

FREE

The  
**Emerald**  
MAGAZINE

*The Haunted Edition*



**Mycality Mushrooms p.14**

**Kinetic Grunge p. 28**

**Haunted Humboldt p.38**

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# The Emerald MAGAZINE

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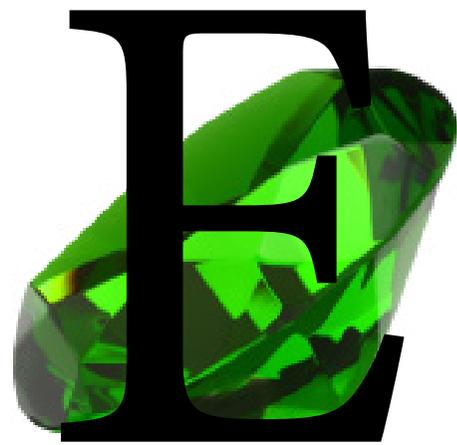
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October 2013



*Dear Reader,*

October is my favorite time of year. It's a time when you can feel fall coming into full bloom as the energy around you comes alive with the excitement of Halloween.

This edition we bring you activities and events that are sure to put a little spook in your step. From haunted history tours in Old Town Eureka to flying through the redwood forest on a zipline tour.

One of the great things about fall is that it's full of wonderful events going on in our community. Fortuna's annual apple harvest festival is right around the corner, as is the yearly traditional pumpkin picking at Warren Creek Farm.

Performances by the Kinetic Lab of Horrors and the band Motherlode will keep your Halloween night chalk-full of entertainment. Join us as we embark into our *Haunted* edition. We hope you catch a fright...

Happy Halloween!

Sincerely,  
Christina DeGiovanni,  
Editor-in-Chief



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# Rudy's Wears

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By Plaza Grill (after 5pm)**

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**Please keep looking for me!**

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THIS MONTH  
October 2013

The Emerald is a lifestyle magazine dedicated to promoting our community in a positive light by featuring activities, events and locals who help make Humboldt the place we call home.

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## Haunted Humboldt

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*Eureka alone has more than 27 sites that have either reported paranormal activity or are generally accepted as haunted. The Carson mansion is famous for many reasons. One of the most interesting reasons is that William Carson's wife, Sarah Carson, is known to haunt the mansion. According to historical accounts Sarah never liked the mansion as much as her first home in Eureka. She is said to knock food off of counters regardless of how far from the edge they may be...*

## Haunted History Tours p.40



“ Many people were living on the edge. You've got this area with so many people with troubled lives. There were many suicides, fights, and murders. It makes sense that some of their souls are still stirring ”



# Home Is Where The Hearth Is

## Raven Ridge Retreat

Story by Nathan Butler | Photos by Larry Ulrich

“ This home is 2,600 sq. feet. It has two stories, **TWO** porches, and two baths two bedrooms ”

Trinidad is one of the earliest settled villages on the North Coast. It boasts a rich sailing and pioneering history. The pleasant atmosphere and unique businesses will easily spirit away your afternoon. It teems with parks, beaches and hiking trails the likes of which any community could envy. Sagaciously situated a scant mile from these world-class adventures perches the Raven Ridge Retreat.

Larry and Donna Ulrich have an eye for beauty. As professional photographers they have 40 years experience in that field. When

they saw the beauty of the ocean, the historic aesthetic of Trinidad, the pond and waterfall all juxtaposed together, they knew they had something special. This is no mere hovel. This home is 2,600 sq. feet. It has two stories, two porches, two bedrooms and two baths.

If some fright brightens your night, the front patio with built-in fire pit offers an opportunity to have the ghost stories without the hassle of packing up a tent in the morning. The old adage, home is where the hearth is, takes on another meaning when the nights begin to get cooler and count-

ing on the heaters in hotel rooms can be less than reliable. If you are going on a trip or just want to get away why bother with all the misery? At The Raven Ridge Retreat you can stop in Trinidad, grab a flick and pop it on while you enjoy the comfort of a home away from home.

I know what you're thinking. "Well at home I have my pet iguana named Larry. It's not really home without an animal companion." Raven Ridge Retreat has that covered. Every guest is offered the chance to get to know an affable cat named Bunky. He is the feline resident and enjoys

getting to know the various visitors. If you prefer to be left alone to your book of lore, the neighbor will look after the cat at your chamber door.

Raven Ridge Retreat is a great opportunity to see the sights without having to feel like a vagabond. It is pretty hard to take your home with you, but isn't it nice to know that there is a hot tub and a friendly cat named Bunky out there? If home is where the hearth is, then it is nice to know we all have our own little home away from home.

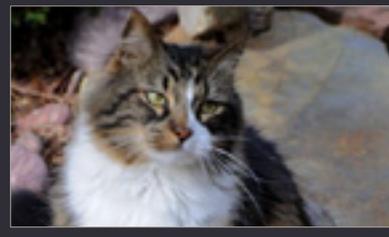


Raven Ridge Retreat is a great opportunity to see the sights



Interior

Grab a flick and pop it on while you enjoy the comfort of a home away from home.



Bunky

Every guest is offered the chance to get to know an affable cat named Bunky.



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Larry and Donna Ulrich have an eye for beauty.



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# Warren Creek Farm



## Pumpkin Patch and Produce Stand

Story by Dave Feral | Portrait by Alan Sanborn

Our house is full of excitement as autumn arrives and the best produce that our local farms have to offer begins to reach the peak of ripeness. Fresh crisp apples, sweet rich corn, delicious, buttery winter squash and big, bright orange pumpkins for pie and carving into jack-o-lanterns are all ready for harvest.

With each passing day of October my kids ask, "When are we going to go to Paul's to pick out a pumpkin?" Our annual visits to Paul's pumpkin patch have become a family tradition. Memories of getting temporarily lost in the huge pumpkin patch and hauling wagon-loads home to carve and cook into pie will always be with us. A trip to Paul's farm is an occasion to relax, laugh, and savor a special time with family and friends.

Paul's farm, also known as Warren Creek Farm, is owned and operated by Paul and Carla Giuntoli. Warren Creek Farm has been producing some of the best Organic Pumpkins, Squash, Corn and Potatoes in the greater Arcata area since 1987. Using organic methods, crop rotation and dry farming technique, Paul is able to produce more nutritious crops than those grown conventionally and do so without the negative environmental impacts.

Paul began farming on his uncle's farm at the age of 10 when no such thing as certified organic farms existed. In fact, many farmers were moving away from the old ways, preferring to spray pesticides and herbicides to save time and labor. In contrast, Paul was curious to learn how farmers before World War II survived without the need for petroleum based fertilizers, herbicides and pesticides. He began to ask the older farmers how things were done before World War II and, as his questions were answered, he became one of the pio-

“Warren Creek Farm has been producing some of the best **Organic Pumpkins, Squash, Corn, and Potatoes** in the greater Arcata area since 1987”



neers of what we today call organic farming.

In addition to working to ensure the fruits of their labor are not harm-

ing the environment, Paul and Carla have a deal with the North Coast COOP to ensure the sponsorship of educational field trips to the farm. These field trips

provide students the opportunity to learn about local agriculture, pollination biology, organic farming and take home a pumpkin for free at the end of the day!

bring home some of the best produce Humboldt has to offer!

Warren Creek Farm is located on 1171 Mad River Rd. Arcata, CA. To visit this October, take the Giuntoli Lane exit off of US Highway 101. Go west and take the frontage road on the right (Heindon Road), to Miller Lane, to Mad River Road. Follow the signs to the County boat ramp and Mad River beach. They are the first ranch on the right past the old Canal School. For more information call 822-6017.

With a lot of hard work and a little bit of luck, Warren Creek Farm is now comprised of about 200 acres producing a wide array of fruits and vegetables including; potatoes, kale, apples, broccoli, cauliflower, over 12 varieties of dry beans, corn and 25 different types of pumpkins!

The shorter days and cooler nights of fall trigger a change in the plants causing them to put all of their energy into the fruit and, with each passing day, everything just tastes better. If you have never been out for a visit to Paul's farm then start a new tradition. Take a trip out to Warren Creek Farm this October and

Warren Creek Farm's Pumpkin Patch and Produce Stand opens October 1st.

Hours of operation are:  
Weekdays: 1 p.m. till 6 p.m.  
Weekends: 9 a.m. till 6 p.m.

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# Trinity River Garden Center

## Good Things Grow In Willow Creek

We all have them. Hopefully, we need not be asleep to remember them. The best dreams are those that promise a future blooming with beauty and prosperity. Shawn Goff has a dream like that. His dream is Trinity River Garden Center. It is a place where, everyday, someone realizes his or her own dream.

Shawn Goff moved to Willow Creek nine years ago and, five and a half years later, opened Trinity River Garden Center. Gardening runs in his blood. "My grandfather was employed to commercially grow tomatoes in Guatemala. My first memories are of being around tomato plants." He saw that Willow Creek lacked a friendly, knowledgeable garden supply store that could provide more than just sprinklers and chicken feed. "We have probably the best nursery stock in Willow Creek," says Shawn. With regards to trees he says, "We have a pretty good citrus selection right now and bare root fruit trees will be in stock by the new year."

Trinity River Garden Center does its best to cater to the needs of the consumer. "The success of our customer's garden is our business," Shawn says with pride. It is easy to see why customers travel as far as two and a half hours to visit The Trinity River Garden Center. There is little that you will not find at Trinity River Garden Center. Whether it is Tim, the Nursery Manager, who can diagnose anything and everything plant related, the largest selection of water tanks and fencing in Willow Creek or

simply fresh eggs (that you may want to show up early for), Trinity River Garden Center is a one-stop shop. Trinity River Garden Center is more than just garden products. They provide the knowledge needed to insure success.

Voltaire once wrote, "We must cultivate our own garden. When man was put in the Garden of Eden he was put there so that he should work, which proves that man was not born to rest." With the cost per pound of vegetables continuing to rise, this is a better time than ever to put Voltaire's words to work and give the wallet a rest. Trinity River Garden Center offers a wide range of cover crops that are perfect for October planting. Cover crops can help protect soil from pest/disease cycles and build soil fertility.

Trinity River Garden Center has plenty of options for the discerning gardener. In teaming up with other local businesses, the garden center has been able to expand their ability to serve the community. Firstly: Joanna and Sarah from Dirty Business Soil Consulting can test the soil and see just what it needs. If you have questions about plant or soil health simply drop off a soil sample at Trinity River Garden Center for analysis. A soil or tissue analysis will get you the insight you need to make informed fertilizing decisions and insure that what you are putting in your garden is the right product at the right time. Second: "We sell nutrients and amendments," Shawn says, describing the smorgasbord of plant and soil components. "We have bulk kelp, humic and amino acids. We

also offer bulk mycorrhizae products."

Third: Luke, over at The Tea Lab, can create carefully crafted microbial compost teas that provide just what the garden is missing. They are dropped off several times a week. These teas encourage beneficial soil organisms. They play a crucial role in garden sustainability and the uptake of fertilizers, as well as strengthening plant immune systems.

Trinity River Garden Center is always looking forward. "We have been getting into bulk agricultural products that a lot of other stores don't offer," says Shawn. Why pay more for a truck-load of jars when you can get a drum of molasses for less? Other stores make you pay high prices and inundate you with excessive packaging. Trinity River Garden Center believes that the customer is better informed on how much of a product he or she may need than a packaging company. Like wheat through a thresher, Shawn's goal at the garden center is to strip away the chaff of excess costs that do not add value. This is to guarantee the consumer high quality products at a savings.

Dreams help us in setting our goals. They give us something to work towards. Trinity River Garden Center is sprinkling a little sand in our eyes and turning thoughts into dreams and those dreams a reality. It offers a chance to make a yard a garden, a possibility to turn a shed into a chicken coop, an opportunity to make a hill an orchard. After all, would Newton have been able to dream up his theories on gravity if no one had planted an apple tree?

# TRINITY RIVER GARDEN CENTER

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FARM SUPPLY FEED & HAY PLANT NURSERY





Egan's mushrooms grow on blocks of sawdust and wheat bran.



● Michael Egan



● Shiitake



● Farmer's Market

Healthy Living Through Mushrooms

# Mycality Mushrooms

By Stephanie Giles

## Info Box

### Mushrooms:

- Shiitake
- Oyster
- Maitake
- Lion's Mane
- Nameko
- Reishi
- Turkey Tail
- Pioppino
- King Oyster

A bulbous mushroom grows from a block of sawdust, sprouting what looks like a mane of white hair that seems to lay perfectly straight. Yes, it's a mushroom, but take a bite and you will taste the salty tenderness of lobster. This is a Lions Mane mushroom and it's just one that Michael Egan grows.

After Egan graduated from HSU with a Soils degree, he never thought he would be growing mushrooms. "I was looking for something that wasn't already being done up here," Egan said. "I needed to find my niche."

Egan, born and raised in Huntington Beach, CA, moved to Humboldt when he was 19 to attend CR for Agriculture. After unsuccessfully farming tomatoes and other vegetables, he did a market analysis for the area and, upon finding that there were no mushroom cultivators in Humboldt, he jumped on the opportunity. He has been growing mushrooms in Humboldt for 10 years now.

Egan's mushrooms grow on blocks of sawdust and wheat bran. The wheat bran is a nutrient source. The mixture is moistened and then goes through a sterilizing process. The sterilizing

process takes four hours and "cooks" the mixture at 250 degrees by pressured steam. It is then placed in spawning bags filled with wheat berries. This is where the mushroom begins to grow.

Each species of mushroom takes a certain amount of time to get to the physiological point in which they are ready to fruit.

After that point is reached, species grow at different rates. It takes anywhere from one month to four months for the mushrooms to be ready to move out of their fruiting bags and in to flowering rooms.

At any given time, there may be 5,000 blocks in the main flowering rooms. "The most volume comes from the first flush," Egan said. "As the blocks move from second to third flush, we see less mushrooms but bigger sizes." He cultivates around 500 pounds per week.

Egan sells his mushrooms at the Arcata Farmers Market, The

North Coast Co-Op and also distributes them to Corvallis, OR.

James Gibbons has been working at the Eureka Co-Op for 5 years and says Mycality Mushrooms are very popular. "We usually sell out of his mushrooms before his next delivery," Gibbons said. "We are very lucky to have him as a vendor."

Egan delivers Shiitake, Oyster and Hedgehog mushrooms to the Co-Op. "He's the only mushroom cultivator in this area that I know of," Gibbons said. The rest of the mushrooms they sell are from a farmer in southern CA. "There's a visible difference in size

and quality in Mycality Mushrooms versus other farmers," Gibbons said.

Egan was never a big mushroom eater before starting Mycality Mushrooms.

"They've grown on me," he said. "Figuratively, of course."

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# Fortuna's Apple Harvest Festival

## A Party for Apples

Story by Benjamin Fordham  
Photos by Benjamin Fordham  
& Tyler Whiteside

Looking for something to do? Why not shut down Main Street and have a party? That's what's happening in the town of Fortuna on October 5th and 6th, and you're invited. This one happens to be an apple party. Not the mealy, shiny kind but the irregular, delicious kind.

The 29th annual Apple Harvest Festival is in its second year as a two-day event. According to Erin Dunn of the Fortuna Chamber of Commerce, the festival originated in 1984 as something for families to do during what is usually one of the nicest times of year here. While celebrating Fortuna's history and community spirit the festival also commemorates a Humboldt County agricultural history that dates back to the 1850's.

The original festival marked the 75th anniversary of Fortuna's Clendenen's Cider Works, and the festival got its name the following year when Clif Clendenen was brainstorming names. Clif's mom, Carol said, "Why not call it the Apple Harvest Festival?" Bam.

It's going to be an action-packed two days this time around. Saturday's events will be held at six different locations throughout Fortuna: Clendenen's Cider Works, Fortuna's

Main St., Rohner Park, Strong's Creek Plaza, Ray's Food Place, and the Fortuna Volunteer Fire Department.

On Saturday, The Cider Works will be having caramel apples, apple dumplings, the Apple Wood BBQ, balloons, live music, and free apple cider. If you've never had fresh-squeezed juice before, it's something like the best-tasting thing in the world. On both days there will be hay wagon tours through the orchard with historical narrative. "It's a lot of fun. We get to share our farm with all the visitors," said Clif's son, Drew. "It's a neat way for people to get in touch with where their food comes from."

Main St. will be having an Old Fashioned Street Fair on Saturday from 9 a.m.-5 p.m. with homemade apple pies, apple fritters, apple crisp, an apple pie contest, ice cream, Texas-style BBQ, cinnamon rolls, craft and artisan booths, street sales by local merchants, a bounce house, and live music. So, pretty much something for everyone.

Rohner Park will host the Redwood Memorial Health Fair that day from 10 a.m.-2 p.m. with, among other things, informational booths and blood pressure and glucose checks. There will also be the Disaster Preparedness Fair sponsored by the Fortuna Police Department, the Big Park Variety Sale with something for everyone, free tours of the Depot Museum, live music, the Cook Shack sponsored by the Toddy Thomas 8th grade class to fund their 8th grade trip, cooking and tasting with the Dutch Oven Society,

and roller-skating at the Pavilion from 5 p.m.-8 p.m. for only \$4.

Ray's Food Place will have the Fortuna High FFA petting zoo on Saturday, as well as a bounce house, the Fall Produce Tent Sale, and more. The Fortuna Volunteer Fire Department will also be having an open house at the Fire Hall that day.

On Sunday the Cider Works will have more festivities including tours and historic speeder car rides along the train tracks to downtown (speeder cars were originally used to inspect tracks and transport logging crews into the woods), while Main St. will host the second-annual Harvest Market. Both days will feature hay wagon rides, one of the festival's central activities, to shuttle participants between locations.

The history of apple orchards goes back some time in Humboldt County. An 1898 edition of San Francisco's Pacific Rural Press states, "The orchards and gardens of Humboldt yield the following fruits of the best quality and in lavish abundance: apples, prunes, pears, peaches, cherries, apricots, quinces, raspberries, currants and strawberries." It goes on to say, "The best apples come from the Mattole district, from about Bridgeville on the Van Duzen, and from upper Eel River."

Albert Etter, born in 1876 and raised near Ferndale (and namesake to the town of Ettersburg), was one of the more notable breeders in the area. After setting up his home-stead and breeding several successful varieties of strawberry, he went on to develop successful apple strains like the Waltana, the Humboldt, the Wickson Crab, and the Pink Pearl.

# Contributing To The Community



## Since 1994!



The Clendenen's orchard has been in continuous production since 1869.

To put that into prospective, the town of Eureka was only 20 years old, Arcata was called Union Town, and the only way in and out of either was by steamship. The orchard was purchased by Clif's grandfather Ernest Clifton (E.C.) Clendenen and his wife May in 1905. E.C. had been born in Eureka in 1867 by Andrew and Eveline Clendenen, who came to the area via New Brunswick, Canada.

On E.C.'s first shipment to San Francisco, an unscrupulous buyer reported the apples had spoiled and he wasn't going to pay for them. E.C. boarded a steamship to San Francisco to inspect them himself and found no spoilage. Realizing that this could be an ongoing problem, E.C. decided a good solution would be to press the fruit into cider. In 1916 he purchased a Mount Gilead No. 4-C Hydraulic Cider and Fruit Press, capable of producing 600 gallons of cider daily, and Clendenen's Cider Works was born. Today they still use the cider press, and although it has had some work done on it, it still has the original motor.

These days the Clendenen's orchard grows about 25 apple varieties including Mutsi, Idared, Fuji, Waltana, Jonagold, Bellflower, Spitzenberg, Golden Delicious, and Gravenstein. Some of the original trees are still in production, so you can literally eat apples from a tree 100 years older than you are. All that rich history has led up to the two-day party known as the Apple Harvest Festival. So eat apples, drink apple cider, and be merry. If you like apples, you'll love these apples.





## REDWOOD ZIPPER

▶▶▶▶ Story by Vanessa Laird

My heart was thumping out of my chest so loud I thought others could hear it. I tried to ignore the beat and just focus. Breathe, I told myself. I was absorbed in my focus as I began to climb. One step, hold and then the next. I climbed higher and higher. As I analyzed each move before I made it, my fear was forced to the background. I ignored the burn in my muscles and didn't think of stopping until I made it to the first platform. I shook out my arms, took a deep breath, and climbed on to the top platform 75 feet up a giant redwood. Now that I had time to inhale a deep breath and take it all in, I wondered what exactly it was that I had I signed up for? Was I actually going to fling myself from tree to tree on a zip line 75 feet off the ground? The answer was yes!

Here in Humboldt County, we have the largest remaining strands of giant redwoods. People from all over the world come to Northern California to witness their majesty. Redwoods can grow up to 26 feet in diameter and over 300 feet tall. Truly ambassadors of time, redwoods can live for more than 2,000 years. It was the first time I saw a redwood that I felt truly small. Growing up in the flat, vast corn lands of the Midwest, I was exposed only to small trees. Upon visiting my first redwood, I was overwhelmed with majesty and awe. Their towering presence was almost beyond my comprehension. Withstanding the tests of time, these trees have overseen the rise and fall of many men. To someone who

has never seen a redwood, no picture can quite capture its essence, nor can words truly describe their grandeur.

Hiking through the redwood forests is a great way to explore the giants, but climbing into the canopy can take that experience to new heights, literally. As a bonus, you don't have to strain your neck to see them. At North Coast Adventure Center, they will not only guide you up into the redwood canopy, but will also let you zip line from tree to tree like a flying squirrel. Discreetly hidden in the Arcata community forest are several zip lines and platforms 75 feet up in the redwoods. Trained guides provide participants with proper gear and thorough training to ascend into the canopy.

My training began on the ground and, as we suited up, we were introduced to our gear and our guide, Adam Wanden. A practice course was set up on the ground to get familiar with the procedure. Our guide verbalized every command and we verbalized every action back until it was well ingrained. We then began our ascent. Climbing on small rungs up a redwood was more physically challenging than I thought. I was nervous and not sure what to expect. Adam calmly talked us through every motion. When I felt nervous or scared, I was reassured by his calming voice that told me I was doing a great job and to keep going. I made it to the top platform and had my gear set up. "Safety check one, safety check two," I yelled. I leaned my toes off the edge of the platform and I could see Arcata glisten below through the redwood branches. I could feel the wind and the gentle sway of the tree. I was ready. I held tight to the zip device, leaned back, and flung myself as hard as I could down the zip line to the next tree. Wow! It's amazing. I felt like I was flying through the trees. My fear totally faded in to a feeling of intense fun and excitement.

We ran through the course a second time and this time I felt confident and alive. I didn't want to admit to anyone that I was nervous at the start but, after a couple of good zips, I didn't want to get down. However, the decent was quite fun as I was able to rappel back down the tree just like a ninja.

Unlike other canopy tours, North Coast Adventure Center provides a hands-on experience. The participants are responsible for climbing 75 feet, doing the gear transfers, and zipping. I'll admit it was challenging and scary at first, but being able to climb and do all of the gear transfers yourself is such a rewarding personal achievement. I conquered my fears and found a great sense of confidence. In addition, the view of the redwood forest from the canopy is truly amazing. No matter how many times I had visited the Arcata Community Forest, this visit was remarkably different. I can't wait to do it again.

The North Coast Adventure Center's redwood canopy tours are a great way to explore the forest from a totally different perspective. No climbing experience is required. However, this tour requires some physical strength and endurance. Participants must be at least 12 years old, 5 feet tall, and be in good health. Adam Wanden, guide and trainer, is well qualified with 15 years of experience. His varied set of climbing skills come from rock climbing, competing in speed climbs at the Lumberjack World Championship, and working in tree canopies while studying the Red Tree Vole. This is his fifth summer leading canopy tours. The Arcata chapter of the North Coast Adventure Center also offers ropes courses and rock climbing tours. For more information, or to reserve a reservation visit [www.northcoastadventurecenters.com](http://www.northcoastadventurecenters.com) or stop by the Humboldt Bay Tourism Center at 2nd and G Street, in Old Town Eureka  
1 (800) 808-2836.

## Pre-natal Vinyasa Yoga for practicing Yogis



Calling all pregnant yogis! This class, aimed toward the intermediate or advanced practitioner, offers a safe space to continue an existing practice while honoring the exciting (and sometimes embarrassing) changes happening in the body. Focused on yoga rather than pregnancy or birth, expect to flow and sweat under the guidance of experienced doula and yoga teacher Sasha Elizabeth. Modifications and props will allow you to continue your practice as far into your pregnancy as you wish. Come practice with other moms-to-be!

Nutrition course for weight loss starting October 3

Prenatal Pilates Class Fridays at 11 am

Prenatal Yoga Wednesdays 1-2 pm



## FABRIC TEMPTATIONS



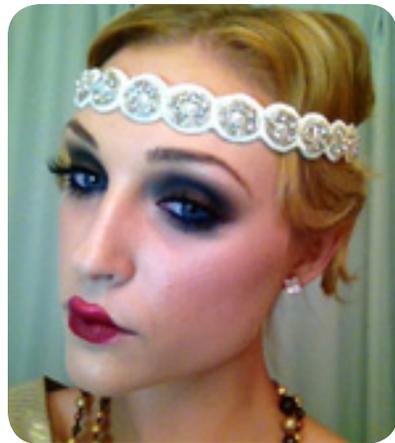
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# Beauty Bitz

Linden Glavich, Glamour Columnist  
Licensed esthetician

**W**e begin to feel that crisp air which tells us fall has begun. There are many fantastic changes seen in fall. The weather turns wetter, the temperature becomes more chilly and the leaves begin to convert. Focusing on this turn-around in October, we've decided to take a leap into the changes in looks for that special evening of disguise, Halloween.

Makeup is used daily to enhance or minimize our features year round, but can be a great addition to any costume. With the use of many websites and tutorials, new looks can be endless with almost anything in the imagination being a possibility to bring to life. Not imaginative yourself? Take this step-by-step tutorial on two different Halloween makeup ideas that will treat the eyes of any ghost or ghoul that sees you.

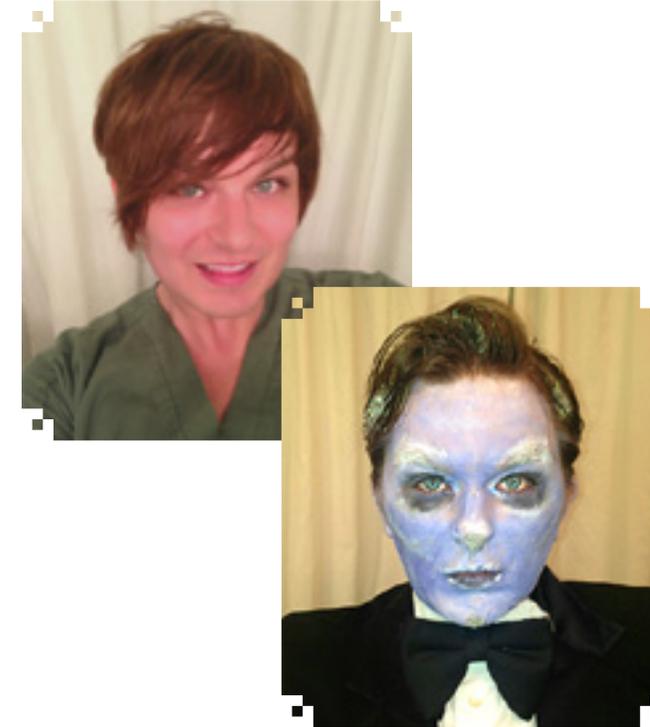


## The Great Gatsby's Glamour

Author F. Scott Fitzgerald probably had no idea that he would inspire the Flapper and glamour craze in 2013. In the novel, *The Great Gatsby*, it was the summer of 1922 when Daisy met Gatsby again and surprisingly, Fitzgerald did not go into descriptive detail on what Daisy actually looked like in the novel, but based on the looks of the era, lips were created in the shape of Cupid's bow and dark red was the color of the time, mascara had just become a new must have, powder, cream and pressed rouge were in, and the eyes were heavily lined in dark kohl pencil. Natural was not exactly the look.

We are bringing back that Gatsby glamour look. First off we covered up our model's freckles with a good concealing foundation using YOUNGBLOOD Liquid Mineral Foundation, after we applied a face primer, and gave those eyebrows a thin penciling. Next we took our model's eyes and gave them a very heavy upper and lower eyeliner: think dramatic when shaping. The lips were given the defined, perfect kiss-blowing

shape by taking a liner and drawing the desired outline, then we filled it in with dark red lipstick. We finished off our model with some shimmer on her eyelids as Fitzgerald did describe Daisy as having, "...bright eyes, and a bright passionate mouth" (14).



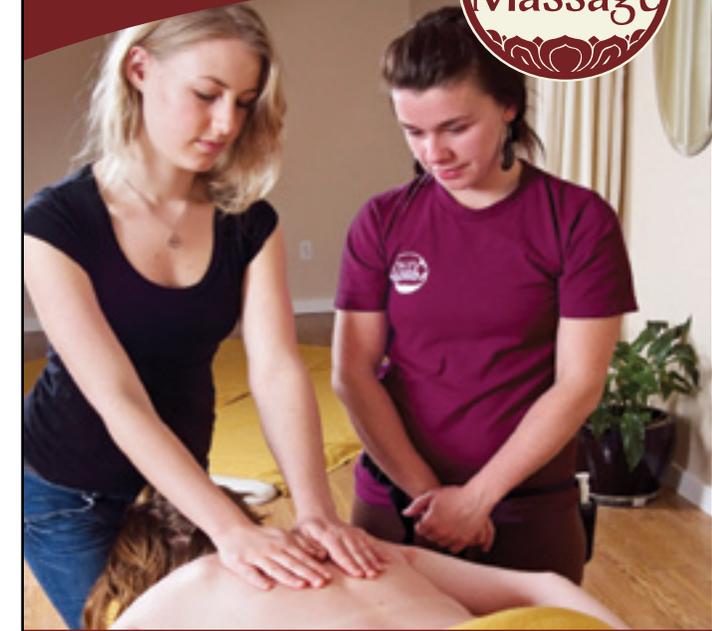
## A Titanic Passenger at 2:20am

On April 14th, 1912, many passengers of the Titanic did not leave that cold Atlantic Ocean. To make a frozen passenger truly come to life on Halloween, we first start with a full face primer. A cold body would have a blue based color. To achieve this, we used a YOUNGBLOOD's lightest foundation and blue face paint purchased from a costume shop. Next, we lightened parts of the face with Wolfe F/X white face paint, to give that cold harshness to the face. We then took a white concealer stick and covered the eyebrows, lips, nose, and anywhere else frost might grab the face if in the elements. We blend that in with a makeup brush. Many lip glosses have sparkle to them and we used a clear sparkle gloss to make the appearance of iced over areas that protrude out such as brows, tip of the nose, and chin. We also took a small amount of lash adhesive and placed it over the white areas and sprinkled glitter to create a realistic frost after the glue had dried clear. When we styled our model's hair, we applied a wet look gel, firm hold hairspray, and added a splash of glitter to make the effect of ice.

Using some of these makeup techniques and adapting them to your own costume should definitely help make this Halloween one to remember. As we always stress to our skin care clients, remember that no matter how busy and exciting the night gets, always remove makeup before sleep and use a good night-time hydrating cream.

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# October

## Community Calendar

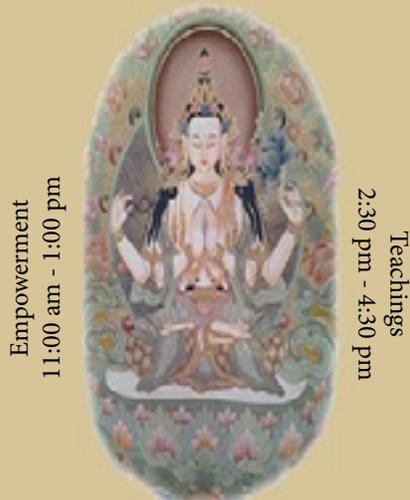
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Submit events to Calendar@theemeraldmagazine.com

Saturday, October 12th  
**Chenrezig Empowerment**  
followed by teachings on  
**Bodhichitta and Tong Len**  
Meditation



Empowerment  
11:00 am - 1:00 pm

Teachings  
2:30 pm - 4:30 pm

Led By H.E.  
The 6th Gochen Tulku  
Sang Ngag Rinpoche



Held at a private residence in Kneeland  
We will meet across the street from  
Freshwater School on Freshwater Road at  
10:00 am.

Please carpool due to limited parking  
Bring lunch and sitting cushion  
Suggested Donation: \$25  
Contact Amrithesh 707.599.4997  
Reba 707.832.6791  
Arcata.Maitreya@gmail.com  
Please Call or E-mail to RSVP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Eureka, Shelter Cove, Miranda & Fortuna Farmer's Markets Buddy Reed at Libation Sunny Brae Jazz @ 6RB	<b>2</b> Whomp Whomp Wed at Nocturnum 9pm Bar-Fly Karaoke 9pm The "M" Note @ 6RB No Covers @ SpeakEasy	<b>3</b> John Elliot at the Arcata Playhouse Kill-A-Keg @ 6RB Open Mic @ Blondies	<b>4</b> Oktoberfest at Eel River Brew Co. Comedy Cabaret at Mateel Garberville Farmers Mkt. Humboldt bay boat tours Trinidad Arts Night	<b>5</b> Wine By the Sea by Friends of the Dunes Arts Alive Eureka Hoptoberfest at Perigot Park 1-5:30 pm Random Rab @ ATL
<b>6</b> Gala Beleza Grand Opening 205 G st. Eureka 6-9 pm Open Mic at Mosgo's Sundaze w/ Deep Groove Society at Jambalaya	<b>7</b> Open Mic at Shamus TBones Quiz Night Blondies The Getdown Jambalaya No Covers Eureka Inn Cheap Bowling Harbor Ln.	<b>8</b> Eureka, Shelter Cove, Miranda & Fortuna Farmer's Markets Buddy Reed at Libation Sunny Brae Jazz @ 6RB	<b>9</b> Dog Bone at 6RB Open Mic at Old Town Coffee And Chocolates Whomp Whomp Wed at Nocturnum Bar-Fly Karaoke	<b>10</b> Mark Farina @ ATL Rude Lion Sound at Sidelines Kindred Spirits at Clam Beach Inn Open Jam The Forks	<b>11</b> Griz @ ATL Accurate Productions at The Ritz Karaoke at Central Station Rude Lion Sound at Toby and Jacks Arcata Farmers Market	<b>12</b> Missoula Children's Theatre at the Mateel Humboldt Co. Rabbit & Cavy Extravaganza at the Moose Lodge Eka. Arcata Farmer's Market
<b>13</b> Bark in The Park Sequoia Park 10 am - 1 pm Logger Bar Potluck Open Mic w/ Chris Parreira at Robert Goodman's	<b>14</b> Open Mic at Shamus TBones Quiz Night Blondies The Getdown Jambalaya No Covers Eureka Inn Cheap Bowling Harbor Ln.	<b>15</b> Cribbage Tourney at The Logger Bar Shugafoot At SpeakEasy Electric Gravy at Eka Inn Sunny Brae Jazz @ 6RB	<b>16</b> Open Mic at Old Town Coffee And Chocolates Whomp Whomp Wed at Nocturnum Bar-Fly Karaoke Hank3 at the Mateel	<b>17</b> Bluegrass Jam at Redwood Curtain Brew Pressure/ Anya at Nocturnum Open Jam The Forks	<b>18</b> Mckinleyville Arts Night Beer and Peanut Show at Arcata Community Ctr. Garberville Farmer's Mkt DJ's Sidelines	<b>19</b> Arcata Farmer's Market The Wine of Summer Eureka Theater Lumberjack's Football Pressure/ Anya at The Pearl
<b>20</b> Logger Bar Potluck Open Mic w/ Chris Parreira at Robert Goodman's Open Mic at Mosgo's Sundaze w/ Deep Groove Society at Jambalaya	<b>21</b> Open Mic at Shamus TBones Quiz Night Blondies The Getdown Jambalaya No Covers Eureka Inn Cheap Bowling Harbor Ln.	<b>22</b> Eureka, Shelter Cove, Miranda & Fortuna Farmer's Markets Buddy Reed at Libation Sunny Brae Jazz @ 6RB	<b>23</b> Open Mic at Old Town Coffee And Chocolates Whomp Whomp Wed at Nocturnum Bar-Fly Karaoke	<b>24</b> Matt Pless and Francie Moon at The Logger Bar Accurate Productions at Cher-Ae Heights Rude Lion Sound at Sidelines	<b>25</b> Anna Hamilton at Angelina Inn Shugafoot at SpeakEasy Humboldt Bay Boat Tours Karaoke at Central Station	<b>26</b> Arcata Farmer's Market Karaoke w/ Chris Clay at RJ Grin's Lounge Pressure/ Anya The Ritz Ferndale Farmer's Market
<b>27</b> Logger Bar Potluck Open Mic w/ Chris Parreira at Robert Goodman's Open Mic at Mosgo's Sundaze w/ Deep Groove Society at Jambalaya	<b>28</b> Open Mic at Shamus TBones Quiz Night Blondies The Getdown Jambalaya No Covers Eureka Inn Cheap Bowling Harbor Ln.	<b>29</b> Eureka, Shelter Cove, Miranda & Fortuna Farmer's Markets Buddy Reed at Libation Sunny Brae Jazz @ 6RB Electric Gravy Eureka Inn	<b>30</b> Open Mic at Old Town Coffee And Chocolates Whomp Whomp Wed at Nocturnum Bar-Fly Karaoke Lyndsey Battle 6RB	<b>31</b> Nasty Nasty @ ATL Open Mic @ Blondies Karaoke @ BLC Buddy Reed at Old Town Coffe and Chocolates		



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# Emerald Style

Rima Greer, Fashion Columnist

What is your Humboldt style?

Tell us at [Style@theemeraldmagazine.com](mailto:Style@theemeraldmagazine.com)

I always say that Halloween is the day when everyone dresses up to be who they really are. Your costume choice says a boatload about you, so choose carefully and make the best version of yourself that you can! Give yourself some time to do it "right." Once you're going to the trouble, don't just slap on some overpriced cheap made-in-China junk. Take the time to do a little shopping (and maybe even a little sewing) and you can come up with something really special.

I think costumes fall into three basic categories: Scary, Funny, and Fantasy. You either want to creep or gross out your friends, or you want to make them laugh, or you want to reveal your inner warrior, wench, or fairy. They're all valid choices, and most of them start at the bookstore, head directly to the thrift store, route through the fabric store, and wind up at your favorite makeup counter.

First, choose your character. This is where the bookstore comes in. You need to know who your character is, and when they lived, in order to tell the story of your character in costume. A little research can go a long way. Remember, if you're doing Aragorn, go back and look at stills from the film, and don't use a photo of someone else's Aragorn costume as a reference. Same goes for Anime characters, historic characters, film characters, you name it. Those costumes are designed with only one thing in mind: "How cheap can we produce this?" They are likely to have missed a bunch of important details, and changed some stuff around to cut their expenses. Go back to the source, and make your own choices about what details are important.

Make a drawing or clip a photo, and keep it on you. You're going to need it. Remember that (unless you're building from scratch and you have some solid skills) you'll be capturing the spirit of the character, not the letter. If you're Neo, you need a long black coat. If you're a Minion, you're going to need some overalls and a yellow tee shirt. This is where the thrift store comes in. Bring in your photo, and ask if they've got anything close to what you're looking for. They know what's in the shop, and can probably help you find the basic shape to build your character on, and maybe even some accessories like hats or shoes.

Next up, visit the fabric store, preferably a GOOD one. A good fabric store should have fabrics that are not made entirely of petroleum products (yes, polyester is dead dinosaurs masquerading as plastic fiber) unless you're playing an astronaut or an alien. ESPECIALLY if you're dressed as someone from 1940 or earlier, you want to avoid ALL synthetics - your costume will look "fake". A good fabric store will have other stuff you need too, like buckram for hats or stiffening collars, some nice trims, and hopefully someone with some skills behind the cutting table to give you some helpful hints. Don't forget your photo, we need to see it too. Local fabric stores may have a ton of inexpensive ideas on how to achieve your persona! Just start early!

No matter who you choose to be, you are likely to need some cosmetics to achieve your effect, especially (but not only) if you are going the scary or gross way. One of my favorite words in theatre is the name for this kind of special effects cosmetics - "woochie." There are tons of woochie kits out there, and some of the cheap ones are actually pretty good. Leave yourself plenty of time to do your makeup, even if it's not elaborate. Even if you're playing Dorothy, you still want to get a photo, and see if you can capture the innocent mascara, rosy blush, and braids-into-pony-tails hair. It's all about the details!

But Halloween is not the only time when people get dressed up in "costume." Less than 100 years ago, when you went to the beach, you wore your "swimming costume," because a "costume" was something you wore for a specific purpose, or to go to a specific place. There are many people, myself included, whose daily dress can also be a "costume." It's more than likely that you will find me wearing a Salwar Kameez just about any day of the week. I find this traditional Indian ensemble comfortable and flattering, and it says a bit more about me than the generally accepted uniform of jeans and tees ever could. I have friends who dress "goth" or "steampunk" much of the time. I even know someone who I have never once seen in a dress more modern than 1350. She looks fantastic, and nobody ever forgets her.

I like to think of the 21st century as the age of acceptance, when people of all different backgrounds, beliefs, genetics, and gender identifications can all live happily ever after together. If this is the case, then why oh WHY are we all dressing like cookie-cutter-urban-zombies? If everyone can love you just the way you are, why can't you feel safe expressing yourself with your fashion choices? I submit to you, that maybe this Halloween, you can create more than a one-time costume. Maybe it's time for you to become who you REALLY are ALL the time, and maybe, just maybe, the costume you wear this October 31st, can contain elements of your daily costume from now on.

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# Humboldt Bachelorette

Advice Columnist  
Submit Your Questions Today  
[humboldtachelorette.blogspot.com](http://humboldtachelorette.blogspot.com)

Dear Caledonia,

Halloween is coming and I want to show off my sexy bod-day for one last time before I have to bundle up for a cold Humboldt winter. But the end of October is going to be cold too! Do you have any suggestions for Halloween costumes warm enough to go trick-or-treating in yet sexy enough that I might still bring home a treat?

--Humboldt Halloween Honey

Dear HHH,

Two words for you: Superhero Costume. Skin-tight tights under sparkly underwear will show off your legs. A saucy insulated bustier will keep your core warm. Get a cape long enough you can wrap it around you. If you don't feel like being called on to save the world, get creative. Not every Halloween costume has to show off your body. Think hairy. Think Sexy Sasquatch.

Have fun!

Caledonia



Drawing by Jesse Wiedel

# MOTHERLODE

## Get Ready To Get Funky

By Josh Ruff

New versions of things from the past are not always good representations of that era, but once in a while people just plain get it right. Motherlode is bringing back 70's soundtrack funk with a mix of Afrobeat. The Arcata-based band is not an artificial, homogenized version of the past. This explosive nine-piece funk extravaganza is as real as it gets. The band is very heavily influenced by James Brown and The JB's, Herbie Hancock, as well as more contemporary funk artists like Galactic, Greyboy Allstars and Soulive. A number of individuals in this group can be seen around town in other roles, which makes their musicianship even more impressive. Their sound can be distinguished from an array of others because of how tight this band is. By just watching them play, one gets the impression that there are some complex logistics going on just to make such a well-oiled machine churn away as they do. I had a chance to sit down with Pete from Motherlode and talk about motivation, friendship and the pursuit of happiness.

How long has the band been together?  
Pete: The band has been together almost 2 years. Our first show we opened for Soulive drummer, Alan Evans. The sound is still evolving and breaking new musical ground as we go.

Who are your influences?

Pete: My personal influences that pertain to this band would be Fred Wesley (who we had the pleasure of playing with back in March of this year) as well as Soulive, Lettuce, Greyboy Allstars, New Mastersounds, Daft Punk, Lee Fields and The Menahan Street Band to name a few.

What have you been listening to lately?

Pete: I've been listening to a lot of those influences but also I love hip hop such as Raashan Ahmad (who I also got to play with recently). I have been listening to lots of soul too like Alice Russell, Curtis Mayfield and Lee Fields and progressive dance music like Thievery Corporation, Little Dragon, Daft Punk and many others

I see some familiar faces in the band. Tell us about the lineup.

Pete: Our lineup in this band features some really great horn players that have some serious jazz chops as well as funk and afrobeat. Our guitarist Greg Camphuis is

the leader and primary songwriter. He has played locally for almost 20 years with such great bands as Spank and Bump Foundation as well as afrobeat bands like Afro-massive. Our other guitarist Jonny Fiya is such a great compliment to Greg and he is the main guitarist in Talking Heads Tribute band Naive Melodies. Our bassist is Michael Dieter who has played with latin-salsa band Ponce and is about to embark on a European tour in September with a cool psychedelic garage rock band White Manna. Our percussionist Dan Spielberg plays in local band Sambamore and has been a part of the ever-evolving drum and percussion community here in Humboldt for quite sometime. Our keyboardist is Aber Miller who plays in many local projects and can be seen around town hosting or playing many jazz gigs. I am the drummer and have played with bands like The Nucleus, The Hip Hop Lounge, Subliminal Sabotage and a few other rock outfits as well.

Your music sounds very demanding, are you guys friends outside of the band?

Pete: Yes we are. I think we have a lot of fun in this band and we are committed to growing it and making really solid records and a truly funky and danceable sound. I



Ari Davie, Trumpet

Isaac Williamson, Alto Saxophone

Scott Machen, Trombone

Jesse Johnathan, Saxophone

Pete Ciotti, Drummer

Michael Dieter, Bass

**".. it's Halloween so we plan on having a costume party with prizes. People will of course be dressed up. We will be performing a few new songs with some new arrangements as well..."**

would say a large percentage of my friends are musicians or love music. It's just a common ground that we can all easily relate too.

What do you do when you are not playing music?

Pete: Well, first and foremost, I'm a father of 2 going on 3 and a husband. So my family is very important to me. I also own and operate Big Pete's Pizzeria and The Jambalaya in Arcata. I'm either playing music or working. I like being as involved in the Arcata Community as I can too. I always wish I had more time. I like to do lots of things.

Which is easier, making friends or finding band members?

Pete: Haha. Probably making friends. It's hard to assemble a big band like this with players that are on the level and committed to making it real. It takes a lot of planning to practice and book gigs and work around everyone's busy lives.

Is the gig on Halloween different from your usual gigs that you play?

Pete: Well it's Halloween so we plan on having a costume party with prizes and

people will of course be dressed up. We will be performing a few new songs and some new arrangements as well. Our last bunch of shows we have focused on bringing in artists to perform with like Fred Wesley or Bill Summers from Herbie Hancock and the Headhunters or DJ Logic so the Halloween show will be just us this time which will be fun to rock out some of our tunes solely.

Planning on dressing up?

Pete: It's Halloween. I think we would be kinda lame if we didn't. I'm not too sure what our theme is going to be or if there will be one but we will dress up. We are open to suggestions if anyone has one maybe they should post it on our Facebook page or something like that.

What is your favorite thing about Halloween?

Pete: I like the party atmosphere here. I like spending the first half of the night taking my kids out and seeing them really enjoy all the fun and candy and community interaction and then throwing down a big party at night with the big kids and seeing how creative everyone gets with their big kid costumes. It's a lot of fun.

Are you planning any tours?

Pete: Yes. We have been talking about that in 2014. We have been making a lot of great connections with these artists that have shared the stage with us in Humboldt and have talked about perhaps going to New Orleans for Jazz Fest or doing a small run on the west coast. I think we would be happy just being weekend warriors and doing out of town gigs on the weekends in the Bay or Portland areas and slowly expanding the sound from there. I don't try to be sad. So I don't know if it's hard or not. I try to be happy as much as I can. I try to stay open to as much as I can, especially in music. Playing shows and being part of the circuit between the band that's playing and the crowd is a wonderful thing. It's an energy exchange and it can be really uplifting. We do this because it makes us happy. I am very thankful to have the gift of music in my life whether it's the music I'm personally making or the music I'm going out and listening to. It inspires me both ways.

 MotherlodeHeavyFunk

# Kinetic Cringe

The Haunted Kinetic Lab of Horrors



It is just before noon on a quiet Sunday morning at the end of a loosely paved road in Arcata. Changing leaves skirt across the street in a breeze that smells of the fresh, brisk beginnings of a Lost Coast autumn.

Wrapped in a pale-blue, overcast sky, the hazy sun hangs low over a Northern California, Humboldt town. There is, however, something different hidden amongst these side streets of town that makes this trip to Arcata different from all of the rest. It's a strange sort of feeling, like something odd and discontent is lurking, hanging, poised behind the next corner.

Upon reaching the end of 8th street it becomes immediately evident where this feeling of unease is coming from - The Kinetic Lab. It is at once recognized that in no way is this an ordinary lab. Inside the doorway to a large garage, a strange and dreamy array of embellished oddities hang about the ceiling, surrounded in all directions by dozens of oversized creations birthed from the minds of the sane and unstable. Oversized bloodshot eyes peak from under hanging bundles of femurs, arms and spines. Skeletons engaged and goop-spattered brains. Unnerving items of the occult dangle face level over sharp metal dragonheads that seem to spawn from nowhere else but the dark and disturbed underbelly of a twisted sci-fi nightmare. This Kinetic Lab, it's where the weird come to roost and the dead become strange.

In 1969 in Ferndale, CA, artist Jack Mays, upon seeing local sculptor Hobart Brown's "improvements" on his son's



By Bernard Bass | Photos by H.R. LoBue

tricycle, would challenge Brown to a race and hence the concept of kinetic sculpture racing was born. The race would mature over the years and, toward the end of the 1980's, gained sponsorship from companies such as Calistoga and Yakima that would enable them to open the Kinetic Lab in Arcata. As the economy worsened in the upcoming decades, Yakima would sell and leave the area and Calistoga discontinued their sponsorship creating uncertainty for the financial future of the race. In 2007, after a number of attempts at various fundraisers proved to be not as substantial as they would have hoped, the Kinetic Lab created The Haunted Kinetic Lab of Horrors.

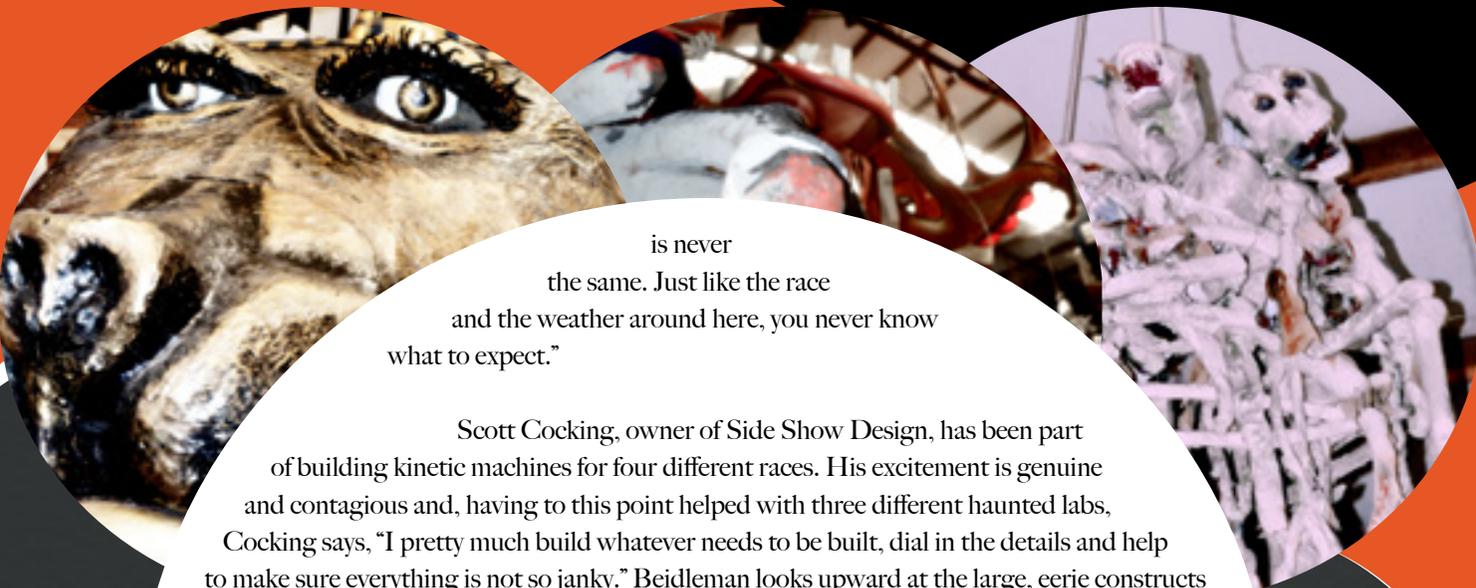


Halloween is a distinct and special time of year in which many spend months on putting together the right costume and planning the perfect scare. In so many ways we abandon the safety of our inhibitions and become children again. The Kinetic Lab is like this all year round. Hobart Brown himself has said that the race is about, "adults having fun so children will want to grow older." With its eerie vibe, curious oddities and monstrous abnormalities, the lab harbors a multitude of creepy undertones that scream Halloween. And this is just during the day.

For Four nights at the end of October, The Kinetic Lab will be opening its doors for the 7th annual Haunted Kinetic Lab of Horrors and it is not your ordinary haunted house. Separate groups of six people are given an interactive 25 minute guided freak show tour through a pitch-black, panic-inducing maze of astonishingly dark secrets and surprise. With all six people holding onto one rope (one jumps, everyone jumps), the scared and hesitant members of the tour are subjected to unimaginable terror while being strung toward a creepy revolving door. At this point there is no turning back and what lies behind this door will no doubt result in some sort of incontrollable reaction that barrels much further passed what one's comfort level will permit. In fact, this tour is not recommended for anyone under 13 years of age.

Ken Beidleman has been working with the race for thirty years and he and his wife, June helped to create its haunted fundraiser. He's almost guarded with the tour's information, like he's holding onto to a load of juicy secrets. A wry, mischievous grin takes over his face and he says, "We're pretty sophisticated in terms of scares. We're more about the theatrical part of the whole thing; the special effects, the lighting and the mind trips." He says that it's all about timing and that, "each tour through the Haunted Lab

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is never the same. Just like the race and the weather around here, you never know what to expect."

Scott Cocking, owner of Side Show Design, has been part of building kinetic machines for four different races. His excitement is genuine and contagious and, having to this point helped with three different haunted labs, Cocking says, "I pretty much build whatever needs to be built, dial in the details and help to make sure everything is not so janky." Beidleman looks upward at the large, eerie constructs hanging from the ceiling, waves an arm through the air and says, "There's a certain quality that we like to uphold."

The atmosphere of the Kinetic Lab is one of shared conspiracy, like a big, communal practical joke is being orchestrated for an unforgettable Halloween. The Grand Championship is the largest single event in Humboldt County and, aside from being a fundraiser that keeps the race alive, it is a chance to live kinetic more than once a year. The folks who bring you The Haunted Kinetic Lab of Horrors love what they do and, this October, what they want to do more than anything is scare you to death.

The Kinetic Lab is located on the corner of 8th and N Streets in Arcata, California. The event will take place on the nights of October 26th, 27th, 28th and 31st (Halloween night) from 7 pm to Midnight. Tickets are \$10 at the door. For more information visit their website at <http://kineticsculpturelab.com> or call the lab at 707-822-4805.

# Dia de los Muertos



**Calacas, sugar skulls, dead bread kits and more!**

**Come celebrate Dia de los Muertos** (Day of the Dead) with us at Los Bagels! With roots in both indigenous Mexican culture and Catholic traditions, November 1st and 2nd are dedicated to honoring the souls of departed family and friends. Families build Ofrendas, or altars, in order to stay connected between those on earth and in the afterworld. Although the idea of death may seem somber and macabre, Dia de los Muertos is a vibrant celebration that sheds a playful light on both life and death. **So what's going on at Los Bagels?** Our **Dead Bread Workshops** are back! October 17, 20, 24, 27, from 6:30-8:30 pm. You can sign up at [losbagels.com](http://losbagels.com) or at either of our stores. **Dead Bread Kits and dough** (everything you need to decorate Dead Bread) will also be available. **Wear your Los Bagels shirt Nov. 1-2 and get a FREE Day of the Dead Magnet.** We will have an assortment of **Day of the Dead merchandise, including:** Calacas, Calaveras, Papel Picado, Pan de Muerto, Dead Bread Kits, Caritas, and Sugar Skulls. We invite you to bring a picture of a passed loved one to our **community ofrenda.**

## Dead Bread Workshops



**October 17, 20, 24, 27**

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**Los Bagels**



**Day of the Dead**  
 November 1st & 2nd



# Treat Yourself This Halloween

## Ghost Tracks

By Victoria Voss



This treat is one of my absolute favorites. You would never guess that the rich chocolate taste of Ghost Tracks is comprised of only three simple ingredients. What's even better about these sweet rounds of rich goodness is that they're seasonally versatile! You could have Moose Poop in the Winter, Rabbit Droppings in the Spring and Ghost Tracks in the Fall. But don't let the name fool you, the taste is not a joke.

### Ingredients

- 1 Package of double stuffed Oreo's
- 8 ounces of cream cheese, softened
- 1 box of meltable milk-chocolate wafers



## DIRECTIONS

- Obtain a large baking tray and line it with tin foil.
- Place the entire package of Oreos in a large Ziploc bag.
- Remove the cream cheese from the refrigerator and allow it to sit in room temperature.
- Begin to crush the Oreos until they are broken down completely.
- Place the softened cream cheese in the bag of crushed Oreos and begin blending the two together.
- Begin by grabbing half a handful of dough and roll it into small circles.
- Once the dough is gone take your box of chocolate wafers and begin melting them in the microwave for 30-45 seconds.
- Once melted, roll each ball into the liquid chocolate.
- Place each ball on the cookie sheet and place it in the freezer for 30-45 minutes.

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# LOST COAST

## LOVE

*Story and Photos by Tyler Whiteside*



**N**estled off the Pacific Ocean and protected by jagged hills of emerald green, lies the small but beautiful Lost Coast Vineyard. The setting is serene and relaxing, just as one would expect to find in the remote outpost of Petrolia, California. Sunset Magazine has called the area “too lovely to be believed, perhaps too beautiful to last,” and a leading science journal has called it the, “top remaining wild place in California.” Those of us fortunate enough to live year round here in Humboldt, often take for granted the awesome beauty of our locale, but a trip to Petrolia will serve as a quick reminder that we live in God’s Country.

Lost Coast Vineyards consists of 8 acres of perfectly manicured grapevines etched into the hillside. The neatness of the land serves as testimony to the hours, weeks, months and years of grueling labor that has shaped this unlikely vineyard on the ocean. Unlikely, because The Lost Coast is not a place most in the viticulture business would find favorable for grape production. For most varietals the daytime temperatures are a bit too cool and fog frequently blankets the area, but Pinot Noir, Pinot Gris, Nebbiolo, and Viognier grapes seem to do very well with enough love and attention. During our visit, the grapes were approaching their optimal brix (sugar content) and were soon to be harvested. That’s when the fun starts.

The Lost Coast Vineyard was established in 2002 by Dick and Ester Cogswell. It is comprised of 8 acres of vines in Petrolia and another 8 acres parcel located in Hoopa, where the higher temperatures allow some of the other varietals to do better. On the Petrolia land, he employed Gary and Arlene Rogers, who had been caretaking the property for him before that, to see what they could do with the climate. Before making wine for the Cogswells, Gary spent 18 years in Washington State making wine for his parents, so he has a rich background in the process and it shines through in his reds at Lost Coast.



My personal favorite was the Nebbiolo, a fruity red alive with hints of apple and cherry and ending with a nice smooth finish. Not too heavy and full of good flavor. Of the whites offered, the Viognier was at the top of my list with an almost tropical, mango and kiwi thing going on. It was golden and clean, with a nice creamy mouth and crisp finish. Good stuff.

Unfortunately, the Petrolia vineyard is not open to the public for tours, but all their wines are available locally at most



natural food stores in the Eureka and Arcata area and I encourage you to locate a retailer near you and try one for yourself. They're delicious.

Lostcoastvineyards.com

Lost Coast Vineyards, Inc.

795 Conklin Creek Road  
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Petrolia, CA 95558

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# Haunted Humboldt

Story By Nathan Butler | Photos by H.R. LoBue

Dark and late, you find yourself alone and enthralled by an old book. Suddenly, there is a knock. You put on your slippers and make your way to the door. You open it and there is no one there. When you're about to close the door you notice a small note on the ground: "I am right behind you."

While most ghosts prefer to avoid leaving a paper trail, there are still many chills and thrills to be found in our little "sleepy hollow."

In Western culture ghost sightings date back to Pliny The Younger, a Roman writer and politician. In the 1st century A.D., he professed to have seen a ghost not unlike Jacob Marley from "A Christmas Carol." He was covered in chains and a long beard roaming Pliny's estate in Athens.

In fact, Eureka alone has more than 27 sites that have either reported paranormal activity or are generally accepted as haunted. The Carson mansion is famous for many reasons. One of the most interesting reasons is that William Carson's wife, Sarah Carson, is known to haunt the mansion. According to historical accounts Sarah never liked the mansion as much as her first home in Eureka. She is said to knock food off of counters, regardless of how far from the edge they may be. She is also known to make chairs rock.

The Benbow Inn has its own share of phantasmagoria. A maid hung herself there and has been said to haunt the building ever since. Tales abound of vacuum cleaners turning on by themselves. Cameras tend to lose battery power very quickly. Noises from empty floors are a common experience. Some have even seen people pass by only to go into the hall and see nothing. Considering the Inn has been around since the 1920's it only makes sense that it should have at

least one spirit dwelling within its historical confines. As a rule of thumb, the older a building is, the more likely it is to be haunted.

You need not be a lumber baroness or a distraught maid to give locals and tourists alike the creeps. A local resident named Vanessa recalls her youth, "I have lived in Eureka, CA my whole life. Ever since I was a child I could hear voices at night all around me. I would smell and feel things that no one else could and vaguely make out figures all around. My experiences were the worst at home. One day we were switching out our heater because we live in an old Victorian with a horrible old heating system and we found some strange photographs under the heating pipes." Those photos were of three unknown children that date back to the 1920's. The pictures were dark and gave off an impression that the children were disturbed and sickly.

In 1860, a small island in Humboldt Bay known as Indian Island, was the site of a massacre committed by settlers against Wiyot tribal members who considered the island to be a sacred resting place for generations of ancestors. Ever since, many claim that there are wandering spirits from the decimation of the ancient grounds. Throughout the nearby area, many homes and buildings have become de facto waiting rooms for the displaced and distraught ghosts of the men, women and children of the Indian Island massacre.

Arcata is not without stories of its own. In the office buildings above Golden Harvest cafe, there is a poltergeist that does not like loud music and really doesn't like techno. It has been known to throw knives and silverware at noisy kitchen staff playing the wrong kind of music, as well as opening and closing otherwise locked doors. It is always important to know what the resident apparition likes to hear. They can be very picky.



Then there is the curious case of Elizabeth Bullock. An Irish Catholic from New York, she fell in love with and wed a protestant. Elizabeth's family rejected the marriage and, when Elizabeth died, her husband put her ashes in the ceiling of their house that is now owned by Harvey Slatin. Harvey discovered it during renovations. He enjoyed the spirit of Elizabeth Bullock, but didn't like her opening doors, so he tried to nail doors shut to keep her from opening them. It had no effect. Eventually Father Thomas Devereaux of St. Joseph Catholic Church in Fortuna penned a petition to have her properly interred in a cemetery in Humboldt County. Harvey agreed and after a quarter century of wandering, Elizabeth Bullock was finally put to rest in St. Patrick's Catholic Cemetery on Table Bluff.

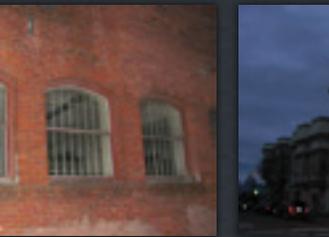
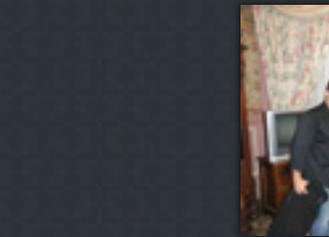
Eureka High School has two specters that both inhabit the school's auditorium. In the construction of the building, a builder fell and was decapitated.

The second was an aspiring actress who took her own life in the balcony. The old saying- the show must go on- apparently held true. Despite being in full view of the actors on the stage, the show finished before the body was noticed or removed.

With the dense history of Humboldt it is easy to see how there could be so many ghostly apparitions floating through the ether. With the often tragic treatment of Native Americans, the hard living and harder partying of early miners, sailors and loggers lends itself to energy that may not be ready to move on.

"The lawn is pressed by unseen feet, and ghosts return gently at twilight, gently go at dawn. The sad intangible who grieve and yearn..."

T.S. Eliot



# HAUNTED HISTORY TOURS

## Old Town Eureka

By Daniel Gelman | Photos Courtesy of Old Town Haunted History Tours

In the 1980's Eureka took you to the existential edge. From the moment you entered town, the stench of the pulp mills, the rumble of 18-wheelers, the sadness of a wayfaring wino and the dew in the air sucked you into a web of darkness and decline. But this vibe was child's play compared to the one that permeated the wild and wondrous waterfront of the 1880's.

The Haunted History Tour of Old Town Eureka takes you back to a place where vice and violence animated the lives and deaths of seamen, loggers, miners and drifters. Eric Vollmers and Alexandra Service run the tours as a labor of love. Vollmers teaches History and Social Science at Arcata High School. His great grandfather was a miner in Trinity County in the 1850's. He started his tour company three years ago after researching the bawdy folklore of 19th century waterfront history.

"Old Town was a hopping place," he told *The Emerald*. It was bustling with saloons and brothels and all the hot-blooded conflict that a thriving red-light district generated. "It may be the most haunted place per capita on the west coast. I think the story of Eureka is the highlight of the tour," he said.

The tours take place in the evenings and cover one mile on foot with twelve destinations. They begin and end at the Old Town Gazebo. Did you know that the Oberon Grill off of Opera Alley is haunted by the spirit of a young woman who died in a 1932 earthquake? There was a fatal shootout at the Louvre Café between business partners in 1933. You'll hear about what is beneath 2nd street, a sea captain's tragic loss, and the contents of Ruby's Room.

Alex Service explained the reason for the haunting. "Many people were living on the edge. You've got this area with so many people with troubled lives. There were many suicides, fights, and murders. It makes sense that some of their souls are still stirring," she said. Service is the Curator of the Fortuna Depot Museum and has a PhD in Medieval History from York University in England. She said that York is considered the most haunted town in England so she already had a personal history with such tours there.

Service expressed sheer joy that she has been able to create a lifestyle around her passion for history and, upon discovering Eric's tour two years ago, asked if she could join him. She's also an author who has published a local history on Fortuna and the Eel River Valley and is due to release another

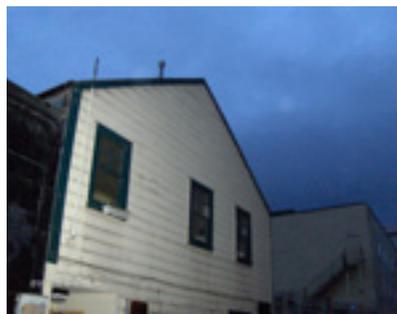


book in November about the Northwest Pacific Railroad between Willits and Eureka.

Service remembers recently touring the old Victorian hotel, The Eagle House, when a tour guest heard a mysterious voice say the word, "Diphtheria." She said it makes sense, because there was an epidemic in the 1870's in Humboldt County. "That was one of the strangest moments for me," she recalled. On another visit to The Eagle House, her tour ran into a local resident who shared impromptu ghost stories about the Old Town Bar & Grill in the 1980's.

She noted the irony that she doesn't personally encounter the ghosts as acutely as others. "I'm not personally sensitive, but I am a believer." Her twin, five year old daughters are convinced that a ghost inhabits their home. She is also planning her own tour concept in Fortuna called "Grave Matters and Untimely Departures."

Beti Trauth, the long time manager of The Eagle House, doesn't use the word "ghost." "Energy is what exists after events take place," she said. You may hear a story or two from her on the tour. She's a former Big Band singer and now writes theater reviews for the Eureka Times-Standard. Beti is another one of those colorful people you encounter in Humboldt County who defy local stereotypes. She says that hotels are a common source of hauntings because of the countless numbers of people coming and going. "They bring their own baggage or aura," she remarked. "People will find what they want to on the tour, but be careful what you ask for," she said. She also assures everyone that there is nothing threatening.



Vollmers and Service sometimes work with Lost Coast Rotaract, a youth version of the Rotary Club. This year, Rotaract volunteers will act out some of the tour stories on Saturday, October 26. Alcoholic beverages will be served on the "Spirits and Spirits" tours that day. Most tours last an hour and a half and cost \$20 per adult year round and \$15 for students. Those are for groups of five or more people. For smaller groups, prices increase. "We're hoping to bring more people into Eureka," said Vollmers, who often wears a sea captain's jacket when leading tours.

A tour fan named Monica contributed this review to the tour website at [www.oldtownhauntedhistorytours.com](http://www.oldtownhauntedhistorytours.com): "I went on the tour after hearing about it on the radio. I was not disappointed. It was very interesting and spooky. The tour guides are very funny and informed. I recommend it to anyone interested in the history of Eureka and to people looking for a spooky adventure!"

Eric and Alex are considering expanding the tour radius by using an historic trolley built by the Blue Ox Millworks in Eureka. In the meantime they're having fun and learning a lot. Vollmers encourages locals to try a tour and said, "They'll never forget the other side of history."

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