

CALENDAR

TUES
DEC. 6

6-9 p.m.
COMMUNITY TALENT SHOW AUDITION
Star Theatre,
402 N. Coast Highway, Oceanside
(760) 721-9983

WED
DEC. 7

7 p.m.
"SISTER'S CHRISTMAS CATECHISM"
North Coast Repertory Theatre,
987 Lomas Santa Fe Drive,
Solana Beach
\$18 | (858) 481-2155

7 p.m.
POETRY PUBLICATION PARTY
Schulman Auditorium and Gowland Meeting Room,
Carlsbad City Library,
1775 Dove Lane, Carlsbad
Free

THUR
DEC. 8

8 p.m.
"SISTER'S CHRISTMAS CATECHISM"
North Coast Repertory Theatre,
987 Lomas Santa Fe Drive,
Solana Beach
\$18 | (858) 481-2155

8 p.m.
"VAGINA MONOLOGUES"
333 S. Twin Oaks Valley Road,
San Marcos

\$5 students, \$10 general admission
(760) 750-4990

FRI
DEC. 9

6 p.m.
HOLIDAY VARIETY SHOW
Carlsbad Village Theatre,
2822 State St.
\$12 in advance, \$15 at door
(760) 730-9947

8 p.m.
"SISTER'S CHRISTMAS CATECHISM"
North Coast Repertory Theatre,
987 Lomas Santa Fe Drive,
Solana Beach
\$18 | (858) 481-2155

6-10 p.m.
"SAPORE D'ITALIA" ITALIAN FASHION SHOW
Galerie D' Art International
320 S. Cedros Ave., Suite 500,
Solana Beach
Business or cocktail attire requested
(858) 793-0859

SAT
DEC. 10

6 p.m.
HOLIDAY VARIETY SHOW
Carlsbad Village Theatre,
2822 State St.
\$12 in advance, \$15 at door
(760) 730-9947

2 p.m., 8 p.m.
"SISTER'S CHRISTMAS CATECHISM"
North Coast Repertory Theatre,
987 Lomas Santa Fe Drive,
Solana Beach
\$18 | (858) 481-2155

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Times for Tuesday, December 6, 2005

AEON FLUX PG-13 (10:05, 11:30, 12:30, 2:00, 2:55, 4:30, 5:20), 7:00, 7:50, 9:35, 10:15	HARRY POTTER AND THE GOBLET OF FIRE PG-13 (11:00, 11:45, 12:25, 1:30, 3:30, 4:30, 5:30), 6:15, 7:00, 8:00, 9:00, 9:45
THE ICE HARVEST R (10:15, 12:35, 3:00, 5:25), 8:10, 10:30	WALK THE LINE PG-13 (10:10, 1:05, 2:30, 4:10), 7:20, 9:30, 10:20
IN THE MIX PG-13 (10:05, 12:30, 2:55, 5:25), 7:55, 10:35	DERAILED R (11:05 AM), 10:30 PM
JUST FRIENDS PG-13 (11:40, 2:10, 4:40), 7:15, 9:40	PRIDE & PREJUDICE PG (10:45, 1:45, 4:45), 7:45, 10:40
RENT PG-13 (10:10, 1:20, 4:25), 7:40, 10:45	ZATHURA PG (11:20, 1:55, 4:25), 7:10
YOURS, MINE & OURS PG (10:00, 12:10, 2:25, 4:40), 7:05, 9:30	CHICKEN LITTLE G (10:45, 1:15, 3:15, 5:20), 7:30, 9:40

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Friends aren't always the best confidants

PH from Vista writes, "I have had a few excellent friends that have listened to my problems and I to theirs. I don't think I needed a therapist because of that. What is your opinion?"

You are a lucky person to have such good friends. I think many of us can confide personal problems to our friends and get thoughtful feedback, insight, suggestions and support; however, there are a few concerns.

First is the content of the problem.

For example, If you have personal, intimate details to discuss about your relationship with your husband, it can be tricky to share them with your good friend who will see him and socialize with the two of you.

It gives your friend information that can be damaging to her relationship with your

husband. It gives her information that she must remember is confidential so that she would not mistakenly share it with anyone else. It may give her a burden that is inappropriate for her to carry.

Second, if by accident your friend talks about your situation with anyone else, your friendship is suddenly put in jeopardy. It is easy to forget that this friend is a person not trained to keep things confidential and is not answering to any code other than friendship when she hears personal information.

Although she isn't bound to a counselor's professional standards, if she slips and reveals some of what you told her, you may have a difficult time accepting her mistake.

Third is the issue of what is appropriate for someone to share. Turning a friend into a personal confidant can be a

By Irene Haskew

The Counselor's Notebook



bad decision because if she betrays your trust, you may lose both a friend and a confidant. Is it fair to place that sort of responsibility on a friend?

Last, if the spouse suspects that you are telling your friend intimate things, he may not feel comfortable in her presence anymore.

That is unfortunate when you want to have her friendship as well as his love and then you all meet socially. I had a case where the husband returned early from work and overheard his wife telling her friend about their issues on the phone. He went into a

rage, and the couple needed a therapist, pronto.

In summation, it is excellent to have friends who can be good listeners, but the best confidant in a marriage needs to be your husband. The best confidant in a significant relationship needs to be your partner. If that is not possible, get professional help.

Irene Haskew is a North County based marriage and family therapist. Her column runs on Tuesday. She welcomes comments and questions from readers. Please send them to: irene.haskew@consultant.com and include your first name or initials and your hometown.

Art

>From B1

The league helped give Michael financial support he needed for essentials, such as rent, clothes and food, but it also provided something far more valuable than money — moral support.

"I was shocked," Michael said. "I attended Naomi's event two years ago and I still remember meeting artists who were even worse situations than Alex and I. I met a man who was on the phone with his wife when she died. Her car was engulfed with flames right as she turned down the same escape route he had just driven on."

The league is a grass roots effort that relies on e-mail lists, donations and heart. Nussbaum and her eight-member board don't have the staff yet to knock on corporate doors. This year the organization has helped five artists in San Diego County.

"It's not always easy," Nussbaum said. "We sent a check to one man this year who died the day he received it."

The criteria for the league is that you have to prove you've been an artist in San Diego for at least two years and you must be in need of help — the organization investigates applicants. The league turned away a couple of applicants.

"You've got to scrutinize," said Nussbaum, referring to an artist with diabetes whose application was denied because he wasn't taking care of his illness as his doctor had instructed him to. "People try to take advantage."

Nussbaum makes it a point to keep in contact with the league's artists to make sure they're doing OK. Michael hasn't had a break since the fires. His insurance did not cover \$80,000 worth of damage and he's still paying the price. The day after he moved back into his home, his car was broken into — and again — he lost thousands of dollars.

He may not have enough money to make a donation to the league or this year's hurricane victims, but Michael has a plan.

"Let me help you rebuild memories," he said.

Michael will be handing out 200 flyers in neighborhoods where he knows fire victims have recently moved back to.

"I'm offering free family portraits of families in their new homes," he said. "It may lead to new business for me. It may not, but at least I'm helping them regain lost memories."

Reach reporter Joanna Smiley at 760.752.6735.



The program for tonight's concert includes a performance by the Carlsbad High School Chamber Orchestra. Carlsbad Unified School District

Concert

>From B1

being involved in the concerts is a tie between waiting backstage for our turn to perform and just having heaps of fun on stage playing with everyone," Rowlett said.

Rachel Kim, who wears two hats as a violinist in the Chamber Orchestra and String Orchestra, agrees with Rowlett's view on the benefits of life in a high school orchestra.

"The Winter Orchestra concerts help motivate students in polishing the pieces to perfection, to pay close attention to details, dynamics

and time signatures, which helps to raise our musical acuteness," Kim said.

Performing for others in a concert setting gives Carlsbad's students a great experience to work together on.

"The best thing about it is playing the music, mastering pieces and feeling good while working with fellow musicians, friends, a great director and enjoying it," Kim said.

Orchestra director Jennifer Irlen strives to choose a repertoire for her musicians to broaden their musicianship and ability while exposing them to the best of classical music. Through the rehearsal process, she has been pleased

with the results.

"These concerts benefit the music students in that it gives them a chance to share the pieces they have been working on and share the skills they have been working to master," Irlen said.

The director also appreciates the benefit her concerts bring to Carlsbad.

"The winter concerts benefit the surrounding communities in that it gives the public a chance to come and hear the classics from all ages of students without having to travel too far," Irlen said.

Reach reporter Joel D. Amos at 760.752.6761.

Poem

>From B1

other way"

Primarily a product of the Carlsbad City Libraries poetry workshop programs, the anthology features hand-selected entries with an emphasis on passion and clarity from dozens of North County and San Diego residents each year, according to anthology editor and Carlsbad resident, Shadab Hashmi.

"As I go through the selection process, I look for quality in craft, originality of expression and am drawn towards poems that strike a balance between the intellectual, the sensory, the abstract and the concrete," Hashmi said. "Since the [anthology] is meant to be a community project, the goal is to include poets who have achieved high standards as well as those who are constantly polishing their craft and improving their work."

Published multiple times in the anthology, Carlsbad resident Marjorie Rosenfeld submitted a poem for the 2006 anthology titled "Mother and Child: Waiting for Execution." A poem about the horrors of the Holocaust, Rosenfeld's

"I think what is wonderful about having a collection like [Magee Park Poets Anthology] supported locally is that it encourages new writers to expand their sights by going public."

Kathy O'Fallon, poet

piece was featured as one of the two poems in Patrick Dempsey's novel "Babi Yar."

"It is important to me that my work touches people," Rosenfeld said. "Whether it is seen by two people or 200 people, I hope that my poem raises awareness and brings remembrance to a time that was both tragic and horrific."

While Rosenfeld writes to educate and communicate with her peers, Arrowhead resident Dr. Kathy O'Fallon writes for herself.

"I think poetry is writing from the soul," O'Fallon said. "Poetry is a spiritual exercise, and the more I do it the more connected I feel to myself and to the universe. As the great psychologist Carl Rogers said, 'What is most personal, is most universal.'" Funded by the Carlsbad

Friends of the Library and profits from sales of previous anthologies, the "2006 Magee Park Poets Anthology" will be for sale for \$5 at the Dove Library during the Poetry Publication Party.

"The significant value of this program is in its cohesive element; bringing poets together from all walks of life and giving them a chance to grow as poets regardless of any previous experience," Hashmi said. "Over the years, the quality of writing in this community has improved manifold thanks to the involvement of many accomplished poets and the tremendous spirit of learning and love of poetry among the novices."

Reach reporter Christina Chomut at 760.752.6756.

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