzepovic. “I’m planning on majoring in economics, and it is tied with three other schools for the best economics programs in the entire nation.”

Political science and math are his passions.

Redzepovic noted he is taking three math classes this year.

Outside of school, Redzepovic has worked in his family’s food business since the eighth grade. He has also played on the Pointers’ tennis team for three years, although he acknowledges “when I first started, I didn’t even know how to hold the racquet correctly.”

Now a team co-captain, he credits coach Mark Truver with believable Redzepovic had potential.

Both also took distinctly different paths to the Point Loma cluster of schools. Singer and his parents, Giron Singer and Christene Gage, have lived in Ocean Beach since he was seven.

“I started elementary school at Kate Sessions (elementary) in Pacific Beach,” Singer said, noting “my mom was a second-grade teacher there and we were living in La Jolla at the time. I stayed at Kate Sessions until fourth grade, but come fifth grade, Dana was only a few blocks away.”

Singer has a sister (PLHS class of 2005) and a brother (PLHS class of 2009) who is studying abroad in Spain as a student at UC Santa Barbara.

Redzepovic’s parents are Arslan and Vahida. His story is far different. Redzepovic was born in the former Yugoslavia, where his family left Sarajevo, Bosnia. Neither of his parents completed high school. Their route to San Diego took them through Louisville, Ky.

“We had a store in Point Loma, and there was time for all of us living in an office above it,” he said.

He entered Dewey Elementary School as a second-grader and continued through the cluster. He has an older sister (PLHS class of 2005) and a brother (PLHS class of 2007).

Singer and Redzepovic met at sixth-graders at Dana, where they were in seminary classes together and became “friend-lv competitors.”

Each estimated they spent three hours a night on homework throughout their high school years, with increasingly intense assignments.

Asked to list memorable teachers, Singer mentioned Lisa Graham (chemistry) and Cynthia Hedges (his English teacher all four years). Redzepovic also named Hedges, Carl Luna (political science, whom he said helped shape his goals), and math teachers Lisa Favor (“a math guru”) and Brian Macky, who “both helped me all four years.”

Redzepovic recited a family message he heard often as a child.

“I was always told not to just try my best, but to be the best,” he said. It appears Redzepovic and Singer have done just that.

We’re hired by the event organizers [in this case, the Ocean Beach Street Fair Association], who solely pay for this added security measure. We have the same number of officers present as we had last year [the inaugural OB Beach Ball Festival].

“Because this is a special service, compensation is the event organizers’ responsibility,” he said. “It does not come out of the taxpayers’ pockets.” The organizer wants to ensure a safe event for the visitors, so it is up to them to employ extra security forces.”

The administrative support of the school district is evident in the pre-sale ticket numbers for this year’s Ocean Beach Beach Ball Festival.

“We had 1,300 pre-sale tickets last year,” Principal Samelson said. “This year we had 1,500 for pre-sale. Pre-sale tickets will be available through July 1. We’re expecting 3,000 people this year.”

Tickets are also available at the Point Loma Fred Meyer, the Voltaire Street stadium entrance on June 12, the Ocean Beach Street Fair Off-Festival on Saturday, June 2,” said Mondesir. “They’re pros at this...
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FLETCHER CONTINUES FROM Page 1

bays and ocean with sewer discharges, spills and storm water runoff contain- ing a variety of hazardous substances, from untreated sewage and heavy metal- ays to pesticides and disease-causing bacteria. This pollution restricts our access to recreation, impacts our health, threatens our visitor industry and dam- ages ocean and bay ecosystems. Lack of costly infrastructure has left the city incapable of complying with federal sewage discharge regulations set forth by the Clean Water Act. As San Diego’s next mayor, I will protect our water quality today and for future generations.

My plan will ensure San Diego has the nation’s cleanest water and safest beaches. I will work with all stakehold- ers, includingiego residents, police, fire- tals, the visitor industry and beach users to make it a reality.

Should San Diego’s mayor and City Council take a more aggressive oversight role with respect to the city’s schools and the San Diego Unified School District? Why or why not?

FLETCHER: Education is an issue that elected officials at every level of government should care about. It is an econ- omic issue and a moral issue — count- less CEOs have told me they can’t hire or expand due to a workforce that doesn’t have the skills for the jobs of today.

I have said as mayor I will play a con- structive role in helping our teachers and schools and also working with our employers to put in place job training programs so that our workforce has the skills for the jobs of today. I’m not going to do a takeover of the school district — I don’t think it is the right role for the mayor, and our kids can’t wait years for another divisive ballot initiative.

I have two young children who will enter the San Diego public school sys- tem, so I have a special interest in this issue. I will bring together a group of leaders — business leaders, teachers, administrators, parents — and use the office of mayor as one that can make a positive difference in the lives of our children.

Do you support or oppose the move- ment for pension reform in San Diego city government? Why or why not?

FLETCHER: It is no secret that San Diego’s pension systems is broken. I sup- port comprehensive Pension Reform, or Proposition B. Additionally, I released a CAF Plan that goes beyond my support of Prop B that I will begin to implement immediately after taking office.

CAF will put the city millions of dollars annually, end the six-figure pen- sions for unrepresented city manage- ment and ensure the management team in the Fletcher administration leads by example.

I believe comprehensive Pension Reform is an important first step, but CAF Plan will go even further.

What endorsements do you hold (individ- uals, organizations, unions) and why do this support matter for your campaign message?

FLETCHER: One of the best parts of my campaign is the coalition of people we have brought together. People who are not focused on problems of the past, but who are united behind moving us forward support my candida-

I have a demonstrated ability to work with anyone willing. The broad base of support my campaign has received, peo- ple from both sides of the political aisle and in major party affiliation all say I am backing me because they recognize my energy, commitment to doing the right thing to move us forward.

Candidate’s statement (in their own words):

FLETCHER: San Diego should vote for me because I am an independent voice focused on working with anyone com- mitted to moving our city forward.

My experience is one of my greatest assets. From serving in combat to the Assembly, I have demonstrated an abil- ity to navigate difficult environments and make tough decisions. In the short time I have been in elected office, I have demonstrated an ability to bring people together and get results.

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I will bring together people behind the goal of getting our city mov- ing again.

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**Quick Hits**

**Gas leak prompts limited evacuations along cliffs**

Emergency officials ordered a small-scale evacuation of Sunset Cliffs residents May 29 after an apparent construction accident involving a 4-inch gas line. Firefighters were dispatched to Point Loma Avenue near Froude Street shortly after 8:30 a.m., when the construction crew reportedly ruptured the gas line in an alley.

Officials with the San Diego Fire-Rescue Department said six homes were evacuated. Roughly a dozen people were impacted by the evacuations.

Repair crews from San Diego Gas & Electric were dispatched to cap the leak.

**Man, 18, held after knifepoint robbery**

An 18-year-old man was taken into custody May 26 after allegedly accosting two boys ages 11 and 12 on Brighton Avenue and demanding money from them.

According to police, the suspect, identified as Terral Blomquist, rode up to the boys around 2:15 p.m. on a gold skateboard and showed them a switchblade-type knife. Investigators said Blomquist then demanded money from the boys.

One of the victims handed him some money and the other told Blomquist he did not have any money.

One victim contacted the police after the suspect fled, and officers located Blomquist nearby.

He was arrested after a brief scuffle, said police. The victims were not injured.

**Laser pointing at Harbor Police draws citation**

A Chula Vista man was issued a citation after allegedly pointing a laser at a San Diego Harbor Police Department patrol vessel shortly before midnight on May 22 near Ladera Street near Ocean Beach.

Harbor Police officials said the vessel was lit up several times by a green laser pointer, prompting officials to alert land-based units to the vicinity.

Police drew a citation and cited the suspect for a violation of Penal Code 6290. The police said the suspect fled, and officers located him and arrested him.

**OBMA seeks volunteers, cook-off entries**

Ocean Beach MainStreet Association organizers are putting out the call to fill the final spots for entrants in the wildly popular chili cook-off section of the 3rd annual Ocean Beach Street Fair on June 23.

Organizers said there are still roughly 10 spots left for entrants to put their chili-recipe prowess to the test. Entries are $30, and participants must cook up 10 gallons to compete in the event. Applications are available at www.OceanBeachSanDiego.com, at the OBMA office: 1868 Bacon St.

Setup and check-in begins at 7 a.m. on the grassy area just south of the main lifeguard tower and tasting begins at 11 a.m. For more information, call (619) 224-4908. The OBMA is also seeking helping hands to volunteer in various capacities during the OB Street Fair and Chili Cook-Off Festival.

Volunteers may sign up for three- or four-hour shifts and receive a free event T-shirt. A variety of jobs are available, including setting up chairs and tables at the eating areas, helping sell T-shirts and miscellaneous OBMA products, selling tickets to the chili cook-off, assisting with the community mural, break down and other tasks.

To volunteer, call (619) 222-1231, or email obstreetfairvolunteers@gmail.com to leave a street or email address. Applications will be sent.
Sign up for La Jolla YMCA Summer Camp

The La Jolla YMCA offers day camps all summer long, beginning June 1st - August 31st. Day camps range from a variety of choices and for all ages. There are more than 100 camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will learn, grow and thrive making lasting friendships and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need. Also, it’s not too late to sign up for our spring camps, April 2-6. To register either spring or summer camps, please visit lakjolla.ymca.org or call (858) 453-5481.

Nike Golf Schools & Jr. Camps

Nike Golf Schools and Jr. Camps offer a variety of programs designed to meet the needs of each camper. Every facet of the game is covered during morning instruction and afternoon course play. Beginning, intermediate, high school and advanced players can immerse themselves in the sport for an entire week. Our camps are led by directors who are nationally recognized PGA/LPGA professionals and college coaches and are joined on staff by other teaching professionals, college assistant coaches, renowned high school coaches and former/current college players. Enroll in a Nike Jr. Golf Camp today and see why over 150,000 junior golfers have participated in what we believe are the best junior programs in the country.

Vacation Bible School

Christ Lutheran Church in Pacific Beach, 6761 Cass Street, is hosting SonQuest Rainforest Vacation Bible School July 23-27, 9:00 a.m. to 12:00 noon for children age 3 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun! The week will end with a closing program at noon and a picnic for the whole family on Friday, July 27th at 5:00 p.m. For information and registration forms, please go to www.christlutheran.org or call the office at 858-48-1-2300 and speak with Tallan.

Peninsula YMCA Camps

The Peninsula Family YMCA offers day camps all summer long beginning June 13 through August 31. Day camp ranges from a variety of choices and for all ages. There are more than several camps to choose from, including ice-skating, gymnastics, swim lessons, field trips to amusement parks and much more. Kids will grow, discover and explore while making lasting friends and memories. Camps fill up fast so please sign up as soon as possible. To ensure that every child and teen has the chance to go to camp, the Y offers financial assistance to those in need.

To register either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8800 for more information.


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Children will enjoy the excitement of new languages – French, Chinese & Spanish. Learn about other cultures in theme-based activities.

SUMMER CAMP! June 25 to July 27

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SUMMER CAMP 2012

For children age 3 to grade 4. The program will feature music, Bible stories, craft time, snack time and more fun!

To register either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8800 for more information.


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To register either spring or summer camps, please visit peninsula.ymca.org or call (619) 226-8800 for more information.

Westminster Presbyterian Preschool programs

Westminster is a preschool that started simply – just a mother (ex-Kinder- garten teacher) looking to educate her two-year-old - has matured into a local institution of sorts. “It brings joy to my heart,” said Judy Stephens, founder of the school. “I love what I’m doing and I’m very enthusiastic about education for children.” The school offers part and full-time programs for ages 16 months to 6 years of age.

Since Westminster opened, its approach has been to create a hands-on, fun experience that prepares children for kindergarten with science, language arts and math curriculums. For example, a recent lesson plan took students on an imaginary trip to Italy, complete with a plane, luggage, and even a mini-Pompeii created in the school’s sandbox. The summer Programs feature bi-monthly themes such as Kid Olympic or Underground Adventures. Also available is “Success in kindergarten,” a class designed for children starting kindergarten in the Fall.

“We give the kids an ‘I Can Do’ attitude,” said Stephens. “They’re excited about school and the learning process.” This is the mindset that I want our kids to have. For more information, call (619) 224-7403 or visit www.sdpreschool.com.

SD Humane Society’s Animal Adventure Camp is a tail wagging good time!

Campers 5-11 years old interact with dogs, exercise bunnies and guinea pigs, socialize kittens, enjoy animal related games and crafts, get behind the scenes tours of the Humane Society’s campus, and create magical memories for life! Each year, hundreds of kids join us for Animal Adventure Camp experiencing how rewarding the human-animal bond can be. Throughout the program, children will be introduced to the proper care and understanding of the animals around us, which helps develop respect and a positive attitude toward all living beings.

Week-long sessions are offered June through August for just $210 in San Diego and Oceanside dates vary. Space is limited, and pre-registration is required. To register or more information, call (619) 243-3432 or visit www.sdhumane.org.

Ooh La La Dance Academy Performing Arts Summer Camps!

Dance, Sing, Music, Perform, Arts & Crafts

Times: 9am-2pm • Ages: 6-16

Dates: June 18 - August 31

Cost: $75 Per Day | $275 Per Week | $1100 Per Session

Themes:

Session 1: Wizard Of Oz. June 18 - 29

Session 2: Hip Hop Rock & Roll

Session 3: Hawaiian Carnival & Jazz

Session 4: Brazilian Carnival & Aug. 6 - 17

Session 5: Jazz & Cheer

Tuition: $185 & up

St. Olaf College, La Jolla

(858)456-4500 www.Olfda.com

Elite PLHS sailing team claims another national championship

By SCOTT HOPKINS | THE BEACON

The news finally came via text message: “We won, baby! PL has won two national championships!”

Point Loma High School senior Kyle Sutter, still awaiting his luggage Monday night at Lindbergh Field, sent word of a down-to-the-wire performance by Point aver the weekend in the national team championships to win the Tobi Bailey Trophy for the fifth time.

Sailing on the Charles River in Cambridge, Mass., Sutter reported the trophy was due to the final race, one he saw as a Point pointer too. In the last race, the “Tabor Cup,” the Pointers, leaving 11 champions, won Tabor as the runner-up.

The Pointers, under head coach Steve Hunt, sent nine students to the event, with the capability of being configured as captain/cruise for either light or heavy winds. Event officials reported 8-10 knot winds prevailed during the event.


Rafter reports the Pointers won the Mallory Cup in Seattle as best prep sail- ing fleet in the U.S. In 2011, the cup went to the Pointers in 1993, 2001, 2004 and 2005.

Captains for the Pointer boats were Kyle Reynolds, Olina Payne and Scott Sinko.

For Reynolds, who is headed to the College of Charleston, and Payne, who will be attending Fordham University, the event marks the end of highly suc- cessful prep sailing careers. Other seniors besides Scott Hecht and Grant Ricks, all are headed to college on sailing scholarships.

“Our team has a lot of depth. We’re really good all over,” said Sutter. “And I think [the returning Pointers next season] will just keep on improving in coming years.”

Point Loma High School students receiving athletic offers include, front row, from left: Grant Ricks, Jake Reynolds, Katie McEachern, Marie Laube, Elise Waelder, Erika Hanson, Kyle Sutt, and Matt Hecht. The back row, from left: Tevin Heyward, Kol Hays, Aryan Maer, Matt Morris, Olina Payne, Brandon Keenan, Ryan Ament and Kap Davis. Not pictured are Connor Baits, Jackson Leslie and Morris Mathews.

Academy Performing Arts Summer Camps!

Dance, Sing, Music, Perform, Arts & Crafts

Times: 9am-2pm • Ages: 6-16

Dates: June 18 - August 31

Cost: $75 Per Day | $275 Per Week | $1100 Per Session

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(858)456-4500 www.Olfda.com

Pointer seniors reap round of 9 athletic scholarships

By SCOTT HOPKINS | THE BEACON

In a rousing ceremony held recently at Point Loma High School, 19 senior stu- dents were feted for athletic scholarships. Cheers on by peers, the student-athletes spoke to the assembled crowd about why they chose their school and many thanked teachers, parents and coaches.

If seems every senior is an important part of the Pointers’ nationally renowned sailing program, receiving offers to host the canvas for various colleges and universities — most on the East Coast. With seven scholarship recipients, the boaters led the parade of honorees.

Jake Reynolds and Kyle Sutter will come about at the College of Charleston (NCAA Div. I) in Charleston, S.C.

Olina Payne will host his boats at Ford- ham University (NCAA Div. I), located in New York, N.Y.

Matt Hecht will cast off from the docks at the University of Miami (NCAA Div. I), located in Coral Gables, Fla.

The final two sailing team members elected to sail for University of California schools; Grant Ricks will race for UCSanta Barbara (NCAA Div. I) and Matt Morris will unfurl the colors of UC San Diego (NCAA Div. I).

The boys’ baseball team, which finished with a 7-22 record, saw five players accept offers.

Pitcher Connor Baits is a potential selection in the upcoming June draft. Meanwhile, he’s slated to take the mound at the University of California, Santa Bar- bara (NCAA Div. I).

Close behind are four members of the perennially strong Pointers football team. Eric Burano, who played on both sides of the football, will be attending University of Hamp- ton University (NCAA Div. I Football Championship Subdivision) in Hampton, Va.

University of San Diego is in the same NCAA division as Hamilton, and local fans will be able to watch their defender stand-out Trevin Heyward harass opposing quar- terbacks.

Running back Morris Mathews is head- ed north to Albertson to score touchdowns at Monmouth College (NCAA Div. II) in West Long Branch, N.J.

Soccer player Jack McEachern will be booting the ball into the nets of Kenyon Col- lege (NCAA Div. III), Ohio’s oldest private college located in Gambier.

Erika Hanson will be displaying her soccer skills at Converse College (NCAA Div. II), a women’s college, and ended her high school years at our local school. volleyball player Elise Waelder has decided to serve and set at Western Col- lege (NCAA Div. III), located in Wheeling, Ill.

Finally, boys’ basketball player Kohl Meyer will be shooting lamps at the Uni- versity of Puget Sound (NCAA Div. III), in Tacoma, Wash.
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- Happy Hour Food 4 to Close & Drinks 4 to 7

Sushi Happy Hour: Monday-Friday 25% off Sushi till 6pm.

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Meet the Pro
Contact Tim Parun, PGA at (619) 222-4653 ext. 205
Tim Parun, PGA Teaching Professional, is a PGA Mem- ber that has improved golfers since 1986 and is a top competitive golfer, earning the title of San Diego Chap- ter PGA Player of the Year for 2003, ’04, ’06 and ’10. He also has competed on the PGA Tour in the 2004 & 2009 Buick Invitational, The 2003 Farmers Insurance Open, the 2004 Nissan Open, the 2010 Senior U.S. Open and the 2011 Senior PGA Championship. Look for Tim at this year’s 2012 Senior PGA Championship.

Tim’s teaching philosophy emphasizes drills to improve swing mechanics and a mental approach to “relax and react” for each shot. Tim will show you how to improve your golf game at home with quality

Broken Yolk

The Broken Yolk Café is a favorite among local San Diegans and hungry visitors alike. With a strong dedication to good food and equally good service, the Broken Yolk has built a reputation for its large menu, ample portions and freshly-made fla- vor. Real shredded hash browns – not dehydrated potatoes. Salsa made fresh daily – never from a can or jar.

With over twenty different omelets plus a large variety of breakfast favorites including pancakes, waffles and French toast, Broken Yolk satisfies even the hearti- est of diners – all in a clean, comfortable and casual atmosphere. Breakfast is served all day long, but if it’s lunch you’re craving, try one of our signature salads, juicy half-pound burgers or street taco plates. When you’re hungry, Broken Yolk is your place for fresh food served everyday of the week.

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Kecho’s Café a breath of fresh air in OB dining

By MANNY LOPEZ | The Beacon

Since its grand opening in early March, the neighborhood-friendly Kecho’s Café in the heart of Ocean Beach has generated quite a bit of positive buzz with its unique fusion of traditional and contemporary northern Mediterranean cuisine, along with a wide ranging, but reasonably priced wine menu and soothing-yet-casual ambiance.

Inspired by the small-plate concept popular throughout Spain and Italy, owner Chris Stavros has set out to make Kecho’s ground zero for the less-is-more approach to fine dining in San Diego. The restaurant is located at 1774 Sunset Cliffs Blvd.

“This is not a new concept by any means, but the flavors and the food is new to the area,” said Stavros, who said his menu makes sense to those concerned with not just what they eat, but how much. “To be able to serve smaller portions with great taste and textures we thought would be a fun thing to do and the results have been overwhelming.”

Known as “mezze” (pronounced “MEH-ay”) which translates to small dishes in Greek, the menu at Kecho’s features an international array of flavors and styles. Executive chef William McRae, who spent more than four months perfecting the menu prior to the restaurant’s opening, said that this way of eating gives diners an opportunity to enjoy a variety of offerings, which they can share among friends and head home with a much lower total on the credit card.

“Our size gives us the opportunity to take the time to prepare everything just right, compared to larger restaurants where it’s harder to maintain quality,” McRae said. “Everything on the menu is packed with flavor, it has the right chemistry and nothing is overpowering.”

For starters, Kecho’s offers a delicious selection of crisp fresh salads incorporating vegetables, fruits, cheeses and perfectly cooked pan-cetta, served with one-of-a-kind dressings that will satisfy vegetarians and meat lovers alike.

Only one soup is served, but judging by its popularity it appears that one is enough. Kecho’s dishes up a cunnellini bean soup made with sausage, carrots, onions, celery and herbs, which is hearty and robust, but will not spoil your appetite.

Masterfully prepared flatbread pizzas with names like Salsiccia, Margherita, Plaki Panetta, Piciaco and Zeus, all covered in Mediterranean toppings, compliment any of Kecho’s other food creations.

The mezze repertoire, consisting of meat, seafood and vegetarian options, includes such signature dishes as calamari stuffed with feta, mint and orange, prawns sautéed in an herb lemon and butter sauce, sea bass dappled with a lemon herb dressing, and for lamb lovers, succulent lamb chops that are cooked to perfection.

Vegetarian specialties like spanikopita, made with spinach, feta cheese and dill baked in phyllo pastry as well as polenta with sauteed field mushroom, served on pomegranate and topped with fontina crema are just some of the meatless options available.

For dessert, pastry chef Stephanie Baron prepares a traditional Greek creation called galaktoboureko, which is made with vanilla custard baked in phyllo dough, then brushed with an orange glaze and served with pasticio ice cream. Among her personal favorites served at Kecho’s is a delectable flourless chocolate cake topped with whipped cream that is truly unique. Fresh ice cream from Lighthouse Ice Cream & Yogurt in Ocean Beach perfectly rounds out the already scrumptious dessert menu.

Stavros said the beverage list is made up of carefully selected local craft beers, test, putting water conservation at the forefront. First place went to Pointers William Swine and Jason Smith. Their entry, “William the Water Glass,” will be shown as a public service announcement in theaters this summer.

School turf field ready for revamp

Following the June 12 PLHS graduation ceremony, the school’s artificial turf field will be removed and replaced with a far-superior product being used at other district sites. The new field is due to be ready for the annual “Kickoff” football event Sept. 1 when the 2012 Pointer football team plays Mar Vista.

A combination ticket booth/refreshment stand/restroom facility at the stadium entrance on Voltaire Street will also be built.

— Scott Hopkins
Mobile Dental Hygiene Care

The need for dental hygiene care can increase for the elderly for several reasons. One reason is that many medications have side effects associated with an increase in dental decay. Saliva helps to cleanse the mouth, and it also replaces fluoride, which helps to prevent tooth decay. A decrease in saliva can be associated with dry mouth, or xerostomia, which can cause difficulty in swallowing and speaking. The need for dental hygiene care can increase for the elderly for several reasons. One reason is that many medications have side effects associated with an increase in dental decay. Saliva helps to cleanse the mouth, and it also replaces fluoride, which helps to prevent tooth decay. A decrease in saliva can be associated with dry mouth, or xerostomia, which can cause difficulty in swallowing and speaking.

Ask the Audiologist!

Question:

What do I do if I just don’t like my hearing aids?

There are a lot of factors that go into a great hearing aid fit. 1. The hearing practitioner’s education background. 2. The manufacturer that designs your hearing aid. 3. The style of hearing aid you choose. Big? Small? Behind the ear? 4. How fast your brain is adjusting to the new sound quality. 5. The difference in sound quality between hearing aids recalculated and hearing aids re-evaluated. 6. How much change in sound quality you expect each individual. Achieving their goals can be difficult without knowing the reality of their situation. Many acute situations present differently in the elderly. For instance, an older person with an infection may not have a fever or an elevated white blood cell account. A patient who is cognitively impaired might seem lethargic when they may be experiencing a stroke or a heart attack.

Undies for Travel

With so many options, there is a lot of room for error. Because your hearing aids are most likely digital (there are very few analog hearing aids out there), start from scratch! If it has been longer than six months, return to your Audiologist and ask to be re-evaluated. Return to the basics. Have your hearing aids recalculated and make all the difference in the world. If you are still unhappy, get the advice from another Audiologist. Sometimes you have been on the wrong track from the beginning. The six factors listed above are all very important when it comes to hearing well.

Dental hygiene at home!

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Newest La Playa Trail marker to be unveiled

The La Playa Trail Association will unveil another commemorative marker along the La Playa Trail on Saturday, June 2. Located at the foot of Talbot Street at Anchorage Lane, adjacent to San Diego Yacht Club, the monument sits near the site where the Chinese established a fishing village from around 1860 to the early 1890s. A plaque at the monument reads: “The village had 10 shanties, drying racks and salting tanks. At the shore was a shipbuilding facility where Chinese junks were constructed in traditional design from China.”

The Sun Yun Lee, depicted in the center of the monument, was considered to be the finest junk built in all of California and was launched from the site in 1884. It was built of redwood, with masts and rudders made of ironwood brought from China.

The Sun Yun Lee and other junks were sailed south along the Baja California coast to gather abalone. The fresh fish needs of San Diego were supplied by the Chinese junks and rudders made of ironwood brought from China.

The La Playa Trail marker – set to be unveiled on June 2 at the foot of Talbot Street – is this drawing of the Sun Yun Lee, considered to be the finest junk built in all of California. It was launched from the dedication site in 1884.

Fair and Chili Cook-Off Festival arrives to feature a delicious chili showdown, huge lineup of musical entertainment, a beer garden, Artists’ Alley and children’s Fun Zone. The event takes place from 10 a.m. to 8 p.m. in the 4800 to 5000 Blocks of Newport Avenue. Look for more details in coming editions of the Peninsula Beacon. Also for more information, visit www.oceanbeachsandiego.com.

TUESDAYS and SATURDAYS Relax the body, mind and spirit with Praise Moves, a Christian alternative to yoga. These are free weekly stretching/strengthening classes at Rock Church, located at 2277 Rosecrans St. Classes include a Tuesday evening co-ed session and a Saturday morning session for women only. For more information, visit www.sdstock.com and check under sports ministries for other classes.

In The Neighborhood

WEDNESDAY, June 6
The Point Loma United Methodist Church will host a free “Intro to Chair Yoga” event from noon to 1:45 p.m. at the church, located at 1984 Sunset Cliffs Blvd. Participants can experience how chair yoga can offer flexibility and inner harmony for special conditions. For more information or to register, call (619) 788-4838 or email info@dharayoga.com.

Latest La Playa Trail marker to be unveiled

In 1884, the Chinese built the Sun Yun Lee, a prominent fishing/junk constructed of native redwood, ironwood and historical design from China. It sailed from the site on Talbot Street toward Baja California. The Sun Yun Lee now sits near the proposed monument, to be unveiled on June 2.

On Saturday, June 2, the Point Loma United Methodist Church will host a free “Intro to Chair Yoga” event from noon to 1:45 p.m. at the church, located at 1984 Sunset Cliffs Blvd. Participants can experience how chair yoga can offer flexibility and inner harmony for special conditions. For more information or to register, call (619) 788-4838 or email info@dharayoga.com.

Looking ahead

Peninsula-area events, June 6-22

Thursdays
Shelter Island Walk & Talk Bunch meets every Thursday at 10 a.m. near the Balboa Park restaurant for a casual walk to the end of Shelter Island and back (2.2 miles, 60-70 minutes). Optional eats after. For more information and other planned walks, call (619) 272-8851, or visit www.walkabout-int.org.

IN THE NEIGHBORHOOD

The Peninsula Beacon’s 18th annual Amateur Photo Contest. Enter your best photo portraying the Peninsula area taken in the past year. Photos will be displayed at the Peninsula Beacon booth during the Ocean Beach Street Fair & Chili Cook-Off Festival on Saturday, June 23. The public will vote for its favorite pictures. And it may just be yours! Prizes will be awarded for the top three photos, which will be also be published in the June 28 Peninsula Beacon. For details and contest rules, see Page 2.

The La Playa Trail Association was formed in 2005 with a goal of preserving, restoring, enhancing, promoting, commemorating and educating the public about the La Playa Trail and the associated historic sites located between Balboa Point and the north side of Presidio Park. Come out and enjoy a view of the bay, meet friends or rest and relax after a walk along the bay. It has taken several years of planning, fundraising and securing broad support for the project to reach the point of completion.

Klonie Kunzel, president of the La Playa Trail Association, will preside over the dedication ceremony at 5 p.m. Murray Lee, one of the principal board members behind the monument project, has planned a dedication ceremony complete with Chinese lion dancers. Lee is a prominent historian and curator of the San Diego Chinese Historical Museum, and recently authored the book In Search of Gold Mountain, A History of the Chinese in San Diego.

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At Eilmcrotf, our memory care residents benefit from a unique “person-centered” approach to care. It involves active listening and the telling and retelling of life stories to continuously build mental connections and keep treasured memories alive.

Fair and Chili Cook-Off Festival arrives to feature a delicious chili showdown, huge lineup of musical entertainment, a beer garden, Artists’ Alley and children’s Fun Zone. The event takes place from 10 a.m. to 8 p.m. in the 4800 to 5000 Blocks of Newport Avenue. Look for more details in coming editions of the Peninsula Beacon. Also for more information, visit www.oceanbeachsandiego.com.

Days are longer and the weather is warmer. July captures a variety of fun and activities in the Peninsula area. The Point Loma United Methodist Church will host a free “Intro to Chair Yoga” event from noon to 1:45 p.m. at the church, located at 1984 Sunset Cliffs Blvd. Participants can experience how chair yoga can offer flexibility and inner harmony for special conditions. For more information or to register, call (619) 788-4838 or email info@dharayoga.com.
Daring, Delightful and Determined Women of Old Town

The 19th Annual Ladies Day in Old Town San Diego State Historic Park will celebrate women’s skills, past creative times, and daily work of women that lived in San Diego from 1825 to 1872. This year’s event takes place Saturday, June 2, from noon to 5 p.m. Do your favorite diazepam, consider our print issue of Censored or The Madcow. This year’s event features more activities than ever before, including a 1920s-themed party and a fun-filled afternoon of live entertainment.

The park hosts the Ladies Day event from 11 a.m. to 5 p.m. on Saturday, June 2. The event features a variety of activities for all ages, including a quilt exhibit, fiber arts demonstration, and a children’s hat-making workshop. Visitors can also enjoy live music and dance performances throughout the day.

For more information and a full schedule of events, visit www.parks.ca.gov/oldtownsandiego.

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Free Living History Activities in Old Town State Park

Old Town San Diego State Historic Park has more than 10 free museums open to the public year-round. These museums celebrate the history of San Diego and California, and offer visitors a unique experience of the past. The park also features a variety of free living history activities every Wednesday and Saturday morning, as well as free educational programs throughout the year.

The Smuggler’s Cove Museum offers a different taste of historic trade and craft guilds for visitors. The first Saturday of every month, the park hosts the Print Guild, which offers a different perspective of the historical trade of printing. The second Saturday of every month, the park hosts the Victorian Garden, which celebrates the beauty of Victorian-era homes and gardens.

On the fourth Saturday of every month, the park hosts the California Historical Society, which offers a different perspective of California’s past. The last Sunday of every month, the park hosts the Volunteer Firefighter Museum, which offers a different perspective of the history of firefighting.

For more information about the free living history activities, visit www.parks.ca.gov/oldtownsandiego.
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