

The February 2014

The Champagne Edition

Free

Emerald

MAGAZINE

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Make Your Drink Memorable

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Calling All Eligible Bachelors and Bachelorettes

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Feature Story

The Humboldt Hookup

A DATING GAME FOR SINGLES HIDING BEHIND THE REDWOOD CURTAIN

Thursday February 14th

An attempt to widen the dating pool and help local singles make new connections.



Six Rivers Brewery

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Sherae O'Shaughnessy

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BE WINED
AND DINED AT
SIX
RIVERS
BREWERY

With music from Electric Gravy!

p. 40

Calling all eligible bachelors and bachelorettes! Are you looking for love? Or just haven't found a hot date for Valentines Day? The Humboldt Hook-Up is your ticket to love, or a free meal...

from the editor

Dear Reader,

Like a champagne bottle kicks off a celebration, February marks the season of love. In todays fast paced world, love takes on many different forms. Texting, Tweeting, Instagramming or Facebooking have all become new grounds for courting. If there's one thing people, single or not, can still enjoy together, it's a bottle of champagne. No matter what the occasion, champagne carries with it the excitement of celebration.

This edition we bring you a variety of outings that are fun and festive for couples, singles or simply for a girls night out. Treat yourself, a friend or a significant other to a day of relaxation at the Chumayo Spa in Blue Lake. Kick back with a couple of fancy cocktails embellished with wild hibiscus flowers. Or perhaps an adventurous afternoon is what you're after, consider going on a two-person kayak tour around Stone Lagoon.

For those of us who stick to the single life, consider traveling out to McKinleyville on February 13th for the Humboldt Hook-Up. There you can share some beer and chuckles while enjoying the company of singles around you. Join host Sherae O'Shaughnessy as she emcees a night of love, looks and laughter.



Join us next month for our *Women's Edition*, where we celebrate the women of Humboldt County, and the positive impact female entrepreneurs have made in our community.

Sincerely,

Christina DeGiovanni
Editor-In-Chief

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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.

info@theemeraldmagazine.com

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Courtesy of Wild Hibiscus

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SUBSCRIPTIONS - \$30/year
Send check or money order to:
P.O. Box 65
Arcata, CA
95518



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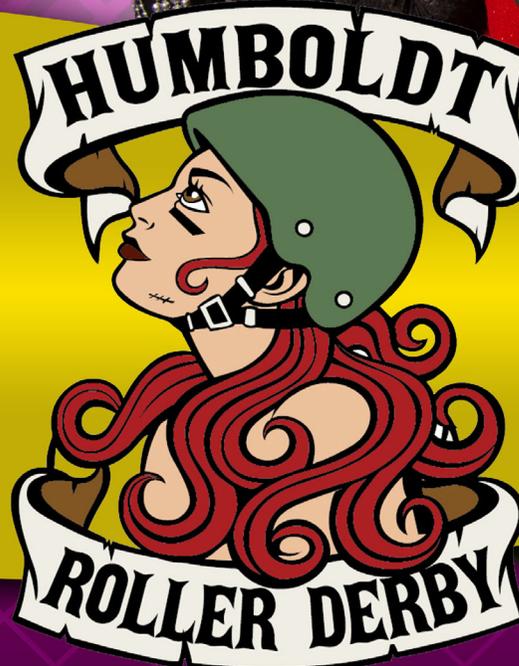
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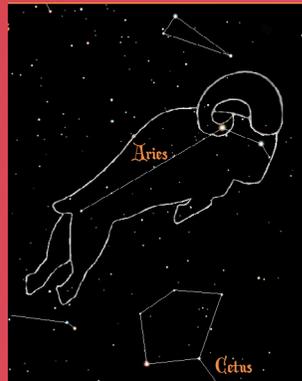


FEBRUARY 15TH

REDWOOD ROLLERS VS.
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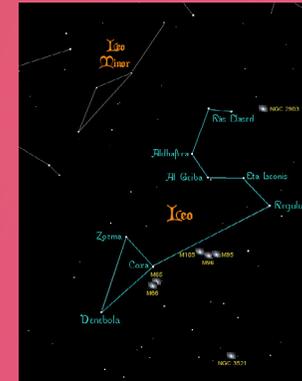
KIDS 10 & UNDER FREE
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Love Scope



Aries
 March 21 - April 19
Compatible with Leo

When Aries and Leo come together in a union of love, the sparks will fly! Both are Fire Signs, passionate and dynamic, with a healthy love of sportsmanship and competition. There is a lot of action in this relationship.



Leo
 July 23 - August 22
Compatible with Sagittarius (and Aries)

When Leo and Sagittarius join together the result is often fireworks! This couple is full of life and fun to be around, with each person encouraging the other to aim high! The two will have genuine admiration and respect for one another.



Sagittarius
 November 22 - December 21
Compatible with Aries (and Leo)

When Aries and Sagittarius come together it can be a match made in heaven! These partners have much in common - similar energies and interests and are highly compatible. Both are explorers and pioneers. This relationship is exciting as both partners are always ready for a new adventure.



Taurus
 April 20 - May 20
Compatible with Virgo

When Taurus and Virgo come together in a love affair, it's a union of innate practicality. Both of these Signs employ practicality in their daily lives as the most efficient means to most problems. They can be quite sincere and devoted to one another.



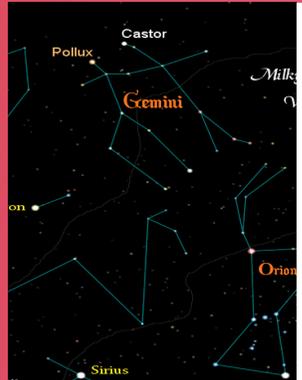
Virgo
 August 23 - September 22
Compatible with Capricorn (and Taurus)

When Virgo and Capricorn join together it is a pragmatic, smart relationship. Both are highly rational. Virgo adores Capricorn's dedication and intensity. Capricorn admires Virgo's intuition and attention to detail. Together they form a solid union based in reality.



Capricorn
 December 22 - January 21
Compatible with Taurus (and Virgo)

When Capricorn and Taurus come together in a love match, it's a practical, sensible partnership. These two Signs share a certain down-to-earth logic and interest in efficiency. The two Signs admire one another's dedication and strength.



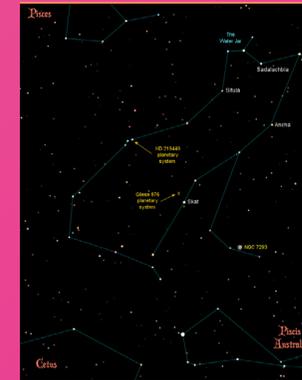
Gemini
 May 21 - June 20
Compatible with Libra

When Gemini and Libra come together in a love affair, they enjoy a great relationship based on intellectual interests and mental agility. Dual-natured Gemini loves Libra's balance, and Libra is always entertained by the chatty, brainy Twins.



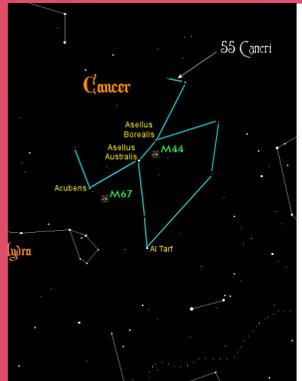
Libra
 September 23 - October 23
Compatible with Aquarius (and Gemini)

When Libra and Aquarius join in a love match, their relationship can serve to heighten and strengthen both Signs' consciousness. These two connect on a high mental level; they share a love of art, people and culture; they both abhor restrictive influences in their lives.



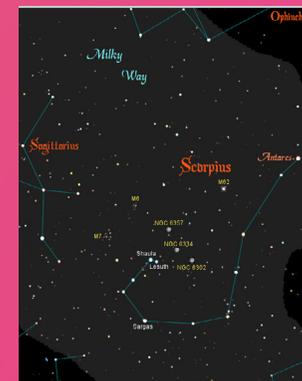
Aquarius
 January 22 - February 18
Compatible with Gemini (and Libra)

When Gemini and Aquarius come together the pair can enjoy a wonderfully stimulating mental connection. Gemini is in love with ideas as Aquarius is full of them. Both Signs need independence which they can easily provide for one another since they understand the need



Cancer
 June 21 - July 22
Compatible with Scorpio

When Cancer and Scorpio make a love match, the resulting relationship draws together the energies of two emotionally intense Signs. These Signs feel a strong sexual attraction. Cancer and Scorpio have a great deal in common, and much potential to keep relations passionate and strong.



Scorpio
 October 24 - November 21
Compatible with Pisces (and Cancer)

When Scorpio and Pisces make a love match, theirs is a splendid union of much respect and understanding. These mates share the same Element — Water — and thus have keen insight into one another's minds and hearts.



Pisces
 February 19 - March 20
Compatible with Cancer (and Scorpio)

A love match between a Cancer and a Pisces is a positive meeting of spirits. Both Signs are tolerant and sympathetic. Pisces is easily energized by Cancer's ideas. A Pisces mate can open a Cancer's eyes to the world of creativity and spirituality.

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Rose Court Cottage
An Enclave of Enchantment

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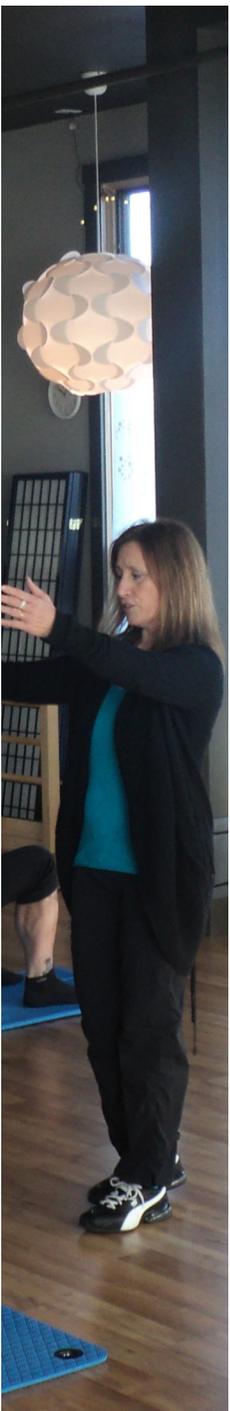
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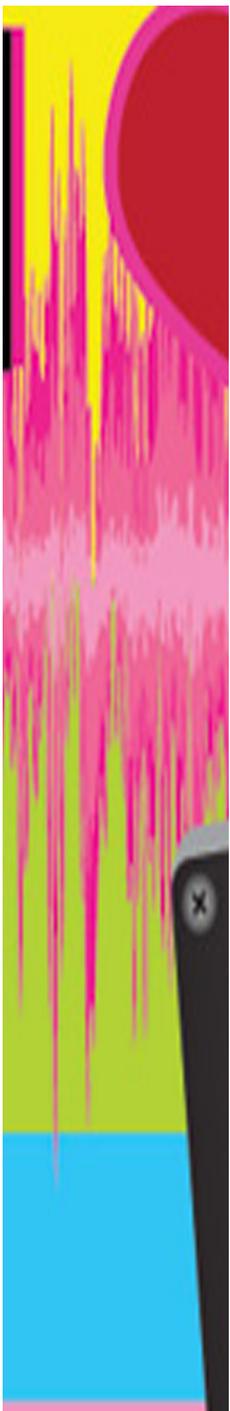
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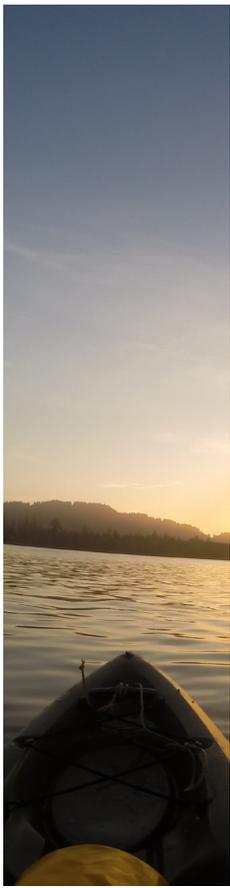
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Home

Arcata



Romance is just as vital to a relationship as water is to the body. Yet, it is often overlooked and under-appreciated. Perhaps this is because romance requires a kind of alchemy between privacy, amenity, beauty and entertainment (because you two can't stay in bed ALL day). Located conveniently close to, and sagaciously separate from the Arcata Plaza, lies a temple to Cupid. A temple that may have mastered the alchemy of romance.

Rose Court Cottage is an embassy of exotic flowers where the roses alone will outnumber you a hundred to one. Currently in its tenth year of operation, Christy Laird has transformed what she says her husband "used as an office," into an Arcata landmark. After a career in sales spanning two decades, Christy decided to create something

special. Clearly folks are glad she did. Rose Court Cottage -as part of the Arcata Stay Lodging Network- has won an "Excellence Award" from tripadvisor.com.

The excellence begins before you even leave the sidewalk. A symphony of flora from lace-cap hydrangea to Climbing Eden swell the heart with a wonder of nature and a profound sense of beauty. As you approach the private cottage you become aware of the solitude Rose Court Cottage creates. Being the only Bed & Breakfast with a single self-contained space and a private patio, you feel as if you unpacked your own private property and set it up in mid-town Arcata.

Once inside the cottage, the fireplace will add atmosphere as you prepare to wash away the bustle of the day in the tiled bath with soaps provided by *Bubbles*. The plush monogrammed towels and terry robes will feel like a cloud as you dry off and enjoy

some tea, cider, cocoa or coffee as it is provided in room. Bring a morsel or two and whip them up in the fully equipped kitchenette. The queen size bed with high-end linens and down duvet will provide plenty of room to romp in luxury.

With much of Arcata all within strolling distance you can take in the town, or unwind with a book or movie as the cottage comes equipped with a library of various media. In the morning, Christy creates elaborate breakfast dishes sure to delight and also to meet any dietary restrictions or preferences. Everything from her own unique french toast to omelets with a Mediterranean twist is made fresh and delivered right to the door, so you don't even have to get out of that robe (or into one).

Rose Court Cottage is treasured by those lucky enough to have stayed before. This means that you should plan ahead and reserve a



Christy creates elaborate breakfast dishes sure to delight



weekend or three. Due to HSU graduation May is a very popular month, as well as other major holidays. So call ahead and see what works for you. Remember: the key to romance is to make it look spontaneous. Nobody has to know you had a reservation for a month ahead of time. Don't go to dinner and a movie. Let the dinner and the movie come to you. The next time you want to spice things up, put down the hot sauce and pick up a phone.



The queen size bed with high-end linens and down duvet will provide plenty of room to romp in luxury.

By Nathan Butler



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Agua de Flor de Jamaica by Dave Feral



Photos by Victoria
Voss



Last month Feral Family Farm took some time to relax and rejuvenate at a beautiful little beach town in Mexico, (I vowed I would not disclose the location), but you will find it someplace between here and Puerto Vallarta! It felt pretty wonderful basking in that 80 degree weather and swimming in the ocean without a wetsuit! Another highlight of the trip was the abundance of huge hibiscus flowers of many colors found all around the town.

In the beautiful little town, the locals made a refreshing drink using the dried flowers of a deep red hibiscus to brew a tea. The infusion was then allowed to cool as honey or sugar were stirred into it, then chilled and served on ice in the heat of the afternoon. The locals referred to this amazing drink as, "Agua de Flor de Jamaica." This was the perfect pick-me-up to quench my thirst after a tough day in the surf, allowing the mind to relax and my body to feel renewed. I developed a daily routine of going to the beach, playing in the surf, and relaxing in the shade with my Jamaica. But the trip ended too soon and I wanted to bring it all home, including my new favorite afternoon treat.

As soon as I returned to Humboldt I began researching to determine if I could grow hibiscus in our frosty neck of the north, and learn a little more about the marvelous rose mallow *Hibiscus rosa-sinensis*. To begin, the red hibiscus is in a large plant family, the Malvaceae, which is composed of several hundred different species that are native to tropical, sub-tropical, and temperate areas of the world. Eight tropical hibiscus are considered to be the ancestors of the modern hibiscus and were originally native to Mauritius, Madagascar, Fiji, Hawaii, and either China or India, but the records for this are sparse and to date all eight species have the ability to cross with the other, so they are very similar genetically.

The tropical variety that was used to flavor my new favorite floral refreshment is not able to tolerate our harsh winters without some form of artificial heat, unfortunately. There are many types of "hardy" hibiscus too, but even the hardier types need to be treated with care.

There is a beautiful alternative to my quest for growing hibiscus, its close cousin the mallow or hollyhock. In our area mallows are treated like annuals, or if treated like a perennial they are planted in pots and moved inside during the winter. And, with a quick search on the internet, I found several recipes for hollyhock tea. As a remedy for coughs, though I have not tried this yet, it does sound promising!

For now, I will continue to research and experiment with growing these delicate tropical wonders until I find a way to have my hibiscus and Humboldt too. Until then, I will have to harvest the dried red *Hibiscus rosa-sinensis* for making Agua de Flor de Jamaica from the bulk tea bins at my favorite organic grocer. Below, I have included a simple recipe for you to try my favorite tropical thirst quencher. Adios, y buena suerte!

Agua de Jamaica (Hibiscus Infusion) Recipe

- Prep time: 5 minutes
- Cook time: 25 minutes
- Yield: Makes 2 quarts.

Ingredients

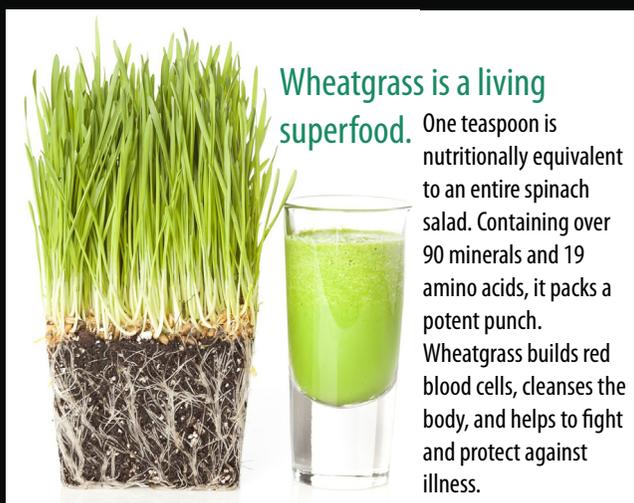
- 2 quarts water
- 3/4 to 1 cup sugar, or honey to taste
- 1 cup dried hibiscus flowers
- A touch of lime juice
- Orange or lime slices for garnish

Method

- 1) Put 4 cups of the water and the sugar or honey into a medium saucepan. Heat until almost boiling and sugar has dissolved, remove from heat, stir in the dried hibiscus flowers.
- 2) Cover and let sit for 20 minutes. Strain into a pitcher and discard the used hibiscus flowers.
- 3) Add the remaining 4 cups of water to the concentrate, and chill. Add a little lime juice for a more punch-like flavor.

Serve over ice with a slice of orange or lime. Take time to relax and rejuvenate!

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Chumayo Spa

A Heightened Appreciation

By Bernard Bass | Photos by H.R. LoBue

“There’s this mud that’s been used by the Hopi Indians for centuries. The sacred soil that has healing powers at Chumayo, which is the dirt floor at this church that was a sanctuary. We were just kind of inspired by that and we were building the spa at the time and we thought, wow, this is it.”

At just over 1,100 people living in an area less than three quarters of a square mile, the citizens of Blue Lake make up a unique and endearing town. Located in the Mad River Valley of California’s scenic North Coast, it’s “Where sunshine and sea air meet.” In Blue Lake, there are a few small mom and pop shops, a well-groomed park, a café, a bar, museum, bed and breakfast, brewery, and a school with a theatre for the physical arts. To those who seek a stripped-down contentedness void of the metropolitan cluster of convenience and white noise, there is a soft and roughly under-toned simplicity to this town that is both calming and genuine. To a tee, it’s the unpretentious depth of Small Town, USA. Though a semblance of city life is obtainable less than 20 minutes from the town limits, Blue Lake is tucked away, almost perfectly with an already present element of secluded relaxation, it only seems fitting to introduce a spa into the equation.

Chumayo Spa
The façade of the building is an unassuming muted blue, and walking up to it is almost like you’re approaching something miniscule, like a small house. Upon leaving the place however, it’s almost as if you’ve just stepped out of a hole of wonders.

In 2003, after a trip to Chumayo, situated along the healing mineral water-rich Sangre de Cristo Mountains of northern New Mexico, Julie Jonte and Artie Skeeter came home to Blue Lake with an obvious evocation - Chumayo Spa. “We went on a trip to New Mexico and went to that sacred place in Chumayo,” said Jonte. “There’s this mud that’s been

used by the Hopi Indians for centuries. The sacred soil that has healing powers at Chumayo, which is the dirt floor at this church that was a sanctuary. We were just kind of inspired by that and we were building the spa at the time and we thought, wow, this is it.”

Out of a handful of spas in Humboldt County, Chumayo is one of the only ones that does not focus on beauty treatments, though health and spiritual rejuvenation alone can be an argument as to the what may be considered beautiful in the first place. You may not be able to receive a manicure or pedicure but, with the multitude of treatment packages offered, there is no

doubt you will leave the place feeling better than when you arrived. There’s the Southwest mineral scrub, the vino scrub (taken from grapes of the nearby Fieldbrook Winery), the Southwest facial massage, the regal foot treatment, cedar sauna, massage packages and flotation massages. There is an overnight package which includes a sauna for two, a couple’s massage and overnight lodging in a the guest room that offers a private hot tub.

If the aura and atmosphere of the spa itself isn’t enough to bring you here, there is one thing that you cannot experience anywhere else in Humboldt County: The flotation pool.



"Chumayo's flotation pool is in a light-free, quiet room containing a buoyant solution of Epsom salts dissolved in ten inches of water. The high density saline solution allows floaters to drift effortlessly in a state similar to zero gravity." It's sensory deprivation at its best and it is right here in Humboldt County. Within minutes you may feel as if you are spinning in circles, hearing things that are not being said and seeing things without opening your eyes; feeling completely relaxed; every muscle at ease.

Chumayo is not only a place to be serviced, it is a place to teach and share a way of life that, after visiting the spa, can be possible to pass on to others. "We both really care about the health of the planet and the health of

people and the health of the community," said Jonte. "I'm a registered nurse and it just seemed like a nice way to channel our energy to provide a place that would encourage healthy living and help people deal with the stress and trauma of everyday life. Everybody needs that. If you can get yourself into a profoundly relaxed state, your body will heal whatever's going on. It's nice that people can come here and get to that state and hopefully take it home and use it when they need to."

Upon choosing the drive home to Eureka instead of staying for the night, everything seemed softer. Passing the baseball field in Arcata, the lights slowly dimmed while each single individual calmly shuffled out of the stadium. While traveling the corri-

dor of 101, it just seemed softer the way the water seemed to lap against the shore at high tide. Whether the stars were brighter or not, they seemed to be just right. After a spa at Chumayo, with whatever treatments you choose, there is a certain heightened appreciation gained that provides a reminder to the first time that you really viewed this area, as well as the first time that you really viewed yourself. We all need a release. We all need a breather. All this and more is something completely accessible at Chumayo Spa in Blue Lake.

Due to high volume, walk-ins are not recommended. For reservations, visit Chumayo's website at www.chumayo.com or call them at 707-668-0101.

Emerald Style

Rima Greer, Fashion Columnist

What is your Humboldt style?
Tell us at Style@theemeraldmagazine.com



The Feet Have It

I've come to a very serious conclusion. It's all about shoes.

OK, we all joke about how many pairs of shoes we have, but seriously, your choice of shoes can change everything. Not just your ensemble du jour, but how you walk, move, and how you feel about yourself.

What I find really interesting is the crazy radical mood swings we're having in shoes these days. I've been reading reports about how Uggs were the best selling shoe of 2013, but close on their heels (pun intended) were five inch high pumps with

pointy toes, and all manner of boots from scrunchy ankle boots to British riding gear. And there has certainly been no decline in the popularity of flip flops.

But if you think about it for a minute, it's clear. Your footwear changes your entire outfit in one bold move. Take this cute little dress from Forever 21, and pair it with each of these choices off your shoe rack. Flip Flops from Nike say you're ready for the beach or the zoo. Riding boots from American Eagle add dash and daring. A pair of heels like these from Pour La Victoire send this dress

on a power date, and the ubiquitous Uggs tell the world that no matter how fabulous your dress, you will pretend it's "something you just threw on."

Of course, this is Humboldt, so we also need hand made and/or enviro options like www.sodhoppers.com and www.toms.com, which proclaim your mission, or at least that you sprout your own wheat, throw pots, and rescue stray critters on a regular basis. And hey, you could make your own shoes. We're all crafty here in Humboldt, right? All it takes is some patience, an awl, a strong needle, and a good pair of pliers. Next

time you see me, check to see if I'm wearing the little gray ankle boots I've been working on.

The best news is, your shoe rack stretches your clothes rack dollar and diversity by adding a certain special something that creates the look you need moment to moment. Just think what you could do with that old pair of cowboy boots hiding in the back of your closet! Go ahead and dust 'em off... They'll transform that little dress you just bought (or made) from sweet to sassy!

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Arcata Core Pilates: Fit, Centered, and Sexy

By Benjamin Fordham

“In addition to Pilates, the studio offers yoga, dance, Gyrokinesis, and Chakra Hoops classes.”



Whether you're trying to recover from an injury, improve your strength and posture, or tone up for that special someone, it's time to get tight like a tiger at Arcata Core Pilates. Just across from the Co-op in the new Plaza Point building, Sharon Vollmers' beautiful new studio caters to the young and old alike, from serious athletes and dancers to senior citizens.

"It's all about posture," says Vollmers. "The goal is to bring our spine back to the way it was when we were born." Pilates has been around for quite a while, being developed in the early 20th century by German fitness guru Joseph Pilates, but its popularity has exploded over the past 20 years. The exercise regimen stresses health and wellness through a strong mind/body connection, using the synchronization of breath and movement to improve strength, coordination, and balance.

The focus of Pilates is on using gravity and apparatus to improve core strength, including stomach, back, hip, and leg muscles, and Joseph Pilates believed that adherence to his routine could produce life-changing results. As of 2005, 11 million people worldwide were doing Pilates.

"It's so rewarding," Vollmers says of her practice. "We have a lot of dancers, we have a lot of moms, people from all walks of life." She said she also gets a lot of referrals from doctors for back issues, and that the strengthening of supporting muscles is very important in preventing and alleviating back pain. "It's about keeping our core strong so we are able to do things without injury," she said.

Pilates is a great routine for couples to do together too, and Core Pilates offers private two-person sessions at a reasonable rate. "They could help keep each other

motivated, and it's also a lot more fun," said Vollmers. "When they do things together it not only enhances their lives, but their relationship." So you and your sweetie can build up strength and stamina together for...whatever you guys like to do in your spare time.

The principles of Pilates make it an exercise routine that's appropriate for all shapes, sizes, and skill levels. "It's not an extreme workout like boot camp," Vollmers said. "They feel better the next day. Their muscles are longer and leaner." She also said that, contrary to the perception of Pilates as a women's exercise, she gets a large number of men coming in. "We actually get more men than women," she said.

Vollmers' own background is in gymnastics, and she has over 25 years of experience as a trainer, teacher, and coach. She has a degree in Recreational Administration with an emphasis on Therapeutics, and

has taught physical education at the community college level. She is certified as a personal trainer and group exercise leader through the American Council on Exercise, and is also a certified Stott Pilates Level 2 Instructor.

After serving as HealthSport Arcata's Fitness Director, Vollmers decided to open her own studio and Arcata Core Pilates was born. When the three-story Plaza Point building, located just off the Arcata Plaza, opened in 2012, Vollmers decided to move her studio from its Samoa Blvd. location into the new building. "I really like the location," she said. The building is LEED-certified and has affordable senior housing on the top two floors and commercial space on the bottom floor. The Pilates studio features hardwood floors, lots of natural light, and artwork by local artist Joyce Jonte.



is an artistic movement/exercise discipline performed with a hoop, and is touted as a fun way to promote fitness and holistic wellness. Modern hooping uses hoops of larger size and

weight that the popular hula-hoop kid's toy, and are used on all parts of the body, not just around the waist.

The training staff at Arcata Core Pilates consists of Master Trainers Vollmers and Cheri Cohen, Instructors Katie Kanzler and Jessie Hobba, Apprentice Instructor Diane Trevoledes, Gyrokinesis Instructor Kymber Holt, Chakra Hoops Instructors Liz Lawrence and Hanakekua Joao, and Yoga Instructor Sasha Elizabeth. In addition to two-person training sessions, Core Pilates also offers small group and private sessions, so stop by the studio and let Sharon and her exceptional staff set you up with a routine that's appropriate for your goals and skill level. That cute guy/girl at the office is sure to notice.

For a list of class schedules, trainer profiles, and pricing, visit arcatacorepilatesstudio.com.