

FREE

# The Emerald

## MAGAZINE

### Your Summer Guide

**Humboldt Tides**  
p.18

**Food, Brew  
& Festival Reviews**

**Get Off  
The Grid  
with  
Woven Roots**  
p.8

**Summer 2013**



**FABRIC**   
**TEMPTATIONS**  
 Sew - Knit - Crochet - Quilt  
 942 G Street, Arcata, CA  
[fabrictemptations942.etsy.com](http://fabrictemptations942.etsy.com)  
 (707) 822-7782



*Come to Yarn Stomp*  
 June 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup>



**Morning Star**  
 Men & Women's Clothing  
 1041 H Street Arcata

**Mention The Emerald  
 and get 10% off**

**goodsociety** Fair Trade 100% Organic Cotton

# Editor

**Step Into The Summer Fun!**



# Emerald

*Dear reader,*

Finally, it's here. Summer has made its way back to Humboldt County with not a minute to spare. Our highly anticipated sunshine is finally upon us, kicking off a season of festivities. The Kinetic Grand Championship starts off again this summer, marking its glorious 45th debut on our streets.

Summer is also a time for life, love and music. Whether you're surfing on the coast or having a wedding in the Redwoods, there is something eventful for everyone. This edition will serve as your summer guide to a great time. Join us over the next few months as we celebrate Humboldt for rendering yet another spectacular solstice.

*Sincerely,*

*Christina DeGiovanni,  
Editor-In-Chief*

• *E-mail* | [Editor@theemeraldmagazine.com](mailto:Editor@theemeraldmagazine.com)

• *Post* | PO BOX 65, Arcata, CA 95518

• *Website* | [Theemeraldmagazine.com](http://Theemeraldmagazine.com)

•  | [TheEmeraldMagazine](https://www.facebook.com/TheEmeraldMagazine)

•  | [TheEmeraldNews](https://twitter.com/TheEmeraldNews)

**Register Online To Receive A Digital Subscription**



*Editor*

**Christina DeGiovanni**

*Copy Editor*

**Nicholas Preciado**

*Cover Shot*

**Sean Jansen**

*Graphic Designer*

**Vanessa Laird**

*Photography*

**Jan Arrington**

**Annie Becker**

**Rich Bickel**

**Tibora Girczyc-Blum**

**Scott Hilton**

**Sean Jansen**

**Justin McNutt**

**Sherry Rewinkle**

**Rollin Trehearne**

**Gabby Wotherspoon**

*Writers*

**Bernard Bass**

**Nathan Butler**

**Christina DeGiovanni**

**Benjamin Fordham**

**Daniel Gelman**

**Keith Hamm**

**Sean Jansen**

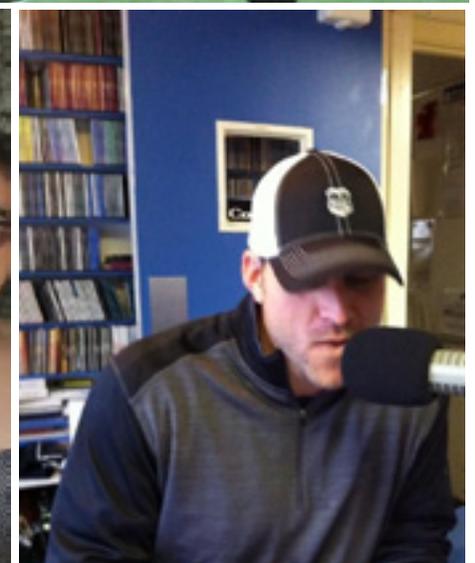
**Kristan Korn**

**Justin McNutt**

**Victoria Voss**

# FEATURE

**41 | J.B. Mathers Finds  
His Humboldt Homey**



**Local Sportscaster Prefers Life Low Key and Local**





**Home & Garden**

**8 | Living Off The Grid**

with Woven Roots lead singer, Travis Barter

**12 | Summertime Means Fun In The Garden**

Keep the Garden Green this Summer

**14 | SCRAP Humboldt**

Humboldt's first creative reuse center

**24 | A Local Gem**

Jazz Singer Donna Landry

**25 | Emerald Style**

**26 | Atelier de Arcata**

Humboldt's Own French Boutique

**Cuisine**

**28 | Arrington Apples Set To Close**

A Final Farewell After 30 Years

**30 | Lost Coast Brew Review**

Here's what's on tap

**34 | Humboldt: The Napa Valley Of Beef**

Grass-Fed At Its Finest

**36 | The Wildflower Cafe**

**Travel**

**37 | On The Road To Hayfork**

Weekend Trip To Trinity County

**Health**

**16 | Humboldt Reiki In The Making**

A Traditional Japanese Practice

**18 | Humboldt Tides**

Surf Life On The North Coast

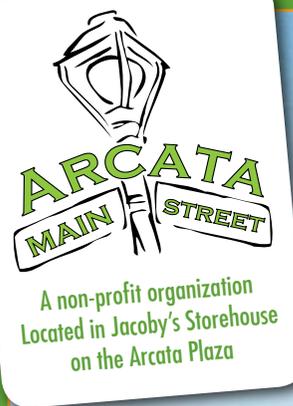
**Art Culture**

**20 | Kinetic Grand Championship**

The 45th Annual Race For Glory

**22 | Summer Arts Festival**

The Official Kick Off To Summer



**OYSTER FESTIVAL ON JUNE 15**

**PICNICS ON THE PLAZA**

FRIDAYS, JULY 19 AND 26, AUGUST 2, 9, 16 AND 23 @11:30pm

**CONCERTS ON THE PLAZA**

SUNDAYS IN AUGUST 4, 11, 18 AND 25 @ 2pm

Proceeds from the Oyster Festival supports all of Arcata Main Street's community events as well as supporting local commerce for Arcata's merchants, businesses and membership.



It is often said that the purpose of music is to drive social dialogue. Musicians then, must endeavor to put themselves at the forefront of what is commonly accepted and what isn't, to find the inspiration and courage to try to open our minds to new ways of thinking. In true Humboldt fashion, there is a local reggae band trying to do just that. His name is Travis Barter and he is the lead singer of Woven Roots. And with songs like "Chicken Coop" and "Edible Forest Garden" it should be of little surprise they are on a ranch in Willow Creek saving us from ourselves. "Living eco-gangster" is what they define as their struggle against the detrimentally conformative system we currently have for what we eat and how we produce it.

**What is vermiculture?**

Travis: "We have all different kinds of facets. We have the chicken coop. We've got vermicomposting bins with red worms. We've got the edible forest garden. It is a forest of perennials. We've got an annual garden with a perennial border. We've got our bees. So we have all these different facets and we integrate them so they support all the other facets."

**How so?**

Travis: "The extra fruit from the fruit trees and the extra veggies from the garden feed the chickens. Then the chickens fertilize the fruit trees and the garden. The red worms compost the chicken manure, but I also feed the red worms to the chickens."

**What is the purpose of the red worms?**

Travis: "The red worms make a super nutrient rich compost that's like six times more nutrient rich than regular compost."

**You mentioned bees earlier. How do they come into play?**

Travis: "The bees pollinate all of our fruits and vegetables so we can have bigger harvests, but we also get honey from the bees."

**So it's a win win.**

Travis: "So that's what it is. You have all these facets and you integrate the facets so they support the other facets and you in the process."

**Are there any facets you would like to have that you don't currently?**

Travis: "I really want to get into poly-culture and do a little bit of fish farming. That would be really cool. You can grow your own algae with manure and feed the fish your own algae. Then you can use the fish waste to feed the garden."

**So you have a ways to go?**

Travis: "It is definitely a work in progress. Someday I will have all the different facets."

**What exactly is an edible forest garden?**

Travis: "That is a forest of perennial edible fruit. We are trying to mimic the forest eco-system. If you look at the forest it is always thriving and going gang-busters, but you are not doing anything to it. With a garden you are bringing in all this stuff all the time and working on it, but your garden never seems to kick down as hard as the forest. So the forest eco-system is set up with a canopy layer, a bush layer and a ground cover. Once it is established, it takes years to actually grown in, but once it's established it kinda takes care of itself."

# Living Off The Grid

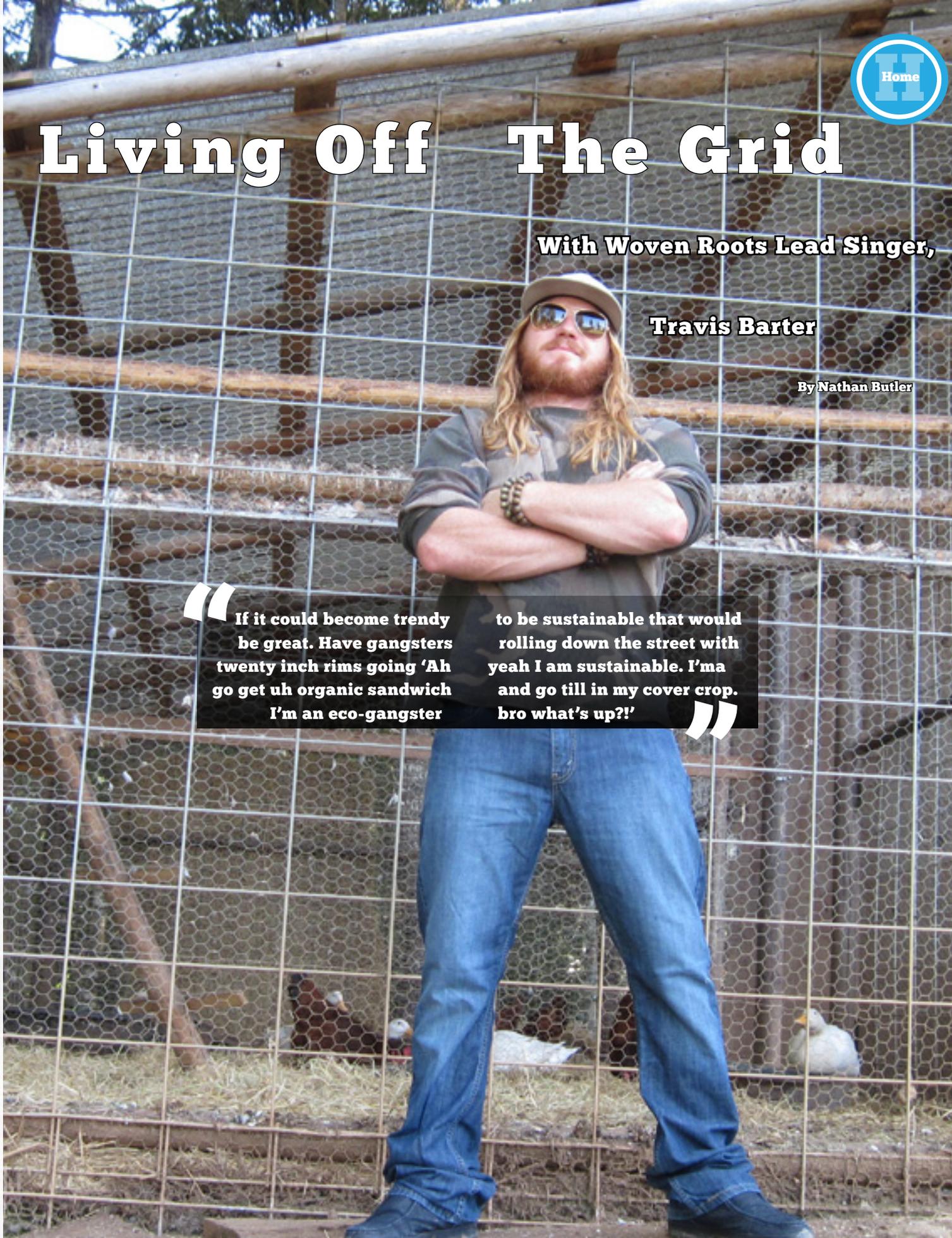


With Woven Roots Lead Singer,

Travis Barter

By Nathan Butler

**"If it could become trendy be great. Have gangsters twenty inch rims going 'Ah go get uh organic sandwich I'm an eco-gangster to be sustainable that would rolling down the street with yeah I am sustainable. I'ma and go till in my cover crop. bro what's up?!"**



Have Fun in the Garden

ARCATA 826.9998		EUREKA 444.9999
FORTUNA 725.5550		MACKTOWN 839.9998



**What kinds of plants do you have in your edible forest garden?**

Travis: "We have fruit trees, blueberries, hops, but it is not filled in yet. I just grow annuals right now in between the fruit trees. Once the soil gets nice enough I am going transition into planting perennials, bushes and then ground cover."

**I notice you have your corn planted in blocks. Is there a reason for that?**

Travis: "Corn likes to get planted in blocks. You want a lot of pollen in the air to land on the cobs. This allows you to get whole cobs, otherwise you are missing kernels. It is also nice to stagger the corn planting a couple weeks apart so every two or three weeks you have another big chunk of corn."

**Your chicken coop doors open outwards.**

Travis: "All the doors open outwards so large predators can't bust the doors in like bears or mountain lions. If you notice I got really gnarly welded wire around the chicken coop. That is for the bears. The chicken wire is for all the small ones like foxes, skunks, bobcats. There's all kinds of things that want to eat the chickens. It is buried a foot and half deep all the way around. We haven't lost a single chicken or duck since I built this pen. We let them out in the morning for free ranging. The free ranging cuts down on a lot of cost for food and it's also healthier for the chickens. They eat all kinds of pests around the ranch."

**You seem to have quite an assortment of fruit trees.**

Travis: "I tried to get two of each fruit tree. If you have two of them you have much larger fruiting than if you just had one. So, we have two cherries, three pears, two Asian pears, a European prune, three peaches, two nectarines, two apricots, a pluot (cross between a plum and an apricot), a couple plums, and a couple apples."

**How big a role do the bees play in the pollination?**

Travis: "Without the bees they wouldn't pollinate. There are parts of China that don't even have bees anymore because of pesticide. They are collecting pollen and using little feather brushes to dip into the pollen and touch each blossom. A person can do maybe thirty trees in a day, but bees can do ten thousand trees for free."

**What are some of the major concepts in organic farming?**

Travis: "Cover cropping and crop rotation. We do crop rotation to not deplete the soil too much. We split it into thirds. One year I will grow heavy feeders in a third of the garden. Then light feeders in another third of the garden. In the winter I will cover crop. Cover cropping is planting things just to add nutrients to the soil and the roots break up the soil. It keeps the soil structure light and fluffy. With large industrialized agriculture they want to wipe the soil clean of pests. They use synthetic fertilizers and if they have more pests they just spray pesticides on it to wipe out the pests attacking what they have. With organic agriculture you want natural predators to kill your pest like frogs, lady bugs, and praying mantises."

**You received some flack for your video for "Chicken Coop."**

Travis: "We offended a couple people. I wasn't really trying to do that. By having me and my lady in the chicken coop with a gold pitchfork, some people were like 'Oh what?'. We just wanted to add some humor and some sexiness to sustainable living. Not make it so boring or *complaineey*. Like hey, this is an option. Instead of breaking it down like- industrialized chicken farming, they have genetically modified chickens in huge tunnel houses that are blacked out and they never see the light of day. They are packed tens of thousands of chickens, being fed genetically modified, synthetically fertilized, pesticide sprayed food that comes from either mid-west or South America. Then the chickens are shipped hundreds or thousands of miles. Every step of that system is destructive."

**When anyone with a little bit of land could be doing what you are doing.**

Travis: "Right. No matter how much land you have. Vermiculture is about using what you have to feed yourself, even in cities, rooftop gardens. I wrote a song about it. It is more than just food too. Food energy and shelter is what we need to survive. The more sustainable we can do each one of those three the better. The way that we are creating our energy and building our homes is pretty destructive."

**What do you do for power?**

Travis: "We have solar panels and a small Honda generator which we run at night. We could definitely do some wind or micro hydro-electric. We have a spring. The cool thing about micro hydro is that it flows all the time, whether it is sunny or warm."

**If everyone did just a little bit of what you are doing it would make a huge difference.**

Travis: "I don't know why they don't teach it in school. I think that ecology and vermiculture should be mandatory. If it could become trendy to be sustainable that would be great. Have gangsters rolling down the street with twenty inch rims going 'Ah yeah I am sustainable. I'ma go get uh organic sandwich and go till in my cover crop. I'm an eco-gangster bro what's up?!'"

Woven Roots has just released their third album "Respect All Things". Ever busy, they are in the studio working on a fourth album "Reap What You Sow". They will be playing Reggae On The River this summer. Woven Roots' front man Travis once ran away from home at the age of fifteen and hid in the bottom of a truck full of garbage to get into Reggae. This year they will be playing on the same stage he looked up to all those years ago.

Sustainable living doesn't have to be a downer or boring. Whether you live on a rooftop or in the deepest wilderness an organic garden is not only possible, but a healthier, happier, more cost-effective means of getting the food you need to live. Woven Roots is proving this to us one album, one chicken coop, and one edible forest garden at a time.



**SMART GAS & ELECTRIC**  
 BROADWAY AND WASHINGTON ST  
 EUREKA, CA 95501 (707) 443-5652  
**THE "PARTS AND SMARTS PEOPLE"**  
 OPEN MONDAY - FRIDAY

**OUR MOST POPULAR OFF GRID SYSTEM \$3,950**

(2) 245 Watt  
 8A @ 60 VOLT DC  
 (INCLUDES RACK)

MPPT  
 CONTROLLER  
 CHARGES (2) TROJAN  
 BATTERIES @ 24 VOLTS

XANTREX 2.4 KW  
 INVERTER AND  
 CHARGER 20 AMP  
 120 VOLT OUT  
 INCLUDES  
 WATER MISER CAPS  
 AND DESULPHATOR

YOUR  
 BACK-UP  
 GENERATOR

- Organic Gardening Supplies
- Soil Testing and Consultation
- Consignment Equipment Sales
- Freshest Compost Tea in Town

**Beneficial Living Center & Garden Supplies**

[www.beneficiallivingcenter.com](http://www.beneficiallivingcenter.com)

148 South G. St.  
 Arcata, CA  
 707-633-6095

"You don't need a weatherman to know  
 which way the wind blows."  
 -Bob Dylan



## Summertime Means Fun in the Garden

Keep Humboldt Green and Keep the Green in Humboldt. Buy Local.

Keith Hamm, Garden Columnist

What a year we are having, light in rain totals, but an abundance of coastal sunshine on the garden. A lot of us have used this to our advantage with early plantings. Too bad that also means early weeding, pruning and slug patrols. If you haven't started this season's veggies, fear not, our long season allows for plantings almost all year.

If you live on the coast, then you know that cool season veggies are what it's all about. It doesn't mean you shouldn't try some tomatoes, especially Cheries, Romas and early fruiting varieties like Eureka. Just space them well for ventilation and keep them off the ground. I suggest buying starts if you did not plant seed

by April. Black Beauty eggplants can also do very well on the coast when started early. Much of the key to warm weather plants on the coast is ventilation, well drained soil, thin or no mulch and different varieties as some may do well while others may fail. Once in a while I will plant corn, early mid and late varieties. If all fail, locate so at least you have a wind break. Peppers you ask? Well, I hope you like hot ones or sweet banana peppers. Better yet, make friends with the mountain folk, Kale makes for a good trade in July and artichoke for melons in the fall.

I am what many may consider a 'lazy gardener'. I love to be in the garden, but mostly to graze, admire and watch the kids chase cabbage moths. I have some favorite plants that help me feel successful with little effort. One well known tip that works, keep a board laying slightly elevated in the garden, check it early morning for snails and pests. Snails also tend to avoid red leaf lettuces like 'Red Sails'. Broccoli varieties like 'De Ciccio' give lots of side shoots after the main head is taken.

Things like this lesson the 'work' involved with chasing bugs and replanting. Timing can also help a lot in these matters. I tend to avoid a summer crop of broccoli because the cabbage worms can get relentless. Plant starts in July-August for a fall crop and plant over winter varieties in the fall for a spring crop. Try carrot seeds under broccoli plants. They are slow to get started and after cutting down the broccoli, the carrots take off and are ready the next month. Pumpkins and winter squash may be difficult if they are planted too late, like July, but summer squash is fast and fruitful. Keep in mind having some beds empty by the end of October to plant great over winter stuff like garlic, kale, brussel sprouts and beets.

Nothing depletes soil more than a Humboldt rainy season followed by heavy feeding plants like brassicas, tomatoes and corn. Rotate heavy crops with light crops like lettuce and herbs, top fruit crops with root crops and never skimp on turning in some compost to replenish organics in the soil. If you have a large garden and want to try a summer cover crop on some empty beds, use buckwheat. It is pretty and it works well.

There are a thousand books on how, what, when and why on gardens. I think the most successful folks are the ones who write their own journals as they go, answering these questions. Talk to your neighbors, visit the Farmer's Markets, the annual Seed Exchange, loiter at the nurseries and above all, grow more than you need. The rewards are huge when we share with others.

### About the Author:

Keith Hamm is a 20 year local, landscape contractor and nursery owner at Living Earth Landscapes. When he is not building ponds, decks and landscapes, or hosting free workshops on the weekends, you can find him landing salmon on the Trinity, riding bikes with his kids and enjoying family activities at his house in McKinleyville. If you have suggestions for future topics, send an email to: Keith@822pond.com.



## Now Enrolling

Our Morning Class Begins June 3rd, 2013

Open House For Prospective Students May 19th 3-4 pm



*"This is a community of amazing, loving, caring people who supported me through an extraordinary year of healing"*

*-Anna Park*



Arcatamassage.com 707-822-5223

# One Person's Trash is Another Person's...**SCRAP?**

## Humboldt's First Creative Reuse Center

Story by Bernard Bass | Photos by Tibora Girczyc-Blum

It's early in the morning and the fog begins to curl and lift its way over the damp, rolling hills of the Humboldt coast. The sound of utility vehicle doors trail off into the marsh while members of a construction crew grab their mugs of coffee and weave their way through the shells of a residential development going up at the foot of H Street in Arcata.

In the air, there is a sense of something happening. Something new. Or is it something old? As it turns out, it's both. The first creative reuse center in Humboldt County, SCRAP Humboldt, has officially opened for business.

The practice of recycling and reuse has been around for centuries. We see it in nature when the nutrients of decomposing plants and animals provide nourishment for nature's next generation. Around 200 BCE, the Chinese are believed to have used their old fishing nets to make the world's first

recycled paper. The Mayans constructed their buildings atop pre-existing structures. In the United States during the First World War, Americans were encouraged to collect everything from newspapers to aluminum to assist the military effort in Europe. The country's motto at the time was, "Don't Waste – Save It." America's involvement in recycling and reuse is further evidenced with the transformation of closed military forts into subdivisions, parks, picnic areas and wedding venues.

Reduce, Reuse, Recycle. It is a popular phrase that has been around for quite some time. The benefits of reduction are evident and recycling has fortunately been able to make its way into the mainstream of America. However, it is the second word of this mantra that has not been as prominent as the first or last and, in order to take full advantage of its intended ecological impact, one must use these three words in the order in which they appear.

Housed in an old bus repair facility that was itself up-cycled into office suites, SCRAP Humboldt joins Washington DC, Traverse City, MI, Denton, TX, and Portland, OR as the fifth SCRAP in the nation. The School Community Reuse Action Project (SCRAP) is a non-profit organization that diverts materials from the waste stream (over 129 tons per year),

educates people about creative reuse and provides inexpensive art, craft and office supplies to the community.

"A lot of the older generation, growing up during wartime, are used to reusing everything they could," says Tibora Girczyc-Blum, the center's director. From her desk in the corner of the store, she picks up an old hardcover book. It is a discarded 1933 copy of Art Adventures With Discarded Materials by Evadna Kraus Perry. Leafing through the barely dog-eared pages she says, "Kids can come here and learn about reuse in a fun and colorful environment."

Unlike many recycling centers, SCRAP Humboldt is a sharp looking place and the atmosphere is friendly, inviting and unpretentious. Girczyc-Blum says that, "One of the goals of creating this was to elevate the aesthetics of a reuse center." She never stops smiling and says, "Nobody wants to walk into a thrift store that smells like cat pee." With its modern color scheme, it is a tidy, well-organized space that is pleasant to browse through.

SCRAP Humboldt relies completely on donations and its existence would not have happened so solidly without the help of a number of local businesses. Girczyc-Blum gives much praise to those who have assisted in their start up and says, "We've been doing in five months what other people do in six years." Shred Tec, a local Arcata company donated all the shelving and Visual Concepts, a local design and print company donated all the signage. Pierson's Building Center and North Coast Co-op have also been large contributors.

SCRAP Humboldt is not only a store, it is a reuse center that offers classes and workshops such as How to turn your old wetsuit into a ball of yarn. In their Re:Boutique, SCRAP features fine artists and a unique collection of jewelry and gift items created from a minimum of 75% reused material.

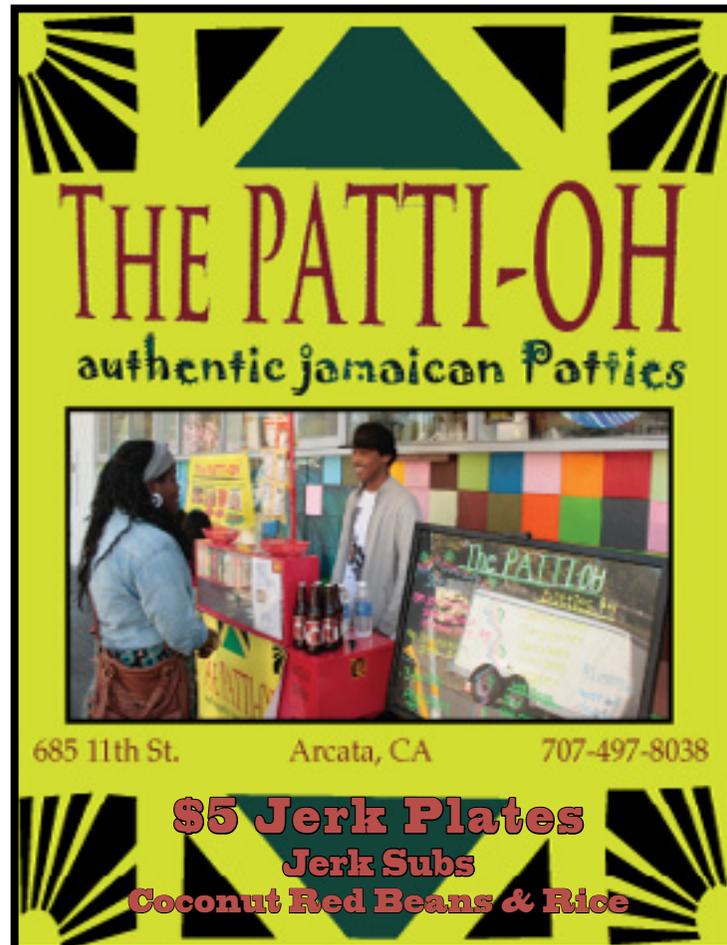
SCRAP is a place that appeals to many kinds of people and Humboldt County has just that – many different kinds of people. The three women who run SCRAP Humboldt all have a background in education and understand the difficult budget cuts teachers face within the school system. "One of the main groups we want to adhere to are teachers," says Girczyc-Blum. At SCRAP there are countless amounts of materials to make the classroom fun and interactive for cheap. And for the entrepreneur starting a business, there's anything from bubble wrap for shipping to staplers, magnets and various other office supplies. For the hobbyist there are binders for scrapbooking, fabrics, yarn and quilting materials. Humboldt County represents more artists per capita than any other county in California, so for the artist, SCRAP has an endless supply of creative materials including paints, architectural

supplies, matting and much, much more. All for about one quarter of the retail price.

From the back room of the store, education director, Patti Johnson leans over a great looking half-door made from an old redwood hot tub and says, "We just hit the jackpot in here. Somebody's donations are fabulous."

From the unmistakable natural beauty to the different kinds of people, no matter who you are in Humboldt County, there is a noticeable magic to this area. And SCRAP offers another outlet to put that magic to life.

To find out more about SCRAP Humboldt and to download their donation policy sheet, like them on Facebook and go to [www.scraphumboldt.org](http://www.scraphumboldt.org)



# Humboldt Reiki In The Making

By Christy Robertson



Reiki is a very special type of Chi or energy. Reiki comes straight from God or Heaven. It pours in through the top of the practitioners head and flows out their palms into who or whatever is being treated. The giver and receiver may have a variety of experiences includ-

ing hot hands, visions, channeled information, instant pain relief, laughter, tears, sudden insights, the list could go on and on.

Anyone can do Reiki. All that is required is that you receive an attunement from a Reiki Master. Although most attunements are accompanied by a class or book. The attunement awakens your ability to run Reiki energy through your body. So, once you receive an attunement you become a channel for Reiki energy. Then you are able to give Reiki treatments simply by laying your hands on yourself and other people, places, and things. That's right, I said places and things. Reiki can be done in any situation. There are no limits to what it can be used for.

Reiki came from Japan to the United States in the 1920's. The specifics are a little convoluted because the whole thing was meant to be kept secret for years. But it all started with a Japanese man named Mikao Usui who discovered Reiki energy during a meditation and then began healing people with it. He started a clinic in Japan

and taught Reiki and passed attunements to his students.

You may have heard of 1st, 2nd and 3rd degree Reiki practitioners as well as Reiki Masters and Reiki Master Teachers. First Degree Reiki practitioners have received their first attunement and are able to do Reiki on themselves and others with the hands-on method. Second Degree Reiki practitioners have received their second attunement and are able to do distance Reiki treatments. The third degree is the mastery level and with this attunement they are able to pass on attunements to other people. A Reiki Master is someone who has received the third degree attunement. A Reiki Master, Teacher is someone who has received the third degree attunement and passed an attunement to at least one other person.

I'm a Reiki teacher so I pretty much have to believe in all the stuff that goes along with this type of healing modality. But, I've got a secret. I'm a HUGE

sceptic. Even though I practice several different types of energy work and teach it and see miracles all the time. There's this part of me that always is secretly whispering "b\*^\*sh&^", this is imagination, it's wishful thinking, it's the placebo effect..."

So, in order to square this rational part of my mind with what I see and feel happening I have to get down to the nuts and bolts of what is going on. When we receive a Reiki treatment we are getting undivided, loving attention and gentle touch. This alone gives the benefit of lowering heart rate and blood pressure and it just feels good. Feeling good and lowering stress helps everything. So, even if all the energy stuff is just make believe. There is still good stuff happening. It always feels good.

If you are in the Arcata area and would like to see what it feels like for yourself, I host a free Reiki Clinic every Sunday from 1-3 at Sun Yi's Academy of Tae Kwon Do.

**ARCATA EXCHANGE**  
FURNITURE ON THE PLAZA

Solid Wood Furniture Finished & Unfinished  
 FACEBOOK: Arcata Exchange, Furniture on the Plaza  
 813 H Street • Arcata • 822-0312  
 Mon-Sat 10-6 • Sun 12-5

## BOB BRODELL E.A.

<b>1040</b>	<b>INCOME TAX SERVICES</b>
[REDACTED]	ENROLLED TO PRACTICE BEFORE THE INTERNAL REVENUE SERVICE
[REDACTED]	<b>Marc Brodell - CEO</b>
[REDACTED]	CTEC# A156259
[REDACTED]	Bond#750924
[REDACTED]	<b>Office: 707-362-5404</b>
[REDACTED]	<b>Cell: 760-562-2100</b>
[REDACTED]	<b>Humboldt County &amp; Imperial County</b>

**Tribal Jewelry  
Ethnic Textiles  
and Fine Art**

**VILLAGE GALLERY**

973 H St.  
Arcata, CA 95521  
707-826-2323



to know where to go when the wind is out of a certain direction, or when the tide is either low or high and decide where will allow the most opportunity to take place.

Though there are multiple breaks here in Humboldt County, there are some that only break certain times of the year on certain swells and tides. Some require low tide and north winds, while others require south winds and high tide while neither like the opposite of what I described. So you also have to be clued into swell, tides, wind, swell period, and wave height.

As I have said, I have no desire to scare you, however I just feel the need to raise caution flags when needed, for your safety could be on the line when attempting our waves if you approach them at the wrong place and time. The sea could be rather angry at the wrong time of year and the sea life is also a threat. Sharks up here are on average, and are sighted annually. So if you stay away from river mouths and are knowledgeable about the conditions on a daily basis, I can see you having a giant smile on your face and really enjoying the sport that much of us take pleasure in.

**WoodFoot SurfCraft**  
**Lucas Thornton Original Shapes**  
**Glassing and Repair**  
**Call for your Custom Today!!**

707.442.1984  
 woodfootsurfcraft@gmail.com




## Humboldt Tides

### Surf Life On The North Coast

Story and Photos By Sean Jansen

The surf scene in Humboldt County is much different than any other county in the state of California. There is so much more that goes into a surf, than in a daily check that takes place, like in a county like Orange in southern California. The water is colder, the ocean is angrier and the sea life is much more abundant and a little less friendly than that of our southern counties. If you desire to set foot in our sub 50-degree water and take a chance with our less than friendly sea life, you need to be prepared and respectful and if you have that in mind, you might score and have a great time.

The temperature is the first thing that scares travelers from entering the waters in Humboldt County.

The yearly average temperature is around 53 degrees Fahrenheit. The winter water temps can drop to a chilly 46 degrees and the summer temps can rise to 57. Summer months accompanied with strong north winds and thick fog, as well as any other month of the year, require a five-millimeter wetsuit with booties and a hood. It's unfortunate that wetsuit prices are less than favorable. However, if you want to get in the water up here there isn't much of a choice. If you choose not to purchase one, the only other option you have is an express ride straight to the hospital, with a treatment for hypothermia. I'll let you decide.

Second, are the conditions. The ocean up here is very moody and can be rather unforgiving. People have lost their lives from drowning as well as the sea life. But I don't want to scare you. You can find absolute freedom if you desire. The lineups, on average, are really free from crowds, unlike those south of Santa Barbara. But you have to be on your forecasting. You have



**Drop into THE SHOP**

All you need in surf gear and accessories to clothing, local art, jewelry, sunglasses, watches, and surf flicks.

Demo boards in select sizes and dimension  
 Carver Surf/Skate Boards - Surf the Sidewalk

Mention this ad and get 10% off in May (excluding clearance items)

Rental boards and Suits  
 939 8th St.  
 Arcata, CA 95521  
 707-822-2248  
 www.theshopsurf.com



(above) Bigfoot

(left) Team Fungi  
"The Funguys"

# Kinetic Grand Championship

## The 45th Annual Race For Glory

By Kristan Korn

The Kinetic Grand Championship, a favorite event for locals for 45 years, will happen again this year over the Memorial Day weekend from Friday May 25 to Monday May 27.

People from around the country come to Humboldt County to compete in the event, which is billed as the "Triathlon of the Art World."

The 42-mile course covers land, sand and sea. It starts with loops around the Plaza in Arcata, leads along sand dunes to the infamous Dead Man's Drop, across Humboldt Bay, and ends on Main Street in Ferndale.

What happens along the way is a whacky participatory spectacle ruled over by the Rutabaga Queen where the beauty and style of the wheeled sculptures is often more important than speed.

Teams spend months working on their costumes and building a variety of pedal-powered sculptures for the event. It takes a special combination of artistic talent and engineering skill.

Brian "Funguy" Slayton, who constructed a giant mushroom vehicle for his team, spoke with The Emerald's Editor Christina DiGiovanni and Reporter Kristan Korn before last year's race.

"Before I did kinetics I didn't realize I had any artistic talent to speak of because I didn't have a huge exposure to art as a kid," Slayton said. "But as an adult I discovered the race and found an outlet, and found it was something I'm actually pretty good at."

Slayton pointed to the brakes and gears on the five-foot-tall rear wheels of his newest creation.

"We have dual discs on each side, for a total of four," Slayton said. "I kind of engineered the whole machine around these wheels."

Each team also has a crew that travels alongside the moving sculpture with distinctive headgear and costumes.

Slayton showed off a chicken head helmet with a moveable beak that he wore several years ago as a crew member on June Moxton's team.

"There was a whole flock of us," he said. Themes for the vehicles and crews can cover everything from Bigfoot, to giant fire ants, to chili peppers, to bees, and even to Artist Duane Flatmo's crew of vultures riding in the ribs of the Road Kill Café. "I've been doing this for 31 years," Flatmo said. "I saw the first Kinetic Race and was inspired by Hobart Brown and all the people in Ferndale going down that Main Street and I thought 'I have to do this.'"

**Arcata LIQUORS**  
Wines • Spirits • Beer • Soda • Premium Tobaccos

**WICKED MONTHLY SPECIALS**  
Best Deals Around

**Crown Kracken Sailor**

**The Hutch GROCERY**  
NAGAN'S

**ACCIDENT GALLERY & DTA**  
DOWN TOWN ARCATA  
clothes, art & music

**1063 H St. - Arcata**

**URBAN APPAREL**  
ROGUE STATUS, DTA, FATBOL, HUM. REPUBLIC,  
7TH LETTER, THE COAST & YOU, LOCAL ARTISTS SERIES  
**STREET ART SUPPLIES**  
BOOKS, MTN/HARDCORE/94 SPRAY PAINT, MARKERS  
**LIVE ARTS ARCATA EVENTS**  
WITH LOCAL ARTISTS/DJ'S/  
EMCEE'S & PRODUCERS

**HOURS:**  
Tues - Thurs 11-7  
Fri & Sat 11 - 8  
707-633-6185

Find us on Facebook | DTA Humboldt

**Do it Legally!**

**Low Cost  
215 Evaluation  
Center**

All Renewals  
Starting At

**\$85**

**Renew Your 215  
From Any Doctor  
or Clinic  
For Less**

Lowest Price  
Evaluations  
in Humboldt  
County

New  
First Time  
MMJ Patients  
**SAVE**  
**\$50**  
with mention  
of this ad

Walk-ins Welcome  
Wed & Sat 12-6pm

**Special discount for Seniors,  
SSI, Veterans & Students**



**Medical Cannabis Consultants**

(707) 407- 0527  
508 I Street, Eureka  
(across from HC Court House)



## Summer Arts Festival

**The Official Kick Off To Summer**

Story By Victoria Voss | Photos By Scott Hilton

**Every summer** Humboldt hosts an abundance of live music festivals from the southern tip of Redway to the northern end of Orick. One festival that sets the bar for the rest is Summer Arts, which fuses a world of culture with soulful tunes to create a wave only felt once a year. June 1st and 2nd marks the 37th annual Summer Arts festival at Benbow Lake State Recreation Area. This music festival has made history in Humboldt time and time again and is a tradition residents anticipate all year long.

To many, the Summer Arts Festival is the official kick off to the summer season. This year's lineup offers more than 100 performers on four stages. Some of the highly anticipated bands of the sea-

son are Yogoman Burning Band, Blackberry Bushes String Band, Dread Daze, Gaudi and Aloha Radio.

Last year, it was impossible to meet a stranger. Good vibes were in the air and everyone ceased to bring their baggage beyond the door. The Summer Arts Festival is a time to relax and let free in sunny southern Humboldt.

Stocked along the aisles of the festival are fashionable vendors who travel far and wide to display goods to a diverse crowd of music gatherers. Last year there was an amazing array of art and creative sculpting taking place. Musicians, artists, soap makers and more set up their booths to present their goods to the masses.

Fine brew and grade-A cuisine is also in abundance at the festival. After walking

around in the sun and throwing back two IPA's you feel as though the money was worth it. A few hours into the festival you might find yourself with the munchies or drunchies and decide that you need a snack. There are plenty of food vendors at the Arts Festival that can give your taste buds a run for their money. The festival's turkey legs never fails to satisfy the lumberjack appetite. Neither does the bratwurst.

Both Saturday and Sunday will kick off bright and early at 9:30 a.m. For parents with children under the age of 12, admission is free. There is a kid's zone for those who want to let their little ones run around. Admission ticket prices are \$15 for one day and \$25 for two days. Free shuttle services are offered from Redway, Garberville and Richardson Grove campgrounds. The festival ends at 10 p.m. both nights. If you haven't been to a Humboldt festival yet, then its high time you go. Make sure to get out this summer and be lively. The Summer Arts Festival marks when the season of fun has just begun.

**THE KUSHITE**

African Arts  
Crafts-Clothing  
Roots -Drinks  
Tonics -Herbs

Open M-Sa  
10am-6pm

1062 G st  
Arcata, Ca 95521  
707-826-1110

thekushite@yahoo.com

10% off for students





## Donna Landry is A Local Gem

By Tyler Whiteside

In one's life, every so often he or she happens upon a beautifully polished gem. Something all at once so shining and wonderful you wonder how you managed to go through life not knowing about it. Such is the case with Humboldt's own musical dynamo Donna Landry. I recently caught up with her on a beautiful Friday evening at the Sewell Gallery of Fine Arts in Eureka. Immediately upon entering, the atmosphere was alive and bright. Couples, laughing and spinning, made their way their way around the gallery in happy swooping circles. Music danced on the walls and in the air. I knew I had found the spot.

It was in the small, humble community of Hoopa, high above the Sewell Gallery, that Donna's musical interests were born. She grew up in an environment which entertainment was scarce and

distant. It was in these conditions that her imagination was forced to wander and create. In an era devoid of iPhones and laptops, her constant nighttime companion was her small, battery driven transistor radio. When the fog was just right...when the planets all lined up juuuust so...she was able to pull in the Wolfman Jack Show. His deep soothing voice would keep her company and introduce her to the amazing musical world outside Hoopa. Every night she skillfully tuned her little radio to hear Ella Fitzgerald, Etta James and Billy Holliday belt out the trials and tribulations of life. Love lost and love found. She had found her calling.

In her 30+ years of performing, Donna has stayed relatively close to her West Coast roots sometimes venturing as far as Portland or the Bay Area, but she is happiest playing for her home crowd. She regularly pieces together top local musicians for her performances and feels very honored that so much of the local talent is available to her at a moment's notice. At the moment she doesn't have a complete summer schedule of upcoming events, but keep your eyes and ears open and you'll find her singing and dancing her way around Humboldt, making our already beautiful area even a little more special.



\*Massage Therapy  
\*Eminence Organic Facials  
\*Foot Therapy Treatments  
\*Pedicures & Manicures  
\*Waxing & Sugaring  
\*Reiki & Reflexology  
\*Spa Parties

**707-822-7685**  
854 10th Street in Arcata  
**Open 7 days a week**

ORGANIC . HOLISTIC . BEAUTIFUL

## Eureka Fabrics

*You are the designer  
of your life...*

Cotton \* Wool \* Hemp  
Bamboo \* Silk \* Linen  
Soy \* Leather \* Trim  
Classes \* Patterns  
Friendly Knowledgeable Service

412 2nd Street  
Between E & F in Old Town Eureka  
707-442-2646 [www.eurekafabrics.com](http://www.eurekafabrics.com)



**om shala yoga**

yoga • sauna • community

**A warm, light-filled yoga studio  
in the heart of Arcata.**

- yoga for all levels & ages
- sauna, showers, lounge
- Anusara, Vinyasa, Restorative & more
- yoga apparel, props, books & music

**take a breath. enjoy the world.**

858 10th St., Arcata | 825-YOGA (9642) | [www.omshalayoga.com](http://www.omshalayoga.com)

## Emerald Style

By Rima Greer

As everyone knows, Humboldt County has its own special personality, a distinct culture. So it's not at all surprising that it has its own special fashion sense, or rather, a plurality of fashion senses that all add up to the unique vision of our Humboldt style.

One trend I notice in Humboldt, more than any other place, is layering. It makes sense, after all, because from one end of Humboldt to the other there are countless micro-climates. Heck, sometimes it's raining on one side of my house and sunny on the other! So what could make more sense than wearing multiple layers so you can be comfortable from Garberville to McKinleyville, and everywhere in between?

I hesitate to even mention the ubiquitous hoodie, but I feel like I just have to. Funny how the hoodie seems a little different here than it does in other places in the country. It's more "college" than "teen", probably because we're such a college town (even if you're not exactly in Arcata), and there are few places in the US where you can see it more interestingly paired with rastacaps. Rather than just being the staple over a tee and jeans, I see hoodies layered with everything from hippie swirl skirts to palazzo pants, or my absolute schizoid fave - warm fleece hoodie over short sleeved tee, shorts and flip-flops!

On the more upscale side, probably the most popular layering technique comes in the form of scarves, shawls, ruanas, and cloaks, and every possible combination of them all. After all, it never gets that cold here, not compared to somewhere like Minnesota! So just that touch of warmth around your neck and shoulders can really make all the difference. And while you're at it, why not make that little touch completely fabulous? In this oh-so-casual world, you might feel overdressed in a whole high-fashion garment, but we all feel perfectly comfortable with velvet silk and sequins around our necks, as long as we have our "see, I'm local" hemp jeans to go along with it.

This probably explains the passion that local crafters have for sewing, knitting, beading and up-cycling scarves and shawls to a degree you would never experience in a place like Los Angeles or Chicago. Sure, Chicagoans wear plenty of scarves. But they're plain, functional against that famous wind, for fall and winter only, and store-bought. But in Humboldt, where everyone is just a little bit special in their own way, you can see their hand-made artistic statements draped around their neck and shoulders year round! I wouldn't have it any other way.

**What's your Humboldt Style statement?  
Let me know! [Emeraldmagstyle@gmail.com](mailto:Emeraldmagstyle@gmail.com)**

*Rima Greer owns Eureka Fabrics, and runs the costume department at North Coast Dance.*



# Atelier de Arcata

Humboldt's Own French Boutique

By Christina DiGiovanni

When a Humboldt couple dreams about their big day, they dream of a summer wedding in the Redwoods.

Jennifer Harris didn't always plan on working with weddings. In fact, she never planned on being apart of them at all. Her path down the aisle of a seamstress went from pockets to petticoats quicker than she expected. Her mission: to deliver the wedding dress of her clients' dreams. For Jennifer, every stitch presents itself with an exciting challenge. The biggest phenomenon of it all, is that she's absolutely head-over-heals in love with it!

*How did you first become involved with sewing?:*

"I was traveling and finding ways to make money and the girls I was spending time with all embroidered. My friend Maria taught me how to embroider and this girl Karen had a sewing machine. She would boast 'I made these pants in an hour,' so I was like 'Really? If she could do it I could do it.' So I started taking apart clothes that people already had and using them as patterns."

*How much were you earning?:*

"I could get \$60 per pair of pants and if I did a certain amount of pants per week then I was able to sustain my income. It went from doing pouches and embroidery to wanting to do something tailored with a whole bunch of buttons or ruffles or petticoats. [My experience] went from something basic to something intense right away. Then I got hooked. I don't think there's been a day that's gone by where I haven't tried something that was super challenging."

*Where does your material come from?:*

"I go to Fabric Temptations a lot and Daisy Dry Goods. I have a couple sources in the bay. I've been looking on Easy too, the big rage right now is lace by the yard; big beautiful lace covered dresses, and that's something new to me because I get my silk whole sale but the lace is really super expensive."

*How often are people using lace?:*

"This year it's everything. It's on the runways, it's everything. So if anyone comes in and says they want lace then we'll go for it."

*Is color becoming more popular in wedding dresses these days?:*

"All dresses are totally different. Champagne and pearl colors are big, so is vintage fit and flair, and sleeves - cap sleeves - are big right now, and the whole open back too, everyone wants an open back."

*What is the wedding scene like in Humboldt?:*

"My photographer said she's had a few clients who were destination weddings. After the first year I did dresses I thought 'Okay, done. Everybody got married,' but then I was like, 'Woah where are all these people coming from?'"

*When is the typical wedding season?:*

"I'd say March - October. I kind of started a little early this year, I've already completed a dress."

*How many dresses do you make on average?:*

"Two or three a month, so about a dozen during the season."

*What do you do during the off season?:*

"What I did this year was made a mini collection during those off months and showed it at the bridal fair in Fortuna."

*Any plans for this year's off season?:*

"My friend is an event coordinator and we want to do our own bridal fair, kind of like a fashion show."

*Would that event include caterers and photographers?:*

"Yep, but I want to hand select it because I think the bridal fairs up here are flashy and gimmicky, kind of like a conference center. When it's your wedding you really want it to be more personable and there's a lot of really great crafty, talented people around here and I think it would be a great way to showcase everything."

*How long have you been working in here?:*

"I've been in this spot for ten years but have been three different businesses."

*You used to call yourself Hemp Sew, now you're Angelica's?:*

"You know Laura? Who owns [ATL]? She was making dresses for people and had a store called Lola at the same time I had Hemp Sew. I had all my hemp silk clothing that I made, and people would get it in their minds, 'Oh yeah I want a wedding dress made, but I want it out of hemp



silk,' and that's kind of what started this whole wedding thing for me. People wanted me to make them a dress out of hemp silk. The more I made, the more I wanted to use different fabrics, I wanted to make them real and fancy instead of crunchy and hippy."

*Where did the name Angelica come from?:*

"A Cure song. I can't remember the name of the song but he says something about going to Angelica's, and I thought, 'You know what? That's a good name for a bridal shop,' because you want to feel angelic. The Atelier part is a French word. A local woman who used to come and shop here saw me sewing and said, 'You remind me of these little places in France, these Atelier's.' Which is a design studio. It's basically where Couture came from, people in Europe would have events to go to and would go to these design spaces and have their dresses made for them."

*Do you also make menswear?:*

"Yes, that's my comfort zone. It's so easy! I've made so many pairs of pants in my life."

*How long does it take you to make a dress?:*

"I feel like I spend at least 24 solid sewing hours on each dress. I just try to guesstimate and give [clients] a price based on that and go with it. I'm not going to sit there and write down every hour because I'll go nuts after a while. Some dresses take a lot longer than others."

*Do you have any advice for people new to sewing?:*

"Trial and error are the best way to learn. Take apart old clothes and study how they were made. use them as patterns. Take store bought patterns and try them out on an inexpensive muslin. Decide from there how to modify and create a new pattern all your own, this will teach you to design from sketch. The store bought pattern will teach you what flat shapes turn into dimensional shapes and how to fit the body."



**RAMONE'S**  
Bakery & Cafe

Freshly Roasted Coffee  
Espresso • Desserts  
Breakfast Pastries  
Sandwiches,  
Soups & Salads  
Breakfast, Lunch & Dinner  
at our Harrison Cafe  
Wedding & Specialty Cakes  
Bread • Catering

Open Daily  
RAMONESBAKERY.COM

ARCATA  
At Wildberries  
Marketplace,  
826-1088

EUREKA  
2297 Harrison 442-1336  
209 E Street 445-2923  
At Pierson's 476-0401

MCKINLEYVILLE  
Shopping Center  
839-3383



# Arrington Apples Set To Close

By Benjamin Fordham

Arrington Apples, the popular Humboldt County wedding site/apple orchard, will be closing its doors after more than 30 years in business due to circumstances beyond the control of owner Janet Arrington. The idyllic property just east of Eureka has been the setting for hundreds of weddings over the years, including the wedding of this author. "It's really, really sad," said Arrington, "but it's time to move on."

Arrington and her husband purchased the property off Old Arcata Road in 1975 when it was an uncleared plot of land. They found a natural spring on the property and set about clearing the site where the house sits today. While they were building the house, the Arrington's and their five kids camped in a tent and trailer on the property. "We started framing it up," said Arrington. "Then we had to stop and build a barn." Janet's husband split all the shingles by hand with a wedge and a bowling pin, and the wood for the house and barn came from downed redwoods that were too big for the previous owner to haul off.

The family encountered their fair share of tribulation along the way, including seeing their front yard turn into a mud field during winter rains. "We had to lay down a bunch of straw and old clothes so the kids could get to the bus stop." There was no city water at the time, so the family was completely reliant on the spring. "When we didn't have electricity, we didn't have water," said Arrington. "We showered at family members' houses in Eureka."

When the house was framed and roofed, the Arrington's moved in. The table saw they were using to cut lumber doubled as the kitchen table for meals, and Janet used piles of sawdust as padding under the kids' sleeping bags. Despite the hardships, she says those days were "a lot of fun".

The year after they moved in, Arrington began the apple orchard. Or, tried to. With root stock from back East and grafts from a good friend's Red King strain, she put about 100 starts in the ground, packed

some local sawdust around them to prevent freezing, and waited. When nothing happened, she was stumped. Then one day after a heavy rain, Arrington noticed an oily substance on the ground, and it hit her. The sawdust had come from local mills, mills that treated their lumber with creosote (a tar distillate) as a preservative. "I got one tree that I hadn't mulched (with the sawdust)," said Arrington. "It's still my best bearer. It's the only one that survived the creosote murder."

The next year Arrington planted again, sans the sawdust. Before long, the orchard had grown to four acres and over 1,000 trees. The trees bore fruit in their third year, and during the fifth year there were enough apples to sell a few bags. Soon they were selling apples in local stores and making cider, apple butter, and apple cakes and cookies. One year, Arrington canned 650 jars of apple butter. During the fall harvest, she would give tours and demonstrations to local grammar schools. "I did that for 20 years," she says. "It was really fun."

The Arrington's have always been known for their generosity and openness (when a former bride stopped by during our interview to borrow some chairs, Janet offered to help with their son's wedding for free), and that openness saw their family grow over the years. "We had taken in a few foster kids a few times," said Arrington. "One Easter we had 10 Easter baskets." When one of their foster children was ready to get married, he asked if they could have the wedding at the house. "We just did a down-home wedding," said Arrington. It wasn't too much of a stretch for her, since she had always helped put together family weddings. "I liked doing the cooking, the decorations, and I like people." Beginning with that first wedding, without ever advertising, the house became one of the most popular wedding sites in the county.

The business was built up step-by-step. "We just did things as we could afford them," said Arrington. "It took us a few years to get it together." It was a family affair, with one of Janet's daughters putting together flower arrangements, decorations, and play-

ing music for the weddings. As the business grew, they began to hire Humboldt State students to help. "We couldn't have done it without them," said Arrington.

"I really want to thank all those wonderful kids," she said. "I still keep in touch with most of them. It's like we have this huge extended family."

Some especially memorable weddings were a cowboy-themed wedding complete with camo sashes and table settings, a French-themed wedding, and a wedding where the bride and groom went all-out with 80-dozen roses. The property saw brides and grooms from England, Spain, Romania, Italy, Norway, and Portugal pass through. Arrington also remembers an ocean-themed wedding that she went to the beach to collect seashells for. After spending hours at the beach collecting seashells and nearly being accosted by transients, she discovered they sold bags full of seashells at the dollar store.

"We went the extra mile for people all the time," says Arrington. She also hosted baby showers, senior citizen luncheons, bridal showers, birthday parties, business luncheons, Christmas parties, memorials, and fundraisers.

My own person experience of getting married at Arrington Apples was wonderful. The sun was out, the setting was beautiful, the food was delicious, and our friends and family were talking for a long time about our "perfect" wedding. Janet and her family listened to what we wanted, made some great suggestions, and pulled it all off without a hitch. To us it really was a perfect day, for which my wife and I will be forever grateful.

For Janet Arrington the future isn't clear, but she has enjoyed the journey. "I really want to thank all the wonderful people I've met in Humboldt County. I've made some lifelong friends."

"Maybe you will hear from Arrington's Apples again somewhere down the road, who knows?"

## AVALON STEAK



*Come on Over to Our House!*

### STEAKS • SEAFOOD

LOCAL FOODS

ORGANICS

COCKTAILS

PARTIES

PRIVATE

DINING

WINE BAR



AVALON EUREKA



239 G ST. EUREKA  
★ 707.445.0500 ★

INFO@AVALONEUREKA.COM





The Lost Coast Brewery in Eureka has been a pillar of the rich Humboldt County brewing scene for over 20 years now. It feels like it's always been there for us with classics like Downtown Brown and Great White, but the popular brewery could very well have never existed had co-founder Barbara Groom not found her chosen profession, pharmacy work, so dreadfully boring. "I hated it," said Groom. "I decided I wanted to create something, and I like beer". Following this deceptively simple formula, Groom and co-founder Wendy Pound invested their modest savings and started reading. "I read every book (on brewing) that there was," said Groom. She had already done some home-brewing in her garage and found that she not only liked it, she was good at it. The next step was some extensive research and development, including a few trips across the pond to sample some of the legendary Euro-brews. The results of those trips, however, were disappointing. "They were terrible," she says. "American beers are so much better."

When the two returned stateside, they set about developing their iconic flavors. "Downtown Brown was my first," says Groom. "I made it to go with pizza." During the process, Groom and Pound were in no way put off by the fact that they were women in a man's world, literally. The Lost Coast Brewery was the first female-owned brewery in the United States. Groom says the two didn't encounter much resistance, though. "We're a very open industry. It's not like some cutthroat businesses."

Groom was coming up with some great beers, but business success was slow to follow. It took Groom and Pound six years to come up with the necessary funding to open their 4th St. brewpub. During that time, Groom says she never considered giving up. "You've got to be dedicated," she says. "I didn't think about failure." In an interesting side-note, the building the brewpub occupies is the former headquarters of the Eureka chapter of the Knights of Pythias, a fraternal order and secret society that claims among its mem-

bership three US Presidents and numerous senators, congressmen, and federal judges. So there's maybe... aliens buried in the walls?

While it took the duo six years to get the business up and running, it only took them three years to outgrow the brewing facilities. As it turns out, Humboldt County residents like beer. In 1993 they moved to a larger location down the street, where they still operate today. But not for much longer: Lost Coast is about to begin construction of a new home in south Eureka, a 58,000 square foot, \$22 million brewery and alehouse. "It'll be really nice when it's all under one roof," says Groom.

"I think it will be a great thing for the community," she says. "I want to make it a big tourist attraction." She has certainly come a long way from home-brewing in her garage. "Every day there's new challenges. I love that."

Here's what's on tap:

*Dogs Made Hot*

Sanna Sterling  
owner/groomer

Professional Grooming

26 West 6th Street  
Eureka, California 95501  
(Between A & California St)

(707) 444-DOGS  
3647

**E & O Bowl**  
1417 Glendale Ave  
OFF 299 - Near Blue Lake  
(707) 825-9160  
Bowling - Arcade - Pool - Full Bar

Catering For all Occasions  
707-822-1971

[www.mazzottis.com](http://www.mazzottis.com)

Visit Us on Facebook and Twitter  
<https://www.facebook.com/Mazzottis>  
Twitter - <https://twitter.com/mazzottisarcata>

**On the Plaza**  
773 8th Street  
Arcata, CA 95521  
(707)822-1900

Hours:  
M-Th 11:30 am-9 pm  
Fri 11:30 am-10 pm  
Sat 5:00-10:00pm  
Sun 5:00 9:00pm



### Alley Cat Amber

As the name indicates this one pours an amber/chestnut color. Roasted caramel malt is prevalent in this medium-bodied, very smooth, somewhat complex brew. ABV 5.5%

### Apricot Wheat

Based on Lost Coast's Harvest Wheat Beer, this one has a prevalent but not overpowering apricot smell and flavor. Sweet but not too sweet, a good desert or BBQ beer.

### Downtown Brown

The classic has a chocolaty, smoky smell and flavor, smooth and medium-bodied, with hints of roasted and crystal malts. Drink it with your next pizza, or Barbara will find you. ABV 5.0%

### Great White

This local favorite is crisp with a hint of citrus and coriander (don't be a snob, just try it). Two-row malted barley and un-malted wheat contribute to this great summer brew. ABV 4.8%

### Tangerine Wheat

This brew is also based on the Harvest Wheat, but with a strong citrus infusion. Open it, and it smells and tastes like a lightly carbonated tangerine (with alcohol). Delicious! ABV 5.0%

### 8 Ball Stout

This one is thick and rich, with a slightly bitter coffee/chocolate flavor. Roasted malts and heavy hops give it some bite. Still very drinkable though. ABV 5.8%

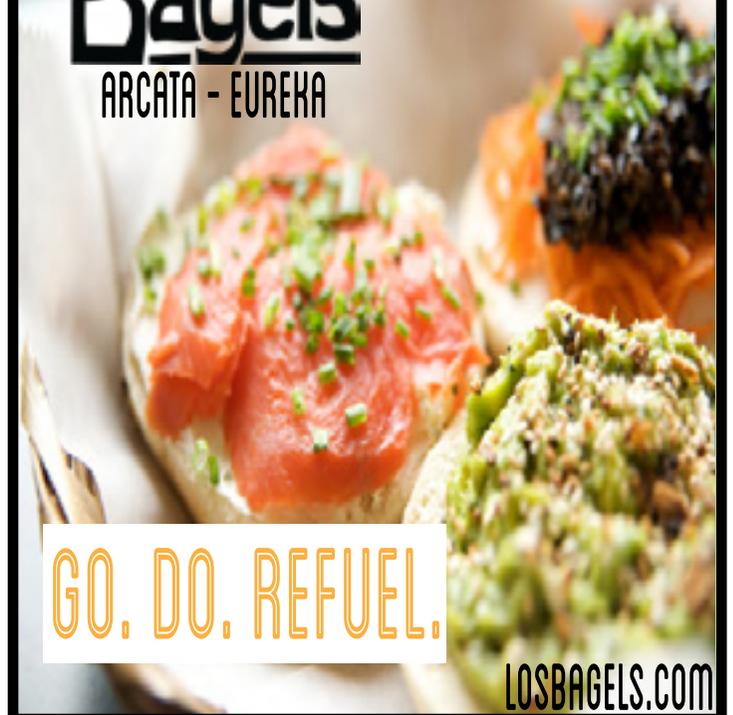
### Raspberry Brown

The classic Downtown Brown with a real raspberry infusion, this lightly-carbonated brew has the perfect amount of raspberry in it. Who knew a raspberry beer would taste good? ABV 5.0%

### Pale Ale

This beer pours a pale golden color. Munich malts and Chinook and Cascade hops give it a clean and dry flavor profile. Very drinkable. ABV 5.2%

LOS Bagels  
ARCATA - EUREKA



GO. DO. REFUEL.

LOSBAGELS.COM

### Fritanga Nica

Nicaraguan Food



Chicken, Pork, & Rice Curry Tamales  
Vegetarian & Vegan options

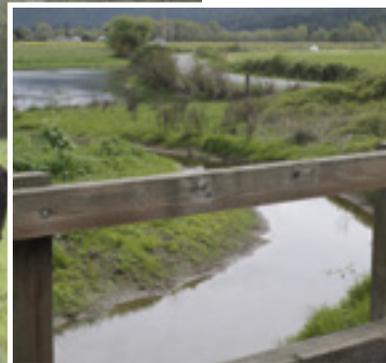


**\$5.00 Menu!**

On the corner of 14th & Gst Arcata

# Humboldt: The Napa Valley of Beef

Story By Nathan Butler | Photos By Scott Hilton



It is often said that the grass is greener on the other side of the fence. However if you ask the good people from Humboldt Grass Fed Beef, they will tell you there is no better place to produce quality meat than right here in Humboldt County. This is especially true if the cattle you are raising are brought up solely on a diet of grasses from their own pasture.

For Humboldt Grass Fed Beef, cattle ranching is a family tradition in Humboldt dating back to the 1940's. In 1998 they first began providing customers with the local, healthy and authentic beef people from McKinleyville to San Jose have come to know and love. HGB finds Humboldt a great fit for their business due to its mild winters, cool summers and plenty of rain to support the grasses they need to serve their continually expanding business. Humboldt also has a great agricultural infrastructure which makes small business start-ups in sectors like cattle ranching possible.

There are a lot of misconceptions concerning the beef industry that often causes confusion to the consumer looking for healthy and more sustainable beef options. Many think that ALL local beef is raised

the same, but that is not the case. There are companies that use hormones and antibiotics in their cattle. HGB does not use any growth hormones or any other drugs in the lifespan of their cattle. Most companies will start their animals on a pasture and then send them to a distant feedlot where the animals are not allowed to move and are "finished" on a diet made up of grain and certain additives to enhance their weight gain. HGB keeps all their animals free range for the duration of their lives and are never sent to feedlots or suffer the stress or health issues that arise from the confinement and unnatural feed the cattle would otherwise be forced to endure. Even companies who claim to have "organic" beef can still be "finished" on a feed lot. Finally many think that all red meat is just as unhealthy. HGB has shown that animals raised naturally on grass, which is what cows are naturally built to consume, have higher levels of vitamin- E, omega-3, unsaturated fats (good fats), high-density lipoprotein (HDL or good cholesterol).

Humboldt Grass Fed Beef is committed to sustainable practices and minimizing impact on the environment in an industry where the environ-

ment is traditionally a low priority, if a priority at all. They have done extensive work protecting, restoring and maintaining the creeks and watersheds in and around their pastures. They utilize a pasture rotation system to protect the pastures as well as to ensure that the cattle is getting the best and healthiest grasses. They also believe that by encouraging stores to do most of the butchering on site, an ambiance is created that the consumer can appreciate. It also provides jobs for butchers who are seeing a decrease in the trade as more and more stores receive their meat pre-cut and packaged, which hurts freshness and quality.

Although commercial grain fed, hormone laced cattle is less expensive, "it's about quality, about providing a safe, wholesome, natural product you can be proud to serve" reminds Sarah Mora of Humboldt Grass Fed Beef, and that they "never want it to be so expensive it's not worth it."

For many customers and retailers it is definitely worth it. Among the local retailers and restaurants who are discerning enough to carry Humboldt Grass Fed Beef are: Murphy's Market, Northcoast Co-op, Valley Grocery, Angelo's Pizza, Big Pete's Pizza, Arcata Pizza & Deli, Stars Burgers, Six Rivers Brewery, Las Cazuelas, Los Bagels, Humboldt Brews and many more!

**kid-friendly foods**  
parents can feel good about

hormone free  
dairy free  
gluten free  
nut butters  
pesticide free  
real sugar

**NORTH COAST CO-OP**

811 I Street Arcata | 25 4th Street Eureka | [www.northcoastco-op.com](http://www.northcoastco-op.com)



## Wildflower Cafe

Story and Photo By Justin McNutt, *Food Columnist*

A relative chatter fills the soft space. A local artists revival drapes the soft mustard walls. I could be anywhere in Humboldt. Each place you enter into in this lovely niche of the north coast has a shared simplicity that you rarely find anywhere else. Conversation is easy. What brings this gathering of ideas together? Food. The common bond in many cultures. In Puerto Rico, it's the spit roasted pork, black beans, and rice. Southern Italy has its light pastas. Across the globe locals enjoy the senses in relation to their dining experience. Food can really tug at your soul, cause controversy, or open your heart and mind to a new experience.

Today I will open myself to experience. After one year in Arcata, I find myself seated at a chair that I sat at one year before; the far wall of Wildflower's. Why had I not eaten here more? Today I plan to find out. Located at the southeast corner of G and 16th, Wildflowers is a part of local flavor, offering an eclectic variety of organic vegetarian and vegan fare, as well as specialty coffees, smoothies, teas, and local beers and wines to accompany your meal. Being that I am an omnivore, I choose to go with a dish that goes well with my culinary background. Frittata. Though my heart said tempeh reuben, my service industry friends knowledge of the frittata of the day sold me.

Then the glorious arrival, a fluffy sundried tomato, spinach, and Gorgonzola delight. I opted to have the soup which was a light tomato broth soup with artichokes. These seemed like the perfect light dance partners for a beautiful Fridays early lunch. When my

fork melted through the eggs the cross section revealed the delights inside this properly cooked dish. The hot, light tomato broth plays along side adding the crisp acidity that I personal desire when having eggs.

This light lunch before a busy day of fantastic adventure, painting and dog sitting keeps it simple, refreshing and delicious.

My favorite part of the frittata is the potato. Crispy on the outside and steamed on the inside a fine counter point to the rich and sweet flavor of the sundried tomato.

It's always nice to get lost in a meal. If dining alone, one's mind can run amok with the flavors that are jumping on your tongue. I find myself chewing and thinking, forgetting myself for a moment. How quickly you can disappear and so quickly be brought back by the sounds of pots and pan being played by Keith Moon.

Not to get lost completely, the great part of the Arcata restaurant experience is back to the people. I'm always reminded that this is a community, not a city. Warm and open. That is what keeps us here. The north coast is a happy home, from Mendo to the Trinity, Trinidad to Bay-side. There are many meals that will be eaten today. When you have yours, remember to use your senses. Food is a medium that can reach each one.

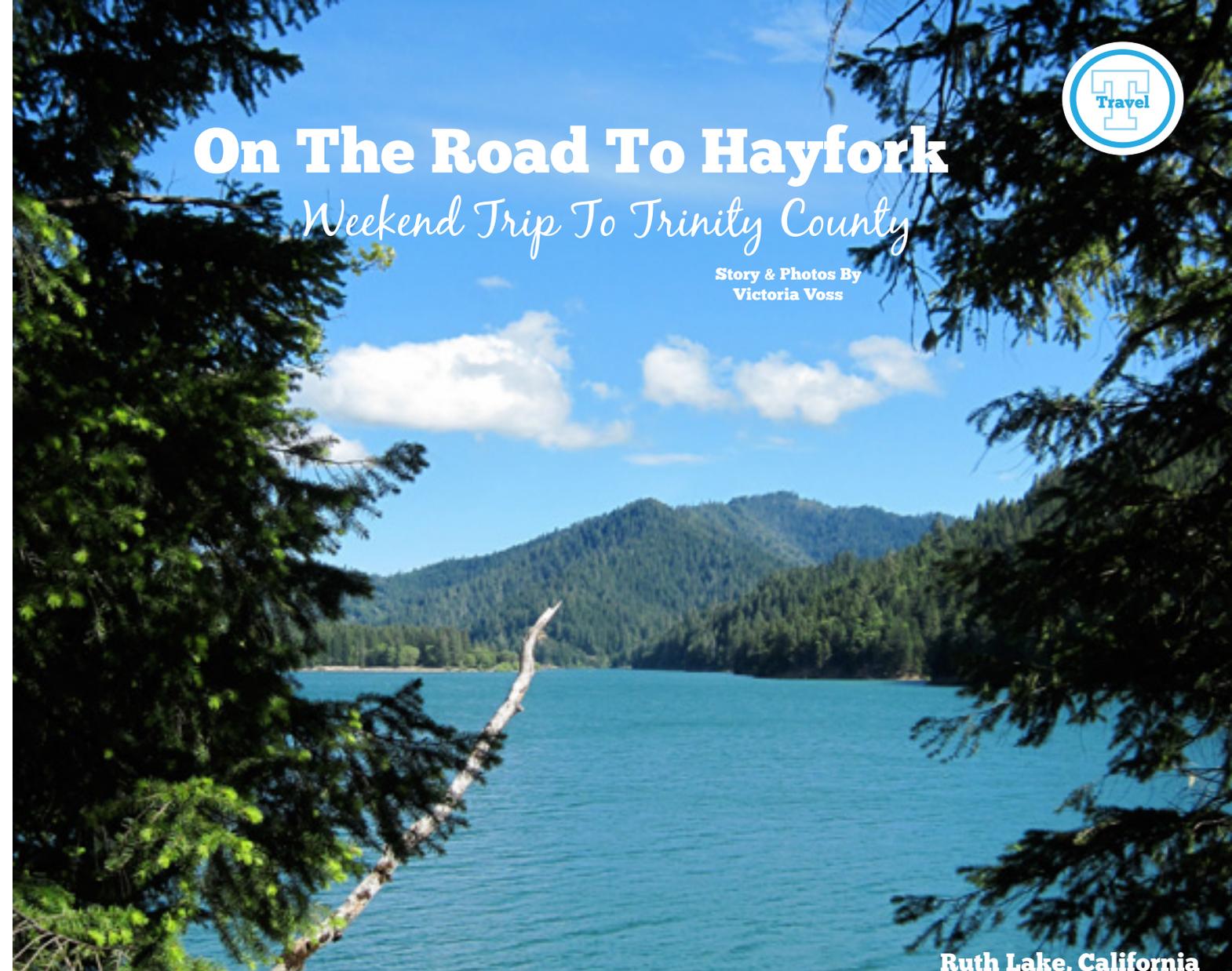
**TOFU SHOP**  
**SPECIALTY**  
**FOODS**  
 Locally Made  
 Certified Organic  
 Arcata, CA 707-822-7401  
 www.TofuShop.com



# On The Road To Hayfork

## Weekend Trip To Trinity County

Story & Photos By  
 Victoria Voss



Ruth Lake, California

**29 TAPS!**  
**BEER CIDER MEAD**  
**OVER 150 BOYTTLES**  
**KEG SALES**  
 The Local Beer Bar  
 517 F STREET EUREKA  
 707 497 6320  
 EUREKA'S ORIGINAL BEER BAR  
 THELOCALBEERBAR.COM

**2012 Best New Business**  
**2012 Best Alehouse/Pub**  
**2012 Best Beer Store**



(above) Fir Cove Campground

Over the hill and through the woods east bound on Highway 36 you'll go. Driving cautious on the notoriously winding road will lead you directly to Ruth Lake, a great summer time spot in Trinity County. There are three campsites with Fir Cove Campground and Bailey Canyon Campground directly on the water. The 19th annual Ruth Lake Summer Festival will be held this year on August 31st - September 1st with the 5th Annual Ruth Lake Bass Tournament held the following weekend. Ruth Lake is known for its rainbow

trout and bass fishing. The festivals include food, arts, crafts, live music, a boat parade, raft race, kite-flying and lots more.

Some of the more adventurous activities that take place on Ruth Lake start right at the dock. Ruth Lake Marina is a great place to start; they have everything from small fishing boats at \$10 an hour to 24 foot patio boats at \$150 for four hours. A day at the lake is an event in and of itself; the campground pictured above sits right on the water and comes with your own bar-b-q grill. The average nightly rate is \$22.00 plus \$5 for your vehicle.



Many residents of Trinity County live in the surrounding forest. Pine, Fir and Douglas trees are only a few that make up the landscape of Hayfork. Living off the grid for many means being completely sustainable, Roan White moved to Hayfork nearly ten



years ago from Fort Bragg, California. "This is my home," he explained, "Hayfork will always be where I call home." After building his house Roan slowly added on over the years.



A skate ramp (pictured above) has been a work in progress. It's things like a half-pike that make living in the mountains worth the wild.

**Six Rivers Solar**  
818 Broadway Eureka  
707-443-5652

**High Yield, Low Energy,  
Try the LED Alternative**



Through ongoing research and testing, we have developed a line of LED grow lights featuring proprietary technology. There is no question that these lights can and will provide thick vegetative growth with prolific flowering. When used properly and in the correct configuration, our lights will produce a professional, finished product while giving you an exceptional yield. Contact Us for a FREE consultation.

STARS

Voted Best Hamburger in Humboldt County for 22 years!

HAMBURGERS

We serve only **Humboldt Grass Fed Beef**

★ Vegetarian Burgers  
Great Salad Menu  
Chicken Sandwiches  
Old Fashioned Shakes

★

Arcata  
1535 G Street  
826-1379

★ Eureka  
2009 Harrison Ave  
(across from General Hospital)  
445-2061

Dine in/take out



Those of us who are familiar with Hayfork know that it is a tight knit community along Highway 3, which connects Highway 36 to Highway 299. The Hayfork General Store is a popular one stop shop in Hayfork. They offer a variety of food and beverages and is an all-around fun place for the locals to hang out.

There is only one full service bar in Hayfork, and that's called The Hotel. The Hotel used to be an actual hotel until it was shut down a few decades ago and converted into a western bar, complete with wood furnishings, pool tables and Karaoke night. If you are looking for hotel accommodations, try the Big Creek Motel located on Big Creek Road.

The Trinity County Fairgrounds in Hayfork is the Mecca of summer entertainment. The fair is held every year in the beginning of August and has an abundance of fun and entertainment, including rollercoasters, food and music. Festival goers are allowed to camp out in RVs at the fairgrounds for a modest rate of \$95 a week, or \$25 a day. If you pitch a tent, it's only \$10 a day or \$75 a week with full access to a shower and laundry facilities. Make sure to make a reservation as spaces fill up quickly. Call (530) 628-5223 or e-mail tcf@snowcrest.net to find out more information. With summer knocking at your door it's time to go out and enjoy the heart of Trinity County. Take a weekend trip to Hayfork, it's an experience you won't soon forget!



Photo Compliments of Visit Trinity County



## J.B. Mathers Finds His Humboldt Homey

Local Sportscaster Prefers Life Low Key and Local

By Daniel Gelman

The sun is rising over Cooper Gulch in Eureka, as unassuming local hero J.B. Mathers prepares for another day in a parallel universe. Ask this former HSU football star and ubiquitous North Coast broadcaster if he wants to “roll ‘em and smoke ‘em,” and he will assume you’re inviting him to a day of bowling and barbecue. Mathers, 35, is a live-and-let-live kind of guy and he appreciates that you are too. He has successfully tapped into a small town working class paradigm based on sports, community, family, and the work ethic he developed as an athlete.

After captaining the team at Santa Rosa High School, and a Junior College career as a Tight End in San Mateo, he accepted a scholarship to play at HSU in 1998. There are only two Division II football programs in California and The Jacks are one of them. At 6’2 and 240 pounds, Mathers may have cast an imposing shadow over most of us, but in Division I football, he would be undersized for his position. Just four hours from home, HSU was the perfect fit.

J.B. considers his football career at HSU to have been one of the most rewarding experiences of his life. One of his great moments was catching a crucial touchdown pass in a game against Central Washington. Then there was the time that HSU defeated Montana State, a Division I program. The memory lives on, but Mathers is not the type to wallow in past glory. Even in college he remained grounded, with an eye to the future.

Football would soon be history, so J.B. explored other avenues. “I realized I wasn’t going to the NFL,” he recalled. While majoring in Broadcast Journalism, he took a graveyard shift hosting a sports talk show at KRFH on campus. He spent the bulk of his shift talking to himself, which taught him to think on his feet.

After graduation, a combination of fortuitous retirements and adept networking landed him a gig with Bicoastal Media. That’s the company that owns multiple local radio stations. After six months in Sales, he switched to the gig he has cherished for the past 13 years.

Now Featuring Various Food Trucks Throughout the Week!



Tasting Room Hours:

Monday - Friday 3-9 Saturday - Sun 12-9

550 S G St. N06-Southtown Arcata 826-RCBC(7222) www.RedwoodCurtainBrewing.com



Mathers researches and broadcasts both News and Sports for five radio stations including Power 106.3 and Cool 105 Oldies twice a day. "In the end it's relationships. I've been fortunate," he said as he reflected upon landing a great job in a dream location.

J.B. also does a live radio talk show called "North Coast Game Night," with a partner on Mondays and Thursdays on KATA 1340 A.M. at 4 P.M. That station syndicates ESPN most of the day. The show broadcasts from Six Rivers Brewery on Mondays and Big Pete's Pizza in Arcata on Thursday. He also calls the play-by-play action for HSU Football on KATA.

J.B. hosted "HSU Tonight All Access," for a couple of years. That was a TV. show on Fox 28 that went behind the scenes with local college athletes and coaches. He even did Sales for the program. Although it's been off the air for a few years, he hopes it will be back. Former HSU Girls Basketball standout Taylor Kilgore got her start in Broadcasting on J.B.'s TV. show. She's thriving in her field now in Tennessee.

According to Mathers, the working community is the primary audience for local sports more than students or growers. With his "everyman" persona and enthusiasm for the local scene, he's been instrumental in creating the kind of buzz around hometown sports that you normally find in Texas or Ohio. When you listen to J.B., you feel like you've entered an inner world of competition, sweat and achievement. "I always thought I should have been born in a place like Texas, where football, families and barbecue are the focus," he said while responding to the suggestion that he had created that ethos right here.

J.B. also sells and leases commercial real estate for Coldwell Banker Commercial Pacific Partners in Eureka. Between the two, he lives a happy middle class life. "I'd have to make loads of money in L.A. to live how I do here," he said. When asked what he wants for the county's future, jobs were tops on his list.

"Young people have to leave the county for opportunity. That's a problem," he said. "You drive through Eureka and it's depressing to see all the Meth addicts," he added. Mathers doesn't worry about more companies and jobs turning Humboldt into another Bay Area. Like he said, "It's never going to happen."

When J.B. isn't working, he plays a lot of Golf at Baywood Country Club, works out at Cal Courts and eats at Sushi Spot in Arcata and Double A Steaks in Eureka. He doesn't have to drive south for holidays because his parents now live down the street from him in Eureka. His stepmom works at Channel 3 T.V. and his dad owns and operates "The Trailer" selling burgers at 7th and I Steets in Arcata. The family gets together for a home cooked meal every Sunday.

Mathers has no problem coexisting with smokers, growers, or students. But he emphasizes that the county is vast and diverse. "It's called Humboldt, which implies that there is more than just Arcata," he reflected. He couldn't care less if someone smokes or even grows, but he's aware of the fallout that comes with the culture. "I do the news every day, and I see that 99% of local break-ins are Marijuana-related." He's ambivalent about the situation otherwise. "I know that their money goes into local businesses, but it's kind of B.S. that many don't pay taxes."

As a settled professional in the forest of his dreams, J.B. Mathers is ready to take the next step in the settlement process. "I like a smart, educated lady, who is loyal and has a sense of humor. That's a huge turn-on. Hopefully she is smarter than me, but that's not hard to do," he concluded. He denies any relation to either the actor who played Beaver Cleaver (Jerry Mathers), or the Rapper Eminem (Marshall Mathers). "You can tell someone's age based on which one of those they ask me about," he remarks. But that's his most appealing quality. He doesn't consider himself a celebrity or a big deal. He is always just J.B.



**North Coast**



# All Harley Drags

at **SAMOA DRAGSTRIP**

Eureka, California

**June 1st & 2nd**

**Gates Open At 7:30 a.m.**

**Saturday: Test & Tune 9-12; Qualifying 1-7**

**Sunday: Race Day 10:00 a.m. until done**

**\$1,000 - Winner**

**\$400 - Runner Up**

**4 CLASSES**

**Street Legal - Non-Legal - Nitro**

**Plus One Import Class**

**Awards For Best Appearing Bike, Perfect Light**

**Pre-Registration Recommended**

**James Surber 707-923-2811**

**E-mail: sococyles@aol.com**



**Meet & Greet at**

**REDWOOD HARLEY-DAVIDSON**

**Saturday Morning - 2500 6th Street, Eureka**

# KOSMIC KRYSTALS

**2013 Economic Fuel Grand Prize Winner**



Visit [kosmickrystals.com](http://kosmickrystals.com)  
to see more  
wire wrapped crystal jewelry



For custom orders, E-mail [kosmickrystals@yahoo.com](mailto:kosmickrystals@yahoo.com)

