

**Our Family trip to Point Loma  
Tides pool,  
The Old Point Loma Lighthouse  
And Cabrillo Monument**





**Starfish** or **sea stars**—are echinoderms and Starfish are among the most familiar of marine animals and possess a number of widely known traits, such as regeneration and feeding on mussels

### **Can Sea Stars Really Grow New Arms? -**

Yes, they can! Sea stars are always in danger of losing arms, so being able to grow new ones is important to them. Sometimes predators bite the arms of sea stars. Sometimes rocks fall and crush them.

A few species of sea stars are so good at growing new arms that a cut-off arm can grow into a whole new sea star. The sea star you see here is actually growing four new arms. It is going through a process called regeneration (rih jehn uh RAY shuhn). Regeneration means replacing a body part with a new one. The process of regeneration doesn't happen overnight, though. It can take up to a year for a sea star to replace missing parts.

### **How Many Feet Does a Sea Star Have?**

A sea star has hundreds of tube feet. But these feet don't look like your feet. You can see them on the underside of the animal's body. Find the groove that runs down the middle of each arm. The sea star's tube feet are in these grooves.

A sea star uses its tube feet for walking, clinging, and grabbing food. Some sea stars have tube feet that can grip like suction cups.

## **Can Sea Stars See?**

Sea stars do not have eyes as people do. But, they do have eyespots. These spots are groups of cells that can detect light. Sea stars have these eyespots at the tips of their arms.

Eyespots help a sea star survive. When a sea star senses light from above, it can tell which way is up. And if something suddenly blocks the light, the sea star senses that an enemy may be nearby.

Eyespots also help a sea star when it's out of water. A sea star may end up on the beach at low tide. If it stays in the sun too long, its body may dry out. That would cause the sea star to die. With its eyespots, the sea star can find its way to shade. In the shade, the sea star can stay cool and damp until the water level rises again at high tide.

## **What is another name for Starfish?**

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## **Can a star fish regenerate?**

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## **What is regeneration?**

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## **What type of feet do starfish have?**

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## **Where are the eyes located on a star fish?**

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## **The Point Loma Old Lighthouse**



The Old Point Loma Lighthouse stood watch over the entrance to San Diego Bay for 36 years.

At dusk on November 15, 1855, the light keeper climbed the winding stairs and lit the light for the first time.

What seemed to be a good location 422 feet above sea level, however, there was a serious flaw. Fog and low clouds often obscured the light. On March 23, 1891, The light was extinguished after standing post for 36 years and the keeper moved to a new lighthouse location closer to the water at the tip of the Point.

The Old Point Loma Lighthouse is a reminder of simpler times - of sailing ships and oil lamps and the men and women whom day after day faithfully tended the coastal lights that guided mariners. In 1851, a year after California entered the Union, the U.S. Coastal Survey selected the heights of Point Loma for the location of a navigational aid. The crest seemed like the right location: it stood 422 feet above sea level, overlooking the bay and the ocean, and a lighthouse there could serve as both a harbor light and a coastal beacon.

How many years did the lighthouse provide service to the mariners?

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What was the date the light house was ready serve as a beacon of light?

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The lighthouse was how many feet above sea level?

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Why did the old lighthouse have to distinguish its light forever

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## Cabrillo Monument



**Juan Rodriguez Cabrillo - A Voyage of Discovery**

As the park's namesake, Juan Rodriguez Cabrillo led the first European expedition to explore what is now the west coast of the United States. Cabrillo departed from the port of Navidad, Mexico, on June 27, 1542. Three months later he arrived at "a very good enclosed port," which is known today as San Diego Bay. Historians believe he anchored his flagship, the San Salvador, on Point Loma's east shore near Cabrillo National Monument. Cabrillo later died during the expedition, but his crew pushed on, possibly as far north as Oregon, before thrashing winter storms forced them to back to Mexico.

One hundred and three days into the journey, Cabrillo's ships entered San Diego bay. He probably landed at Ballast Point (visible from the Visitor Center) where he claimed the land for Spain. Cabrillo described the bay as "a closed and very good port," which he called San Miguel. The name San Miguel was changed to San Diego 60 years later by another explorer, Sebastian Vizcaino.

Who led the first European expedition?

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What did Cabrillo name the enclosed port?

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**Did You Know?**

Did you know that Pacific Gray Whales can dive to more than 200 feet and can stay underwater for as long as 20 minutes?

**Did You Know?**

Did you know that a fossilized fern was found at the tidepools of Cabrillo National Monument? It is now housed at the San Diego Natural History Museum.

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**Did You Know?**

Did you know that over 200 species of birds have been recorded at Cabrillo National Monument, including land, shore, and sea birds.





