

THE CATALINA ISLANDER

SERVING CATALINA & ITS MAINLAND FRIENDS
every week — since 1914



VOLUME 98, ISSUE 12

FRIDAY March 23, 2012

BRIEFS

Catalina Landing parking lot maintenance

Parking will be prohibited in parts of the Catalina Landing's Parking Level One for three weeks for painting and striping maintenance. Work is scheduled to take place from 10 a.m., Sunday, April 8 to Monday, April 9, weather permitting.

Catalina Express extends free birthday passes

Catalina Express' is extending its "Free Ride on Your Birthday" promotion starting May 1, 2012 to April 30, 2013. Catalina Express will give a free pass to anyone who wants to go to Catalina on their birthday. To qualify, you must pre-register online at catalinaexpress.com or by calling 800-995-4386. See story, page 2

Long Beach offers bicyclists deal on Saturdays

To signal their support for a bike-friendly city, more than 145 businesses throughout Long Beach offer bicyclists a discount or deal every Saturday. From 15 percent off bike shop accessories to 20 percent off a restaurant tab, cycling groups and occasional bicyclists alike are finding a diversity of offers at BikeLongBeach.org. See story, page 5

Avalon Teen Center is still the place to go

The Avalon Community Church Cornerstone Teen Center might just be the place to watch out for when it comes to fun programs and more. The Teen Center's Used Treasures Along the Way is a small profit thrift store, located just at the entrance of the Teen Center. See story, page 6

Candidates respond

This week the Islander continues its coverage of the five candidates in the race for Avalon City Council and the two candidates for Mayor of Avalon. The election will be held on Tuesday, April 10. The candidates were asked: What are some ideas to get our economy back on track? See story, page 4

Time Capsule

Ten years ago, 14 buffalo started to arrive for the Chamber of Commerce "Buffalo In Paradise program." That same year, Captain Rick Harp, Los Angeles Fire Department, left after 19 years on the Island. See story, page 3

Time to plan gardening

Gardening columnist Scott Sturges says that as we look forward to the adventure of starting a food garden, there are a few things we need to consider before we begin. See story, page 5



The first place winners of the 36th Annual Klondyke Klash, held Saturday, March 17, and Sunday, March 18 above include Fidel Rodriguez (Team Captain), Miguel Bravo, Rudolfo Hernandez, Sr., Lolo Saldana, Jose Luis Ramirez and Paul Workus. The tournament was a traditional scramble made up of 24 teams of six men each at the Catalina Island Golf Course.

Courtesy photo

COUNCIL WANTS TO 'HEAL' WITH HEALTHY FOOD

AVALON JOINS STATE EFFORT TO CREATE SUSTAINABLY HEALTHY COMMUNITIES

BY TIMOTHY SEXAUER

The Avalon City Council has officially expressed its commitment to sustainable and healthy living. According to Mayor Bob Kennedy and Councilmember Michael Ponce, it all depends on community.

The council voted 4-1 on Tuesday, March 6, to pass the resolution for the Healthy Eating Active Living Cities Campaign. Ponce introduced the resolution in order to align the expressed intent of the city council with the vision of the HEAL Cities Campaign. Now that it has passed, Avalon joins more than 100 California cities that have passed their own version of the resolution.

The HEAL Cities Campaign is an effort to combat the epidemic of obesity and related ailments such as diabetes. It is the result of collaboration between The League of California Cities, The Institute for Local Government, The Cities Counties and Schools Partnership, and The California Center for Public Health Advocacy.

The one dissenting vote was Councilmember Tim Winslow, who argued that the resolution was an example of big government taking too much control, particularly the section on restaurant menus. Councilmember Sue Rikalo responded

See Hotel page 3

Council, Page 7

Catherine Hotel Bought Out

PLANS INCLUDE MAJOR RENOVATION AND RELOCATING VISITOR-SERVING ACTIVITIES

BY DENNIS KAISER

For years, the Catalina Island Conservancy's Avalon facility has been located somewhat off the beaten path at 125 Claressa Ave. Some people only visited the Conservancy office because they happened to bump into it while strolling through town.

According to Leslie Baer, the Conservancy's chief communications officer, it has also been a bit of a tight squeeze for the Conservancy's personnel and visitors.

Baer said that is going to change now that the Conservancy has purchased the aging Catherine Hotel. The sale was made official

on Tuesday, March 20. The conservancy's plan is to renovate the building and relocate some of its operations to the hotel site.

"We are planning a major renovation with significant improvements of the property from stem to stern," Baer said. "We are going to turn it into the pride of Avalon." Ann Muscat, Conservancy president and CEO, echoed that idea in a prepared statement.

"We are very excited about the acquisition of this property and how it will enable us to enrich our conservation, education and recreation program offerings; and vastly improve service to visitors to Avalon and Island residents," Muscat said. The Catherine Hotel's location at 708 Crescent Ave. is one of the first things tourists see after arriving by ferry, leaving the mole

and coming into town. Baer said the increased visibility would allow the Conservancy much more opportunity to fulfill its mission.

According to the Conservancy, Cliff Hague, vice chairman of the Conservancy's Board of Directors, assisted with the purchase.

"Cliff donated many hours of time to resolve various issues related to the sale," Muscat said. "We are very grateful for his assistance." Baer said the purchase would also allow the Conservancy to increase the space it needs to administer its programs and distribute information on ways to enjoy the Island.

"It is going to be our home base for our visitor-serving operations, as well as provide us with the opportunity to house researchers and student interns working with

MYSTERIOUS ISLAND

Catalina's facts, folklore and fibs

This week: Update— The mysterious disappearance of Gustave Carlstrom

BY JIM WATSON

The only reason I didn't name this week's column "The Mysterious DEATH of Gustave Carlstrom" is, quite simply, because the body of this 45-year-old Swedish immigrant, shoemaker and early Avalon curio vendor, supposedly out in the hills, has to this day never been found.

But back in the wild and woolly days of Avalon's early history, such discrepancies—and the wherewithal to resolve them—were not uncommon. The Island's Interior was still considered something of

a wilderness back then and, after all, accidents do happen; assuming, of course, that the reported demise of Carlstrom was indeed an accident...

In 1888, Avalon was still a town in its infancy. Spreading across the salty grasses and marshes of Avalon Canyon was a collection of several dozen tents made of stiff canvas that flapped lazily in the afternoon Northwesterly winds like the ship's sails many of them had once been.

Above it all stood the palatial Hotel Metropole, brand-spanking new and still smelling of fresh cut



Avalon Bay circa 1910 looks much the same today, without the iconic Casino building.

lumber and new paint. Within this bastion of civilization at the corner of Metropole and Crescent, uniformed cooks, waiters, maids and assorted service personnel busied themselves daily with the task of feeding and housing the many visitors that arrived on the soot-belch-

ing steamers from San Pedro.

Just up the hill from the "Met" on Whitley Avenue, about where the Avalon Hotel now stands, Carlstrom eked out his living by doing odd jobs for neighbors and by

Watson, Page 9

Council

From page 1

by saying the resolution presents no new laws or rules, but rather offers incentives for businesses to be recognized for promoting health.

In the resolution, the council addresses three main areas in which they are committed to improvement: built environment, employee wellness, and health food access. In regard to employee wellness, the council pledges to set an example for other businesses by implementing an employee policy that will promote the health of city workers.

In the area of health food access, it encourages restaurants to offer healthier foods and to have more nutritionally transparent menus. This section says restaurants that promote healthy food choices will be entitled to display a city of Avalon Healthy Eating Active Living logo.

When it comes to development projects, it encourages those responsible for the design and construction of parks, neighborhoods, streets, and business areas to create infrastructure that facilitates opportunities for physical activities and access to local healthy food. One of the ways they recommend for this to happen is for city designers to "facilitate the citing

of new grocery stores, community gardens and farmers markets in underserved communities to increase access to healthy food, including fresh fruits and vegetables."

The only way for this to actually happen is through bottom-up participation. "Anything we do, it has to be community-based," Ponce said.

Kennedy agreed. "I would imagine that there are parcels on the Island that could be organized and turned into community gardens," Kennedy said. "I'm confident that they exist. I'm confident that under the right circumstances and the right dialogue with The Island Company things could move forward. Really, it's going to take a group of citizens that are committed, that really want to see it happen, and then manage it once it's done so that it doesn't become one, an eyesore, and two, a burden to some other entity."

Anyone interested in joining such a group of citizens can contact Scott Sturges at realharmony@att.net. In response to his idea to form a group of people interested in growing local organic food, Sturges has already been contacted by many folks in town who are eager to participate.

In addition to improving the health of the citizens of Avalon,



Scott Sturges is ready to sign up those interested in joining a gardening group. He can be contacted at realharmony@att.net. The goal of forming the group is to allow more Avalon residents to enjoy growing and consuming their own food on the Island.

Courtesy photo

Ponce and Kennedy cite another important reason for growing your own food: Catalina is an Island in the middle of the ocean.

"We have to recognize that if we have a major disaster that the Island itself is going to be on its own for a while," Kennedy said. "It's tough to estimate how long that would be but it may mean that

we don't get barges for a while."

Ponce echoed Kennedy's statement. "We're out here by ourselves," Ponce said. "It doesn't even have to happen here, if anything major over there happens we're going to be out here by ourselves, having to take care of ourselves for at least five days to a week."

The dependence on food from

the mainland has another effect that is often overlooked. In addition to being unsustainable, buying produce that has often been shipped thousands of miles is a contributing factor to the damaging effect on the planetary ecosystem that sustains us. "At the end of the day, we have to be better stewards of the earth," Kennedy said.

EASTER WEEK AVALON

Spring comes to Catalina Island with a series of early April events that mark the opening of the season of renewal—and, hopefully, increased tourism. The following is a brief look at some of the events that will take place.



Annual Rubber Ducky Derby

The 15th Annual Rubber Ducky Derby will be held noon, Sunday, April 1 at South Beach. The event raises funds to support the local children's theatre company Kids At Play. Adopt one duck for five bucks or five quackers for 20 smackers. Registration is 9:30 to 11 a.m. First race is at high noon. For more information, call Kids At Play (310) 510-0288. Contact person: Sean Brannock

Spring Fest

Spring Fest will be held Thursday, April 5, on Crescent Avenue. Booths are still available. Cost: \$45 for charitable organizations

and \$75 for profit. Festival will include live entertainment, games and food. For more information, call the city of Avalon Recreation Department at (310) 510-1987.

CAFÉ art festival

The Third Annual Catalina Art Fair and Exhibition will be held from 10 a.m.-5 p.m., Friday-Sunday, April 6-8, on Crescent Avenue. Catalina Art Fair and More than 40 artists and vendors will be on display. The event will feature entertainment and fun for all ages. Booths are expected to include mixed media painting, fine jewelry and crafts, painting, photography and silver spoon jewelry. For more information, visit www.catalinaartassociation.org.



Easter Egg Hunt

The annual Avalon Easter Egg Hunt will begin at 10 a.m., Saturday, April 7, at Avalon Schools Auditorium. For children in third-grade or younger.

Easter at Two Harbors

Three events will mark Easter weekend at Two Harbors: Hat Decorating, a Hat Parade and the Easter Egg Hunt. Hat Decorating will take place at 10 a.m., Saturday, April 7. Categories include boys and girls up to age 5, boys and girls 6 to 12, boys

and girls 13 to 16, individual adult men and women as well as adult couples. The Hat Parade will be held at 3 p.m. on Saturday, April 7. Organizers are asking adults to bring appetizers to share. The Easter Egg Hunt will be held at 8 a.m., Sunday, April 8. Children will search for the elusive Golden Egg. The event is sponsored by Corsair Yacht Club. For more information, call Leslie Luchau-Boutillier at (310) 510-4249.

Before you go back to the mainland... take a little Catalina with you. Subscribe Today.

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VOTE MORROW

Mayor of Avalon 2012



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Spring is time for Avalon gardens to start

ALL THAT GARDENING AND MULE DEER TOO

BY SCOTT STURGES

Time change, temps warming up, migrating birds in the trees, job applications being filled out. All the signs of a new spring season are in the air.

As we look forward to the adventure of starting a food garden, there are a few things we need to consider before we begin. These items include our needs and wants, space, time, water, and of course, mule deer.

Needs and wants. With the challenge of space here in Avalon, needs/wants are our number one priority.

Planning is the key to a successful garden.

Ask yourself: Veggies, which do I like? What do I buy the most at the market. Plan to grow these particular crops. For example, you can grow; 25 carrots = 1 sq ft. 4 heads of lettuce = 1 sq ft. 1 tomato

plant = 2 sq ft. 1 pepper plant = 1 sq ft. 1 squash plant = 4 sq ft. 1 melon = 2- 12 sq ft. etc... We will cover extensively all the basics of individual plant needs in future articles.

Do you have a backyard, a porch, balcony, deck or side walkway?

You can turn any area that has 4-6 or more hours of sunlight into a continuous supply of fresh veggies! The only difference is your growing medium. Ground or container. Both work well.

You will be very pleased with the harvest from containers on your porch or balcony.

Time. Time will vary to each of you and the size of your garden. Understanding the actual and individual needs of each plant or root crop, then planning your garden space accordingly will minimize your time spent. In these articles

we will practice a gardening technique developed by Master Gardener, Mel Bartholomew. This strategy involves inches and feet rather than row upon row. This will cut your gardening time to minutes, not hours.

Water. Water Wise Avalon! We all know this. We can follow this rule and conserve water even with an extensive backyard garden. Soils bad? Yes! Easily corrected? Yes! Our Rocky/Clay/Sandy soil is terribly thirsty and

holds very little water. Without the proper amendments, it is a waste of water and our plants produce less bounty. You must add or fail in a ground-based garden. With containers, we mix our own soil anyway. The three primary amendments, Peat moss, Vermiculite, Compost. Not the easiest of stuff to find in town but with the collective



quite a bit of inquiries about starting a community of gardeners here in town. For more info contact me at: realharmony@att.net or contact the Islander for more info.

Till next time, Visualize Happiness.

Send us your news and photos!
ed@cinews.us

SHOP | DINE

BIKE LB

ASK ABOUT SATURDAY SPECIALS FOR BICYCLISTS

BikeLongBeach.org

Long Beach offers bicyclists deal on Saturdays

To signal their support for a bike-friendly city, more than 145 businesses throughout Long Beach offer bicyclists a discount or deal every Saturday. Some of the business participants, such as The Factory and Viento y Agua, offer their discount every day they're open. From 15 percent off bike shop accessories to 20 percent off a restaurant tab, cycling groups and occasional bicyclists alike are finding a diversity of offers at BikeLongBeach.org.

The program is growing weekly and appears to be the largest city-wide discount program for bicyclists in the nation. It sprouted out of the city's Bike-Friendly Business District program in the neighborhoods of Bixby Knolls, Cambodia Town, Retro Row, and the East Village Arts District and expanded citywide when merchants throughout the city asked to participate.

Bike Saturdays is popular with

cycling groups who ride to Long Beach and take advantage of the program after a ride to eat or shop. Conventioneers and other visitors are picking up on it, as well. However, it's most popular with Long Beach residents who enjoy a relaxing bike ride on the weekend with their family or friends—or with a date.

"My girlfriend and I love to bike around town, and when we heard about the Bike Saturdays program we were really interested," said downtown Long Beach resident Sean Warner. "We use the long list of participating businesses as a way to check out new bars and restaurants. We just hop on our bikes and enjoy a discount. In fact, I like the program so much I started volunteering for it to help get the word out."

The program attracts hundreds of participants each month to the many stores that participate. The

bigger the discount and the more the business promotes it, the higher the customer response. "Being a coffee shop, we're always trying to get very involved in the community, and this is something that Long Beach is clearly passionate about—and we are too," said Michelle Cross, manager of It's A Grind in Bixby Knolls. "Since we've started it, every Saturday we see eight to 10 news faces."

Visit the Bike Saturdays page to see the list of promotions and plan your next ride destination.

For more info, please contact April Economides, program manager, at april@greenoctopus.net or (562) 234-0046. To learn about other Long Beach bike programs, please visit www.bikelongbeach.org.

Made possible by funding from the Centers for Disease Control through the Los Angeles County Department of Public Health.



CATALINA COUPLES: FREDDY & EVA HERNANDEZ

Please send us your favorite photo of yourself or of another local Catalina couple to be included in the Catalina Islander. They can be young or old; in special places, special occasions or just at home. Email your high resolution photo to ed@cinews.us.

Bringing better health to Two Harbors.

Walk-in flu clinic
Nov. 1

West End

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Tuesday, Nov. 1
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(310) 510-0700
Appointments (310) 510-0096
www.CIMedicalCenter.org

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bargaining of the garden community we might be able to convince someone to carry these essentials for any garden in Avalon.

Mule Deer. Our worst enemy. Steps must be taken in order to prohibit them from raiding the whole garden in one fell swoop. It can be done. We will discuss some of the different measures of protection in upcoming articles and the group meetings. I have had

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