

Serving the 92116 communities of University Heights, Normal Heights and Kensington

HISTORIC HIGHWAY 80 REMEMBERED ON EL CAJON BOULEVARD

by the El Cajon Boulevard Business Improvement Association

Historic Highway 80 signs are being hung along El Cajon Boulevard, signifying an official historic cultural tourism route. Highway 80 was once referred to as the Broadway of America, a grand transcontinental highway stretching coast to coast - from Tybee Island in Georgia to San Diego.

The highway was enjoyed by both travelers and locals alike. Drag races, malt shops, drive-in movie theaters, classic car dealerships, sock hops and other neighborhood amenities shaped the character along El Cajon Boulevard and Highway 80.



However, as the need for ever faster transportation and expansive urban sprawl became apparent, Highway 80 found itself being bypassed as the new interstates took an increasingly larger share of the traffic and business.

The completion of I-8 in 1957 was nearly death of U.S. 80 in California. By 1974, the last official signs were being removed and U.S. 80 technically ceased to exist. Fortunately, in 2006, the State

of California designated U.S. 80 a state historic route.

With help from County Supervisor Ron Roberts, the El Cajon Boulevard Business Improvement Association has begun to promote cultural tourism along this historic route by installing Historic Highway 80 road signs and banners to encourage drivers to 'Cruise Historic Highway 80.'



With 30,000 drivers on the road daily, the Boulevard remains one of the most traveled thoroughfares in San Diego. Take a drive along our famous boulevard and celebrate its history.

For maps and more Highway 80 information visit: www.oldhighway80.com and the Historic California U.S. Highways website at: <http://www.gbnet.com/ushighways/US80/US80a.html>.



The picture shows the then recently rebuilt interchange. It was originally built in 1947 as part of the US 395 freeway, then revamped in 1959. It was again rebuilt in 1991 and still exists in essentially the same form.

Photograph courtesy of Caltrans.



COLLEGE SCHOLARSHIP WORKSHOP FOR LOW-INCOME STUDENTS



Senator Christine Kehoe

Senator Christine Kehoe announced recently that several free workshops will be held across the county to help low-income high school students apply for

college scholarships that pay up to \$9,700 each year.

"Too many families in our region are concerned that college is out of reach for their children because of skyrocketing tuition and fees," said Kehoe. "These scholarships help meet many financial needs and allow deserving students to pursue a higher education." Kehoe will speak at the March 1 workshop at San Diego City College starting at 9 am.

The workshops explain the scholarship application process, and help students complete the application forms. For a

schedule of workshops in San Diego County, call 888.224.7268 or go to: www.calgrant.org.

In 2000, the California legislature passed a law which guarantees up to \$9,700 each year to low-income high school graduates to cover college costs. These funds are called CalGrants, which are not loans and don't have to be repaid. Students may use the grants to attend community colleges, universities, and private colleges.

To qualify for the scholarships, students must exhibit a financial need, have at least a 2.0 grade point average, and complete

the Free Application for Federal Student Aid (FAFSA) form before March 2, 2008. Students may obtain the form at their high school or college financial aid office, or at www.fafsa.ed.gov.



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by Suzi Finkelstein

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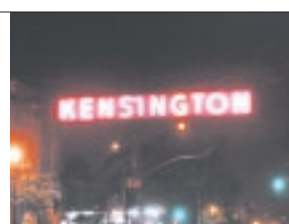
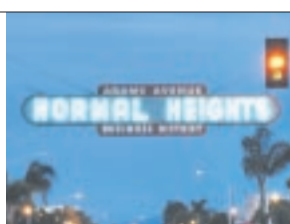
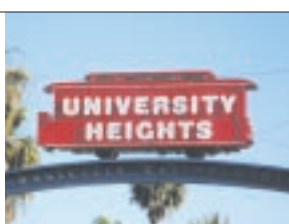
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ADAMS AVENUE CALENDAR

ADAMS AVENUE HERALD

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CIRCULATION 10,000

CALENDAR OF EVENTS

FEBRUARY

February is Black History Month

Every Thursday

Complimentary Real Estate Seminars

7:00 pm - 8:00 pm every Thursday evening

Rex Downing & Associates

4134 Adams Avenue, Suite 105

RSVP: 619.280.7399 / info@rexdowning.com

13: Wednesday

Friends of the NH Canyon

7:00 pm - 8:00 pm, second Wednesday every month

Meet at Cafe Caberet

Kensington / Talmadge Planning Group

6:30 pm

Kensington Community Church

4773 Marlborough Drive / 619.284.5738

14: Thursday

Eleonor England, Critically acclaimed jazz vocalist

5th Annual Valentine's Day concert

Backed by the Shep Meyers Combo

Lestat's West 3343 Adams Ave. / 619.282.0437

9:00 pm

Tickets \$13 / www.eleonorengland.com

15: Friday

Rex Downing & Associates present

The Art of Love An Art Exhibition by

renowned artist, Catherine Fritz

Featuring wine, chocolate and lots of love

6:00 pm - 8:00 pm

Rex Downing & Associates

4134 Adams Avenue, Suite 105

RSVP: 619.280.7399 / info@rexdowning.com

15: Friday | 16: Saturday

A Diversionary Theatre Valentine Event

Cocktail Party Fundraiser

A mini concert: Beth Malone with guest

appearances by Molly Lahr and Tori Roze

7:00 pm - Cocktails (no-host bar)

8:15 pm - Mini-Concert

\$60 patron tickets, \$30 general admission

Tickets: 619.220.0097

19: Tuesday

San Diego Floral Assoc.'s Quarterly Meeting

7:00 pm - 8:00 pm

Casa del Prado, Room 101, Balboa Park

Gardening on a New Level Guest Speaker: Mitch Shirts

Meeting: Free / Optional catered dinner at 6:00 pm

Cost: \$12, members; \$15, non-members.

Reservations before Feb. 17: 619.232.5762,

20: Wednesday

Kensington / Talmadge Community Assoc.

7:00 pm - Dinner served prior for reasonable price

Kensington Community Church

4773 Marlborough Drive / 619.284.5738

21: Thursday

El Cajon Business Improvement Assoc.

11:30 am

3727 El Cajon Boulevard / 619.283.3608

Partners for Safe Neighborhoods

Neighborhood Watch Meeting

6:30 pm

Police Storefront 3905 Adams Avenue

Normal Heights Cultural Council Meeting

6:00 pm - 7:30 pm

Normal Heights Community Center

4649 Hawley Boulevard

23: Saturday

Robin Henkel Band Award-winning blues,

jazz, funk, swing and steel guitar music

9:00 pm - 11:00 pm

Lestat's West 3343 Adams Ave. / 619.282.0437

\$8; All ages welcome / www.robinhenkel.com

26: Tuesday

Adams Avenue Recreation Council

7:00 pm

Adams Avenue Rec Center

3491 Adams Avenue / 619.235.1149

MARCH

Every Thursday

Complimentary Real Estate Seminars

7:00 pm - 8:00 pm every Thursday evening

Rex Downing & Associates

4134 Adams Avenue, Suite 105

RSVP: 619.280.7399 / info@rexdowning.com

4: Tuesday

Adams Avenue Business Association

7:30 am - 9:00 am

Normal Heights Community Center

4649 Hawley Boulevard / 619.282.7329

Normal Heights Community Planning

6:00 pm - 8:00 pm

Normal Heights Community Center

4649 Hawley Boulevard / 619.563.0034

6: Thursday

UH Crime Watch Meeting 6:30 pm

UH Community Association 7:00 pm

Birney Academy Auditorium

4345 Campus Avenue



CLASSIFIEDS



ADAMS AVENUE HERALD CLASSIFIED LISTINGS

\$3 per line - four lines minimum

12: Wednesday

Friends of the NH Canyon

7:00 pm - 8:00 pm, second Wednesday every month

Meet at Cafe Caberet

Kensington / Talmadge Planning Group

6:30 pm

Kensington Community Church

4773 Marlborough Drive / 619.284.5738

19: Wednesday

Kensington / Talmadge Community Assoc.

7:00 pm - Dinner served prior for reasonable price

Kensington Community Church

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El Cajon Business Improvement Assoc.

11:30 am

3727 El Cajon Boulevard / 619.283.3608

Normal Heights Cultural Council Meeting

6:00 pm - 7:30 pm

Normal Heights Community Center

4649 Hawley Boulevard

Partners for Safe Neighborhoods

Neighborhood Watch Meeting

6:30 pm

Police Storefront 3905 Adams Avenue

WHERE TO FIND THE 'HERALD'

Pick up your copy of the HERALD every month at these local businesses:

Normal Heights

- Safe Neighborhoods 3905 Adams Avenue
- Adams Avenue Rec Center 3491 Adams Avenue
- Pet Me Please 3401 Adams Avenue, Suite C
- Café Cabaret 3737 Adams Avenue
- California Antilles 3737 Adams Avenue
- Mariposa Ice Cream 3450 Adams Avenue
- Curves 3611 Adams Avenue
- Bamboo & Beyond 3412 Adams Avenue
- St. Didacus 4772 Felton Street
- Craftsman Foundation Repair 3524 Adams Ave.
- Sugar Ltd. 3723 Adams Avenue
- A Second Chance 3439 Adams Avenue
- Proprietor's Wine Bar 4711 34th Street
- Kensington Veterinary Hospital 3817 Adams Ave.
- Cornerstone Café 3739 Adams Avenue
- Anshell Music Lessons 4577 36th Street
- Lestat's 3343 Adams Avenue

Now available on El Cajon Boulevard in local businesses and newspaper boxes!

- 7-Eleven 3436 Adams Avenue
- NH Community Center 4649 Hawley Blvd.
- Smitty's Service 3441 Adams Avenue
- Vons 3610 Adams Avenue
- Rite Aid 3650 Adams Avenue
- Actors Alliance 3535 Adams Avenue
- Triple Crown Pub 3221 Adams Avenue
- John Adams Post Office 3288 Adams Avenue

University Heights

- Richard Turner Ins. Agency 4672 Park Blvd.
- Walter Todd Salon & Spa 4127 Park Boulevard
- Jaynes Gastropub 4677 30th Street
- Adams Avenue Bicycles 2606 Adams Avenue
- Athenaeum School of the Arts 4441 Park Blvd.
- Korova Café 4490 Park Boulevard
- Twigg's 4590 Park Boulevard
- UH Library 4193 Park Boulevard

Kensington

- Rex Downing & Assoc. 4134 Adams Avenue
- Zensational 4689 Marlborough Drive
- DJ's 4236 Adams Avenue
- NYLA Kensington Boutique 4095 Adams Avenue
- Kensington Chiropractic 4714 Marlborough Drive
- Starbucks 4134 Adams Avenue
- Kensington Coffee Co. 4141 Adams Avenue
- Kensington Library 4121 Adams Avenue
- Just Fabulous 4116 Adams Avenue
- Washington Mutual Bank 4078 Adams Avenue
- Kensington Video 4067 Adams Avenue
- Kensington Theater 4069 Adams Avenue

El Cajon Boulevard

- El Cajon Blvd. BIA 3727 El Cajon Boulevard
- Squares indicate news box or rack in front of location

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ADAMS AVENUE BUSINESS

MONEY SPOTLIGHT TIPS FOR NAVIGATING CHOPPY INVESTMENT WATERS

by Kurt E. Eakin,
Edward Jones Financial Advisor

If you're an investor, you may be perplexed by the current volatility of the stock market. Recently, the Dow Jones Industrial Average experienced triple-digit movements. Given these extreme price movements, what should you do? Here are some ideas to consider:

Focus on what you can control

You can't control subprime mortgages, oil prices, the U.S. economy, Federal Reserve pronouncements or any of the various factors that may affect the stock market. But you can control your investment decisions.

You can select quality investments – those that you wouldn't mind owning if we enter a bear market. Historically, so-called "blue chip" stocks and investment-grade bonds have tended to bounce back more quickly at the end of market declines than those investments that are considered more speculative.

Diversify your holdings

If you only own one type of investment – such as growth stocks – your portfolio may be particularly vulnerable to market downturns. But if you spread your dollars among a wide range of securities – stocks, bonds, Certificates of Deposit, Treasury notes, etc. – you may be able to lessen the effects of market volatility on your holdings. Different investments don't always move in the same direction at the same time.

Know your risk tolerance

If you find yourself constantly agitated over the fate of your investments, you're probably taking on more risk than you should. Different people have different risk tolerance levels – so make sure you know yours. At the same time, be aware that there are different types of investment risk.

When you invest in stocks, you risk losing some, or all, of your principal. But if you opt for a less risky portfolio consisting largely of fixed-income vehicles, you risk losing purchasing power, as these investments may not keep up with inflation. You'll want to strike a balance between these different varieties of risk.

Don't chase "hot stocks"

It's always tempting to go after "hot" stocks – and that's especially true when, during periods of market volatility. You spy a stock that seems to be "holding its head above water," so to speak. However, by the time you invest in a "hot" stock, it may already be cooling off. Furthermore, it might not be appropriate for your needs and goals.

Conversely, don't rush to dump "losers" – those investments that may have lost value over the past several months. You'll need to work with your financial advisor to evaluate the merits of each individual investment in the context of your overall investment strategy.

Look for opportunities

Market declines can present long-term investors with an opportunity to buy quality investments at a lower price. And remember that all market declines have had

one thing in common: They've all ended.

Although we do not know where the markets will go in the future, the U.S. economy and financial markets have historically spent much more time rising than falling. So, look for those quality investments – they're still out there.

These are strange days for investors. But if you follow the above suggestions, you can still achieve favorable results in the long term. So, be patient, be disciplined – and stay invested.

ADAMS AVENUE HERALD

PRINT SCHEDULE 2008

Print Date	Issue Period	Deadline for Ads Articles, Events
March 20	Mar – Apr	March 6
May 1	May – June	April 17
June 12	June – July	May 30
July 17	July – Aug	July 3
Aug 28	Sept – Oct	August 15
Oct 2	Oct – Nov	Sept 18
Nov 6	Nov – Dec	Oct 23
Dec 11	Dec – Jan	Nov 21



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If you would like a free review of your mutual funds or any other investments to see if they are appropriate for your long-term goals, please call or stop by today.

 **Kurt E Eakin**
Financial Advisor
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Edward Jones
MAKING SENSE OF INVESTING

ADAMS AVENUE BUSINESS

YOUR NEIGHBORHOOD LAWYER Check It Out: Avoiding Loss from Bad Checks

by Eric Gersten, Esq.

What if you didn't get paid for the work that you provided? Even worse, what if you thought you had been paid, when in fact you weren't? Perhaps you have already gone through this emotional financial rollercoaster, or maybe, you'd like to know how you can avoid it.

Whatever business you're in, you should get paid for the product or service you provide or you won't be in business for very long. Cash, credit cards, and checks are all valid ways of accepting payment; sometimes that is not enough! You need to actually get paid.

Every year, millions of dollars are lost by merchants in California because of "bad check" writers. A bad check is basically where there were insufficient funds or credit in the account on which the check was written, or the person that made the check does not have an account with the bank on which the check was drawn, or the writer of the check stopped payment on the check. Regardless of how you put it, you were given a poor IOU (no pun intended).

What do you do? There are civil and criminal penalties for people who pass out bad checks. It is generally harder to go after someone using criminal rather than civil law, and most times, what's probably most important to you is getting paid, and sending the bad check writer to jail may be a secondary thought.

If you want to pursue someone criminally for writing a bad check, you should bring the matter to the attention of the police

department, sheriff's office, or the district attorney in the county where the alleged conduct took place.

Under section 1719 of the California Civil Code, the receiver of a bad check may be able to recover the original amount of the check, plus triple damages (3 times the amount of the check), with a minimum amount of damages of no less than \$100 and no more than \$1500, provided you give the maker of the check sufficient notice.

California law also allows the recipient of a bad check to recover a service charge of an amount not to exceed \$25 for the first check passed on insufficient funds and an amount not to exceed \$35 for each subsequent check passed by the same maker on insufficient funds.

You can go after the maker under §1719 in small claims if the amount does not exceed \$5,000, or in any other court of jurisdiction depending on the amount of the transaction. Generally speaking, attorney's fees cannot be collected for pursuing a bad check writer.

If you intend to accept, or continue accepting checks in your business, establishing a check acceptance policy could help minimize the financial losses from bad checks. Here are some general ideas and guidelines that can help you:

- Ask for a driver's license, and record the license number on the front of the check
- Ask the person giving you the check for their home and work telephone numbers
- Refrain from accepting "post-dated" checks
- Have the person sign the check in your presence; don't accept checks that have already been signed
- Don't accept out of state checks
- If you are suspicious, ask the person to pay with their ATM card, credit card, or the king of all payments, cash
- Avoid the risk of accepting a check for an amount that could cause financial hardship for your business – ask for payment in cash or cashier's check instead.



Continued on page 11

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ADAMS AVENUE REAL ESTATE

BEATING THE HOMEBUYING JITTERS – TIPS FOR NEW HOMEBUYERS

By Rex Downing & Associates

Intimidating is the word. Scary fits in there also. And, "if others aren't doing it I should hold off," seems to be another common thought. However, once you have decided that this is a good time to buy there are a few things you need to do first.

Buying a home can be a very intimidating process, especially if you've never done it before. The very first thing you should determine is what are the benefits and the drawbacks of owning versus renting. Sometimes renting or staying in one's current home is the best solution.

There are tax advantages to owning a home, as well as building equity as you pay down the mortgage. Your accountant or lender can provide information about how much of a mortgage payment you can afford – with the added tax advantages of owning a home.

If you have decided you want to buy a home, where do you start?

Check Your Credit Report and Score You may receive one free copy of your credit report each year. You can do this by visiting Annualcreditreport.com. Don't forget to check your report for errors.

Figure Out How Much You Can Afford You can calculate how much you can afford by starting online. Go to www.rexdowning.com for loan calculators to get an approximate estimate on what you can afford. Your lender will be much more accurate in helping you determine specific parameters.

Find A Good Lender You need to find a lender to get home financing. Your agent can help direct you to a lender s/he works with, or you may have a lender you have selected. Trust is the most important part of this relationship. You will need someone who will take care of your loan processing needs in a timely manner and will honestly let you know what their company can do for you.

Find A Real Estate Agent To find a real estate agent, get recommendations from your friends and family and check with the Better Business Bureau. Go to some Open Houses, talk with the listing realtor

at the Open House to help find a realtor you think you can work with. Talk to at least two or three real estate agents. Besides the reputation of the company and the broker, you are looking for rapport and similar style.

This person will be negotiating on your behalf, you want to be sure they project your style, that you can work closely with them and that you trust them implicitly.

Look For The Right Home For You Think about what you want in your new home. Determine location, number of bedrooms and bathrooms, size of yard, etc. Consider the neighborhood you want, types of schools in the area, the length of your commute to and from work and access to the places you like to go.

Safety, home appreciation, and general feel of the neighborhood are key and will be important for resale and investment purposes. Your agent can advise you but is forbidden from telling you that a neighborhood is "unsafe" or not the place to live. You will need to do some research and ask friends about neighborhoods also.

Make An Offer On The Home When you find that perfect home for you, you are ready to make an offer. There will be some negotiation and, generally, unless the market is very hot, you will make an offer that is 5-10% below the asking price. There will be counter offers and negotiations to try to get both parties to a reasonable agreement.

Get a list from your real estate agent to find out how much comparable homes have sold for. Your agent will work with you to determine a fair price and to plan your strategy. Check with your real estate professional for help through the process of buying a home. It will be one of the most exciting times in your life!

Please Join Us in Welcoming
Patricia KERR
to Rex Downing & Associates!



Friday, February 9th
5:30 pm – 7:30 pm
4134 Adams Avenue, Suite 105
RSVP to 619.280.7399 or e-mail: Info@rexdowning.com

REALTOR SPOTLIGHTS

Hooker & Schneider join Rex Downing & Associates

Rex Downing & Associates is thrilled to announce that Lori Hooker & Linda Schneider have joined the firm. Ms. Hooker enriches her real estate practice with her background in business ownership, management, and teaching. She has a B.S. in Biology and Secondary Education from BYU.

Ms. Schneider has educated over 3,500 REALTORS® as a Senior Trainer with "BY REFERRAL ONLY," and has an M.A. in Linguistics from the University of Utah.

Lori Hooker and Linda Schneider serve clients throughout San Diego county and specialize in relocation clients through their website www.RainbowSanDiego.com.

They live in Talmadge with their son, Caden, 8, daughter, Adrienne, 5, two dogs and a tree house.

Realtors, if you have news and events to share about your office, please send e-mail to: Editor@AdamsAvenueHerald.com and we will try to include it in our Realtor Spotlights.



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ADAMS AVENUE COMMUNITY

LIFE ON ADAMS AVENUE

by Suzi Finkelstein

Richard Burkhart, Sculptor

Art that speaks to our souls...

Brad Burkhart is a sculptor. His studio is in Kensington, but his art is now traveling across California and is gaining both national and international recognition. His current collection of terra cotta sculptures was recently showcased in North County at the Art Center.



One of Brad's gifts is to really share his art. He encourages the patrons of his art to be involved in the naming of the individual piece since he feels the art can speak directly to people. This summer, Mr. Burkhart was able to showcase another series of sculptures which was called, "The Rosecrans Project." His pieces were displayed in Santa Cruz over the summer and this exhibit was warmly and enthusiastically received.

This collection was inspired by Mr. Burkhart's visit to the military cemetery in Point Loma where the first soldiers to die in the Iraq war are buried. His art is a statement and a reflection of our times.

Once again, walking among us on Adams Avenue are men and women of great talents, keeping the Adams community alive and flourishing. Brad's work represents diversity, and through sculpture, Brad Burkhart stands out and he represents the Adams Avenue community of greatness.

Brad & 'Invisible Music' (pictured left)

It was part of an exhibit titled "The Poetics of Myth" at the Escondido Center for the Arts. In this exhibit, he shared gallery space with the French sculptor, Niki de Saint Phalle. The focus of this exhibit is a search for universal truth and understanding of the natural world.



A Reading at the gallery

Brad's sculptures speak to us, and draws us closer to all levels of human emotions including empathy, jealousy and loyalty. He is able to create with his hands what great writers create in masterpiece novels, a timeless work of art that stays with us both visually and spiritually.



WATER CONSERVATION POSTER CONTEST

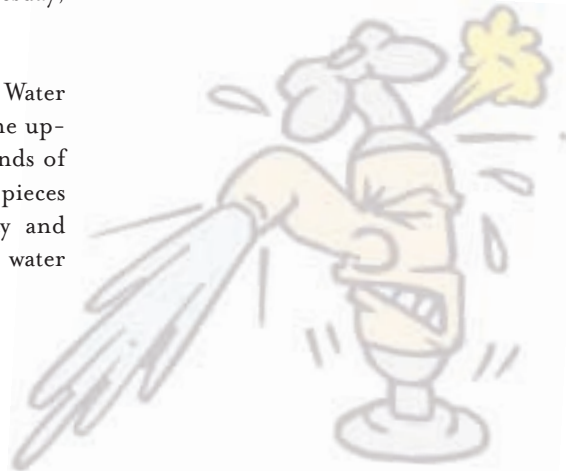
Students throughout San Diego are sharpening their colored pencils and stockpiling their crayons in preparation for the City of San Diego Water Department's 8th Annual Water Conservation Poster Contest.

All public, private, and home-school teachers can use art to teach their students about the benefits of water conservation, and enter the Water Conservation Poster Contest. The Water Department will accept entries through Wednesday, March 26, 2008.

Luis Generoso, City of San Diego's Water Resources Manager, is excited for the upcoming contest. "Each year, thousands of students submit some incredible pieces of art that inspire the community and transform the way we think about water conservation."

Each student who creates a poster to enter into the contest will receive a certificate of participation. Winning posters receive prizes.

Additional information about the Annual Water Conservation Poster Contest, entry form and free activity book are available online at www.sandiego.gov/water/conservation. For more information, call the City of San Diego Water Department at 619.533.5312.



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ADAMS AVENUE COMMUNITY

LIVING LIFE WITH CHOCOLATE ON TOP! –Book Excerpt

by Savanna Washington

I can eat chocolate cake for breakfast. There was a time in my life when I could justify all of it's ingredients among the four food groups. Categorizing sugar was tough but since it gives a temporary boost of energy I put it in the fruit category. I could actually do that guilt free.

Now that I'm "maturing" I have to cut back on sweets and fats. I've had to stop saying peach cobbler falls in the fruit food group and eat chocolate cake like a rational human being. Before I would just consider buying stock in Sarah Lee and say I'm buying chocolate to help the company!

I don't want to cut out chocolate cake for the rest of my life, just for breakfast. That pretty much has become my motto for a lot of my life stuff. I don't want to stop doing a lot of things – I would just like to stop doing them for breakfast!

I don't want to be rushed or tired for breakfast, not being myself or being too tough on myself for breakfast, or being stressed for breakfast. I'd like some better manners than that, for breakfast at the very least!

Cravings – It is a rather benign word for a ravening obsession that has been known to send grown men (namely, this one) out into the cold at midnight screaming, "My kingdom for a ho-ho!"
–Leonard Pitts Jr., Knight-Ridder

So I began using the motto – no bad manners for breakfast. Especially, no bad manners towards myself for breakfast. When I make a bowl of cereal I decided it was rude to have stress with breakfast.



When I'm running late in the morning and I'm rushed, I tell myself to slow down. The four minutes I gain by doing this dash around my house and then in my car is terribly inconsiderate to myself, my nerves and most especially to the person I'm honking at because I'm late.

Better manners for breakfast. My theory was that if I start my day with better manners the rest of the day will be less rude. It seems to work.

After a few days of being good, a thought came to me. If I can have better manners about chocolate and stress for breakfast I could probably help conquer the world's stress. Then I decided conquering the world's stress would probably only add to my stress level. I grabbed a Hershey's kiss and went back to work!

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For information on how to order, "Living Life With Chocolate on Top!," visit on-line at: www.GirliePlate.com.

"Men are from Mars, women are from truffles."
– 'LA Times' Headline

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Mr. Miguel Casabosch *Deacon*

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Sunday – English	8 am and 10 am
– Spanish	11:30 am
Daily Mass	7:30 am
– Wednesdays	8:30 am

Holy Days as scheduled

Eucharistic Adoration – Wednesdays	7:30 am
First Fridays	8 am – 9 am
Confessions – Saturdays	3:30 pm – 4:30 pm

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KENSINGTON/ NORMAL HEIGHTS LIBRARY BOARDMEMBERS SOUGHT

The Friends of the Kensington-Normal Heights Library is seeking new boardmembers. Two critical board positions that are in need of being filled now are for Treasurer and Membership. Also needed are Expansion & Fundraising Committee Members.

If you would like to be involved in expanding our library to better serve the community or are interested in the Treasurer or Membership position, please leave your contact information with branch librarian, Kathy Askin at: 619.533.3974 or send e-mail to: kaskin@sandiego.gov.

Volunteer with Friends of Kensington-Normal Heights Library, our community needs you!

MOMMY CAN YOU READ TO ME?

The San Diego Council On Literacy

By Suzi Finkelstein

The San Diego Council On Literacy is an agency dedicated to improving the quality of life, one person at a time. I recently met the Manager of Program Services, Chris McFadden. He is a passionate man, committed to this worthy cause and well respected in this area.

Chris knows in order to change society, we need to address the social and cultural issues caused by illiteracy. He understands we need to empower individuals with education, the fundamentals of reading and writing.

"In San Diego County, one out of five native born Americans cannot read," Chris informs me. I sat silently and then took a moment to let sink in what he had just said.

Sometimes people come into our lives for a reason, so it is true of Chris who was a long time resident of Normal Heights. He continues to reflect fondly on his many years in this community, and proudly said the Kensington Library is one of the local libraries that has a literacy program through READ/San Diego, the adult literacy program of the San Diego Public Library.

This is only one of 21 other literacy programs locally that is under the Council on Literacy's partners. They serve as a clearing house. The council serves as a referral for many projects including the *Union-Tribune Race for Literacy* and other special projects that partner with other agencies including AmeriCorps.

Chris took the time and shared with me some of the stories of what drives him: A mother who can't read the note home from the teacher saying her son is getting an award at school. The school custodian who fears he is pouring the wrong chemicals and maybe creating dangerous solutions on the floor of the school where children may be injured. The young five-year-old girl who comes home from Kindergarten living with her single mother and says, mommy will you read this book to me? And that mother cries and confesses, "I can't, honey, I don't know how to read."

The Council on Literacy say they make a difference one life at a time. They are in need of volunteers and support. For more information contact them at: 888.850.7323. Call and lend a hand towards literacy in San Diego.

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ADAMS AVENUE COMMUNITY

FITNESS ... THE JOURNEY!

by Tamara Fanning

In fitness, thinking only about your fitness destination – lose 25 pounds, fit into the fabulous skinny jeans – can make the road to getting fit a little overwhelming. Like any fitness destination, small steps are necessary to help you reach the end goal.

Living a healthy and fit lifestyle has many rewards. Taking the first step toward fitness seems to be the easiest for most people – it is the steps that follow that prove to be the hardest to consistently maintain. It's the consistency that will determine success or failure in maintaining a fitness regimen.

One small but important step toward fitness should include getting an exercise partner. Make plans to get fit together by taking walks or going to a workout class. Another option is to meet with a fitness professional that will help keep you on track and motivated.

A partner and fitness professional are both good at keeping you accountable as well as motivated. A fitness professional can make your journey to fitness more efficient, safe and interesting.

Another good tip is to put your workout in your schedule, day planner, or Blackberry Calendar – where ever you maintain your schedule. Putting it in your schedule helps you adhere to a consistent schedule of working out and is quite effective.

Be sure to make small attainable goals that lead to the big one – a fitness integrated lifestyle. Your workout should be a part of your regular lifestyle to help you maintain fitness.

A fitness integrated lifestyle is key to your getting fit and staying healthy. Take the first step toward fitness and catch the momentum to keep going. In return your body will not only look better but feel better.

Tamara Fanning has a Bachelor of Science in Kinesiology from SDSU and has been a Fitness Professional for over ten years around SD County. She is the owner of Get Fit with Tamara, a fitness integration learning studio located at 3806 Adams Ave.

Contributing writer: S. L. Forbes

EVEOKE SPONSORS FILM SERIES 'VOICES'

Eveoke Dance Theatre and The Cultural Worker announce they will be joining forces to screen a series of films about women's human rights during the month of March to celebrate Women's History Month.

The series, entitled *Voices*, includes film screenings that will be accompanied by dance

performances, community discussions, a photographic exhibit and will culminate in a creativity workshop. The program is designed to foster a supportive environment for creative action towards social justice.

For more info contact Eveoke at: www.eveoke.org or (619) 238-1153.

'Voices' Screenings

God Sleeps in Rwanda – March 1, @ 6 pm

Soraida, Woman of Palestine – March 8, @ 6 pm

Keep Not Silent: Ortho Dykes – March 15, @ 6 pm

A Woman's Word (Palabra de Mujer) – March 22, @ 6 pm

FINDING YOUR VOICE: A Creativity Workshop

Workshop – March 28, @ 6 pm. Tickets are: \$12 general admission, \$10 for Eveoke community members. Discount passes are available.



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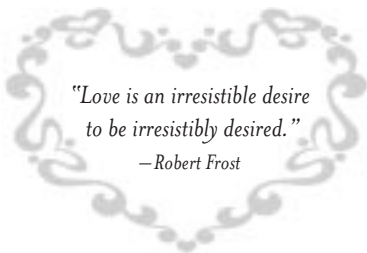
*Offer based on first visit enrollment, 12 mo. c.d. program. Discount applies to initial service fee. Not valid with any other offer. Only at participating locations in U.S. and Canada. Subscription required. Other restrictions apply. Go to local club for details. ©2008 Curves International, Inc.

ADAMS AVENUE COMMUNITY

MUSINGS Be Mine, Valentine

by *Duchess Dale*

"All you need is L O V E ..."



Valentine's Day puts me in mind of the old Charlie Brown cartoons where he was riddled with anxiety whether or not he would get a card from the little redheaded girl – if she would notice him.

As a child, I wanted my Valentine's to come from secret admirers who saw me for who I truly was. As I got older, although I no longer required that my admirer be secret, I still wanted to know that I was ... that special someone.

Fast forward to today, I'm a grown woman and have a whole new perspective of this holiday. On the day, I don't mind a little organic dark chocolate, flowers (especially those fresh ones at Kensington Floral on Adams), and a beautiful hand-crafted card from Ladybug that bring a smile.

What I look for now though in my Valentine's is something a bit more pure of heart. I want the intention behind the trappings. What I have learned is that I want to know authentic caring, true love. And I don't just mean having Mr. or Ms. Right serenade me with Shakespearean sonnets while tossing rose petals at my feet.

What I have gleaned over the years is that what I was craving in my childhood is the same thing I seek now, I want to feel someone's appreciation and caring in an authentic manner. And I want to feel that from myself to myself also.



Now as Valentine's Day approaches, I ask myself how can I best show love and caring to myself? Where can I give myself the gift of quiet time to read or write or do something that tickles my fancy? What would bring me joy? That is my Valentine's to me. I no longer wait for anyone else to fill that need for me; and amazingly, love shows up for me in the guise of cards, e-mails or in the soft embrace of my husband (this is my newly-wed Valentine's, so I am already pretty mushy) before we fall asleep.

If the physician claims to "heal thyself" then I opt for the healing of "love thyself." Treat yourself to a nice Valentine's Day treat for yourself on Valentine's Day. It's okay to love yourself and say to yourself, "Be mine!"

ENERGY SAVINGS

by *SDG&E*

Water heating is typically the second largest energy expense in the home, after heating and cooling. It can account for as much as 25% of your utility bill. In the winter, the water heater has to work longer because the water coming into your house is colder, which is why water-heating costs may go up during the winter.

"Replacing your old water heater with a newer tankless or energy efficient model should save about 10% on water heating costs," explains Snyder. "And, \$30 rebates are available on new water heaters that meet certain requirements, helping ease the cost of the initial investment."

In the chilly weather many people take longer, hotter showers, which in many cases are the single largest contributor to overall hot water use. Even a modest 10-minute shower can use up to 50 gallons of hot water with a conventional shower head. A low-flow shower head can reduce this by half or more, without sacrificing the "feel" of the shower.

Set the thermostat on your water heater to mid-range (120°F), which will provide plenty of hot water for your needs and help save money on your energy costs. Maintaining this temperature will not only help save money but also reduce the risk of scalding. Note: Some dishwasher models

require a higher temperature, so check your dishwasher owner's manual for the proper setting.

Most clothes can effectively be cleaned in either warm or cold water. In fact, hotter water can sometimes cause stains to "set" and cooler water helps prevent premature wear and fading of fabrics.

Always use a cold water rinse.

Turn off the water while you're shaving, lathering your hands with soap, or scrubbing dishes.

Fix dripping faucets. A slow drip of hot water can waste up to 350 gallons per month, which is money down the drain.

Run a full load of dishes in your dishwasher instead of washing a few dishes by hand several times a day or running partial dishwasher loads. Your dishwasher uses about 17 gallons of hot water per load. It would take approximately 20 or 30 gallons of hot water to hand-wash those same dishes.

Finally, to better understand typical costs for heating and running major appliances, visit www.sdge.com/forms and click on "Your Energy Costs: A Room-by-Room Guide" under "Energy Efficiency" or call SDG&E's Energy Information Center at 1-800-644-6133.

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ADAMS AVENUE GAMES

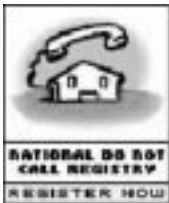
NATIONAL DO NOT CALL REGISTRY

The National Do Not Call Registry is open for business, putting consumers in charge of the telemarketing calls they get at home and on their cell phone. The Federal government created the national registry to make it easier and more efficient for you to stop getting telemarketing calls you don't want.

You can register online at www.DoNotCall.gov or call toll-free, 1-888-382-1222 (TTY 1-866-290-4236), from the number you wish to register. Registration is free.

The Federal Trade Commission, the Federal Communications Commission, and the states are enforcing the National Do Not Call Registry. Placing your number on the registry will stop most, but not all, telemarketing calls.

The website has additional info – whether you're a consumer interested in signing up for the National Do Not Call Registry, or a telemarketer or seller interested in learning more about your responsibilities related to the Telemarketing Sales Rule.



BAD CHECKS continued from page 4

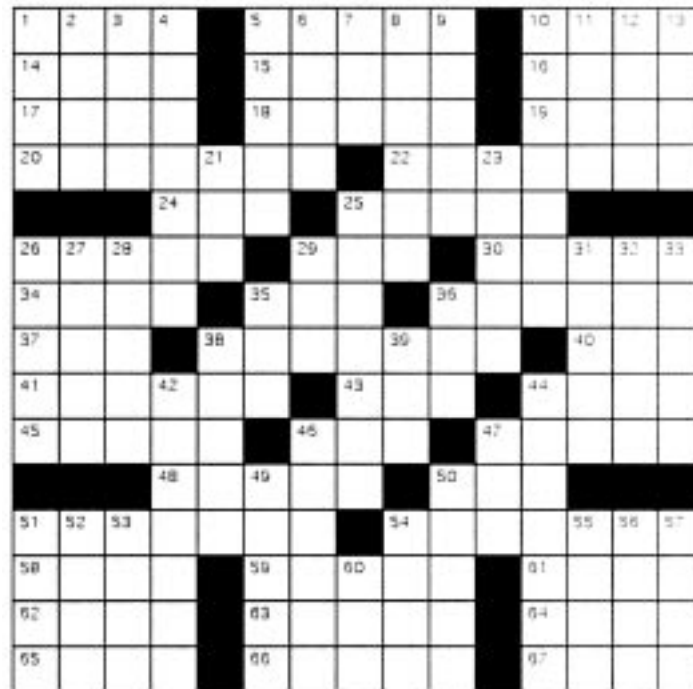
Part of my law practice involves debt collection for my clients, and bad checks usually cause frustration and worry; these problems can be handled by appropriate and wise counsel, in addition to the guidelines above.

The information in this article is intended only as a general guide. No attorney client relationship is created because you read the article. If you think you have a legal issue, it is best to contact an attorney.

E. "Eric" Gersten, an attorney and counselor at law in San Diego, specializes in solving his clients' problems. Eric received his Masters of Law from the prestigious Boston University, and has a wide range of experience in solving legal problems.

Call Eric today on 619.330.5663 or email to: egersten@rpost.com

CROSSWORD PUZZLE



ACROSS

- 1 Pear
- 5 Lackluster finish
- 10 Lake bird
- 14 Flirter's look
- 15 Watching
- 16 Scotch
- 17 Poetic name for a nation
- 18 four
- 19 Go skyward
- 20 Crawling creature
- 22 Overdue
- 24 Small deer
- 25 Sink
- 26 Island nation
- 29 "The Golden State": abbr.
- 30 Wader
- 34 Military acronym
- 35 Bell and Barker
- 36 Expresses derision
- 37 Aviator's guide
- 38 Happy events
- 40 "The flowers that bloom in the

spring, ..."

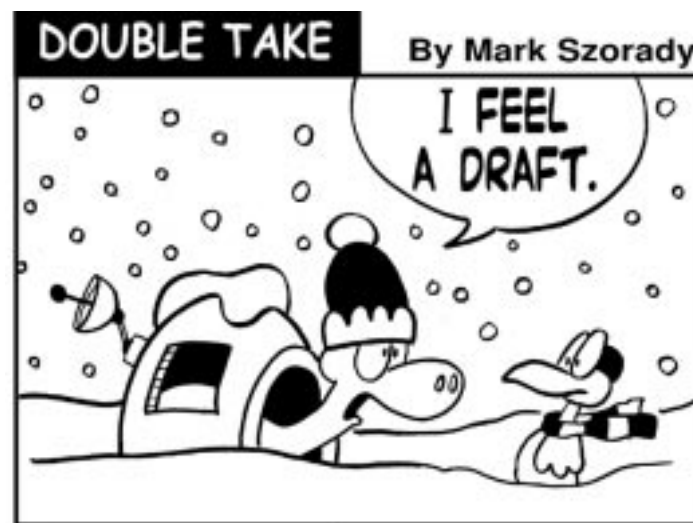
- 41 Tried to influence illegally
- 43 Composer George's brother
- 44 Coffin platform
- 45 French governing body
- 46 Female
- 47 Toboggans
- 48 Burdened
- 50 Early Coloradan
- 51 Plant support
- 54 Replace a regularly scheduled program
- 58 Invisible emanation
- 59 Little offshoot
- 61 2
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- 63 Automobile
- 64 French pronoun
- 65 Establishes
- 66 Rider's mount
- 67 on; have con-

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- ### DOWN
- 1 War (1899-1902)
 - 2 Meanie
 - 3 Make a boo-boo
 - 4 Pivotal
 - 5 Tree
 - 6 Nautical term
 - 7 Asian celebration
 - 8 Of a clan
 - 9 Diminutive endings
 - 10 Weird
 - 11 Sit patiently
 - 12 Semicircular projection
 - 13 Must have
 - 21 Charged atom
 - 23 Legal claims on property
 - 25 Strong defense
 - 26 Door frame parts
 - 27 Conscious
 - 28 Visit unexpectedly
 - 29 Chauffeur's spot
 - 31 Make another bow
 - 32 Miscalculated

33 Ivan V and

- Peter I
- 35 Out of one's mind
- 36 Cousteau's minku
- 38 Part of a dairy
- 39 Wrath
- 42 Songs that tell stories
- 44 Phrase deleted by a TV show editor: abbr.
- 46 Absolute ruler
- 47 Genevieve's title: abbr.
- 49 78s and 45s
- 50 Importuned
- 51 Price indicators
- 52 Reign
- 53 He was: Lat.
- 54 Plumber's concern
- 55 Fellow
- 56 Unpleasant person
- 57 Three of clubs, for one
- 60 Feel sorry about



Find at Least Seven Differences Between Cartoons!



ANSWERS: 1. HAT SHORTER 2. SCARF DIFFERENT 3. BIRD HAIR DIFFERENT 4. SATELLITE DISH MOVED 5. SNOW PILE SMALLER 6. WORD BALLOON DIFFERENT 7. SNOWFALL MISSING



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.
Each column of 9 numbers must include all digits 1 through 9 in any order.
Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

SOLUTIONS on page 12

ADAMS AVENUE COMMUNITY

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Darreyl Famber	Gmw Ii
Rodney Major	Gmw Ii
Linda Robles	Recreation Leader I
Rahion Williams	Recreation Leader I
Catharine La Fond	Recreation Leader I

Hours of Operation

Monday – Thursday	11:30am - 7pm
Fridays	12 noon - 7pm
Saturday	9am - noon
Sundays and Holidays	CLOSED

Adams Rec Council An advisory group made up of concerned citizens from the community. Join us every 4th Tuesday of each month at 7pm. New members support rec programs!

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- Old Trolley Barn Park
Adams Avenue & Park Boulevard
- 39th Street Park
39th & Adams Avenue



FREE YOUTH ACTIVITIES

Call for specific times: 619-235-1149

Mondays

Non-competitive Sports / Contests:
Have fun with relays, sports & group games!
4pm-5:30pm / Ages 6-12 / FREE

Computer Lab Internet Access:

Homework/re-search/games.
Ages 8-18 / 5:30-6:30pm / FREE

Tuesdays

Young Picassos: Learn all the basics & history of painting through hands on art & craft using a variety of paint.
Ages 8-14 / 4-5:30pm / FREE

Flag Football: Thursday & Friday

5pm-6:30pm / Saturday Games (September – December)
Ages 8-14 / Cost: \$10 registration, includes uniform rental. Proof of age required.

Wednesdays

Art & Crafts: Beads & strings, art, paint, collages, and more!
Ages 5-16 / 2-3:30pm / FREE

Cooking Class: Based on the 5 A Day Program,

children learn how to eat right & prepare their food! Ages 8-14 / 3:45- 5pm / FREE



Thursdays

Ceramics: Paint a variety of ceramics figures.
Ages 6-12 / 4- 5:30pm / FREE

Flag Football: Tuesday & Thursday

5pm-6:30pm / Saturday Games (Sept. – Dec.)
Ages 8-14 / Cost: \$10 registration, includes uniform rental. Proof of age required.

Fridays

Teen Scene: Games, tournaments & contests, music. Ages 11-17 / 5:30-6:45pm / FREE

Teen Council: Speak up for your community!

Help design a place just for teens. Games, trips, etc. Ages 12-17 / 4:30-5:15pm / FREE

ADULT ACTIVITIES

Salsa—Any Age! Tues. 5:30-6:30pm / \$5 class

Adult Coed Softball/Kickball Leagues:

Seasonal. Teams & availability: 858-273-3485

NA Meetings: Wednesdays 5:45-6:45pm

Recycling DID YOU KNOW????? Even junk mail can be recycled? Bring your junk mail here and fill up our dumpster – the bin located on Adams and Mansfield Street! Help us support youth programming in your neighborhood! Bring your newspapers, paper, plastic and glass, cardboard, & aluminum containers to the recycle bins. Remember, the more recyclables you bring, the more money the Center can generate to pay for supplies, sports equipment, field trips & facility improvements!

Schedule & fee's subject to change without notice.



SOLUTIONS to page 11

3	5	2	9	4	7	6	1	8
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EVENTS AT THE LIBRARY

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2008 CALENDAR OF EVENTS

Saturday, February 9, 2008 – 3 to 4 pm

Staying Healthy with the Seasons

Presented by Zen Sanctuary Staff:
Chance Billmeyer, Ross Weaver, Thavy Hy

This informative presentation covers basic Holistic Health Systems and addresses natural ways to avoid lengthy colds and flues. Presentation will include movement demonstrations, discussion, questions & handouts. Registration requested.

ONGOING LIBRARY EVENTS

Every Tuesday – 10 am

Preschool Storytime

Join us for stories, songs and flannel board stories every Tuesday in February and March.

Friends of the Library Book Sale

Ongoing Book Sale at the Library by the Friends of the Library. All proceeds benefit the Kensington-Normal Heights Branch Library. Collectible children's books from the 1920's through the 1960's now for sale including Beverly Gray series by Clair Blank, Collier's Junior Classics and The Little Colonel series by Ann Fellows Johnston.