

**BRIEFLY**

**CARDIFF**  
**Foreign film showing at MiraCosta Friday**

A free showing of the 1996 Chinese film "The King of Masks" will be at 1 p.m. Friday in the Student Center Conference Room at the MiraCosta College San Elijo Campus, 3333 Manchester Ave. The film is about an elderly man who travels the streets with his pet monkey performing the change-mask opera art of Bian Lian. He now seeks to pass on his technique to a young boy. The film will be shown in Chinese with English subtitles. Email lifesaneli-jo@gmail.com.

**Traditional Chinese music performance**

The youth group of the Bohua Academy of Chinese Musical Arts will perform traditional Chinese music from 4:30 to 6 p.m. Friday in the library at the MiraCosta College San Elijo Campus, 3333 Manchester Ave. The performance will be the closing event for the campus' month-long celebration of Chinese New Year. Call (760) 795-6897 or visit library.miracosta.edu/lunar\_new\_year\_2016.

**CARLSBAD**  
**'It's a Girl Thing!' seminar set for Friday**

Sisterhood Seminars will present "It's a Girl Thing!" at 6 p.m. Friday at 5315 Avenida Encinas, Unit 100. The seminar is designed for girls in grades 4-5 and covers the basic changes girls experience during puberty. Attendance with a related female adult is required. Cost is \$60 per couple. Register at (760) 685-2961 or linda@sisterhoodseminars.com, or online at sisterhoodseminars.com.

**Speaker will focus on book promotion**

Publishers and Writers of San Diego will meet from 10 a.m. to noon Saturday at the Encinitas Community Center, 1140 Oakcrest Park Drive. The meeting topic will be "Get Known Everywhere" with Jill Lublin, author of "Guerrilla Publicity." Lublin will offer simple strategies to gain media coverage. Anyone interested or involved in writing, editing, publishing, designing or anything related to books is welcome. The meeting fee is \$10 for members or \$20 for all others. Visit publisherswriters.org.

**ENCINITAS**  
**Event encourages healthy body image**

Montecatini Eating Disorder Treatment Center will hold the third annual bonfire event, "Burn the Lies!" weather permitting, from 5:30 to 8:30 p.m. Friday at Moonlight State Beach. The event, held in celebration of National Eating Disorders Awareness Week, will be an inspirational evening to hear and connect with those who have struggled with body image and eating disorders. Attendees are encouraged to bring one item that has held them captive to lies believed about their body. Food and drinks will be provided. Call (877) 926-2195 or visit MontecatiniEatingDisorder.com.

**FALLBROOK**  
**Free healthy cooking class offered Friday**

The Fallbrook Community Center will offer a healthy cooking class Friday at 341 Heald Lane. Part of the center's Healthy Living Series, the class led by Chef Greg will show attendees how to integrate more fruits, vegetables and whole grains into everyday recipes. The class is free and funded by a grant from the Fallbrook Healthcare District. RSVP at (619) 466-4386 or email healthcoach@healthyadventuresfoundation.org.

**Educational lectures will be presented**

The MiraCosta College lifelong learning group will present LIFE Lectures at 1 and 2:30 p.m. Friday in Admin. Building 1000 at 1 Barnard Drive. Retired Air Force Lt. Col. Greg Coffey, a veteran of the Vietnam War, will talk about how pilots are trained, with emphasis on flight simulation. Scott Pirrello, of the San Diego District Attorney's Office, will offer tips on ways to reduce the risk of being a victim of abuse. Parking is available in lots 1A and 1B; parking permits must be purchased at the machine in lot 1A. Visit



**OCEANSIDE** Group donates to veterans hospital

**Rep. Darrell Issa, R-Vista, and Sandra Murphy, director of Hugs from Home Elks #1561, display one of the lap blankets made by Olivette Parness for the local veterans at the veterans hospital in La Jolla. In addition, Hugs from Home volunteers make gurney blankets for the paralyzed veterans ward, wheelchair and walker bags, along with quilts and chemo caps for the cancer ward. The program is run by the Elks Lodge in Oceanside and includes sending care packages to deployed service members. Donations of items or money for postage can be dropped off from 9 a.m. to 5 p.m. weekdays at the Elks Lodge, 444 Country Club Lane. Items needed include small toiletries, black/white socks, magazines, coffee, wipes, shampoo, razors and snack crackers. Volunteers are also needed. Call (760) 433-1561.**

**Send us your Community News**

If your nonprofit would like to submit calendar listings for events, or photos of events that have happened recently, please email northcounty@suniontribune.com. Include the name of the group, date and time of event, address, cost and contact information for readers. Photos must be sent in jpeg form, with the names of those in the photo from left to right.

miracosta.edu/life or call (760) 757-2121, ext. 6972.

**RANCHO SANTA FE**  
**'Lord Nelson Mass' to be performed Sunday**

The Village Church music ministries presents "The Lord Nelson Mass" by Franz Joseph Haydn at 6 p.m. Sunday at the church, 6225 Paseo Delicias. The sacred masterpiece will be performed by the Chancel Choir and Village Community Chorale with soloists and members of the San Diego Symphony directed by Juan Carlos Acosta, the church's director of music ministries. The program also features Bach's Klavier Concert No. 4 in A major played by David Bergstedt on the piano. Visit villagechurch.org or call (858) 756-2441.

**SAN MARCOS**  
**Babysitting class Friday open to ages 10-14**

The "Babysitting Basics" class, designed for boys and girls ages 10 to 14, will be offered from 6 to 9 p.m. Friday at The HealthSource, 125 Vallecitos de Oro. The non-certified class teaches the basics of child care. Participants who complete the course will receive proof of completion to present to

prospective employers. Fee is \$20; includes course materials. Register at (800) 628-2880 or palomarhealth.org/classes.

**'Cinderella' showing at theater this weekend**

The city of San Marcos Theatre West Youth Theater will present the musical production "Cinderella" at the San Marcos Community Center, 3 Civic Center Drive. Showtimes are set for 7:30 p.m. Friday, 2 and 6 p.m. Saturday and 2 p.m. Sunday. The show features a cast of 35 local actors ages 7 to 17. Tickets cost \$7 for youths, students and seniors, and \$10 for adults. Tickets are available in advance or may be purchased at the door. Call (760) 744-9000 or visit www.san-marcos.net/theatrewest.

**Soroptimists will hold annual gala Saturday**

Soroptimist International of Vista and North County will hold its annual Soroptimist Women's Awards Gala from 5 to 7:30 p.m. Saturday at the Palomar Estates East Clubhouse, 650 S. Rancho Santa Fe Road. The Oscar-themed event will include a red carpet entry, dinner, mu-

sic, a dessert rush, no-host bar and gift basket raffle. More than \$24,000 in scholarships and grants will be awarded at the event. A \$3,000 cash award will go to this year's "Live Your Dream" award recipient, given to a woman overcoming hardship who is a single head of household. More than \$11,000 in cash grants will go to four local nonprofits: Boys & Girls Club of Vista, Welcome Home Ministries, Casa de Amparo and Leap to Success. Additionally, two women pursuing graduate degrees will each receive a \$5,000 scholarship from the club's Charitable Foundation. Tickets cost \$35 and include dinner and one glass of wine. Call (760) 941-4142 or visit soroptimist-vista.org.

**SOLANA BEACH**  
**Book sale next week includes vintage items**

The Friends of the Solana Beach Library will hold a special book sale from 10 a.m. to 4 p.m. Monday through March 4 at 157 Stevens Ave. The sale will include vintage and antique books, single volumes and sets. Some books are gilded and leather bound with colorful illustrations. The sale may interest book collectors and interior decorators among others. Call (858) 755-1404.

**VALLEY CENTER**  
**Monthly sale offers bag of books for \$1**

The Friends of the Valley Center Library will hold their monthly "Buck a Bag of Books" sale from 9:30 a.m. to 4:30 p.m. Friday at the library, 29200 Cole Grade Road. A table, filled with books of all genres, will be set up for patrons to fill their bag for \$1. A special half-price sale will also be featured on most books inside the bookstore. Email friends@vfc.org.

**VISTA**  
**Cribbage match set for Friday at Elks Lodge**

The next Senior Challenge Cribbage match will begin with check-in at 12:15 p.m. Friday at the Vista Elks Lodge, 1947 E. Vista Way. Participants are welcome to come early for lunch at 11 a.m. Last month's match was a close win by the Oceanside team, which had 85 wins to Fallbrook's 82. Call (760) 695-2977 or email nccribbage@aol.com.

LINDA MCINTOSH & SABRINA GESE • U-T

northcounty@suniontribune.com



**LOLA SHERMAN**  
Seaside Musings

**Yoga teacher leads causes in Carlsbad**

C3 isn't some kind of chemical compound. The moniker stands for Carlsbad Causes for Community, and it offers everything from Halloween treats for youngsters to chair yoga for seniors.

Deb Ferraro, its founder, outlined the nonprofit's activities last week for a meeting of Youth Enrichment Services (YES) organization composed of representatives of police and schools and North County nonprofits.

They met in the yoga studio, which doubles as C3 headquarters.

Ferraro has enrolled both residents and businesses in her efforts to provide wholesome activities for the folks who live and work in Carlsbad, especially the downtown Village. Those activities can be social, athletic, recreational or wellness-related.

Its website specifies that "all C3 events are organized for fun and out of community service. We do not take the political view of any party or represent any specific political issues."

Besides Ferraro's yoga shop, there are 33 other members. Ferraro said she recruited them through good old-fashioned neighborly visits. "We're like a little family," she said.

Fridays are for public events, and the fifth Friday of each month is a fundraiser.

She got the idea for fundraisers, Ferraro said, when one of her yoga students was looking for help for a cancer-stricken cousin. Her event garnered \$1,200.

About that time, Ferraro said, the city decided to stop funding the annual Halloween program in the Village. C3 took over with a jump house, games and live music for the children and treats from downtown merchants.

During the holidays, C3 set up bins in conjunction with local merchants to collect food for the needy, and members collect toiletries for the homeless.

It provides weekly yoga instruction for youngsters from the Carlsbad Boys & Girls Club. Ferraro said the children look so cute as they "walk down the block with their little yoga mats."

YES Chairwoman Rosemary Eshelman compared the group to a quilt with each

program providing a different square of the whole.

"I think that Deb came at about the right time," Eshelman said, because the popular Halloween in the Village was going away, and city officials do not want to have a youth commission to coordinate activities.

"I handle all the details," Ferraro said, but other members "do all the work."

Scavenger hunts in the Village and "talent/untalent shows" are other C3 activities, and Ferraro plans a September film festival. Next up is a spring art event April 29, which kicks off Village arts walks planned for the fourth Thursday of the month.

Although the organization is nonprofit, Ferraro said, it does have expenses for insurance, printing and paying the yoga teacher. She said she spends more than half a week volunteering her services.

Ferraro came to Carlsbad in November 2011 from Denver, where she had been a yoga instructor and business consultant on environmental awareness. She said she needed a change of scene after the death from cancer of a beloved pet dog. She said she found the beach has provided that new setting.

"The energy of the ocean," she said, "you really feel like it's magical."

Ferraro found a yoga studio on Roosevelt Street that had been vacant for four months, and with it a landlord, Carlsbad Realty, which was very supportive both of the yoga community and of the nonprofit and even has helped in food drives.

C3 was founded in November 2012, but Ferraro said it took a while to get it going. "After (the past) two years," she said, "we're finally there."

Carlsbad police Officer Malcolm Warfield said Carlsbad "has a lot of troubled families" who need help. Jeff Myers, director of operations at the Boys & Girls Club, agreed, saying "there are kids in this bubble called Carlsbad" who need help.

Eshelman called a group like C3 "a safety net" for those youngsters.

Lola Sherman is a freelance writer. Contact her at lola@seaside-media-services.com.

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