

LOCAL EXTRA



THURSDAY
MARCH 17, 2011

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MITCHELL ROSEN

USING ALCOHOLISM AS AN EXCUSE

Have patients tell me they are alcoholic because their girlfriend left them, their parent was abusive or they can't get a job. Actually, none of these are the reason a person is alcoholic.

They are stressors, absolutely, but the reason a person drinks to excess is not because of specific stress. Otherwise, every man or woman who had been dumped by a love, the victim of abuse or is unemployed would be alcoholic.

Researchers make a strong argument that genetics and biology may predispose a person toward alcoholism. As far as having stress, my observation is significant stress and the inability to effectively deal with adversity causes individuals to fray. Could be excessive drinking, self-destructive relationships, gambling; the ways an individual who lacks the skills to handle stress can show symptoms are infinite.

I caution patients who tell me they are alcoholic because of another person to be careful. I admonish them that blaming another for their behavior is a slippery slope. The logic then is I can't change unless this person who is hurting me changes. None of us has the power to control others so this belief would only heighten a sense of hopelessness.

I believe profound stresses take a toll on the human psyche. Of this I have no doubt. The way we manifest the stress is a combination of choice, genetics and modeling. Those who grow up in a home where one or both parents handle stress by over spending for example are more at risk to imitate what they saw as normal in their home. Nature versus nurture is an old argument in psychotherapy. The answer, at least in my opinion is that how we were raised and how we are programmed both play a part in who we become.

So when a client of mine asserts they would not drink so much if a husband or wife would stop being unfaithful or a child would cease rebelling, I'll interrupt. Not to be rude but to help the patient see stress alone does not determine behavior. In some cases it becomes an excuse and that can limit a person's life or ambition.

The challenge for those of us who help to rehabilitate drug and alcohol abusers is to walk that fine line where we validate the stress but stop short of saying "Of course that is why you abuse substances!" The stress maybe easy to pinpoint but the specific reasons a person chooses alcohol or drugs is not.

When I am attempting to help a man or woman struggling with addiction, it is a turning point in their counseling when they state, "I have a lot on my plate but my addiction is on me, and I am the only one who can change it." Suddenly the therapy becomes a lot less confusing a great deal more productive.

Mitchell Rosen, M.A., is a licensed marriage and family therapist with practices in Corona and Temecula. Contact him at family@PE.com.

Increased DUI patrols today

ST. PATRICK'S DAY: Several cities will see a heightened police presence on a day typically known for partying.

SUBMITTED TO THE PRESS-ENTERPRISE

St. Patrick's Day is a popular night to socialize with friends, family and coworkers. However, it is also a time when a little too much green beer is consumed.

As a countermeasure, the Avoid the 30 DUI Task Force today will deploy additional patrols in Beaumont, Coachella, Corona, Lake Elsinore, La Quinta, Moreno Valley, Riverside, San

Jacinto, Lake Perris and Temecula.

In addition, the cities of Desert Hot Springs, Moreno Valley and Riverside will conduct driving under the influence and driver's license safety checkpoints.

"Whether you are meeting a few friends at the local pub after work or attending a party, if you plan on drinking, never drive while impaired and never let your friends drive if you think they are impaired. Friends don't let friends drive drunk," said Riverside Police Chief Sergio Diaz.

The extra Avoid DUI patrols will be supplementing regularly

scheduled shift deployments planned for today. The specialized DUI officers will be focusing in areas with high incidents of DUI collisions and arrests.

Police recommend the following easy steps for a safe St. Patrick's Day:

- Plan a safe way home before the festivities begin.
- Before drinking, designate a sober driver and leave your car keys at home.
- If you're impaired, use a taxi, call a sober friend or family member, or use public transportation to make sure you get home safely.

■ If you happen to see a drunk driver on the road, don't hesitate to call 911.

■ If you know someone who is about to drive or ride while impaired, take the keys and help make other arrangements to get him or her home safely.

The Avoid the 30 DUI Campaign is funded by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. The coalition's next DUI campaigns are set for Cinco de Mayo and Memorial Day Weekend.

Submitted by Riverside Police Department.



SUBMITTED TO THE PRESS-ENTERPRISE

Chief of Staff Cmdr. Breck DeGroff, left, and Commanding Officer Capt. Jay Kadowaki salute as Master at Arms Chief George LeTourneau and Master at Arms 3rd Class Eugene Esparza, right, raise the flag in honor of Army Cpl. Frank W. Buckles, the last surviving American WWI veteran.

SALUTING A DOUGHBOY

Navy personnel in Norco pay tribute to the last WWI veteran

SUBMITTED TO THE PRESS-ENTERPRISE

As America's last "Doughboy" was laid to rest in Arlington National Cemetery, military personnel at the Navy base in Norco gave their final salute Tuesday during a special flag ceremony honoring the

110-year-old Army veteran, the last of his generation to fight in World War I.

The Navy center's top officer said Army Cpl. Frank Woodruff Buckles — once an eager but underage recruit who repeatedly

lied about his age so he could join 2.8 million men the United States was drafting — represents the patriotic fervor that has prompted subsequent generations of men and women to volunteer during times of war or national emergen-

cies. "He was part of the legacy of service that continues to this day, one who clamored for an opportunity to serve," said Capt. Jay Kadowaki, commanding officer of

SEE DOUGHBOY/C3

ART SHOW RAISES FUNDS TO SUPPORT INLAND ALLIANCE

The Eye of the Artist Art Show and Fundraiser is one of my favorite Art Alliance of Idyllwild events. Members donate works of art that are exhibited at Rainbow Inn. Visitors purchase raffle tickets and put as few or as many as they want in the boxes hanging near each piece.

Saturday's event marked the beginning of a season full of annual activities that have become mainstays for the mountain community, which was named "one of the 100



DIANE A. RHODES

best art towns in America" by John Villani, from a book by the same name.

SEE RHODES/C3



DIANE A. RHODES/SPECIAL TO THE PRESS-ENTERPRISE

Art Alliance of Idyllwild President Lea Deesing, left, waits for her daughter Paris to draw a winning raffle ticket from a hat Saturday.

SHARE YOUR NEWS WITH US

Have a community event to promote? Want to boast about a student achiever? Starting a new organization? The Press-Enterprise, PE.com and our family of websites — including inlandsocal.com, HSGametime, the iGuide for entertainment and OnCampus.PE.com — are eager for your news. Here's how to share your information and images:

COMMUNITY NEWS

Send your announcements and press releases to **COMMUNITY@PE.COM**. In Southwest Riverside County, send to **SOUTHWEST@PE.COM**. When attaching photos, don't forget to include caption information. All photo files should be in JPG form and at least 2 MB in size. Questions? Contact Carol Chambers at **CCHAMBERS@PE.COM**. In Southwest Riverside County, email questions to Southwest Editor Mark Acosta at **MAGOSTA@PE.COM**.

EVENTS & CALENDAR LISTINGS

Log on to **EVENTS.PE.COM**. Click on "add to our listings." Follow the instructions to add an event. Don't forget to add a venue. Listings for our print editions — including The Guide — are gleaned from these listings. Events are generally approved and posted within two business days. To appear in our print lists — such as the Daily Datebook or the Sunday Calendar — post your event at least two weeks in advance.



RHODES

CONTINUED FROM C1

Art Alliance President Lea Deesing said about 65 individual or gallery members donated pieces to the event. About \$3,200 was raised to support upcoming alliance events, a 40 percent increase from last year.

"We are so proud our artists came through for us like this," she said. "We have a lot of new members and we are really excited about that."

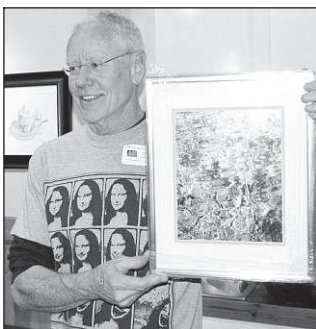
A silent auction replaced the prior years' live auction but generated just as much excitement and competitiveness.

"This is easily the most impressive artistic display of community art and support I've seen," said art gallery owner and former alliance President Mike Ahern.

Although the event is a fundraiser for the nonprofit volunteer-based organization, the winning ticket holders are the ones who gain the most. Not only do they receive a one-of-a-kind photograph, painting, sculpture or other form of artistic expression, but they get their favorites.

"There is more art this year and there are more people," said sculptor Norm Deesing. "There is a new energy in this organization — it's visible."

The "Reflection" them



DIANE A. RHODES

Art gallery owner Mike Ahern holds up a photo of a koi pond taken at the Edward-Dean Museum.

was taken literally by some artists who created mixed media mirrors and abstractly by some whose works required contemplation and interpretation.

"The process for me as an artist is that it is 80 percent thought and 20 percent work," said Deesing. "I always try to tell a story and communicate through my work. It is a very visual media."

Bryan Tallent and John Stonitsch, owners of The Spruce Moose, donated pieces to the show.

"We've had the gift shop for 5½ years and just stepped up to including an art gallery," said Tallent. "We have something for everyone — from an Idyllwild magnet to a \$5,300 original canvas."

I am not a member, even though the alliance is open to art lovers as well as

artists, but I donated two prints of one of my favorite photographs to be used as door prizes. I took an awesome picture at the Edward-Dean Museum and Gardens' koi pond in Cherry Valley several months ago.

As the fish and wind rippled the water, it caused an abstract color effect: punches of bright orange, green and blue bouncing off the silvery water.

What a thrill to see people hoping to match their numbers to the ones called. I prided myself as a photographer when I got the shot, but that night I felt like a true artist.

Information, 877-439-5278 or www.artinidyllwild.com.

ST. PATRICK'S DAY

They say everybody is Irish today so this is a blessing for all of you:

May your pockets be heavy and your heart be light and may good luck pursue you each morning and night.

Diane A. Rhodes is a Press-Enterprise correspondent. Reach her at 951-763-3461 or dianealease@hotmail.com

DOUGHBOY

CONTINUED FROM C1

the Naval Surface Warfare Center, Corona Division. Buckles, a resident of West Virginia, died on Feb. 27.

President Barack Obama ordered flags flown half-staff at all public buildings nationwide, all military installations and aboard all U.S. Navy ships at sea as a salute to Buckles and those who rushed to the front lines in Europe.

The ferocious trench warfare killed nearly 10 million and wounded another 21 million.

The "Great War," as it was called at the time, later became known as World War I and marked the emergence of the U.S. as a world power.

The United States came to the aid of Britain and France on April 6, 1917, sending up to 10,000 soldiers a day to

France to break the stalemate and force an armistice on Nov. 11, 1918.

The U.S. toll was 116, 516 dead.

In his native Missouri, Buckles first tried to enlist in the Navy, Marines and Army before convincing recruiting personnel to sign him up Aug. 14, 1917.

They told him the quickest route to France was by joining the Ambulance Service. By December, Buckles was in England and on his way to the front lines in France. He was discharged in 1920. He later became an American prisoner of war when captured as a civilian working in the Philippines during World War II.

Buckles testified before Congress in 2009 in support of a WWI memorial honoring the service of 4,734,991 Americans who fought in that war, veterans known as "Doughboys."

"There's a lot of emotion, and now is time to give thanks," said Jean Foust, a Navy civilian who watched Tuesday's ceremony.

Coworker Renay Shea said she was thinking of her 23-year-old son, now serving his second tour of combat.

Kadowaki reflected on the parallels facing Buckles' peers in 1917 and young people today as they contemplate military service.

"Those were unpredictable times with great uncertainty. But we see that same pull today among recruits during these times that once again pose threats to the U.S.," he said.

Submitted by Naval Surface Warfare Center Corona Public Affairs

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