

The

*The Fitness Edition*

Free

January 2014

# Emerald

MAGAZINE



**The Importance of Balance**

*Yoga in Southern Humboldt*  
p.14

**Eat More, Lose More**  
*Eight Fat-Burning Foods*  
p.22

**Humboldt Hypnosis**  
*A New Alternative As Old As Egypt*  
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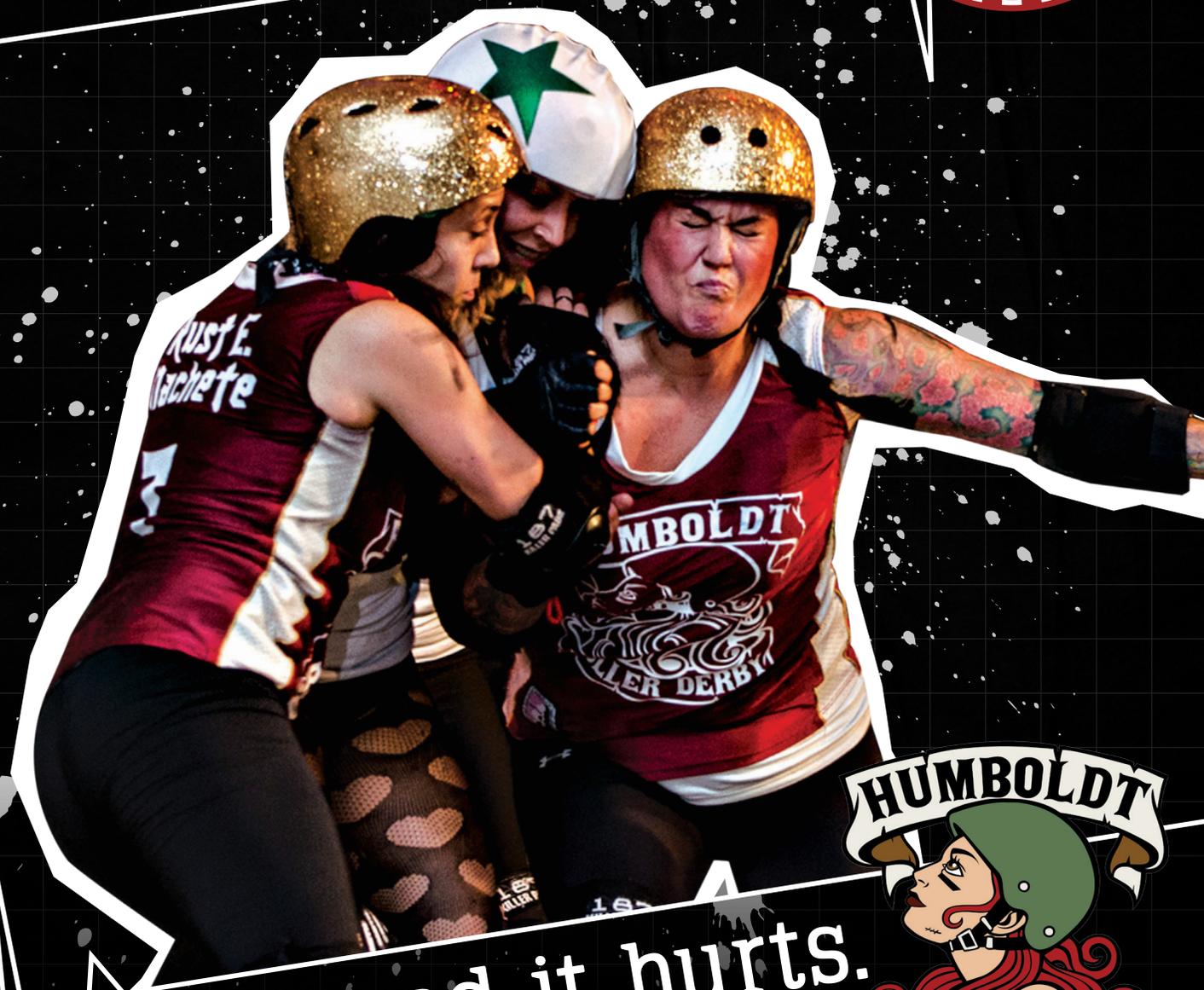
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Dear Reader,

Allow me to start by welcoming you to a joyous New Year! May your resolutions carry you far, and your dreams even further.

January marks the beginning of many festive occasions in Humboldt County, starting with the magazine's two year anniversary. My staff and I are thrilled to hit the ground running in 2014 with our Fitness Edition. While many vow to change themselves in one form or another, we here at the magazine promise to dedicate our time, love and devotion to the future success of our community.

*The Emerald* came into creation in late January of 2012 after a life changing event. It was through this unexpected occurrence that I decided to step forth and make

a change in Humboldt County. For far too long our reputation on the North Coast has preceded us. Little do outsiders know that Humboldt has a grand assortment of activities, sights and amusements that go well beyond our local cash crop.

*The Emerald's* mission is not to judge the marijuana industry or the culture that comes with it. We are here to highlight

the positive people, places, and events that make Humboldt a spectacular place to live.

Rather than trying to make a mug shot out of Humboldt County and its residents, we dedicate our time and resources to find-

ing stories that will represent Humboldt in the way it should be perceived.

As we enter 2014 we embark upon building a reputation for the Humboldt community that its residents can be proud of. Stories of encouragement and strength from locals

**E**

like yourself that tell a tale of how strong our community actually is.

The small town vibe we often feel and enjoy when enter-

ing the grocery store or walking down the street isn't something that exists everywhere. It's something that is built over time with commitment.

As my Grandmother says, "Nothing good in life ever comes easy," and with *The*

*Emerald* as a platform, we can share the exceptional work and transformations that have helped grow and reinforce the bonds in our community.

We're coming in hot for 2014. While January kicks off the New Year, February toasts off the month with our Champagne Edition. Join us this year as we push off to a fabulous start. We encourage all readers to share with us what they'd like to see promoted this year by contacting us directly at [info@theemeraldmagazine.com](mailto:info@theemeraldmagazine.com). Nominate your friends and fellow peers to be featured on *The Emerald's* stage. There is only one goal in mind for 2014, and that's you!

Sincerely,

Christina DeGiovanni

Editor-In-Chief  
[Editor@theemeraldmagazine.com](mailto:Editor@theemeraldmagazine.com)

*The* Emerald  
MAGAZINE

Making A Positive Impact Since 2012

#### ABOUT US

*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.

*The Emerald* was created with the belief that it could serve as a platform for locals to share what they love most about Humboldt County. We invite readers to contact us and contribute their thoughts on what they'd like to see promoted next.

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Featured

# January



Humboldt Hypnosis

*The key, according to Dave, is to unlock the strengths hidden inside your own mind. When you find yourself lost in a good book, or "in the zone" on a basketball court, that is a form of hypnosis.*

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### COOPEd UP FOR THE WINTER

By Tim Dower & Shannon Hughes  
Nursery Manager & Retail Manager

This year, all over Humboldt County, icy winter weather brought gardening efforts to an abrupt halt. Let this be a forced opportunity to let your garden rest and turn your attention toward other projects around the homestead. Something furry or feathered can be a rewarding and productive addition to your backyard farm.

While some of the furry critters can be a handful, chickens are relatively low maintenance. However, as with any animal, there are a few things to consider before bringing them home.

Chickens usually are kept as egg layers or meat birds, but they also make great pets. Female chickens, or hens, start laying five to seven months after they hatch. Meat birds, whether they are hens or roosters, are usually grown for less time because the meat can become tougher with age. Pet chickens can be hens or roosters. The jury is out regarding the lifespan of a pet chicken, but anecdotal evidence suggests that they can live between three and fourteen years.

In the beginning, your chicks will require a warm, draft-free environment. Heat lamps are a great way to provide the warmth they need during the cold months. A small cage elevated a few inches from the ground is ideal for housing your chicks. They must be able to clutch their toes around wire at a young age because their legs are still forming. If they are only allowed to walk on flat surfaces, they can develop "splay leg." This deformity will hinder them into adulthood.

Once your birds have completely feathered out, they are ready to live outside. This means they must be protected from predators. Chickens have many foes, whether they are dogs, foxes, raccoons, skunks, or hawks. Chickens need protection, especially at night. Make sure that they have a sturdy, enclosed space to sleep. Once they learn where they are meant to roost at night, they will put themselves to bed. It will be your job to make sure the door is latched and that they are safe for the night.

Now that you have thought about where your birds will spend their time, you can start making decisions about what you will feed them. Feed companies have formulated poultry feeds and supplements for all stages of life.

As young chicks they will require a finer crumble, usually referred to as "chick start crumble," which has higher protein content for growing baby birds. As your chickens grow, you

can start feeding coarser food with less protein. This formula is usually referred to as "layer crumble." Once full grown, you have a choice: continue feeding crumble or switch to a pelletized feed. Chickens tend to be messy and wasteful diners. Pelletized feed can reduce the amount of feed that is lost in the dirt. Poultry feeders come in a variety of styles and can also help reduce wasted food.

Fed and housed properly, chickens require very little maintenance. But be sure to keep a watchful eye over the health your flock. They can contract parasites and pests, but solutions to these issues are both easy and affordable. You can apply poultry dust topically to control pests that live in their feathers. There are also many options, like poultry wormers, for treating internal parasites. At the Trinity River Garden Center, we have a wide array of poultry health products to maintain the wellbeing of your flock.

Whether you have a flock or a herd, the Trinity River Garden Center can suit all your animals' needs. We have everything from antibiotics and vaccines to hoof knives and horseshoes. It is our goal to help foster a sustainable agricultural lifestyle in Humboldt County.

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# The Lost Whale Inn

## Your Extraordinary One-Stop-Shop

By Bernard Bass | Photos by H.R. LoBue

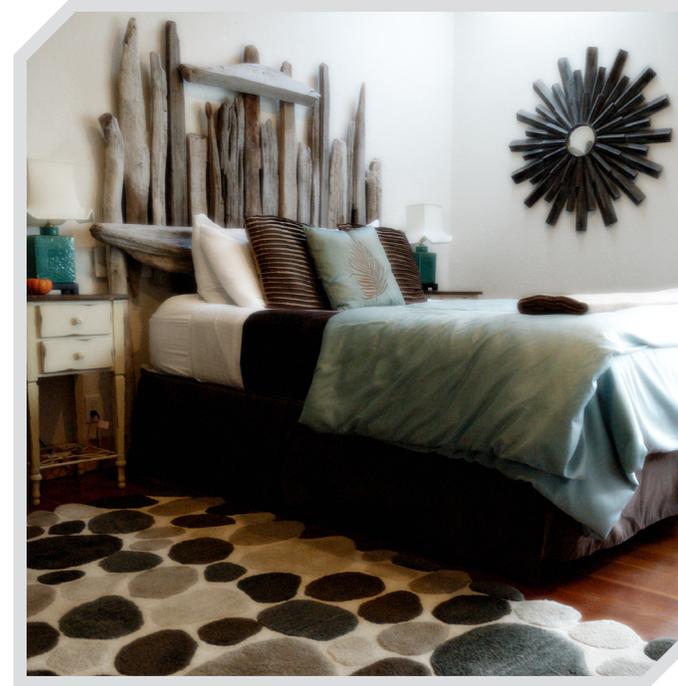
Surrounded by Redwoods and flanked by a lush collision of the Cascade and Coastal ranges, Trinidad is a cliff-side settlement handsomely carved from the dangerously charming waters of the Pacific Northwest. Trinidad boasts to be one of the smallest incorporated cities in California. There are also claims of the area having the cleanest air quality in North America. Of course, like many statistics that erupt from the world-wide-web and other such easily obtained sources of information, all classifications are arguable. Every town and city in the country, incorporated or not, has its own set of proud numbers and statistics that are used to attract people to the area in which they celebrate as the best place on earth. Numbers are often fluffed and statistics are constantly projected and rounded up. These innocent flourishes are understandable and even endearing, for who that truly loves where they live does not want others to experience the breadth in which they see it themselves?

We all are prone to being wrapped in semantics and argument. In a place such as Humboldt County, California, where there is an undisputable beauty in and around every corner, it seems to be getting harder and harder to accept and appreciate the fact that our area is exactly just that - beautiful. This area is, arguably, a lifestyle, not an argument, and there is a place that, every single day, quietly shouts the same sentiment.

There are points or places in one's life that take a sort of precedence over others; pertinent situations tend to overshadow others and there are moments that seem to engulf all of the rest. If you are lucky or present enough to be able to get yourself to the Lost Whale Inn, this Bed and Breakfast will take care of the rest.

In the 1920's, the site where the inn currently sits was known as Anderson's Cafe and Service Station. It was a place to chat with friends while filling up on petrol, fresh berry pie, and clam chowder. Present day, The Lost Whale Inn is still your One-Stop-Shop.

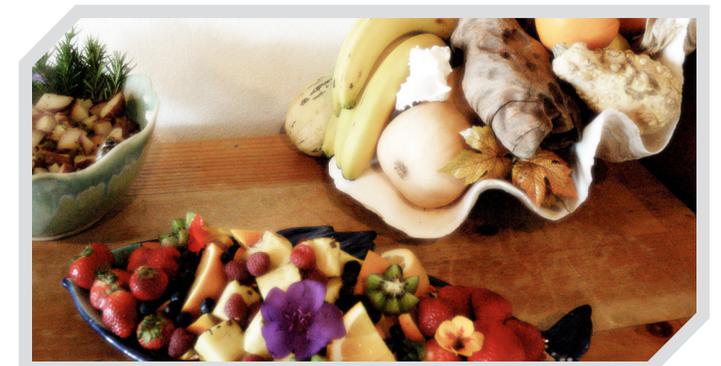
Located in Trinidad, California on two acres of manicured land and eight acres of cliff and ocean beach property, The Lost Whale Inn is a Bed and Breakfast that goes far beyond what is normally expected of most other B&Bs. Aside from the obvious draw of a comfortable room on the edge of an ocean cliff, a stay at the inn comes complete with a sauna and a cliff-side Jacuzzi. There is a complimentary bar in the Great Room where meals and snacks are served and S'mores



are offered for the cliff-side fire pit. On almost every windowsill sits a pair of binoculars to spot a whale, watch the seals bark on the jutting ocean rocks or just take in the panoramic seascape. If you think that sweating it out in an intimate sauna or maneuvering yourself around the multiple jets of a Jacuzzi while taking in a Pacific sunset is yesterday's news, then massages are available in the rooms or on the grounds upon request. And if all of this is still not enough, there is a path that leads from the top of the cliff to a private ocean beach. Take a bottle of wine

or two. Sit for hours and watch the crabs swirl in the tide pools and curious deer walk about the shores. For miles, as far as the eye can see, there is not a soul; the beach is yours.

When it comes to comparing a stay at an ordinary lodging to a luxury bed and breakfast, it pretty much stops there; luxury bed and breakfasts such as The Lost Whale Inn are assumed to be of an expense set aside for the upper crust. Not true. The innkeepers and staff love to cook and every Thursday through Sunday, until the 31st of March, the inn is offering a Two Tickets to Temptation special: "Wine, Dine & Unwind." Included is a gourmet dinner, afternoon wine reception, complimentary bar service, Jacuzzi, sauna, and a seven course buffet breakfast. When compared to the charges for lodging and a separate expense for meals alone, The Lost Whale Inn, with its many heavenly cliff-side amenities, is by far a more attractive deal.



FOR MORE INFORMATION, CHECK OUT THEIR MORE THAN CHARMING WEBSITE AT WWW.LOSTWHALEINN.COM OR CALL THE INN DIRECTLY FOR RATES AND RESERVATIONS AT (707) 677-3425 OR TOLL FREE AT (800) 677-7859

All that is offered is enough to allow each guest to experience a number of different scenarios. However it is decided for a stay here to be shaped, be prepared to encounter gourmet meals and rich, homemade desserts prepared from local and organic products and fresh produce from the cliff-side garden. There's artfully crafted salads with homemade dressings, and local wild-caught halibut with homemade tartar sauce. There's the rosemary goat cheese cheesecake drizzled with honey and the apple spice cake with cognac buttercream frosting, and the watermelon basil sorbet. After dinner, pour yourself a glass of port or a single-malt scotch. In front of the fire, laze on a sofa in the Great Room while you watch the sun set over the Pacific and listen to one of the inn's proprietor play Chopin on the baby grand. What at once seems like a fairy tale, the staff and fellow guests of The Lost Whale in make an art out of presenting your own little slice of heaven as so very and comfortably real.

Located only minutes from Patrick's Point and Redwood National Park, The Lost Whale Inn is a perfect destination when either continuing a trip up and down the Northwest coast or planning the many possible day trips in and around the area. To the folks that are lucky enough to have a place such as this in their backyard: Eat it up and be pampered where you live.

We all, on occasion, live in disagreeable times and most of our outlooks are deserved and understood but, because there is nothing to argue about once arriving at The Lost Whale Inn, you may be comfortably and swiftly forced to cease questioning intention. The Lost Whale Inn is an extraordinary Bed and Breakfast, a kind and genuinely amenable one-stop-shop that gives you no choice but to let the cynicism slide and have the time of your life.



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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)

You've heard of Christmas in July. Well, I'm here to help you wear it the other way around!

Staying warm in Humboldt without looking like the Michelin Man can be a challenge sometimes, and there's nothing I hate more than having to retire my favorite tops and little skirts from summer, just because it's cold outside.

Fortunately, current fashion allows us all a fun and creative solution: Layers! Layers not only keep you warm by adding fabric, they trap a thin layer of air between them as well. When your body heats up that air layer, it insulates you better than a single layer of equally thick fabric would. That's why down feathers keep you so warm: It's not the feathers, it's the AIR!

Of course, we're all pretty used to layering our tees, even in summer - that three-camisoles-in-three-colors look, with the edges peeking out. It's darling. Most of us don't think of trying it with our winter stuff, or a combination of the two, but it works with long sleeves just as well! You just need your tees fitted enough, like your summer camis, so the tees move together and act as one, without bunching.

Now go one step further and try that nice fitting long sleeve tee and a pair of jeans under your favorite sundress! Your sundress is now instantly transformed into a tunic! Drop your favorite scarf and sweater over that, and you'll barely need a jacket, at least at 2pm.

But layering doesn't stop at tops! When even Chanel starts showing skirts over pants, then you know the trend has arrived! Some designers are even selling them sewn together as a single garment! But I think that's a waste, especially when we all have those fun little summer skirts hanging in the closet. Go ahead and drop that darling little skirt over anything from leggings to jeans, and you'll have a whole new look for winter, and your knees won't freeze! Check out this cute little combo from [www.tinctoriadesigns.com](http://www.tinctoriadesigns.com). You can wear them separately or together, so it works all year round.

And we're not talking just casual either. Check out these designs from Haider Ackermann, Richard Chai Love, Balenciaga, and Vera Wang. And notice it's not just the skirt/pant thing going on - these fabulous designs have multiple layers going on all over! And if I were wearing that pink dress in Humboldt in January, I'd probably pull on my favorite black silk tee with the jewel neckline first, the black trim on the short sleeves would be the perfect transition!



So, whether you're hanging out at Old Town Coffee, or headed for a fancy night on the town in San Francisco, you can use your summer wardrobe on top of your winter woolies. Like I said, you can wear July, even when it's Christmas!



# Farmer's Winter Market

## Organic Matters Ranch

By Dave Feral

Every year, usually in October, I hear the same question, "When is the last Farmer's Market?" And most years I would reply, "The week before Thanksgiving." That was then. But there is a different answer now. For the past few years some of our most dedicated local producers and food manufacturers have been holding a winter Farmer's Market on Saturdays in Arcata at Brio Cafe.

My farm, Feral Family Farm, has been selling produce at the Arcata Farmer's Market from July through November for over twelve years. Every winter we have continued to sell our nutritious wheatgrass and salad shoots at all the local juice and salad bars. We are happy to be keeping our friends and neighbors supplied with nutritious greens all winter long, but I've always been a bit envious of those farmers that were "done" for the year and took the winter "off." While I'm making produce deliveries in the dark cold months of winter, I imagine my farmer friends kicking back by the fire with their feet up, sipping tea, and relaxing.

It has taken me several seasons of farming to realize that farmers rarely get to take the winter "off," and most of my farmer friends aren't spending all their time this winter cozied up to a cup of tea and a good book by the fire. Winter is the time farmers spend fixing fences, tractors, pruning, and catching up on general farm maintenance. Sure we all slow down a bit and may take a week or two off to relax, but farming is a relationship you have with the land, your crops, and most successful farmers tend to that relationship even in the cold, wet, dark of winter.

That said, you won't find Feral Family Farm at the Winter Farmer's Market this year, but you will find an assortment of local farmers and products this Saturday and every following Saturday, rain or shine from 10 am till 2 pm on the Arcata Plaza along "G" street through March.

Some of the dedicated farmers and producers you will find at the Arcata Winter Farmer's Market are listed to the upper right.



So, put on your finest Humboldt winter wear, and enjoy the Arcata Farmer's Market!

### LOCAL WINTER FARMERS

Henry's Olives- locally cured olives  
 River Bees- Honey  
 Reed's Bees- Honey  
 Flora Organica- Brussels sprouts, cabbage, lettuce, herbs and veggie starts, cut flowers, wreaths  
 Organic Matters Ranch- Brussels sprouts, chicken, eggs, pork  
 I and I Farms- potatoes, greens, onions, carrots, broccoli  
 Earthly Edible- apples, onions, cabbages, broccoli  
 McIntosh Farms- chestnuts, persimmons  
 North Bay Shellfish- oysters  
 Jacob's Greens- salad mix, herbs and veggie starts  
 Forest Lakes Nursery- dwarf conifers, bonsais, pork  
 Shakefork Community Farm- chicken, grains, veggies, lettuce, greens  
 Rain Frog Farm- leeks, cabbages, greens  
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# The Importance of Balance

By Stephanie Giles | Photo Courtesy of SoHum Yoga and John Faux

## Gayna Uransky: Yoga inspiration

Balance. It's more important than you think and not many are lucky to experience it. Gayna Uransky, yoga instructor and founder of SoHum Yoga in Garberville, understands how significant balance can be.

Uransky first found yoga while attending college in Washington D.C. Yoga wasn't popular in the late 1960's and Uransky happened upon a class on chance alone. "I was getting really involved in natural foods," Uransky said. "I was taking a cooking class and the teacher's husband was starting a yoga class, so I joined."

Yoga changed Uransky's life. "I was never a calm person," she recalls. "Both my parents worked for the CIA. Neither of them was ever calm." When she started learning yoga, she stopped biting her nails for the first time in her life.

Yoga influenced Uransky in other ways as well. She stopped wearing makeup and using cosmetic products. She stopped dying and cutting her hair, which is now five inches past her knees. "I Wondered what color my hair really was, since I had been dying it since I was a kid." She said. "I let the blonde grow out, cut it off, and that was that."

Uransky, who was also a High School art teacher, taught yoga classes at a church in Berkeley with her husband, Patrick Wood. "There weren't any yoga studios back then," she said. "So we taught where we could find the space." Through their organization, Berkeley Holistic Heart, they taught in the Bay Area for 20 years.

Uransky and her husband moved to Garberville when Heartwood Institute invited them to teach yoga. "We were very involved in holistic health," she said. "So we were excited to move to a community that embraced that."

Presently Uransky teaches yoga at her studio as well as occasionally substituting at Garberville High School. "Anyone who has taken a yoga class knows how empowering it can be," she said. "Yoga taught me to relax under stress, which is a powerful thing to learn."

Centering and balance are two concepts Uransky holds most important when it comes to practicing yoga. "Even balancing on one foot can teach us a lot about ourselves," she said. "You learn to focus on every part of your body and to let go of any stress in your life. That's a huge lesson."

Uransky likes to teach the significance of a pose and what it can do for your body. "If you have a tight area, and you are gifted a pose, allow yourself to relax in to it and it will address your tight area all on its own," Uransky explains. "It's pretty enlightening."



Gayna Uransky

Yoga has the ability to heal your mind as well. "Meditation allows you to let go of stress and to focus on yourself," she said. "Another really important lesson."

Uransky encourages everyone to practice yoga. "We host a yoga retreat in Mexico every year during the last week of February. We would like to invite everyone to join."

Stephanie\_Giles@theemeraldmagazine.com

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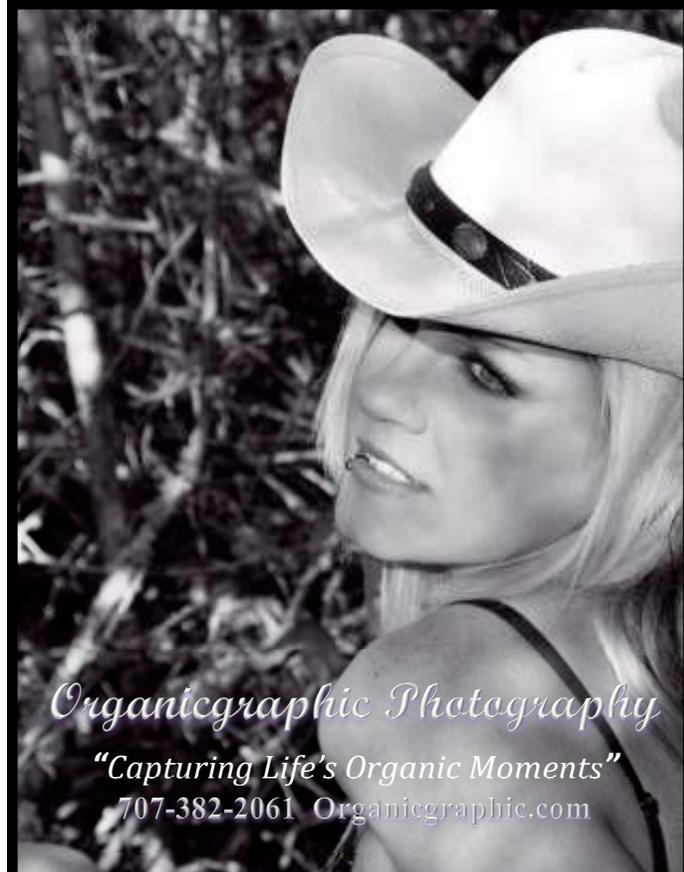


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# Trinidad Run

**"In last years event, over 1,100 runners participated and 100 volunteers contributed to make the race successful."**

Story by Vanessa Laird | Photo Courtesy of Trinidad To Clam Beach Club

For years I had never pictured myself as a runner, but now I couldn't imagine living life without it. At first I just wanted to get in shape, lose a few pounds, and allow my dog some exercise. Now it has become a passion. Running is cheaper than a gym membership and you can do it anywhere.



While it can be hard to get started, it's incredibly motivating to watch the transformation of your body while you get stronger and faster. Forget the treadmill, here on the north coast we have so many beautiful places to run. I love to run on the beach and the trails in the forest. With the beautiful scenery, fresh coastal air, and blood pumping through my veins, it is easy to get lost in the moment. My heart, breath, and legs all work in sync. I can feel my body sweat out the toxins as I breathe in the fresh air. In that moment, I feel so connected to my body and

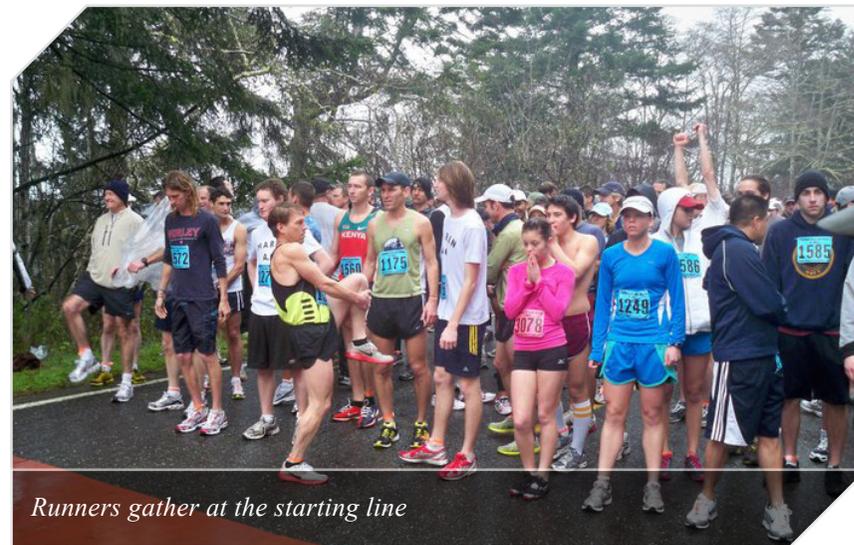
the environment. Running clears my head and keeps my body fit to enjoy life to the fullest.

Running is a simple sport, yet it can be challenging to stay motivated. I have found keeping a running log helps show progress and keeps me yearning to do better.

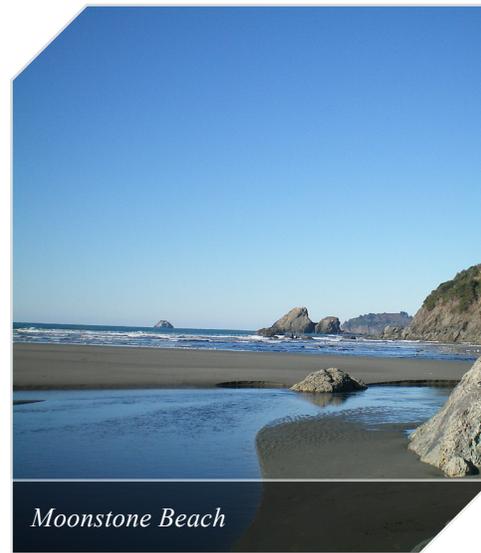
When I first started, I couldn't run a mile, now I run 3-7 miles a day. The best way to keep going is to set goals and find support. Last year my new year's resolution was to run a race. I wanted to test my skills and meet other runners. I asked around and found the annual Trinidad to Clam Beach Run.

**There are three races: 3 mile, 5 3/4 mile, and 8 3/4 mile.**

Dedicated to its originator, Ford Hess, the race began as a winter training race for Humboldt



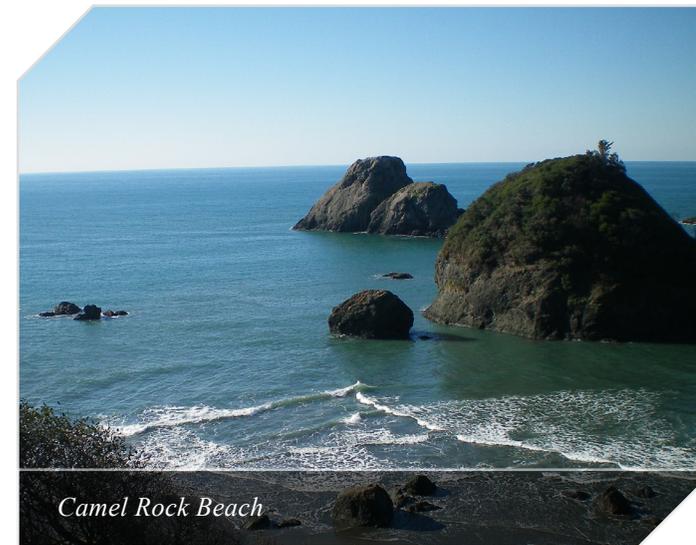
Runners gather at the starting line



Moonstone Beach

State track and field runners. Since the California Scholastic Federation controlled school athletics, the track students weren't allowed to meet during basketball and baseball, so they had to go in between, resulting in the early time of the year. The route includes running through the Little River so the race is either the last Saturday of January or the first Saturday of February, depending on low tide. Participants from all over California and often other states come to race.

There are three races: 3 mile, 5 3/4 mile, and 8 3/4 mile. The 3 mile and 8 3/4 mile runs begin north of Trinidad on Patrick's Point Drive onto Stagecoach Road, with the 3 mile ending in Trinidad by the Trinidad Art Gallery and the 8 3/4 mile continuing onto Main Street, down Scenic Drive, onto Moonstone Beach, crossing Little River and finishing on Clam Beach. The 5 3/4 mile run begins at the Chevron continuing onto Scenic Drive, down to Moonstone Beach, crossing



Camel Rock Beach



Runners make it to the finish line

the Little River and finishing at Clam Beach. With spectacular views of the North Coast, this race offers beautiful and diverse terrain.

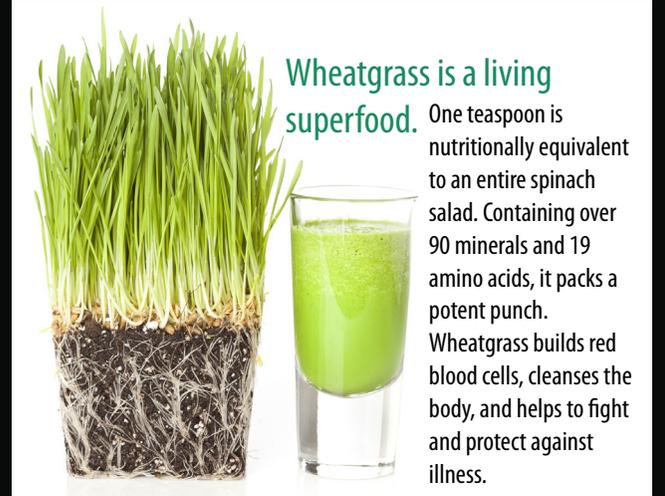
In last year's event over 1,100 runners participated and 100 volunteers contributed to make the race successful. In addition there were many spectators and the HSU Marching Lumberjacks congratulated the runners with band music. I was

honestly amazed at what a crowd it drew, and how many people came in from out of town to participate. From young to old, the race attracted a large and diverse following of runners. I had a blast at the event last year. For my first race, it was so exciting. There were so many participants and spectators of all sizes, ages, and skill levels. The absolutely breathtaking course kept my mind off my throbbing muscles

and gasping breath. The enthusiasm of everyone was incredibly motivating and I ran my fastest pace to date. It was a great way to get excited about running for the year and has inspired me to keep setting goals. I am training and looking forward to this year's race.

This year the 49th annual race will be held on January 25th. The 8 3/4 mile and 3 mile races begin at 10 am and the 5 3/4 mile race begins at 11 am. The cost is \$35 per runner with a pre-registration discount until January 18th. Participants receive a T-shirt and post-

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race chili. This year's shirts will be designed by local artist, Dan Breed.

Distinctive awards are given to the first through third place male and female finishers in each race. It's a great family event. The run is sponsored by the Greater Trinidad Chamber of Commerce and all profits go to the Chamber's scholarship fund. Last year the run generated enough to fund two \$3,000 scholarships for local high school students. For course details and more information, check out [trinidactoclambeach.com](http://trinidactoclambeach.com).

New Year's is a time to say goodbye to the old year and welcome in a new one, a point in time to reflect on the past and celebrate the moment. It's no different for Chinese and Hmong New Year's celebrations. For both cultures, it is a time to honor ancestors and spirits, eat lots of good food, and celebrate with family and the community.

Every year the Chinese calendar has a corresponding animal zodiac, and 2014 will be the year of the Horse. Chinese New Year festivities generally begin sometime between January 21st and February 20th, and culminate two weeks later with the Lantern Festival. The Chinese New Year falls on a different day every year (according to Western calendars) because the Chinese calendar is lunisolar, meaning dates indicate both the moon phase and time of the solar year. The Hebrew, Buddhist, Hindu, and Hellenic calendars are all lunisolar.

Humboldt State's Multicultural Center will be hosting a Chinese New Year celebration on January 31st in the Kate Buchanan Room that will feature lots of activities, dancing, treats, and information about the meanings behind the celebration. According to the MCC's Outreach and Social

## Chinese & Hmong New Years Greeted with Ceremony and Celebration

By Benjamin Fordham

Justice Programs Coordinator, Mona Mazzotti, they are hoping to book some Lion Dancers for the event as well. Mazzotti said that the dancers can be hard to get this time of year because there are also larger celebrations in Sacramento and the Bay Area going on at the same time. Dragon and Lion Dancers traditionally use cymbals, drums, and a scary costume to frighten away evil spirits.

There will also be a Community Celebration to commemorate the Lunar New Year on Feb 8th from 2-5 pm, also in the Kate Buchanan Room. Mazzotti said that if the Lion Dancers

are unable to attend the first event, they may be able to be booked for the second one.

The origins of the Chinese New Year celebration, also called the Spring Festival, date back over 4,000 years ago. According to legend, a monster called the Nian was terrorizing local villagers until, one day, the villagers discovered the Nian was afraid of the color red. Soon the color red was displayed in every home, and firecrackers were also set off to scare the Nian away. The beast was eventually captured by a monk who then used him as a mount.

Today the color red is present everywhere in

Chinese New Year celebrations. Red symbols are placed on houses, and red envelopes with money or chocolate coins are given out. Gift-giving is customary, and the color red also represents wealth and happiness in Chinese culture.

The Hmong New Year is based on the traditional time of year for the rice harvest, generally anywhere from late October through December. According to Boys and Girls Club Program Director Tou Thao (a member of the local Hmong community), Eureka's New Year celebrations generally occur during the second week of December.

Many Hmong populations, including Eureka's, came to the US following the Vietnam War. After helping the US government with the 'Shadow War' against the Viet Cong, the Hmong were persecuted in Laos and Thailand and many left for the US, France, and Australia. The Hmong are traditionally a rural farming, hunting, and fishing culture, which is why Humboldt County was an appealing destination.

According to Thao, the Hmong New Year is traditionally a time to relax after the end of the rice harvest. The family stays home and no money is spent. It is also a time of spiritual healing, when a shaman or head of family negotiates with the spirit

world to heal the sick and ensure the ancestors are looking over the clan. A meal is always left for the ancestors to make sure they are well-fed and happy.

When the quiet family time is over, the extended community will throw a large daylong celebration to socialize, play games, have music and dance, and eat lots of good food. Traditional clothes with coins sewn on are also worn. According to Thao, favorite games are pov bob, (a traditional ball-tossing game) and volleyball. This year's celebration was held at Redwood Acres Fairgrounds, and went from 10 am until past midnight. "Some people went home and came back again later," he said.

*Benjamin\_Fordham@theemeraldmagazine.com*

**“ Humboldt State's Multicultural Center will be hosting a Chinese New Year celebration on January 31st in the Kate Buchanan Room ”**

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# January Community Calendar

# Emerald MAGAZINE

# Humboldt Bachelorette

Advice Columnist

Submit Your Questions To

[Bachelorette@theemeraldmagazine.com](mailto:Bachelorette@theemeraldmagazine.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Jay Dancing Bear <b>1</b> At Mosgo's 5pm Buddy Reed at Blondies 6pm Hard Court Bike Polo at Highland Park 6 pm free Open Mic at the Logger Bar No Covers- SpeakEasy 8pm	Open Mic at Blondies <b>2</b> Karaoke at BLC, Bear River Casino, and Central Station Open Jam at The Forks Kindred Spirits-Clam Beach Inn 10pm Rude Lion Sound- Sidelines	Anna Hamilton at the <b>3</b> Angelina Inn 5:30 pm Fortuna's First Friday 6 pm Trinidad Arts Night 6 pm Shugafoot at the SpeakEasy Accurate Production-The Ritz Rude Lion Sound at T & J	Arts Alive Eureka 6 pm <b>4</b> Humboldt Bike Polo 2-4 pm Jefferson Community Center Karaoke at RJ Grin's Lounge DJs at T&J and Sidelines Arcata Winter Farmers Mkt
Logger Bar Potluck <b>5</b> Sundaze at Jambalaya Karaoke at BLC and Cher-Ae Heights Casino Open Mic at Mosgo's Open Mic- Robert Goodman's	No Covers- Eureka Inn <b>6</b> Quiz Night at Blondies Friendship Circle Dance at Moose Lodge 7-10 pm Open Mic at Shamus T Bones Swing Dance Night at Redwood Raks 7-10 pm Really Cheap Bowling Harbor Lanes 8pm	Game Night- Crush <b>7</b> Dale Winget- Cutten Inn Cribbage Club- Moose Lodge Shugafoot- SpeakEasy Buddy Reed at Libation Electric Gravy- Eureka Inn Karaoke- Cher-Ae Heights	Jay Dancing Bear <b>8</b> At Mosgo's 5pm Buddy Reed at Blondies 6 pm Hard Court Bike Polo at Highland Park 6pm free Open Mic at the Logger Bar No Covers- SpeakEasy 8 pm	Open Mic at Blondies <b>9</b> Karaoke at BLC, Bear River Casino, and Central Station Open Jam at The Forks Kindred Spirits-Clam Beach Inn 10 pm Rude Lion Sound- Sidelines	Anna Hamilton at the <b>10</b> Angelina Inn 5:30 pm Arts Arcata 6-9 pm Shugafoot at the SpeakEasy Accurate Production-The Ritz Rude Lion Sound at T & J Karaoke at Central Station	Humboldt Bike Polo <b>11</b> 2-4 pm at Jefferson Community Center Karaoke at RJ Grin's Lounge Pressure/Anya-The Ritz DJs at T&J and Sidelines Arcata Winter Farmers Mkt
Logger Bar Potluck <b>12</b> Sundaze at Jambalaya Karaoke at BLC and Cher-Ae Heights Casino Open Mic at Mosgo's Open Mic- Robert Goodman's	No Covers- Eureka Inn <b>13</b> Quiz Night at Blondies Friendship Circle Dance at Moose Lodge 7-10 pm Open Mic at Shamus T Bones Swing Dance Night at Redwood Raks 7-10 pm	Game Night- Crush <b>14</b> Cribbage Club- Moose Lodge Shugafoot- SpeakEasy Buddy Reed at Libation Electric Gravy- Eureka Inn HUMBucks Exacange at Baside Grange 5:30-7:30pm	Jay Dancing Bear <b>15</b> At Mosgo's 5pm Buddy Reed at Blondies 6 pm Hard Court Bike Polo at Highland Park 6pm free No Covers- SpeakEasy 8 pm	Bluegrass Jam at <b>16</b> Redwood Curtain Brew Co. Karaoke at BLC, Bear River Casino, and Central Station Open Jam at The Forks Kindred Spirits-Clam Beach Inn 10 pm	Mckinleyville Arts <b>17</b> Accurate Productions at The Ritz 9 pm Shugafoot at the SpeakEasy Accurate Productions at The Ritz 9pm Anna Hamilton at the Angelina Inn	<b>18</b> Karaoke at RJ Grin's Lounge Pressure/Anya-The Pearl DJs at T&J and Sidelines Arcata Winter Farmers Mkt
Logger Bar Potluck <b>19</b> Sundaze at Jambalaya Karaoke at BLC and Cher-Ae Heights Casino Open Mic at Mosgo's Open Mic- Robert Goodman's	No Covers- Eureka Inn <b>20</b> Quiz Night at Blondies Friendship Circle Dance at Moose Lodge 7-10 pm Open Mic at Shamus T Bones Rude Lion Sound at Ocean Grove Lodge The Getdown- Jambalaya	Game Night- Crush <b>21</b> Dale Winget- Cutten Inn Cribbage Club- Moose Lodge Shugafoot- SpeakEasy Buddy Reed at Libation Electric Gravy- Eureka Inn Karaoke- Cher-Ae Heights	GMO Free Humboldt <b>22</b> meeting at Arcata Co-op 6 pm Buddy Reed at Blondies 6 pm Hard Court Bike Polo at Highland Park 6pm free No Covers- SpeakEasy 8 pm	Open Mic at Blondies <b>23</b> Karaoke at BLC, Bear River Casino, and Central Station Open Jam at The Forks Kindred Spirits-Clam Beach Inn 10 pm Rude Lion Sound- Sidelines	Anna Hamilton at the <b>24</b> Angelina Inn 5:30 pm Shugafoot at the SpeakEasy Accurate Production-The Ritz Rude Lion Sound at T & J Karaoke at Central Station Rude Lion Sound at Toby & Jacks 9:30 pm	<b>25</b> Trinidad to Clam Beach Run Big Chili Cook Off at Mad River Brew 2-5 Pm Karaoke at RJ Grin's Lounge Pressure/Anya-The Pearl DJs at T&J and Sidelines Arcata Winter Farmers Mkt
Logger Bar Potluck <b>26</b> Sundaze at Jambalaya Karaoke at BLC and Cher-Ae Heights Casino Open Mic at Mosgo's Open Mic- Robert Goodman's	No Covers- Eureka Inn <b>27</b> Quiz Night at Blondies Friendship Circle Dance at Moose Lodge 7-10 pm Open Mic at Shamus T Bones Rude Lion Sound at Ocean Grove Lodge The Getdown- Jambalaya	Game Night- Crush <b>28</b> Dale Winget- Cutten Inn Cribbage Club- Moose Lodge Shugafoot- SpeakEasy Buddy Reed at Libation Electric Gravy- Eureka Inn Karaoke- Cher-Ae Heights	Jay Dancing Bear <b>29</b> At Mosgo's 5pm Buddy Reed at Blondies 6 pm Hard Court Bike Polo at Highland Park 6pm free No Covers- SpeakEasy 8 pm Live Turtle Races- Logger Bar	Open Mic at Blondies <b>30</b> Karaoke at BLC, Bear River Casino, and Central Station Open Jam at The Forks Kindred Spirits-Clam Beach Inn 10 pm Rude Lion Sound- Sidelines	Anna Hamilton at the <b>31</b> Angelina Inn 5:30 pm Shugafoot at the SpeakEasy Accurate Production-The Ritz Rude Lion Sound at T & J Karaoke at Central Station Rude Lion Sound at Toby & Jacks 9:30 pm	

Dear Caledonia,

I am a 32 year old single woman who has been trying to date in Humboldt County. I do not mind that we have a marijuana-based economy, but I have lived with a grower before and do not care for the stress of the lifestyle. My question is this: When I meet guys (at the grocery store, coffee shop, etc.) at what point is it acceptable to ask them what they do for a living? In most cities this is a no-brainer, but around here, people tend to either flat-out lie about what they do, or they get really squirrely and act as though their privacy is being invaded.

Thanks,  
*Girl Who Wants A Man She Can Introduce To Her Conservative Parents (GWWAMSCITCP)*

Dear GWWAMSCITCP,

Some would argue that the best defense is a good offense. That is, you can risk offending said bachelors by stating flat out, "I used to date a grower. It wasn't for me." Whether or not he chooses not to self-disclose, he may well self-eliminate and stop seeing you. If this route isn't for you, take heart in the fact that your instincts are more reliable than you may believe. The only thing standing between the first and second date with a guy who's not right for you is your willingness to lie to yourself. If a guy gets squirrely when you ask him about his job, you can safely assume he's either a grower or just extremely paranoid. Either way, he's not someone you'd want to date. Liars, too, are easy to suss out if you are honest with yourself.

I refer you to the following primer: "Landscaper," "carpenter," "construction," "self-employed" = grows weed.

"Tree-sitter," "seasonal construction," "unemployed" = trims weed.

Of course, there are plenty of genuine men who make a living with hammer in hand. So lean forward, smile and say, "Construction, huh? Cool! But what exactly does that mean? I don't know anything about construction. What do you do all day?" Stutters, offended glares, red face, vague mumbling = grower. Rant about contractors/architects/labor unions = construction worker. Good luck! (And if you find a nice guy, can you see if he has a brother?)



Drawing by Jesse Wiedel

Love, Caledonia

[humbolddbachelorette.blogspot.com](http://humbolddbachelorette.blogspot.com)



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# Eat More, Lose More

Eight Fat-Burning Foods That Will Boost Your Metabolism

—by Victoria Voss—

[Victoria\\_Voss@theemeraldmagazine.com](mailto:Victoria_Voss@theemeraldmagazine.com)

The holidays are a rejoyceful time of kicking back and relaxing with your loved ones. The season goes as quickly as it arrives, and with its departure stays behind a cushion you can't simply burn away. Let's pretend for a moment that you could keep up with holiday eating year-round while simultaneously burning fat. Imagine eating your way to a healthier body. Imagine if your metabolism could speed up production so you can burn fat while doing [almost] nothing. Fortunately, this is possible. Certain foods have compounds that allow our metabolism to burn fat while we relax. These compounds will increase your "metabolic fire" which will help you burn pounds.

## GRAPEFRUIT

Grapefruit - One study showed that people who ate half a grapefruit with every meal lost an average of 3.6 pounds. Those who drank three glasses of grapefruit juice a day lost 3.3 lbs.

- Mary Shomon



## GREEN TEA

Drinking four cups of green tea a day helped people shed more than six pounds in eight weeks.

- American Journal of Clinical Nutrition



## HOT PEPPERS

Capsaicin is the source from which hot peppers get their heat. Peppers increase one's heart rate, therefore burning more fat and increasing metabolic rate. Peppers can also help prevent blood clots, work as an anti-inflammatory and help control pain. - Fitday.com



## ALMONDS

In one study, people who added a daily helping of the nuts to a low-cal diet lost more weight than people who followed the same diet but swapped almonds for a carb-heavy snack like crackers.

- Health.com



## WHOLE GRAINS

The fiber whole grains contain help fill you up and may interact with beneficial bacteria in your gut in ways that help curb hunger. Whole grains also help keep your blood sugar levels stable.

- Dr. Oz, Sharecare.com



## LOW-FAT DAIRY

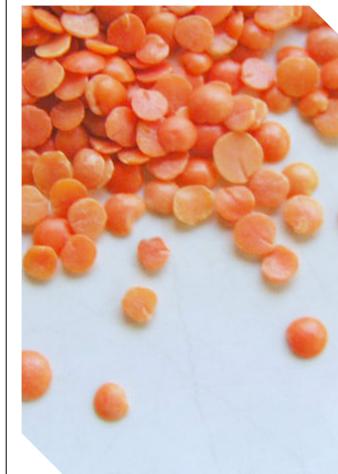
The calcium in dairy products helps us to lose weight by helping to breakdown body fat. People who consume dairy products as part of a calorie-controlled diet lose more weight than people who skip dairy. - Juliette Kellow



## LENTILS

The high fiber content of lentils can improve satiety and help keep you feeling full for hours. Lentils lowers blood cholesterol by creating gels that bind with bile acids, forcing the body to use cholesterol to replace them.

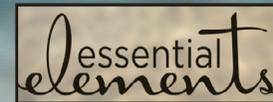
- Melodie Anne Coffman



## DARK CHOCOLATE

Dark chocolate, compared to milk chocolate, is more filling and lessens cravings for unhealthy foods according to Science Daily. Dark Chocolate also reduces insulin resistance, stress and cortisol levels.

- Celeste M. Smucker



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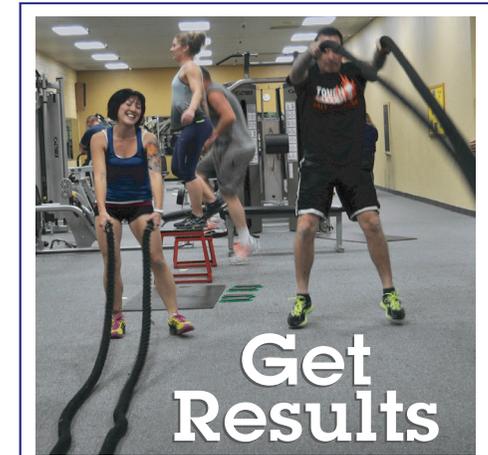
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Low-fat CARMEL cheesecake

## Keep The Taste But Lose The Waist

Putting a halt to sweets and other sugary goodness while dieting can be the hardest part about getting healthy. Fortunately, there are ways to cut corners. When it comes to dessert, it's possible to keep the taste while cutting back on those extra calories that will add inches to your waist. A low-fat caramel cheesecake can satisfy your sweet tooth without leaving behind the heavy guilt.

### Ingredients

- 50 crushed Nilla Wafers
- 1 cup of crushed macadamia nuts
- 1/4 cup melted unsalted butter
- 32 ozs of soft low-fat cream cheese
- 1 cup raw sugar
- 1 cup light sour cream
- 3 tbsps flour
- 1 tbsps vanilla extract
- 4 brown eggs

### Calorie Free Caramel

- 1/2 cup of a sugar substitute (xylitol or erythritol)
- 1 Teaspoon of Agave Nectar

Blend the two over a medium flame for five minutes until the caramel becomes a dark color.

Erythritol has a tiny impact on blood sugar and has almost zero calories & carbs. Xylitol is a naturally occurring alcohol found in most plants.

### Directions

Heat your oven to 325 degrees F.

Choose a pan size and line it with foil.

Combine Nilla Wafer crumbs with the 1/2 cup of butter and crushed macadamia nuts for the bottom crust. Keep it refrigerated until hard.

Mix the cream cheese and raw sugar in large bowl until completely blended.

Add in the light sour cream, flour and vanilla.

Then combine the eggs, 1 at a time, into the mixing bowl.

Then pour everything on top of the crust while simultaneously layering the caramel and macadamia nuts.

Bake the cheesecake in the oven for 45 minutes.

Place it in the refrigerator for four hours following.

Top the finished cake with additional caramel, nuts and cool whip (if desired).



Victoria\_Voss@theemeraldmagazine.com

**Enjoy!**

by Victoria Voss

# Contributing To The Community



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# Sun Valley Vineyard

By Michael Martino



“ The air is filled with aromas of grapefruit and lemon. The taste is similar in that it is filled with notes of citrus and apple. ”

While Humboldt County has been producing great wines for several decades, this local industry is still in its infancy in terms of reaching its potential for growth. With so much land but so little of it being used to produce grapes, there is plenty of room for newcomers to leave their stamp on the Humboldt County wine scene. One of the new wineries in the area, Sun Valley Vineyards (SVV), is attempting to do just that. Located in sunny Willow Creek, overlooking the beautiful Trinity River Valley, this winery uses a hand-crafted, old world wine producing style to make well-balanced wines that go with everything that Humboldt is known for; oysters, fresh fish, crab, cheese...

All that is Sun Valley Vineyards begins and ends with Wilfred Franklin. He is both Head Wine Maker and Vineyard Manager. On a blustery December day filled with snow and good conversation, Wilfred was kind enough to give a tour of his facilities and educate me about his passion for producing great wine. Wilfred is originally from Humboldt, and was born to an Italian Greek family that very much has wine as part of its culture. He obtained a degree in Botany at HSU and soon found himself working in the viticulture industry at one of the oldest and largest vineyards in San Luis Obispo County, Edna Valley Vineyards. While at Edna he managed the wine lab where his primary

responsibility was to monitor the grapes as they mature throughout the growing season. Ripeness involves the play between acid and sugar levels in grapes. He explained that it is crucial when picking grapes to wait to harvest until they are at their peak ripeness: “The most important step in producing a superbly tasting wine” he says. Judging by the wines I tasted that day, a talent Wilfred has clearly mastered.

Edna Valley Vineyards is a commercial wine maker that produces wine in a similar fashion to the way Budweiser produces beer. Wilfred made it very clear to me that when he first started SVV he wanted to get as far away from that paradigm as possible. He



takes a holistic approach to producing wine. He puts in as much personal attention to each grape vine that he can in order to yield the best crop possible. From there he uses an old world style of producing wine that he explained to me was about letting the quality of the land and the vines shine through in his wines. Wilfred mentioned that many large scale wineries have to add inorganic acids and sugars to their wines to try and force the grapes to be better than they actually are. Something he strives to never do by organically growing the best grapes possible. When you buy a bottle of SVV you can be sure the term hand-crafted aptly applies and that it is certified organic.

SVV has only one vintage currently on the market and it can be found in many of the local stores in the area. It is their 2012 Chardonnay, a light and crisp affair; it is both fruity and refreshing as it rolls over the pallet. Something that would be best enjoyed on a warm summer day while eating kumamoto oysters freshly plucked from the bay. I also tried several of his vintages to be released next summer. His 2013 Sauvignon Blanc captures your attention as soon as the cork is popped. The air is filled with aromas of grapefruit and lemon. The taste is similar in that it is filled with notes of citrus and apple. Would pair wonderfully with crab or Cypress Grove Humboldt Fog.

The other vintage I tried that day was the one I felt most excited about. It was a 2013 Bordeaux blend style of wine, which you may not know is a mix of Merlot and Cabernet Sauvignon grapes. I prefer big red wines; wines that are full bodied and rich with flavor. It was my belief that it would be impossible to produce something like this in Humboldt due to its cool

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climate, because Cabernet grapes need many hot, dry days in order to obtain the proper ripeness to produce such a wine. Clearly I was wrong because the SVV 2013 Bordeaux could go up against anything coming out of Napa or Sonoma. It was everything I love in a red wine. It had hints of spice and cherry, it was well balanced, very delicious to say the least. I have been to Willow Creek many times in the summer to hang out by the river. It has an exceptionally hot climate in the summer as compared to the rest of Humboldt and that, as Wilfred explained, it is ideal for producing cabernet. This wine will be released next summer so look for it when it hits shelves because it will not last long.



The story of SVV has a myriad of facets. It is the story of how local boy does good. It is the story of Humboldt style entrepreneurial-ship; SVV uses solar and is certified organic as it strives to be a sustainable business. It is also the story of how the best business is created when passion is mixed with determination, both of which Wilfred employs so well. Based upon what I had tasted, the future of SVV should be a bright one. So if you are out shopping for wine, pick up a bottle of SVV and see what this newcomer brings to the local wine scene.

Visits to SVV are by appointment only.

Feel free to call 215-280-0535

or

email [wfranklin@tsvg.com](mailto:wfranklin@tsvg.com)

*Michael\_Martino@theemeraldmagazine.com*

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# A Fitness VACATION

By Michael Martino

As the champagne hangovers fade so begins the process of choosing a New Years Resolution. After stuffing your faces with turkey and sweets it's likely many of you will choose to work off those excess pounds gained over the holiday season. There are many ways to achieve this goal. You might purchase a membership at a local gym, or start that South Beach diet you have been hearing so much about. While these promises that we make to ourselves are always made with the best intentions, it is often the case that once spring rolls around the membership goes unpaid, and we phase back into our old eating habits. Which is why we at The Emerald Magazine thought it would be interesting to take a look at a different way to drop some pounds, a fitness vacation. Sometimes all you need when trying to unleash your inner Brad Pitt or Angelina Jolie is a push in the right direction. Health and wellness retreats have been around for decades. They are fitness vacations that put you through all day boot camp style workouts while also educating you about proper diet and exercise. In the past these are all issues I have struggled with when trying to lose weight. So I searched online for a retreat where I could focus on my fitness education and lose a few pounds at the same time. Eventually I decided on a place called the Biggest Loser

Resort at Fitness Ridge in Malibu, CA or BLR for short. Not to be confused with the actual television show The Biggest Loser, BLR is a separate entity, but they license The Biggest Loser name for marketing purposes. Here I learned all kinds of skills, from proper eating strategies, to knowing how best to utilize my time at the gym. Along the way I met some really great people, and hiked in some of the most picturesque parts of Southern California.

When I called to make a reservation I learned that they are made for one-week intervals, Sunday thru Saturday. So I signed up for one week not exactly sure what I was getting myself into, but excited for the experience. I found a Groupon and was able to book it for \$1795. When I arrived Sunday afternoon I was shown to my room where I was to relax before dinner and orientation. It was furnished with a queen bed, a TV and a private bathroom, similar to what you would find at any hotel. Before the real work began I had to turn in my signed agreements stating that BLR was not responsible for any "injury, including death to any person suffered while at the resort or participating in the program." Which felt strangely ominous as I looked at the weeklong schedule I was given. There was no free time unless you counted the 10 minutes we had to change for

circuit class or jog to our next "mountain" or "core" cardio class.

The schedule at BLR is demanding to say the least, and why the word resort is in the name is lost on me completely. There is a pool, but there is no time for lounging around it, and you are only in it if you are swimming laps or taking a pool class. The days are regimented from 6am to 6pm. Each day starts with breakfast and then afterward is a two and a half hour hike. Followed by lunch, and then three exercise classes, a cardio class, a pool class and then a gym class. In between the exercise classes are two nutritional classes, then finally dinner. The food at BLR was great. Everyone is placed on the same 1500 calorie per day diet. The meals are served in a large cafeteria where everyone eats together, but they are served restaurant style, meaning a waiter brings you your meal. If you don't like what's on the menu there are always substitutions that the kitchen staff can prepare for you instead. Amazingly I never really went hungry at BLR. They prepare mainly low calorie items liked baked chicken, and use low carb breads so that they are able to make the portions to a size that were always filling.

The hikes were probably the most physically challenging part of my stay at BLR, but they were also the most rewarding. The resort is set in a beautiful part of Malibu and there are literally a hundred hiking trails within a half hour car ride. The stunning vistas are the best part of the hikes, at times you will see the jagged Santa Monica Mountain Range and at others the meandering Malibu coastline. I think it's important to mention that BLR exists for people of all fitness levels. I was surprised when I showed up for orientation at the number of fit people who had come presumably just to have their butts kicked for a week. Of course there are people at the other side of the fitness spectrum as well. Some staying for rather long periods of time with stated goals of losing a 100 pounds or more. Which is why the hiking groups are split up based on fitness level. For the first time in my life I found myself in the group that was deemed most fit. Which was a nice compliment at first, but then later came to regret as I learned our group had the most challenging hikes e.g. walking up mountains.

The exercise classes were challenging but the trainers are top notch so they make it all possible. I thought I would have these drill sergeant style trainers where someone was screaming at me constantly. The trainers were not like that though, they would keep the work outs at a high intensity but at the same time be very encouraging and motivational. If you are unfamiliar with a gym classes like

circuit training are great because they introduce you to all of the different machines you will find there. Making the gym at home a less intimidating place to be. Having never taken a pool class before I thought that would be the easiest part of the day. Turns out you can sweat in a pool, a lot. Kicking your legs as hard as you can for 5 minutes after swimming 15 laps will really get that burn on!!!

After a week of sweating and grunting my way through hikes and cardio classes only one thing mattered. Saturday was my weigh in and I was hoping to get some good news from the one thing that I can always count on to give me bad news. I was happy to say the least when I learned that I had lost 5 pounds and four inches on my waist. In just one week!!! All that work really paid off. At the end of the day on Saturday they have a "graduation" ceremony where they play a video of all the guests going about the business of working out. They also hand out a list of emails so guests can stay in contact with each other. Going to BLR is an intense experience so you definitely generate a bond with the people you meet there. Overall I have to say that my experience at BLR was a great one. I learned a lot about nutrition and greatly increased my over all fitness levels. I also made some new friends and saw some amazing vistas along the way. So if you need to lose a few pounds or a few hundred you might want to consider jump starting your path to a healthier you by going on a fitness vacation.



# Humboldt Hypnosis

A New Alternative As Old As Egypt

By Nathan Butler | Photograph by Clay McGlaughlin

When the term hypnosis comes up, what do you think of? Perhaps you think of someone waving a watch back and forth and strange insights into sudden, uncovered realizations. The truth of the matter is that modern hypnosis is becoming regarded more and more as a safe alternative to dangerous drugs, surgeries and expensive visits to psychiatrists. Dave Berman is at the forefront of this revolution in medicine and he is right here in Humboldt.

The key, according to Dave, is to unlock the strengths hidden inside your own mind. When you find yourself lost in a good book, or "in the zone" on a basketball court, that is a form of hypnosis. "The most important way these are all similar is that control still resides in the person, despite the appearance of being out of control or under the control of another person," Dave says. "Hypnosis is a heightened state of internal focus. Hypnotherapy is about helping people use that inward focus to discover their subconscious

has the ability to resolve issues that may be cognitive, emotional, somatic, or behavioral and which are simply beyond the scope of conscious control." It is by creating this state that the mind and body can meet and overcome such problems as smoking, overeating, anxiety, improve sleep and study skills.

Dave's clients have had such results as being able to quit smoking after only one session. Other testimonials include a client that was saved from a life long fear of tarantulas. All this is accomplished not with drugs or electroshock therapy, but with a few thirty minute sessions or less of Neuro-Linguistic Programming (NLP). NLP is the study of the interconnectedness of mind, body, language and behavior. By understanding how these factors relate and how they affect the world in which we live, people like Dave Berman can help to make adjustments that positively change the lives of anyone willing to improve.

Hypnosis dates back around 5,000 years to the Ancient Egyptians who used a form of hypnosis called "temple sleep" to help ailing patients. It spread to Greece and is responsible for the creation of the oracles (Delphi being the most

widely known). The misconceptions of hypnosis began in the 1920's when Vaudeville acts began using a bastardized form of it in their acts. After World War II, hypnosis grew from a mysterious pseudo science into an accepted field of study. This is due to the many successful treatments of soldiers suffering from Post Traumatic Stress Disorder (PTSD) and other psychological and physical ailments.

In recent years, science has repeatedly shown astonishing results from hypnotherapy. The growing laundry list of studies published in medical journals is taking this field out of the shadows and into the spotlight.

In a study done the by The University of Iowa, hypnosis is three times as effective for tobacco use cessation as "the patch" and fifteen times as effective as willpower alone. Another study published in the journal of Clinical and Consulting Psychology reports that hypnosis for weight loss is thirty times as effective as traditional methods. Other studies of hypnotherapy produce results ranging from recovery from surgery, lowered phantom limb pain, and seventy-seven percent success rate for drug addiction recovery.

"Hypnosis has provided safe, comfortable and natural sedation during medical and dental procedures since before chemical anesthesia existed," says Dave. In fact hypnosis in dentistry is nothing new and there are a growing number of dentists who themselves are trained in hypnosis to help ease the patient's anxiety or gag reflex that might otherwise inhibit successful performance of the procedure. Dave continues, "YouTube features many thousands of videos on the topic, including interviews with dentists who simultaneously perform hypnosis."

As humanity searches for the perfect combination of relief and safety, perhaps looking forward is also looking backwards. A new alternative is as old as pharaohs; an old study being rediscovered for its medical merit by psychologists, dentists, physicians and everyday folks willing to try something that does not require huge amounts of money or weekly trips to a pharmacy. The keys to the doors of self-improvement lay not so much in pills, patches, and programs but in the depths our own minds.

Dave Berman is based in Arcata, CA and is a Clinical and Medical Hypnotherapist. He is a Life Coach and master practitioner of NLP. He conducts sessions both in person at his office and on Skype. He can be reached at 707-845-3749 for a free consultation.



# LIVE UNITED

United  
Way



United Way of the Wine Country

## IMPROVING LIVES LOCALLY

### EDUCATION, INCOME & HEALTH

**EarnIt!**  
**KeepIt!**  
**SaveIt!**

**The VITA program provides free quality tax return preparation services to individuals and families earning less than \$52,000**

**Now, more than ever, you deserve to keep your money, especially during tax season.**

The Volunteer Income Tax Assistance (VITA) Program or also known as “Earn it, Keep it, Save it”, sponsored by United Way of the Wine Country (UWWC) – Humboldt/Del Norte region, provides free tax preparation services for low-to-moderate income individuals and families (with a combined income of no more than \$52,000) living in Humboldt and Del Norte County, including the outlying, rural regions of each county. This service is offered at 25 sites in Humboldt and 5 sites in Del Norte during the peak tax season which occurs from January 15 – April 14. During the tax season, VITA services are provided in McKinleyville, Arcata, Hoopa, Willow Creek, Blue Lake, Manila, Eureka, Bridgeville, Loleta, Ferndale, Fortuna, Rio Dell, Redway, Klamath and Crescent City at scheduled times during the weekdays, evenings and weekends. College of the Redwoods has joined the VITA Coalition and will be hosting 3 VITA sites at the main campus south of Eureka, Hoopa and Crescent City.

Initial planning with VITA Coordinators: Merle McDougall, Sandra Rowan, and Steve Saunders.



Most returns are prepared by volunteers who are recruited and trained prior to the tax season. After training, they are required to pass IRS Certification which qualifies them to prepare tax returns. Training is also provided for the United Way 2-1-1 Humboldt staff who are responsible for screening every potential client and scheduling tax appointments to those eligible for VITA services. Being a VITA Volunteer is an excellent opportunity to build your resume, expand your financial skills, and give back to your community in a very positive way as you help local families. Call “2-1-1” or 707-443-8637 at the United Way office to sign up as a VITA Volunteer. January 31, is the final deadline for being IRS certified. YOU can make a difference in our community through VITA!

There is a good base for this VITA program in both Humboldt and Del Norte Counties thanks to the previous good work of RCAA and the current VITA Coalition, comprised of 28 community partners who see the value of this program and want it to continue. Currently, we find more people unemployed and struggling to make ends meet with unemployment rates continuing to be high. And yet, these households and other low-income residents still need to have their taxes prepared and many are eligible for income tax credits. VITA is a means for bringing additional revenue back to families and individuals in the Humboldt/Del Norte region. This program has proved itself to be very valuable for a great many people in our northern region.

During the 2012 tax season, 572 total tax returns were prepared through the VITA Program. This equates to 572 households served, which encompasses approximately 866 individuals. This was a 32% increase in tax return production compared to the previous year, and the number of tax returns is expected to increase again this upcoming tax season. These returns in 2012 brought in \$619,359 in total refunds coming back to residents in our local communities. For more information about VITA, dial “2-1-1.”



United Way VITA and 2-1-1 Staff  
Jeanette Hurst, Amy Whitlatch, Sandra Rowan, Gabrielle Parkinson, and Jill Branscom

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## New Classes

### **Kundalini Yoga**

**Tuesdays and Thursdays 12-1:30pm**

### **Hoop Dance of Humboldt Classes**

**Beginners Mondays at 5:30pm**  
**Intermediate and Advanced Tuesday at 6pm**

### **Yoga for all with Stephanie Perrett**

**Wednesdays 7:45am - 8:45am**

**Pilates for Seniors Mondays and  
Wednesdays at 11-12pm**

### **Adult Ballet Tuesdays and Thursdays**

**9-10 am and Thursdays 6:30 pm**

### **Beginning Series Vinyasa Yoga-**

**Mondays and Wednesdays 12-1 pm**

### **Power Vinyasa Yoga -**

**Mondays and Wednesdays 6:30- 7:30pm**

### **Yoga for all**

This flow style class seeks to affirm the mind-body connection through the practice of alignment based sitting and standing poses. By incorporating breath work and mindfulness practitioners of all ability levels can create space in their life for asana practice. Taught By Stephanie Perrett.

### **Kundalini Yoga**

Working to awaken our untapped creative power, which lies at the base of the spine, this practice grounds us, while simultaneously opening us to the infinite. As this potential is released, it moves up the spine balancing and awakening each of our chakras. Taught by Bree Tye.

### **Vinyasa Yoga**

An upbeat and vigorous Ashtanga-influenced flow class, incorporating alignment principles and breathwork all backed by a rockin' playlist. Expect to breathe, flow, and sweat your way into your most authentic self! Taught By Sasha Milisis.

### **Dancing For Birth™**

Dance your way to a happier and healthier pregnancy, a quicker and easier birth and a more content baby! Taught by Kalia the founder of Heaven In Your Body™ holistic birthing support and offers programs, coaching and therapy for family and personal support.

