The Jack List

By "Action" Jack DeChamnon

Career calling: Join Disc. Palomar College professor, executive director and founder of the Palomar College Career Center and the on-campus Club Success, a public-service group, will be on the campus radio station more today at AM1550-KKSM and on TV at Cox Digital Cable Channel 928. Contact Professor Disc at (760) 734-0150 Ext. 2189; jdis@palomar.edu.

Pillars for Parkinson's patients: The North County Parkinson's support group is inaugurating a new chapter each 8th Tues., starting this year in the Sunrise Assisted Living at La Costa, 7240 Mandana St., Carlsbad. For info, call (760) 988-7873.


Brain Attack! Stroke Awareness Training: The Encinitas Elderly Adult Service Information group, OASIS, meets from 6-7:30 p.m. on the second Wednesday in Robinson's-May at North County Fair shopping center, 280 East Via Rancho Parkway, Encinitas. To learn how to reduce the risk of stroke. Presenter Kathy Luderer, RN, will discuss the lifestyle factors, warning signs, treatments and modifications one needs to know in order to reduce the long-term risk of stroke. The class is limited to 30. For more information, call (760) 482-0635 or visit www.oasisnet.org/encinitas.

Cardio-kickboxing conditioning: San Marcos Community Center is offering a new one-hour cardio-kickboxing class featuring fitness trainer Kelly Escalona at 9:45 a.m. Tuesdays and Thursdays at the San Marcos Community Center, 1100 Kickmar Ave., San Marcos. Cost: $40 per month or $10 per class. Information: (760) 603-6791.

Artistic accessories: Learn how to make your clothes closet look like an art gallery and how your fashion wear can become works of art on the first and fourth Wednesdays. Free RSVP Information reservations: Atchon Clines at (760) 352-5578; atchonclines@cox.net.

Denim, diamonds dinner: The Boy & Girl's Club of Vista hosts the Denim & Diamonds Dinner fundraising from 6 to 10 p.m. Oct. 13 at 410 W. California Ave., Vista. Live cowboy music, country dancing, an auction, complimentary beer and wine and a special guest item that may range from denims to diamonds. Information: (760) 724-0646; www.bgvista.com.

Library LIFE: The sixth annual LIFE (Library Information Fair) will be held on Oct. 8 at 7:45 p.m. at the Dale Branch Library, 1757 Dale Lane, Carlsbad. The free event is for anyone who wishes to learn how to expand the use of the public library. Information: (760) 602-2048; www.carlsbadlibrary.org.

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