CITYWIDE SIDEWALK SALE
In Encinitas
Saturday, February 21st!!
ONE DAY* ONE CITY* ONE GIANT CLEARANCE SALE FROM LAGOON 2 LAGOON!!!

ALL businesses and services registered with the City of Encinitas are welcome to participate in this single greatest sales day in Encinitas’ 22 year history. There is NO CHARGE and NO FEE to participate, the Encinitas Chamber of Commerce has permission from the City of Encinitas to kick off the “New” BUY LOCAL ENCINITAS Program with this incredible one-day only ALL Encinitas-Leucadia-Cardiff-By-The-Sea-Olivenhain joyous celebration of sale prices, sale items, and discounts on goods and services; all out-front on the sidewalks of our fantastic, clean, and beautiful city. While there is NO FEE to be involved, ALL “Citywide Sidewalk Sale” participants on 2/21/09 are required to recognize and obey all ADA public-safety requirements: these public 'right-of-way' ordinances can be obtained from the E-Chamber; either at info@encinitaschamber.com; or please call Pat Reinhardt at (760) 753-6041
to get a copy of the 48 inch passage requirements of the ONE-DAY Encroachment Permit.

Artwork by Amanda Andreen

Oktoberfest
Godfathers Surprise
Big John for his 80th Birthday!
Inside on Page 3

The Encinitas Chamber of Commerce, it just works!
Recipes from Pat

Trends
Can we talk about food trends, like red meat, the lonely, once beloved, bloody rare protein that helped grow a nation? You have to admit once in a while ya gotta love a good piece of medium rare prime rib, dipped in creamy horseradish. When I was 10, my dad would take us out to a great steak house for family birthdays; there were five of us. The restaurant was called the Bay 90’s in Manhattan Beach, Los Angeles. It was dark and there was a painting of a reclined, half naked lady over the bar. The red tuck and roll-upholstered booths barely let my feet touch the ground. Steaks and prime rib sizzled on hot platters with baked potatoes wrapped in foil as waiters swiveled their hips through a smoldering, packed restaurant. People were smoking and drinking and essentially having great fun. This was a special night out for a middle-class blue-collar family of the ’60s. We had steak once in awhile and it was a big deal, and believe me, it tasted wonderful. The meat was typically accompanied by a buttery, mashed or baked potato covered with chives, sour cream and nothing else but sizzle! My Mom tried to cook steak at home but it usually turned out tough. Probably wasn’t prime rib.

In the early ’70s, my friend’s mother turned me onto “exotics” like avocado slices eaten with just a sprinkle of salt and ground pepper…absolute heaven, and artichokes hearts soaked in melted butter and sometimes mayonnaise. I’d go over there to watch her marinate flank steak with a homemade Teriyaki sauce. Yeah and that’s when I had a metabolism.

Moving to Encinitas in the ’70s, everything “natural” and crunchy was the order of the day. Then there was Mexican food. My friends and I learned to fry tortilla strips to make chips, cheese and guacamole (nacho) for snacks while we were playing “Pass Out” with our neighbors. Afterwards we’d climb along the bluffs before there were stairs with a glass of wine to hang out and watch the sunsets at Grandview. One of the Leucadia houses I lived in had a HUGE peach tree; by the time the pies would come out of the oven, our roommates would devour them. Cooking seemed as if it used to be a national pastime. It’s a little odd to me now because I can’t understand how we used to have the time to make all of these wonderful meals and still remain skinny and do all the things to raise a family and make a living…oh yeahhh people didn’t work like they do now. Life was a lot slower or, I have the time to make all of these wonderful meals and still remain

It’s a little odd to me now because I can’t understand how we used to have the time to make all of these wonderful meals and still remain skinny and do all the things to raise a family and make a living…oh yeahhh people didn’t work like they do now. Life was a lot slower or, I had a ton more energy.

Three decades and I’m not going to tell you how many meals later, it’s chicken, and fish and soy as the recommended proteins. In the ’80s and ’90s I ate so much chicken I wanted to scream. Now big John at Tip Top Meat Market…. (More on this next month)

The Chamber Website Out-Performs Google and Yahoo at 10% the Price!
I have regularly paid $500 a month to get my chiropractic practice to rank on the first page of the major search engines. I was pleasantly surprised that my Encinitas Chamber Profile page always comes up in the top five listings with search engines, and it does so ‘organically.’ The profile page ($480 per year) paid for itself the second day it was up and running, it is the best web advertising deal on the Internet hands-down.”

DR. CHAD PATRICK
(760) 720-9649.

The Chamber of Commerce
879 Second St, Encinitas, CA 92024
Phone: 760-753-6041 Fax: 760-753-6270
e-mail: info@encinitaschamber.com

© 2009 ENCINITAS CHAMBER OF COMMERCE
New Quail Garden Corporate Center Nears Half-way Point

Quail Garden Corporate Center is expected to be the first private Leadership in Energy and Environmental Design (LEED)-certified building in Encinitas. To date, major infrastructure improvements to Encinitas Blvd. have been completed, including street widening and paving, plus the installation of a storm drain, curb, gutter, sidewalk, all underground utilities and a fully landscaped median.

Owned by Wiegand Neglia Corporation and designed by architect Hanna Gabriel Wells, this project will consist of one single-story commercial office and/or medical condo complex totaling approximately 33,000 square feet. Framing is expected to begin in February with completion of the building anticipated in the second quarter of 2009.

“This is a unique project coming to the Encinitas community that offers a rare opportunity for local professionals to work close to home in a wonderful environment,” said Bart Neglia, a principal of Wiegand Neglia Corporation. “Companies that relocate to Quail Garden Corporate Center are sure to improve their image and contribute to the productivity and retention of their employees.”

Quail Garden Corporate Center will include “green” design strategies including natural daylight and ventilation, energy-efficient envelope and mechanical systems, reclaimed water for landscape irrigation and recycled material use. The building reduced its environmental impact by using building materials with significant amounts of recycled content. It also uses high performance insulation and glass, which will help decrease the overall energy use for heating and cooling the building. In addition, over half of the waste generated from the construction of this building was diverted from the landfill and recycled appropriately using onsite separation of materials.

The Quail Garden building also helps reduce the “heat island effect” by placing parking under cover and limiting the amount of exposed asphalt areas. This reduces heat build-up that can contribute to increased peak energy demand, air conditioning costs, air pollution levels and heat-related illness. To encourage the use of environmentally friendly automobiles, seven preferred parking spaces are provided for vehicles that have a green score of 40 or higher on the American Council for an Energy Efficient Economy annual vehicle rating guide.

Water conservation is also a significant aspect of Quail Garden Corporate Center as the building will use low-flow plumbing fixtures, including sensor-activated bathroom sinks and shower heads, ultra-low-flush urinals, dual flush toilets, and low flow lavatories. It also saves valuable drinking water by using reclaimed water for all landscape irrigation. These water-conserving features will aid in saving more than 90,000 gallons of water and ultimately help the building achieve LEED Silver certification.

Architectural features include an exposed timber frame which supports simple roof forms that gather around a central court. Abundant full-height windows placed at each end of the suites allow for natural daylight and ventilation to travel through the interior spaces, designed to encourage a peaceful work environment. The sensitive landscaping and honest materials used throughout compliment an agrarian aesthetic.

Located on the north side of Encinitas Boulevard near the intersection of Quail Gardens Drive at 662 Encinitas Blvd, this project features one storage space per unit, as well as onsite covered parking for 123 vehicles. Quail Garden Corporate Center also boasts easy access to the I-5 Freeway and exposure to nearly 35,000 cars per day in this prime Encinitas location.

For more information about Quail Garden Corporate Center project, please contact Grubb & Ellis|BRE Commercial brokers Peter Curry and Matt Campbell at (760) 431-4200.
February is the Time for Matters of the Heart...

BY DR. PIA MARTIN, DC

As I sat down to right this month’s article about matters of the heart I began to realize that there is a very real connection between a healthy heart and a healthy love life.

A strong ticker is unarguably one of the best avenues for optimal health and longevity. Heart Disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack and often without warning. About every 26 seconds, an American will have a coronary event. Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco, and secondhand smoke are also risk factors associated with heart disease.

There are two major causes, specific and non specific. An overwhelming amount of folks fall into the specific category. That means that the root cause can be fixed. The major causes are obesity, lack of exercise, poor diet, stress and smoking. All of the above can be prevented by learning to love you! Start by putting yourself back on the top of your priority list!

Loving yourself means that you nurture your body and provide it with good whole foods that provide functional nutrition to support health and vitality. Loving yourself means you strengthen and stretch your body to ensure you are strong and have the energy to enjoy your day. (The heart is a muscle and it needs to be worked!)

Loving yourself means that you take the time you need to de-stress and strengthen your inner self and your emotions. It could be meditation or breathing techniques or music or a weekly massage.

Loving yourself means that you have increased confidence and self-esteem.

Loving yourself means that you have the capacity to love others deeply.

Loving yourself means that you can forgive and accept yourself.

Loving yourself shows! You are vital, have more energy. You are calm, and caring. You are open and smiling. All of these attributes draw people to you. It makes your family, your lover/spouse, your co-workers and friends love you with more intensity.

Loving yourself to you. It makes your family, your lover/spouse, your co-workers and caring. You are open and smiling. All these attributes draw people.

they’re looking a lot more like your high school trigonometry. If that’s the case, it might be time for you to get some help.

However, anyone can claim to be a "tax preparer." How can you find the one that’s right for you? Here are a few tips:

Check credentials. While your brother-in-law, your barber and your daughter’s friend who is really good in math all may be able to do your taxes, none of them are going to be as familiar with tax laws as a CPA, a tax attorney or an “enrolled agent” (an individual licensed by the U.S. Treasury Department to represent taxpayers before the Internal Revenue Service). So, before you hand over your tax returns to someone, ask about his or her credentials and experience. If your taxes are too complicated for you to handle, you need a professional. Get references. Ask your friends, relatives and co-workers who they use for their taxes, and if they’re satisfied with this person. Avoid preparers who promise “big refunds.” No reputable tax preparer can guarantee you a big refund - or any refund - before looking at your taxes. Stay away from these people. Also, avoid tax preparers who base their fee on a percentage of the amount of the refund. While refunds are nice, you don’t want one that might invite serious questions, or an audit, from the IRS.

Get Organized

Once you have chosen a professional to do your taxes, what can you expect? Can you just toss a shoebox full of receipts, investment statements and pay stubs at your preparer and then wait for your return?

It’s not that easy. Even if you use a tax preparer, you’re going to have to do some work, too. Try to be as organized as possible with your documentation. For example, you may want one envelope devoted solely to investment information, one to earnings, one to charitable gifts, one to other deductions, and so on. The more organized you are, the easier it will be for your tax professional to complete your return in the most favorable manner possible.

However, don’t assume that what you’re giving to your preparer is sufficient. If you have sold shares of stock, make sure you’ve got the cost-basis of those shares available. If this information is not printed on your statements, call your investment professional to get it.

Here’s one final tip: See your tax preparer as soon as possible. Once the tax season gets into late March, you’ll find few people anywhere as harassed and harried as tax preparers - so give them the time they need to help you.

DAVID LAM
Edward Jones Investments
285 N. El Camino Real Suite C-201
Encinitas CA 92024
(760)753-1025
www.edwardjones.com

Tips on Choosing - and Using - a Tax Preparer

BY DAVID LAM, FINANCIAL ADVISOR, EDWARD JONES INVESTMENTS

When you first started out in your adult life, things were probably pretty simple: no house, no spouse, no kids, few investments. So, when it came time to do your taxes, you might have gotten along just fine by using Form 1040EZ - which, as the name suggests, is pretty darn easy to use. Fast forward a few years, however, and here you are today: family, mortgage, 401(k), IRA, stocks, bonds, debts, charitable contributions. Now, when you sit down to do your taxes, they’re looking a lot more like your high school trigonometry. If that’s the case, it might be time for you to get some help.

However, anyone can claim to be a “tax preparer.” How can you find the one that’s right for you? Here are a few tips:

Check credentials. While your brother-in-law, your barber and your daughter’s friend who is really good in math all may be able to do your taxes, none of them are going to be as familiar with tax laws as a CPA, a tax attorney or an “enrolled agent” (an individual licensed by the U.S. Treasury Department to represent taxpayers before the Internal Revenue Service). So, before you hand over your tax returns to someone, ask about his or her credentials and experience. If your taxes are too complicated for you to handle, you need a professional. Get references. Ask your friends, relatives and co-workers who they use for their taxes, and if they’re satisfied with this person. Avoid preparers who promise “big refunds.” No reputable tax preparer can guarantee you a big refund - or any refund - before looking at your taxes. Stay away from these people. Also, avoid tax preparers who base their fee on a percentage of the amount of the refund. While refunds are nice, you don’t want one that might invite serious questions, or an audit, from the IRS.

Get Organized

Once you have chosen a professional to do your taxes, what can you expect? Can you just toss a shoebox full of receipts, investment statements and pay stubs at your preparer and then wait for your return?

It’s not that easy. Even if you use a tax preparer, you’re going to have to do some work, too. Try to be as organized as possible with your documentation. For example, you may want one envelope devoted solely to investment information, one to earnings, one to charitable gifts, one to other deductions, and so on. The more organized you are, the easier it will be for your tax professional to complete your return in the most favorable manner possible.

However, don’t assume that what you’re giving to your preparer is sufficient. If you have sold shares of stock, make sure you’ve got the cost-basis of those shares available. If this information is not printed on your statements, call your investment professional to get it.

Here’s one final tip: See your tax preparer as soon as possible. Once the tax season gets into late March, you’ll find few people anywhere as harassed and harried as tax preparers - so give them the time they need to help you.

DAVID LAM
Edward Jones Investments
285 N. El Camino Real Suite C-201
Encinitas CA 92024
(760)753-1025
www.edwardjones.com

Has YOUR BUSINESS been affected by the recent trend of DOUBLE-DIGIT HEALTH INSURANCE PREMIUMS?

WE CAN FIND SOLUTIONS.

Medical • Dental • Vision • Life • Disability

“Matt saved our company over 20% in premiums with our Group Health Benefits.”

Charlie Songas — Charlie’s Foreign Car Service

Contact Matt Schulte
816 Second Street
Encinitas, CA 92024
760.436.5015
matthew@schulteinsurance.com

Community of Encinitas for over 30 Years
Forgive Yourself

BY ANGEL HAAG

How many of you have started off this year and are still holding on to how last year ended for you? Or the hard times that you had to go through and the losses you may have incurred? How many of you know that there were people in your life that you didn’t acknowledge, appreciate or express your love to last year?

Don’t you think that it is time to forgive yourself and move on? I know so often we would rather feel sorry for ourselves, complain about how bad things are and blame others for how our life is. Trust me, I’m human and have had those moments too. However, they are just moments.

I have made a choice for myself to not carry the burden of these things around with me. Are you feeling tired? Stressed out? Overwhelmed with it all? Well, if you know me, you know that I will tell you that there is no such thing as stress and overwhelm…it is just made up! We make a lot of things up, every moment of every day!

I know that I talk about forgiving yourself like it is some easy thing to do, but I truly believe that there is something bigger than yourself that you could commit yourself to and in order to fulfill on that and live the life that you want to live, you have to forgive yourself. So often we get hung up on the obstacles, upsets and breakdowns that we are dealing with and we automatically call them failures. We tell ourselves, “I’m a failure”, “I failed at this, I am no good” or “Who am I kidding, I can’t do this!”. How many of you can see yourself here?

We focus on all of these upsets and breakdowns in our life like they are the worst thing in the world and then we make up a bunch of stuff about how we are no good and a failure. Eventually, we just stop trying. We stop going after the things we want because we are too afraid of what the end result may be; we are too afraid to fail again!

When we start relating to ourselves as a failure, how can we ever go after what we truly want in life? Isn’t it time to forgive yourself for what might not have worked out? Isn’t it time to get back up and brush the dust off and get back out there?

I always say that everything happens for a reason and I know that it may sound cliché but I believe that there is some truth to it. If you look back at those obstacles you have had, didn’t it direct you to do something else, say something else or go after something else? We are the worst thing in the world and then we make up a bunch of stuff about how we are no good and a failure. Eventually, we just stop talking about how bad things are and blame others for how our life is. Trust me, I’m human and have had those moments too. However, they are just moments.

I work with my clients to go through processes and dialogs that will help them in taking control of their life and going after those dreams. It is the specialty of breadth that integrates the biological, clinical and behavioral sciences. The scope of family practice is not limited by the patient’s age or sex, organ system, or disease entity.

AYCE CARE CLINIC
Every Thursday 3:00 to 6:00 p.m.
629 Second St., Encinitas, CA 92024
(760) 753-7842

Remote Deposit
Makes Banking Easy

Introducing Remote Deposit™ from California Bank & Trust, a revolutionary electronic check-processing tool to give your business faster availability of funds.

- Deposit checks electronically from your office
- No more time-consuming trips to the bank
- Checks usually clear same or next day
- Deposits can be made any time day or night

California Bank & Trust
Encinitas Office • 135 Saxony Rd. • 760-436-5226
Craig Fortin, VP • Frank Hutchins, VP/Manager
www.calbanktrust.com
Party Time!

Chamber Director Mike Andreen with friends John and Pat Reinhardt (pictured below) celebrated with Big John while the rest of the world watched the kick-off of the Miracle Playoff Charger Game against the Indianapolis Colts. Three hours of toasts and testaments to the great man and we all still got home in time to see the Chargers win in overtime, January 3rd, 2009, Bundebar!

Right, Big John’s Surprise 80th Birthday Party was presented to him by his friends (pictured below) Matt Hall, Renate Engert, Jeff Segall, Phyllis Hall, Edgar Engret, Valerie Lindholm, Laura Segall, Frank Mangio, Craig Lindholm, Jackie and Little John Bassett, Peder Norby and Mike Andreen.

Below right, Kate Segall sings a tribute to Big John accompanied by Rick Aschenbrenner.

Encinitas Country Day Preschool
Offering a Balanced Program for Your Child’s Complete Development

- Full Montessori Preschool
- Individualized Academics
- Character Development
- Hands-On Learning
- Gymnastics
- Music

Encinitas Boulevard Preschool/Kindergarten
2155 Encinitas Blvd, Encinitas. License# 376600388

Telephone: 760-942-2224
www.countrydayschools.org

MEXICAN FOOD

$1 off
salsa or guacamole
16 oz.

$4/lb
Carnitas asada
(Regularly $5.99 lb.)

EL NOPALITO
MARKET & RESTAURANT
560 Santa Fe Drive, Encinitas
760.436.9206
MARKET
582 Santa Fe Drive, Encinitas
760.436.5775

NOW OPEN!
News from the Encinitas Chamber of Commerce

Encinitas First

For all of Encinitas

Economic Development

Commitment to

E-Chamber

proposing an aggressive proactive strategy for bringing healthy

Plaza 1 closing their doors on February 18th, the E-Chamber is

Also in February the E-Chamber is announcing a new E-conomical

and alerts readers to important coming events.

readers to different important private sector and public websites

Development Plan for the Commercial El Camino Real Corridor.

Ken Gross is the President of the Encinitas Chamber of Commerce and

For more information about the E-Chamber, the 'Citywide

principal of Wealth Management Associates in Encinitas.

With a theme for
2009 of 'All Together, Now!' is embarking
on a series of events combining the strength of all five-community districts to fill the
coffers of the city's General Fund. First up, the 'Citywide Sidewalk Sale!' On Saturday, February 21st, the first of several citywide participatory opportunities designed to sup-
port the City of Encinitas' new and timely

Buy Local E’ local purchasing program; asks residents of Encinitas (and visitors) to spend their hard-earned dollars in "Encinitas First". Not in Escondido, not in Santee, but spending ‘first’ in
Encinitas, to the benefit and support of local merchants and ultimately, the city’s financial health!

New leadership at the E-Chamber, new cost-effective media-and-
marketing programs and partnerships, new ideas, new energy and a
recommitment to the El Camino Real Corridor; is vitally important to our economic and jobs base and needs both our attention and re-invigoration! Hence, there is ‘no charge’ to participate in the 'Citywide Sidewalk Sale’; the Chamber has underwritten the
posters, flyers, banners and permits. All businesses have to do is
‘Open up’ on Saturday, February 21st and set up their wares on the
sidewalk in front of their place of business (respecting all federal ADA requirements, of course) and join in a fun-filled day of fraternity with other local businesses, neighbors, friends and families as Encinitas collectively takes action to boost our city budget!

Who can participate? Everyone! You do not have to be a Chamber Member! Every city-registered business or service from the far northern Hwy 101 sidewalks in Leucadia, to the Harvest Ranch Market Mall on Rancho Santa Fe Road, the Encinitas Ranch Town Center, the three blocks in Cardiff Town Center, the Santa Fe Business District, the El Camino Real Corridor from lagoon-to-lagoon; Encinitas Boulevard from Grangeritos to Leucadia Pizzeria, ALL OF ENCINITAS can participate in the 'Citywide Sidewalk Sale at no charge!

Also ‘New’ for 2009, the Encinitas Chamber is joining with The
Coast News Group to powerfully link our two websites with a syn-
tacticity that will make both more powerfully cost-effective; along with the ‘every Friday’ E-Blast Executive Briefing; that drives
readers to different important private sector and public websites and alerts readers to important coming events.

Also in February the E-Chamber is announcing a new E-comonical Development Plan for the Commercial El Camino Real Corridor. A large part of the City’s General Budget comes from sales-tax revenue garnered by the ‘Big-Box stores on ECR and with ‘Linens and Things’ having just closed their doors and Alberton’s in Wiegand Plaza 1 closing their doors on February 18th, the E-Chamber is proposing an aggressive proactive strategy for bringing healthy
national retailers and, perhaps, a movie theater chain to Encinitas.

For more information about the E-Chamber, the ‘Citywide Sidewalk Sale’; the Chamber website, Encinitas First newsletter or the Friday E-Blast; please call (760) 753-6041.

Ken Gross is the President of the Encinitas Chamber of Commerce and Principal of Wealth Management Associates in Encinitas.

Chamber Profile

Dr. Marvin Introduces
Natural Dentistry to Encinitas

Is now the time to get your 20-year-old fillings replaced? Are you holistic but your dentist isn’t?

If so, then you may want to meet Dr. Marvin, a fully trained, certified and experienced biological dentist. He has opened up a holistic dental practice, called The Center For Natural Dentistry.

The Center for Natural Dentistry, founded by Dr. Marvin Pantangco, is designed to help patients achieve an overall feeling of wellbeing using safer, less intrusive practices and products. His passion for the holistic approach to improved quality of life is demonstrated with enthusiasm and sincerity at the Center and at home. If you are “nuts” about achieving perfect healthy balance between body, mind, and spirit, you’ll fit right in at the Center.

While others may talk the talk, Dr. Marvin actually walks the walk. Dr. Marvin has literally spent years of his life exploring the links between gum disease and systemic disease and, consequently, developing natural solutions to the real demands of oral hygiene and dental health.

Upon finishing near the top of his class at the Ohio State University - College of Dentistry, Dr. Marvin found his way to San Antonio, Texas for a residency program. This will be his second dental practice. He has been an Associate Clinical Professor at the University of Texas School of Dentistry and is a member of the Holistic Dental Association and the International Academy of Oral Medicine and Toxicology.

After living in San Diego for over 4 years, Dr. Marvin now lives a more holistic lifestyle built upon eating healthier and choosing alternatives to traditional medi-
cine. Little did he know that the dentistry he practiced for many years may have been good for the teeth and gums but bad for the body. But as Dr. Marvin and a few other dentists have figured out, being an expert in the mouth requires a better understanding of the body as a whole. Thus, Dr. Marvin decided to open a natural dental practice in Encinitas focusing on whole-body dentistry to enhance healthy living.

“We are finding out that the links between the diseases in the mouth and rest of the body are strong. Chronic illnesses such as diabetes, strokes, pre-term low birth weight babies, cardiovascular diseases, and numerous other systemic diseases have all been linked to the oral cavity,” says Dr. Marvin.

“Our practice is focused on three main areas. 1. Detoxifying peoples’ mouths in the safest manner possible. 2. Aggressively treating gum disease using non-surgical techniques. 3. Aligning teeth for improved hygiene. All of these services are done with the safest, most environmentally-friendly materials and methods.”

Dr. Marvin and his team invite all locals to drop by and check us out. They are now accepting new patients and will be holding a Grand Opening Event on March 16-20 from noon to 7pm. They will be giving away door prizes and goodies such as a free Invisalign treatment.

Dr. Marvin
37 N El Camino Real, Suite 106
Encinitas, CA 92024

And on the web at: www.naturaldentistry.us E-mail info@naturaldentistry.us

Parties, Weddings, Wine Tasting

Book your Wine Tasting Event by Feb. 31, 2009 and receive

Complimentary Wine

5 Free Boutique Wines from best wine regions of the world

Vembra Holnagel
Event Planner • Wine Consultant

Vembra Holnagel
Event Planner • Wine Consultant
Tenth Anniversary
“Arts Alive” Banners
to be Unveiled

Special media opportunity on
Saturday, February 7 from 2 to 5 p.m.

WHAT: An Unveiling Reception of the 2009 Arts Alive Banners. Overlooking the Pacific Ocean, the former Cabo Grill at 1950 Coast Hwy, Leucadia, will be the place to be to get an up close look at all 101 Arts Alive banners, each painted by local artists. After the reception, the banners will be displayed on light poles along historic Highway 101 in Encinitas (from Cardiff through Leucadia). The unveiling reception is historically a breathtaking experience offering a spectacular preview of the current year’s banners. Silent bids may be placed at the reception (minimum bid is $150) and throughout the entire period the banners are displayed, February through May, up until the date of the Live Auction that will be held in May (exact date TBA).

WHO: The 101 Artists’ Colony, in conjunction with the Downtown Encinitas MainStreet Association (DEMA), the Cardiff 101 Chamber.

WHEN: Saturday, February 7, 2009 from 2 to 5 p.m.

WHERE: The former Cabo Grill, 1950 Coast Hwy 101, one block south of La Costa Blvd. Drive up the driveway to access plenty of on-site parking and a magnificent ocean view.

OF SPECIAL INTEREST:
Known as “a jewel in the community”, the 101 Artists’ Colony was founded in 1998 and over the years has provided affordable studio space for dozens of artists, space for exhibitions including the highly acclaimed “Children of Chernobyl” Art Exhibitions, and a venue for weekly musical and spoken word performances. In addition, the Colony supports its sister organization, Full Moon Poets, with its popular twice yearly poetry slams at the La Paloma Theatre, and open poetry readings that are held once a month on the full moon. The first Arts Alive Banner Project was presented by DEMA and 101 Artists’ Colony in 1999. This year, marks Arts Alive’s 10th anniversary in Encinitas.
WHO KIDNAPPED R.O.I.? WALLSTREET!

Call Sequoia Solar to find R.O.I.

Let our NABCEP certified and LEED AP accredited professionals show you just how easy it is to switch to clean, non-polluting solar energy and to start saving money. Bring your electricity bill and see just how valuable solar can be for you. Get all your questions answered at our Solana Beach office where you can tour our rooftop solar system. Monday through Friday 8 AM to 5 PM Walk-ins welcome.

No matter what your energy needs, powering your home with solar is a better, brighter option. In the face of volatile electricity rates and an unpredictable energy market, you can’t afford not to go solar.

Financial incentives and environmental benefits make going solar even easier:

- **SUBSIDIZE ABOUT 20% OF THE COST OF YOUR SYSTEM WITH CA CASH REBATES**
- **GET A FEDERAL TAX CREDIT FOR 30% OF THE SYSTEM COST**
- **INCREASE THE VALUE OF YOUR HOME BY $20,000 FOR EVERY $1,000 SAVED ON YOUR ELECTRICITY BILL**
- **ELIMINATE OVER 170 TONS OF CO₂ EMISSIONS OVER YOUR SYSTEM’S 25+ YEAR LIFESPAN, THE EQUIVALENT TO 570,00 MILES NOT DRIVEN OR 3 ACRES OF TREES BEING PLANTED**

CALL OR VISIT US TODAY TO SCHEDULE YOUR FREE SITE EVALUATION: 858.259.SOLAR

343 S. Coast Highway 101
Solana Beach, CA 92075
SequoiaSolar.com

Bring this ad to receive **$500 OFF**

your complete solar system!

Offer expires 4-30-09.
Not to be combined with any other offers.
When it comes to great food and incredible ambiance, North County San Diego’s best-kept secret is the delectable Jamroc 101, a Jamaican blend of authentic tastes with the look and feel of a down home Caribbean cookery.

Nested on legendary Highway 101 in Encinitas, Jamroc’s island feel makes this restaurant as much a destination as a great place to eat. The soothing reggae music and real Jamaican decor leaves you believing you’ve just stepped off a sidewalk in Montego Bay. Jamroc is a visual delight, but owners David and Tina DaCosta promise what you’ll remember most “is the wicked good food.”

David, a native of Kingston, says it’s the “Jamaican” in Jamroc that makes the eating experience so unique. The diverse origins of the island’s people have brought an amazing array of cultures together to create an inimitable blend of recipes and cooking techniques. Jamroc diners will find hints of flavors from Spanish, Portuguese, English, Chinese, West Indian, and African culinary influences. “Out of many, one people” says Jamaica’s motto and it rings true with this island nation’s food. Jamroc is a special place not just because of the recipes but in how they are executed.

David credits Tina, his wife of 26 years, for the amazing reputation Jamroc has developed in the short span of just three years. “Over time, Tina has become this island nation’s food. Jamroc is a special place not just because of the recipes but in how they are executed. Tina has all these key ingredients shipped to Jamroc direct from the Caribbean. I can safely say she is an expert at defining all that is Jamaican.”

With all the knowledge and experience David and Tina bring to Jamroc, the DaCostas readily admit that chef Juan “Bigga Jon” Garcia is “the stick” that stirs their pot. It’s Bigga Jon who makes sure this Jamaican saying will ring true for Jamroc diners: “When visitors come a wi fireside, wi mek wi pot smell nice.”

It all began with a craving David and Tina couldn’t easily satisfy: a wanting for a little piece of Jamaica. “Patties are baked pastries filled with a healthy assortment of seasoned mixtures including ground beef, Curry chicken, Jerk chicken, and veggies… everybody loves ’em,” David promises. “But finding Jamaican patties in San Diego was nearly impossible so we decided to distribute them ourselves.”

The DaCosta’s were on the verge of establishing a wholesale Jamaican food distribution business when the historic Encinitas restaurant location on Highway 101 suddenly became available. With a little soul searching, the DaCosta’s realized their ultimate dream was to introduce a full array of Jamaican food delights to San Diego diners. The classic building at 101 Highway 101 would provide the perfect setting. On November 10, 2004, their full-service restaurant was born.

At Jamroc 101, diners will find Wicked Jamaican Patties and a myriad of other authentic Jamaican dishes that fill a tantalizing lunch and dinner menu. Traditional favorites include what many say is the best Jamaican Jerk chicken and Jerk pork available on the West Coast; zesty island style BBQ versions are also available. Jamroc’s Jerk is served on Jamaican COCO bread or in a combo plate with fried plantain, plus a choice of two sides; steamed fresh veggies, a unique sweet “Carib” Slaw (best slaw on Earth!), garden salad, rice and black beans, or steamed rice.

Under Tina DaCosta’s tutelage, Chef Bigga Jon has become a master of Curry and Jamroc’s most unique dishes are Curry sensations. These tender choices are mild to wild including Beef, Goat, and selected cuts of Oxtail in a flavorful brown sauce with butter beans and spinners.

For seafood lovers, the DaCosta’s offer a collection of battered fried delights (Tina’s secret recipe) including white cod Fish, Shrimps, Clam Strips, Washington State Oysters, and a seafood combo; all served with the thinnest of thin homemade Potato Chips and the amazing Jamroc Slaw. New to Jamroc’s menu are a zesty Blackened Cod Fillet, a Blackened Atlantic Salmon, and Jumbo Jamaican Shrimp based “wit island flav” tomato sauce.

Jamroc’s diverse menu has something for everyone and they serve their Jamaican specialties 7 days a week at lunch and dinner. Call (760) 436-3162 for hours of operation and see a complete menu at www.jamroc101.com.

Quail Botanical Gardens Receives $7,500 Technology Contribution from AT&T

Quail Botanical Gardens recently received a $7,500 contribution from AT&T to fund new computers and a handheld GPS unit. The contribution was presented at the Gardens’ annual meeting on Jan.10th.

“We are proud to accept this funding from AT&T,” said Julian Duval, President and CEO of Quail Botanical Gardens. “With our largest expansion well underway, updated technology plays a crucial component in the success of our vision.”

“AT&T is pleased to support Quail Botanical Gardens and its ongoing efforts to inspire people of all ages to connect with plants and nature,” said John Osbome, AT&T External Affairs.

The first phase of the Gardens’ expansion, which includes the one-acre Hamilton Children’s Garden and is set to open this summer, also received generous contributions from Frances Hamilton White, the Leichtag Family Foundation, Arch Owen, County Supervisor Pam Slater Price and the County of San Diego, Tony and Sue Godfrey, Tom and Cathy Staver, Ron and Jo Moss, Bill Gish, and Martin and Carol Dickinson & the Donald C. and Elizabeth Dickinson Foundation.

Quail Botanical Gardens also invites community members to participate in the new expansion, through its Commemorative Tile Program. Starting at $250, Commemorative Tiles pay a lasting tribute to a loved one by having their name etched in an attractive tile that will be part of the “Sitting Walls” located in high-traffic areas of the new Children’s Garden. This is a unique opportunity to be forever linked with the Gardens’ vision to inspire the connection between people and nature. Larger tiles can also be purchased for $500 and $1,000. Please contact Tracey Baham at 760-436-3236 x. 26 or TBaham@qbgardens.org for more information on the Commemorative Tile Program.
Rotary / Heritage Museum Halloween Spooktacular!!!

Join us for the biggest Halloween party you have ever been to! The Encinitas Rotary teams up with the San Dieguito Heritage Museum for a 4 Night Baja Get Away on the Royal Caribbean Radiance of the Seas, October 29 – November 2, 2009. Every cabin sold will generate a $100 donation to our local Heritage Museum. Prices starting from $450.00 per person double occupancy (taxes/port fees additional). The Radiance is so named because of the vast expanses of open space, mirrored surfaces, glass paneling, glass elevators that face the sea and a 10 story glass-constructed Centrum. This ship has it all – a rock climbing wall, basketball court, miniature golf, full spa, self leveling pool tables, multiple night clubs and a large casino. Roundtrip from the port of San Diego to Cabo San Lucas. Convenient Thursday afternoon departure with an early Monday morning return. Contact Doug Kerr, Sunward Adventures (760) 230-0047, doug@sunward.com

Successful January Sundowner at The Gifted Preschool

Sheila Durkin of the San Dieguito Foundation bellied up to the bar, with Melanie Peete, Nettie Jones and Michelle Johnston.

Comerica Bank’s Chris de Jesus, Radu Munteanu, Zach Spencer and the Quality Inn and Suite’s Rose Villalpando all enjoyed the sliders and chardonnay!

Claudia, Angel, Kathy, Sunshine, Sandy, Denise, Maria and Carlos were very impressed with the appetizers prepared by Bentley’s Steak and Chop House. Yummmmmmmmmmm!

Lunch Ticket

Yes, there is such a thing as a free lunch. Here is your invitation to eat at one of your favorite area restaurants, compliments of Artichoke Creative. We are a results focused, integrated marketing communications firm located in Encinitas. We combine the best mix of digital and traditional mediums to suit our client’s needs and help them produce measureable, results driven marketing campaigns.

There is no catch and we promise no hard sales pitches. However, we will want to talk about your business, your competition, your marketing strategy, some shared interests, and enjoy some good food together. If you like our style and our approach to marketing, then we can talk about doing business. We encourage you to check out our website to get a feel for how we operate and if we could be a good fit for you.

Artichoke Creative works with local and national clients including Ecke Ranch, HelloPower Solar, Miramar College, New Village Arts, MOXIE Theatre, Calypso Cafe, and Global Event Associates.

To reserve your lunch meeting, give us a call at 760-753-8663. Book today as we fill up quickly.

Ben Appetit
David Boyan
President

Choose From One Of Our Favorite Restaurants

Mitton’s
Bellevue
King’s Fish House
Phil’s BBQ

Trattoria Trulli
Artarre
Savory
Café Chico

Creativity Grown in Encinitas

www.artichoke-creative.com
LOSE WEIGHT NOW - MEDI$ZONE

Medi$Zone Weight Loss and Wellness Center, located at the 781 Garden View Court, Suite 200, Encinitas offers a new physician-supervised weight loss program focused on helping you lose weight quickly and safely, as well as successfully maintain long-term results.

With the growing epidemics of obesity and diabetes prevalent in America today, I am pleased to offer a viable solution to San Diego residents, says newly appointed Medi$Zone Medical Director Dr. Jonathan Haynes.

Our program is the key to weight loss, weight maintenance, wellness and a healthier lifestyle. We offer a balanced and moderate plan of three important components: nutrition/diet, behavior modification and exercise.

Although results cannot be guaranteed, our patients typically see weight loss of 5-10 pounds in the first week and 15-20 pounds in the first month with continuing and long-term success in the following months. You will look and feel better, and enjoy the tools, tips, strategies and support needed to make this program a success for the majority of medical, as well as psychological ailments can be minimized - if not completely avoided. By working as a team, with open communication, kindness and support, I strive to help my patients achieve a healthier and happier standard of living."

As a physician, Dr. Haynes aim has always been to work together with his patients to achieve their optimal well-being.

He says, "By focusing on a healthy lifestyle, diet, exercise, and preventive care the majority of medical, as well as psychological ailments can be minimized - if not completely avoided. By working as a team, with open communication, kindness and support, I strive to help my patients achieve a healthier and happier standard of living."

Dr. Haynes, along with his expertise trained staff, will endeavor to provide all the tools, tips, strategies and support needed to make this program a success for San Diego locals.

Don’t wait any longer — make a commitment to your health and schedule an appointment today! For information, call (760) 783-9200.

Annual Meeting for Heritage Museum at Tony’s Jacal!!!

Join the San Dieguito Heritage Museum at our Annual Meeting to be held on Saturday, February 7, 2009 at 11:30 a.m. The cost is $20 per person and will be held at Tony’s Jacal Mexican Restaurant, 621 Valley Ave. in Solana Beach.

Enjoy a special presentation about “California as a Mexican Territory” to be given by Jeff Charles, SDHM board member and Professor of History at California State University San Marcos. The menu choices will be: (choose 2 items) Taquitos (turkey or beef), Flautas (turkey or beef), Taco (turkey or beef), Tamale (turkey or beef), Chile Rellenos, Bean Tostada, Enchilada (turkey, beef, or cheese) All plates served with rice & beans.

Orders to be taken at the restaurant when you are seated. Please RSVP to the museum (with payment) at: (760) 632-9711. We hope you can join us!
Good wine requires good glasses and good glasses can enhance the bouquet of the wine and thus the experience of drinking it. If you have ever tried tasting your Chateau-oh-so-nice out of a kid’s plastic cup then you will know exactly what I mean. Having the right glass can really make a difference in how some wines taste.

Most wine drinking households have at least one set of designated wineglasses of reasonable quality, and perhaps flutes for sparkling wine and smaller glasses for Sherries and ports. The more discerning may have a set of glasses for each red and white wine. If you lack the space and patience to deal with a bunch of different glasses however, then having a good all-purpose wine glass is all you need.

The most important feature of the glass is the size. Suggestions are that the bowl should be around twelve to fourteen ounces. That isn’t so you can have a larger glass to fill. You still only want to fill a glass with about five or six ounces. Rather the larger capacity gives you more head space in the glass for swirling so that the scents of the wine can collect there and enhance your wine tasting experience.

Generally speaking, the experience of wine is enhanced when wine-glasses have the following four attributes:
• They are uncolored, uncut and without engraving so the visual experience of the wine is not diminished.
• The size and shape is appropriate to the wine.
• The glasses have stems so no warmth is transmitted from the hand through the glass to the wine.
• The glasses are as thin as possible so that there is the least amount of physical presence between your palate and the wine.

Investment in several size glasses can take money and storage space. A good compromise is to target your selection. Look for a shape that fits your hand, budget and the kind of wine you most often drink. I personally love the glasses from Schott Zwiesel which you can find at kitchen stores like Sur la Table. They run from about $10-14 per stem. It is a glass made with a patented break resistant, dishwasher safe material. I never put my glasses in the dishwasher but if you do then this is a great choice. Also, if you have filtered water then use that to rinse your glasses. This keeps them sparkling and keeps those pesky little hard water spots away.

Remember this - a good wineglass is not necessarily an expensive one. Vembra Holnagel is a wine consultant with The Traveling Vineyard. She conducts in-home wine tastings events which are designed to education, entertain, and provide a guided wine tasting tour of great wines from around the world for you and your friends. She can be reached at 858-354-5791 or on the web at www.vembraholnagel.com. You can also find her at special wine tasting events at Headlines for Hair, Encinitas. Contact Headlines for Hair for more information, (760) 436-1812.

E-Chamber ‘Third Thursday Luncheon’ Kicks off 2009 with Technology Forum at Bentley’s Steak and Chop House

Coast New Group Publisher, Jim Kydd, presented an astonishing new print advertising/online combo marketing plan. It allows small advertisers to spend as little as $38 dollars a week for print advertising that reaches an audience of 80,000 readers. In addition to being in print, the ad is placed online and stored in an online database. Advertisers can register and log in to the new system to use a variety of tools to enhance their online presence including uploading a company logo, hours, an online coupon, and more. They can also add keywords to improve search engine results thereby increasing the power of their ad. Chamber members were unanimously impressed. You can call about this fantastic program at The Coast News at (760) 436-9737.

Who wants in?

Get your flyer or ad into the Encinitas Chamber of Commerce’s monthly newsletter, ENCINITAS first.

Get into 3000 upper income homes in the City of Encinitas with your targeted marketing message.

You can’t beat the price!
SANDERLING WALDORF SCHOOL

Becoming a parent means that your life will be full of completely unexpected joys – and challenges. Who knew that seeing the first pearly outline of a tooth peeking through shiny gums could move your heart – or that deciding on a school for your little one could be so overwhelming?

At Sanderling Waldorf School in Encinitas, you’ll find a developmentally appropriate, experiential approach to education that values and teaches the whole child – head, heart, and hands. Waldorf Education, the fastest-growing independent school movement in the world, is an 89-year-old worldwide educational philosophy whose goal is to inspire lifelong learning in all students, and to enable them to fully develop their unique capacities. Teachers in Waldorf schools are dedicated to generating an inner enthusiasm for learning within every child. Arts and the academics are integrated in every subject.

Structured to respond to the three developmental phases of childhood – birth to 6 or 7 years, 7 to 14 years and 14 to 21 years – the Waldorf curriculum brings age-appropriate content that nourishes healthy growth for the Waldorf student. Music, dance and theater, writing, literature, legends and myths are not simply subjects to be read about and tested. They are experienced.

Sanderling Waldorf School provides this incredible education to the families of North County – and the school is poised to grow. In January, Sanderling moved into a beautiful new site at 1578 S. El Camino Real, in collaboration with and adjacent to LUX Art Institute. The entire school – spanning Parent-Child classes to 6 or 7 years, 7 to 14 years and 14 to 21 years – the Waldorf curriculum brings age-appropriate content that nourishes healthy growth for the Waldorf student.

Music, dance and theater, writing, literature, legends and myths are not simply subjects to be read about and tested. They are experienced.

For tour dates or more information, call Sanderling Waldorf School at (760) 635-3747 or visit the school’s website at www.sanderlingschool.org.

MYTH PROJECT IV: “Fairytales From the Fringe”

WHAT: Two site-specific dance-theatre events over two weekends
WHERE: 1. Encinitas (brand new) Library in North County
2. Paul’s Cathedral (Hillcrest)

The Myth Project IV: “Fairytales From the Fringe,” a premiere work conceived and directed by Patricia Rincon, is inspired by the fairytales of the 15th-18th-centuries, the metaphors handed down over hundreds of years and retold in story form. Fairytales delves into the mythology of these tales of human heroism, beauty, morals, and poetic fantasy. Set in two different site-specific locations — a cathedral and a library — on two different weekends, and using dance theater, storytelling, various classical, live organ and original composed music, visual art, and a little magic, to create a contemporary take on ancient myths as a way of asking questions and looking at how we live today. Each site has been modified and transformed to take advantage of its unique characteristics.

Featuring dancers Deven P. Brawley, Keely Campbell, Kenna Crouch, Kristopher D. Ross, and Justin Viernes, with additional contributions from St. Paul’s Cathedral; The Reverend Canon Richard C. Lief, Canon for the Arts, and Martin Green, Canon for music. Also with composer Don Nichols, visual artist Keely Campbell, and storytellers Iain Gunn and Bridget Rountree. Costumes by Kathryn Gould.

• SITE ONE: ENCINITAS: Encinitas Library, March 6th & 7th @ 8:00 PM — 5th and Laurel St, downtown San Diego (Hillcrest). Performances happen throughout the library.

• SITE TWO: DOWNTOWN SAN DIEGO: St. Paul’s Cathedral, February 20 & 21, @ 8:00 PM — 5th and Laurel St, downtown San Diego (Hillcrest). Performances are in collaboration with St. Paul’s Cathedral arts programming and will take place in the 1920’s Cathedral on the alter and various locations. ( Plenty of on-street parking.)

TICKETS: $18 General, $12 Students/Seniors (purchased at event).

Advanced Online ticket sales: www.rincondance.org/events.html

Enrollment Period Extended through February for Scripps Research Study to Assess Impact of Personal Genetic Testing

Study will assess the behavioral impact of personal genetic testing on adults

SAN DIEGO – The public’s opportunity to take part in a landmark personal genetic testing study has been extended, as Scripps Translational Science Institute (STSI) has announced a prolonged enrollment period, running from January through February 28, 2009.

This first-of-its-kind research study will assess the behavioral impact that personal genetic testing has on adults 18 and older who choose to receive such screenings to identify their potential risk for developing certain diseases.

The study’s enrollment period initially ran from October through December 2008 and has been extended based on strong public reaction. The general public can find more information about the study at www.navigenics.com/scripps.

Will genetic information encourage positive lifestyle choices? Sponsored by STSI, the study aims to find out if participating in personal genomic testing will improve health by motivating people to make positive lifestyle changes, such as exercising, eating healthy and quitting smoking, as well as decisions to seek further medical evaluation and preventative strategies.

The study will offer personal genetic scans to up to 10,000 participants and will assess changes in their behaviors over a 20-year period. For more information, call Steve Carpovich, 858-678-7183.

E-mail: Carpovich.Stephen@scrippshealth.org
Native American Story Telling for All Ages-Exciting Pioneer School Begins Feb. 28th!

The San Dieguito Heritage Museum will be offering a new program for families to learn and experience “hands on” activities at the museum. The program will be held at the museum on the last Saturday of the month, beginning on February 28th.

The first program will be a “Pioneer School” experience. The activity will be a guided imagery to take participants “back in time” to see what school was like in the pioneer days. The activity will include a class session with a “school marm”, Mary Stevens, who will lead class activities including school rules, storytelling, recess and a history lesson. Mary has taught in public schools and historic site programs for 26 years.

The cost to attend this program is $5.00 per person for museum members, $8.00 per person for non members. The program will be held on Saturday, February 28th from 1:00 p.m. to 3:00 p.m. Pre registration is encouraged. The class will be limited to 20 participants.

The second program will be held on Saturday, March 28th. This program will be a “Native American Storytelling presentation” performed by members of the San Luis Rey Band of Mission Indians. Chaz Chilcote and Cathleen Chilcote Wallace are the presenters. The presentation will include traditional Native American stories with an emphasis on stories from California and the Animal People and will be similar to one act plays. The audience will also hear the presenters speak the Luiseno language. The presentation will be approximately 60 minutes. A storytelling sand painting craft activity will follow the presentation.

The participant fee for this program will be $7.00 for museum members and $10.00 for non members. Please contact the San Dieguito Heritage Museum at (760) 632-9711 to sign up for the programs or to obtain more information.

Outstanding Local Artists to Exhibit at Encinitas Civic Center Art Gallery

Underwater photography by Derek Tarr and Archeo-Art by artist Jim Hornung will be on view at the Encinitas Civic Center Art Gallery from January 30th to February 26th, 2009.

Derek Tarr’s photographs feature marine life from around the world, including the Solomon Islands, Florida, and Southern California. A native of coastal Southern California, Derek has never been far from the ocean. His goal as an underwater photographer is to present the beauty of marine life, using photographs to inspire public appreciation for the world beneath the sea, bringing the ocean to sight and mind. All photographs feature marine life in their natural underwater habitat. Derek is an active member of the San Diego Underwater Photographic Society, and has won several awards for his photographs. He goes on dive trips around the world in search of new images, and enjoys sharing his experiences as an underwater photographer.

RECEPTION The public is invited to attend an Artist Reception on Wednesday, Feb. 11, from 5:00-7:00pm at Encinitas City Hall, 505 S. Vulcan Avenue Encinitas, CA 92024. Refreshments will be served. For more information on Derek Tarr, visit: www.wildoceanphoto.com.

Jim Hornung is well-known in downtown Encinitas as co-owner, with his wife Linda, of First Street Gallery and Framing. Jim is also a gifted artist whose Archeo-Art is a combination of archeology, paleontology, and artistic brilliance. The exhibit includes the Zocateq, a mythical bone creature made from the bones of different animals. “Research indicated that the use of different animals gave the Zocateq the attributes of these animals,” stated Jim. “Tradiitionally, Zocateqs have been strategically placed in a room to protect the environment from evil spirits.” OC Weekly stated, “Jim Hornung’s Archeo-Art is the wow show.”

The Civic Center Art Gallery, located in the lobby of Encinitas City Hall, is open to the public Monday through Friday, 7:00am-6:00pm. Note, City Hall is closed every other Friday. For more information, call (760) 633-2600. The Civic Art Program is an initiative of the Commission for the Arts.

Postcards and Paper Dolls, New Collage Paintings by Susan Snyder

GALLERY RECEPTION for Susan Snyder on Saturday, February 7th, 2009 at 7:00 pm; the public is invited. The Andrews Gallery • 1002 North Coast Highway 101 • Encinitas, CA 92024 • (760) 230-2680 • (817) 235-2404.

Left, painting by Susan Snyder.
Below, gallery owner/artist Drew Snyder.
“After Being Trapped In A Bad Relationship For Years, I Finally Broke Free Of My Old Bank.”

I Switched To PCNB

“Staff turnover…800 numbers…call centers…being treated like a stranger…No Fun! That’s why I switched my banking relationship to PCNB. They’re a great community bank and have made my life a whole lot easier. The only regret I have is that I didn’t make the move sooner.” — Liz Schulte, Vice President, Schulte Insurance

TAKE THE PCNB CHALLENGE AND GET MORE BANK FOR YOUR MONEY

PCNB is so confident that we can provide your company with better value than your current bank that we will contribute $100 to your favorite charity if we can’t!* With PCNB, you get Superior...

Access • Advice • Relationship • Deal Structure • Rate

To learn how PCNB can outperform your current bank
Contact Rick Grinyer at 760-635-5636 or rgrinyer@pcnbonline.com

*To qualify for this offer you must personally meet with a PCNB banking officer by March 31, 2020 and take The PCNB Challenge, a simple 30 minute scorecard. If you decide not to bank with PCNB, PCNB will make your $100.00 contribution to an “IRS qualified” non-profit organization within 60 days of your written decision.

San Clemente Office
936 Calle Americana
949-961-4300

Encinitas Office
499 North El Camino Real
760-635-5636

www.pcnbonline.com

Effectively Immediately, Every PCNB Account Is FDIC Insured Up To $250,000*