

FREE

# *Emerald*

*The Conservation Edition*

M A G A Z I N E

## Waste Not, Want Not p.08

*Take a look into the award winning, internationally acclaimed wastewater facility*

## Native Plants Of The North Coast

*Local drought-tolerant plants consume significantly less water p.10*

## Mad River Flows

*While our state is in a drought, the people served by the Humboldt Bay Municipal Water District are not being asked to conserve water p.20*

## The Root To Water

*Just how much water is being used to grow some of the best wine in California p.26*

# COASTAL CLEANUP DAY

CALL 822-6918 OR EMAIL COASTALCLEANUP@YOURNEC.ORG TO SIGN UP!



The beach can't take any more.



9AM-NOON

CALIFORNIA COASTAL CLEANUP DAY  
SATURDAY, SEPTEMBER 20<sup>TH</sup> 2014



[WWW.YOURNEC.ORG/COASTALCLEANUPDAY](http://WWW.YOURNEC.ORG/COASTALCLEANUPDAY)

How we burn matters

# DAZEY'S SUPPLY

THE LARGEST STOVE DEALER IN NORCAL

*Stoves So Hot They're Cool*



**EVERY JØTUL WOOD & GAS STOVE ON SALE!**



Under the Clock in Redway ▶ 923-3444 ▶ Open 7 Days

How we burn matters

**What We Love  
About Humboldt:**

**Real Green**

by Linda Stansberry

What's in a name? You'll see plenty of labels when you walk down your average grocery store aisle: whole wheat, gluten-free, organic, green. But what good is an organic egg from an unhappy chicken? Or a gluten-free donut from a monolithic megacorporation with little to no social conscience? We want Humboldt Made to be synonymous with values that go beyond a few words a box. Real green, all the way through, is a Humboldt Made value. So we asked some of our members how they're conserving water during this year's historic drought.

Dottie Simmons of Simmons Natural Bodycare says that her rural Bridgeville homestead relies on a natural spring and they practice conservation all year long, drought or no drought. If you're going to practice a Navy-style shower (get wet, turn water off and lather up, then rinse off) you could do worse than having a sweet-smelling bar of Simmons Lemon Sheabutter Soap with you!

Spring Garrett, owner of Rumplesilkskin (fantastic fashions made from recycled ties), saves every little drop of runoff when she's waiting for her shower or sink water to warm up and uses it to water her garden, which has been replanted with drought-resistant native plants.

Meanwhile, up at Monument Mountain Vineyards, Carol Hoopes has switched to dry-farming her grapevines.

And Michael Christian of American Hydroponics writes, "All our domestic vegetable and flower gardens are on drip irrigation and timers. The systems we manufacture are all recirculating systems, the only water that is used is that which is transpired. We also have systems that are zero waste, zero power, they operate on gravity, the ultimate in efficient water use. These are in our R&D greenhouses. These are perfect systems for off grid, rural, and third world. We just fill the drum with dissolved minerals and water... the plants use every drop."

Thank you to our Humboldt Made members who know what "green" really means, and to all of our neighbors, friends and coworkers who are making sacrifices during this difficult year.

from the editor

Dear Reader,

September has shown up out of no where and brings with it the beginning of Fall. As school starts up again most of us begin to transition back into our regular routines. This month we put our focus on water conservation, as the drought threatens to bring further hardship to many aspects of our daily lives.

This edition we aim to bring awareness about the many ways to conserve and be resourceful with water. For the gardeners out there, we've featured native plants in our area which consume less water than their non-native cousins. With the wine industry constantly on the cutting edge, we've gotten to the root of reaching more water. Dry-farming is a common practice in California, especially for grape growers. We also examined the trend between previous years' rain fall in all three counties to help us predict what California might have in store for our future. And while September typically yields little rain during non-drought years, it does lead us directly into the traditionally wet months in which we expect to gain next years' supply.

Join us in October for our Treat Edition. With Halloween right around the corner, we'll bring you a plethora of fun, fancy, and crafty ideas for not only decorating your home, but creating your own party favors as well.

Sincerely,

*Christina DeGiovanni*

Editor-In-Chief



TheEmerald TheEmeraldMagazine TheEmeraldNews TheEmeraldMagazine

822 G Street, Suite 13 Arcata, CA 95521 • PO BOX 65, Arcata, CA 95518 • TheEmeraldMagazine.com



# RAMONE'S Bakery & Cafe



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

Open Daily  
RAMONESBAKERY.COM



ARCATA  
At Wildberries  
Marketplace,  
826-1088

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

McKINLEYVILLE  
Shopping Center  
839-3383

Making A Positive Impact Since 2012

## ABOUT US

The Emerald is a lifestyle magazine dedicated to promoting the tri-county area in a positive light by featuring exciting events, luxurious getaways, fine dining and the latest local trends in community living.

The Emerald encourages readers to contact us and contribute their suggestions on what, and who, they would like to see featured next. If you live in the Trinity and Mendocino area and are interested in promoting your local community, we invite you to contact us.

[Info@TheEmeraldMagazine.com](mailto:Info@TheEmeraldMagazine.com)

## EDITOR

Christina DeGiovanni

## COPY EDITOR

Benjamin Fordham

## COVER SHOT

Meghan Quintanilla

## GRAPHIC DESIGNERS

Lindsay Grizzard and Vanessa Laird

## COLUMNISTS

Rima Greer, Sean Jansen and Dana Murguia

## PHOTOGRAPHERS

Dave Feral, Kiana Vigil-Gibbs, Sean Jansen, Dana Murguia, Meghan Quintanilla, Victoria Voss, Donna Wildearth

## WRITERS

Andrew Butt, Dave Feral, Jeri Vigil, Victoria Voss, Donna Wildearth

## ADVERTISING

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

## COMMENTS, QUESTIONS & INQUIRIES

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

## SUBSCRIPTIONS

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

Register Online To Receive A Free Digital Subscription



## The Conservation Edition CONTENTS



## Home & Garden

### 8. Waste Not, Want Not

Humboldt County

The City of Arcata and Friends of the Arcata Marsh (F.O.A.M) are here to help the community get educated on the award winning, internationally acclaimed wastewater facility.

### 10. Native Plants of the North Coast

Tri-County Area

Aside from choosing drought-tolerant plants, you can conserve water in the landscape by following other water-wise practices.

### 16. Emerald Style

Fashion Column

Most of us alive today don't even know what foundations are. Well, in today's world, you'd probably call them Spanx. Yep, foundations aren't gone, they just have spanx instead of boning.

## Health

## Entertainment

### 18. Community Calendar

### 20. Mad River Flows

Trinity & Humboldt County

While most of California and Humboldt County are in a state of drought, the 88,000 people served by the Humboldt Bay Municipal Water District are not being asked to conserve water...and the obvious question is why?

### 24. The Trail Of A Drought

Tri-County Area

One of the biggest aids we have in solving this water crisis is to look at history. Is this consecutively long and dry period something that will soon come to an end, or is this trend going to become more common?

## Cuisine

### 26. The Root To Water

Tri-County Area

The wine industry has long been associated with its reputation as a water consumer. With the Emerald's expansion into Trinity and Mendocino Counties, we wondered just how much water is being used to grow some of the best wine in California?

## Travel

### 30. Emerald Get-Out-Guide

Assistance Column

Welcome to the first in an ongoing series: the Get-Out-Guide featuring wheelchair tested excursions, events and locales. We share with you pre-tested venues so you can go in-the-know.

### 32. Emerald Travels

South Atlantic Coast

From Southern Brazil to the southern tip of Patagonia off of the Americas, the water is rough, dangerous, teaming with sea life that would love to take a bite out of you, and the term, "roaring forties," is synonymous with this region.

# SEPTEMBER PROMOTIONS

AT BEAR RIVER CASINO HOTEL

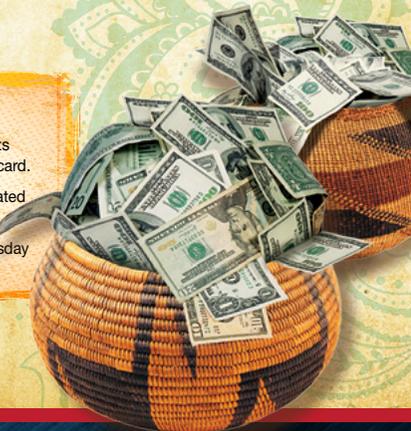
**\$10,000**  
**Indian**  
**\$ummer**  
September 24, 2014

**\$10,000 in**  
**Cash & Prizes!**

**Drawings held every half-hour**  
**from 7pm-11:30pm**

#### TO QUALIFY:

- One Entry for every 750 points earned on your players club card.
- One Entry for every hour of rated Table Game play.
- One Free Entry every Wednesday prior to the drawing date.



BEAR RIVER CASINO PRESENTS

# FOOTBALL

FACEOFF

**RUSH IN. CASH OUT!**

**DRAWINGS EVERY MONDAY NIGHT**  
**SEPTEMBER 1 - DECEMBER 29**

**EACH WINNER**  
**WILL RECEIVE A**  
**\$50 GIFT CARD**

**[4 WINNERS AFTER EVERY MONDAY NIGHT GAME!]**

**CHOOSE THE WINNING TEAM EACH**  
**MONDAY NIGHT BY DROPPING YOUR ENTRY**  
**IN THE CORRESPONDING DRAWING DRUM.**

**WINNERS WILL BE DRAWN FROM**  
**THE WINNING TEAMS DRAWING DRUM**  
**AT THE END OF THE GAME!**

- Bear River Casino Hotel's Football Faceoff will be held every Monday during football season. Players may receive entry forms in the following ways starting September 1st:
  - One Entry for every 500 points earned on your players club card.
  - One Entry for every hour of rated Table Game play.
  - One Entry for a full house including both hole cards and aces. Must have Player's Club Card shown to the dealer before playing the hand. (Poker)
- There will be two separate drawing drums, one for each team playing. The patron will choose which team will win for the evening and drop their entries in the corresponding drawing drum. Names will only be drawn from the winning teams drawing drum.
- Drawings are held at the end of every game. 4 winners total for each evening.

**WE GOT GAME. WANNA PLAY?**  
800.761.2327 | [bearrivercasino.com](http://bearrivercasino.com)

Must be 21 years or older to enter Casino, or must be accompanied by an adult. Event and promotional details are subject to change without notice. Management reserves all rights.

**BEAR RIVER**  
**CASINO HOTEL**

11 Bear Paws Way | Loleta, CA 95551

# Waste Not, Want Not

By Jeri Vigil | Photos by Kiana Vigil-Gibbs & Meghan Quintanilla

## Arcata Marshes Award Winning Waste Water Facility

**W**ater:

We all need it to survive. Managing the resource that sustains our lives is a job not to be taken lightly. There are many factors involved in the process of keeping our watersheds safe and clean. One major factor is how our wastewater is managed. The City of Arcata and Friends of the Arcata Marsh (FOAM) are here to help the community get educated on the award winning, internationally acclaimed wastewater facility.

Located at 569 South G St. is the Arcata Marsh and Wildlife Sanctuary. This is the home of FOAM, Arcata's wastewater facility, and 325 species of local and migratory birds. There is an on-site interpretive center where staff and FOAM volunteers can answer questions, as well as lead tours of the wastewater treatment plant on the last Saturday of each month (rain or shine).

The innovative system has come a long way since 1933. At the time, a 400-ft pipe was emptying into a 500-ft ditch which is now known as Butchers Mouth Slough. Contamination of oyster beds in the bay led to a parathyroid epidemic in Berkeley CA, where the oysters were sold. Although these were obvious signs of a need for an overhaul in wastewater management, it wasn't until 1966 that chlorine was added to kill pathogens in our wastewater. In 1975 dechlorination of the water was added as a final step before releasing into the Humboldt Bay.

Let's jump forward to 2014. The Arcata Wastewater Plant Process is on point and an international model for ecologically sound wastewater management. In a simple breakdown, the first step is Primary Treatment, which involves filtering, clarifying, and digesting waste through an elevated system. This allows the wastewater to flow to the following stages that take place in the ponds, wetlands, and marshes. Compost and methane are now viable byproducts from this first stage of conversion. The compost is used to fertilize our city parks and the methane helps produce heat for the digesters at the facility.

Secondary treatment takes place in oxidation ponds and wetlands to continue to kill pathogenic microbes. Things such as the microorganisms in the roots of native plants help to assist in the breakdown as well as enhance the water with plant-rich nutrients.

Enhancement Marshes are the final stage in the disinfecting process. The

water is chlorinated and then dechlorinated before being released into the magnificent Humboldt Bay.

The Arcata Marsh is a gem! Although the forward thinkers have implemented a state of the art system for water that comes from our homes and businesses, where does the rest go? Water from rain and street runoff flows into the stormwater system directly into the Humboldt Bay. Please be aware in both these processes to use biodegradable products. Proper disposal of all chemicals is a must!

With the drought hopefully comes more awareness of things we can do to help in the preservation and conservation of our natural resources. There are things such as greywater systems or rainwater catchment to help in the process. The Beneficial Living Center is a local resource center located across from the Arcata Marsh and is offering a class on Rainwater Catchment on November 9th from 1-4 PM. They are hosting local business High Tide Permaculture Design, which is noted as Humboldt County's leading rainwater management expert. BLC is located at 148 South G St. Arcata and can be reached at 707-633-6125.

Gretchen O'Brien, staff member for the City of Arcata and coordinator for FOAM, says volunteers are always needed. For further information give them a call at 707-826-2359 or stop by the Interpretive Center on Mondays 1-5PM or Tuesday through Sunday 9AM-5PM.



> left A warning sign located at the Arcata Marsh indicating not to drink, swim or fish in the water.

> right An overview of the different pools and segments of the Arcata Marsh.

**Servicing the Southern Humboldt Area**

# Wyckoff's

**PLUMBING  
ELECTRICAL  
HARDWARE**

1341 Evergreen Rd.  
**Redway • Fortuna**  
(707) 923-2258  
*\*retail only*

2065 Main st.  
**Redway • Fortuna**  
(707) 725-4475

Plumbers at this location!

**Need water storage tanks or a Goulds pump?**  
We can set up new water systems or repair your current system. You can even bring your pump in for in-store diagnostics and repair! Don't forget we also carry lifts of poly pipe and PVC pipe!

# Native Plants *of the* North Coast

“...aside from choosing **drought-tolerant plants**, you can conserve water in the landscape by following other **water-wise practices** such as using efficient irrigation, adding organic matter to the soil, **planting densely** to shade the soil, and **mulching**.”

Have you ever been stopped in your tracks by the sight of our native red-flowering currant in full bloom? Enjoyed the distinctive fragrance of our western azalea? Been charmed by fairy bells blooming in the forest? Then you are already aware of one good reason for growing native plants: They are interesting and beautiful. Of course there are more reasons for planting natives—the most important one, I think, is that native plants are crucial for our native bees, butterflies, and birds. With drought in the headlines these days, growing native plants is also being touted as a way to conserve water. And it's true that native plants, being well-adapted to local soils and climate, are good candidates for a drought-tolerant landscape. However, there are a few caveats to keep in mind.

First of all, there are a wide variety of native plants that grow in a wide variety of habitats—from plants that thrive on the beach sand dunes, to riparian plants that grow along stream banks, to plants that flourish in our redwood forests. Some native plants will tolerate a range of conditions, while others are more demanding. To be truly drought-tolerant, it's best to grow native plants in an environment that is similar to their native habitat in terms of sun and shade and soil type. Trying to grow a woodland plant such as fairy bells on sandy soil in a sunny site will not result in a drought-tolerant or a happy plant! So a little research is a good idea before putting any plant in the ground.

An excellent place to learn more about native plants is the website for the North Coast Chapter of the California Native Plant Society: [www.northcoast-](http://www.northcoast-)



**WESTERN  
AZALEA**  
(*Rhododendron Occidentale*)

This flower is one of two *Rhododendron* cousins native to the North Coast.



(above) Blue-Eyed Grass

cnps.org. Under the "Gardening" heading on the website you can find a list of recommended Northwest California native plants with comments on the conditions they prefer. The site also provides lists of books on native plant gardening, sources for native plants, and places to see examples of landscaping with native plants.

Secondly, be aware that all drought-tolerant plants, whether native or non-native, should be watered regularly during at least their first warm season in the ground. Depending on the plant and the climate, some may need to be watered for two or even three seasons before they become well enough established to survive without supplemental water.

Fall is an excellent time to plant natives (and other plants as well). With any luck, there will be enough fall and winter rainfall to keep the plants adequately watered until the following spring. Then you will need to water them through the next warm spring, summer, and fall. Avoid frequent, shallow watering. Watering deeply but less frequently will encourage the plant to develop a healthy root system that is more capable of surviving drought. At the beginning of the second warm season you can assess whether the plant is well established and can fend for itself, or whether you will need to keep providing some supplemental irrigation.

A third point to be aware of is that well-established drought-tolerant plants can survive without



(above) Beach Daisy



(above) Fairy Bells



**CHAUTAUQUA**  
NATURAL FOODS

783 Locust Street, Garberville, CA  
Monday - Saturday 9-7 p.m. and Sunday 10-5 p.m.

Since 1982

any supplemental water, but their bloom periods may be shorter, and they may look somewhat "pinched." Most experts suggest that if you can provide a good soaking once a month during hot and/or windy weather it will keep the plants looking fresher.

Lastly, aside from choosing drought-tolerant plants, you can conserve water in the landscape by following other water-wise practices such as using efficient irrigation, adding organic matter to the soil, planting densely to shade the soil, and mulching. In addition to holding moisture in the soil, a 3-4" layer of mulch suppresses weeds, prevents soil compaction, and gives the garden a finished appearance.

By growing native plants, you can conserve water and provide important habitat for native birds, bees, and butterflies at the same time you enjoy the beauty of these unique plants and develop a deeper connection to your bioregion—definitely a win/win situation.

**ADDICTED TO READING?**  
satisfy your craving at...



**NEW AND USED BOOKS, DVD'S, CD'S, MAPS AND TRAIL GUIDES, SPECIAL ORDERS**

**MON - FRI 10 AM - 6PM  
SAT & SUN 10AM - 4PM**

**(707) 499-5471**

**901 REDWOOD DRIVE, GARBERVILLE, CA 95542**

**open door**  
Community Health Centers

**Your care team working with you!**

visit [www.opendoorhealth.com](http://www.opendoorhealth.com)  
for locations

**Strawberry Rock Gallery**

343 Main Street • Trinidad, CA • (707) 677-5151  
[StrawberryRockGallery.com](http://StrawberryRockGallery.com)  
[StrawberryRockGallery@gmail.com](mailto:StrawberryRockGallery@gmail.com)  
M-Th 11-6 • F & Sat 11-7 • Sunday 12-6

(below) Red Flowering Current



# WaterSense Saves More Than Cents

By: Matt Bray, Evans Mechanical

With information from EPA.gov



**757 Billion Gallons of water & 14.2 Billion Dollars saved** since the inception of EPA's (Environmental Protection Agency) WaterSense program in 2006. Also, electricity usage and carbon dioxide pollution have been lowered by 101 billion kWh of electricity usage and 37 million metric tons of carbon dioxide as of the end of 2013. The little label that has found its way onto water saving toilets, faucets, and other water saving products, homes, and programs has made a huge impact on our country and world. Saving water not only saves money but also energy, our environment, and ultimately lives.

#### **Make a home safer, healthier, more comfortable, or more efficient:**

This is the requirement for products or services to make their way into Evans Mechanical. We don't want to just provide a service; we want to make a difference in our customer's lives. It is this ability to earn a living by improving people's lives that made me choose this career and Evans Mechanical. This is why we are so committed to WaterSense toilets that we refuse to carry a toilet that doesn't meet the EPA's criteria to achieve the WaterSense label.

**No need to sacrifice performance.** Many people have expressed concern

that a new WaterSense toilet won't flush as well as their old water wasting toilet. The truth is that in order to achieve the WaterSense label, a product has to both be proven to use less water and maintain or exceed performance when compared to standard models. In fact, Kohler's engineers have incorporated an innovative feature called the AquaPiston which has enabled them to save water and increase flush performance.

#### **How much can YOU save?**

A WaterSense home with a family of four could save 30,000 gallons of water each year compared to average homes. If you replace an older, inefficient toilet in a household of four, you could save 16,000 gallons per year or \$2,000 over the life of a toilet. \$2,000, incidentally, is substantially more than it would cost to have Evans Mechanical install a WaterSense toilet; therefore, they pay for themselves I suppose. The average household spends somewhere around \$500 per year on water and sewer bills. A household that installs WaterSense plumbing fixtures and other water saving appliances can save \$170 per year.

#### **How do I save this money?**

The money saved comes from two different bills you pay each month.

Lowering your water usage will lower your water bill. Saving on your water bill is pretty obvious, but the second bill you save on is slightly more hidden. You can also save on your water heating bill by reducing the amount of water you are using. If you are using less hot water, your water heater doesn't have to heat as much water; therefore, saving you money on your water heating bill.

#### **Save water by changing your habits.**

Replacing plumbing fixtures isn't the only way to save water. We can also adjust our habits and save water. We can make sure we only wash full loads of laundry and dishes. We can reduce how much we are watering our lawns. We can soak dishes in instead of running water over them. There are many more ways we can save, and you can find more tips for saving water inside and out at <http://www.saveourh2o.org/>

#### **Thank you for doing your part.**

Just by taking the time to read this information, you have shown that you care about our water supply. Now that you are armed with knowledge, it is time to do something about it. Evans Mechanical is doing our part by offering WaterSense products and giving a \$50 off coupon for having a WaterSense toilet installed.

#### **For more information:**

*Evans Mechanical – [www.evansmechanical.com](http://www.evansmechanical.com)  
(707)445-1435*

*WaterSense - [www.epa.gov/watersense/](http://www.epa.gov/watersense/)  
(866)WTR-SENS(987-7367)*

*Water Saving Tips - <http://www.saveourh2o.org/>*

**EVANS MECHANICAL**  
HEATING / PLUMBING

# \$50 Off

- Save Water
- Save Money
- Flush Easier

2930 Broadway St., Eureka, Ca. 95501

License #: 714688

(707) 445-1435

\*Must purchase WaterSense toilet plus installation from Evans Mechanical. Mention and show this coupon to your customer service representative.

• 24 Hour Emergency Service • Financing Available • Coupon Expires 9/30/2014

When the City of Eureka was founded, women didn't have to worry about their body types. They didn't worry about their waists, hips, and thighs, not the way we do now. Not because they didn't care how they looked - they cared every bit as much as we do now. What was different? The SHAPE of their clothing! For several hundred years, in the Western world at least, a woman's shape didn't really matter. That's because her clothes created a shape for her. Check out these silhouettes from the 1800's. Look at how they change year to year... How did they accomplish all this? Foundations.

Most of us alive today don't even know what foundations are. Well, in today's world you'd probably call them Spanx. Yep, foundations aren't gone, they just have spandex instead of boning, and they're called Shapewear instead of corsets or bustles.

Probably none of us want to spend our lives in tight corsets and bustles - not every day, anyway, no matter how much we love our Steampunk or Renfaires. But the truth is, we probably have donned a different kind of corset, and I don't mean Spanx. I mean our relentless dieting and running and yoga and gym-rat lives. Those are every bit as constricting - maybe more - than any corset. At least you can take off a corset at the end of the day. Of course, a healthy diet and exercise are good for you. But we're all a little obsessed, and I think that eats away at our happiness. And that's NOT good for you.

So, what are we supposed to do? I say, find a happy medium! I'm an average-sized person. Not skinny like I was in my 20's but not fat either. Just kind of normal. And yes, I have also stupidly bought into the exercise/diet hamster wheel. But I do have

another way out, and this week I decided to really put it to good use. You can still use the shape of your clothes to sculpt your silhouette, without the use of corsets or bustles. Here's how:

First, unless you are built like Keira Knightly, lay off the spandex. Spandex doesn't

between center front and the side seams that contour your dress or top). By getting a good fit that just skims my hips, rather than being tight (which shows off my worst feature, my abruptly flaring hip line), it makes me look like an X, rather than like a triangle. Much more attractive. I wore my first princess line shirt today, and three people asked me if I had taken off some weight. I think I'll make five more right away!

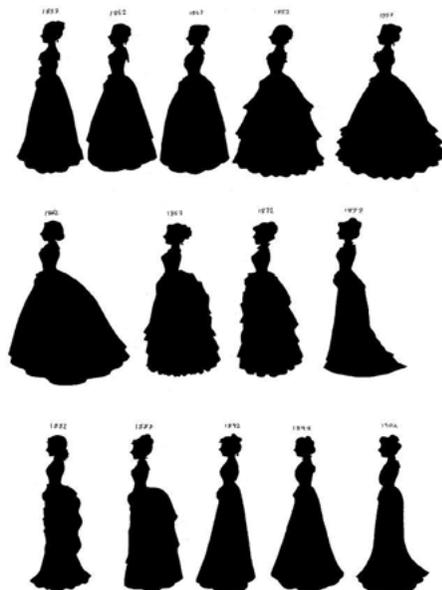
Not sure what shape you are, or what compliments your shape?

Try this little shape calculator: <http://www.shopyourshape.com/>. I keyed in my measurements, and got an accurate reflection of my body type. Then I looked at their clothing suggestions, and most of what I saw would look pretty good on me. Give it a try! And rid yourself of your diet/gym corset!

Let your clothes do some of the work for you, and be happy!

**Fashion Columnist**  
**Rima Greer**

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



make you look slimmer, it shows off everything about you, whether you like it or not. The trick is to find a complimentary shape that shows off your assets, and hides your deficiencies, and to make that shape skim your body, not cling to it. For example, I'm pretty much pear-shaped: My hips are a bit wider than my shoulders, so I want folks to see my upper body more than my lower. First, I use color on top, and black or dark blue below, to even out my proportions. But now I'm adding shape to create an additional optical illusion of my proportions. I own a fabric store, so of course I make all my own clothes, although you can certainly do this at your fave local clothing shop.

I chose a princess line shape to make my figure look like an hourglass rather than a pear (princess line has seams halfway



**Eureka Fabrics**  
Organic Fabrics   
Custom Fabric Printing  
Sewing Classes  
Sewing Machine Service   
5 Day Turnaround - \$65

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

**om shala yoga**  
yoga • sauna • community

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

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

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

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

Same great support services you expect for breast or GYN cancer concerns.  
Only our name has changed.

**Breast and GYN Health Project**  
A Cancer Resource Center  
987 8th Street (Corner of 8th & J)  
Arcata, CA 95521

Phone: 707-825-8345 FAX: 707-825-8384  
[www.hcbhp.org](http://www.hcbhp.org) [info@hcbhp.org](mailto:info@hcbhp.org)

Services include but are not limited to:  
Someone to Listen  
Practical Support  
Lending Library  
Information and Resources  
Support Groups  
Patient Navigation

Arcata Drop-In hours:  
Hours: Mon-Fri, 9am - 2pm  
After hours by Appointment

Eel River Valley Outreach Center  
1719 Main St. - Fortuna (office of Visiting Angels)  
Thursdays 3pm - 7pm



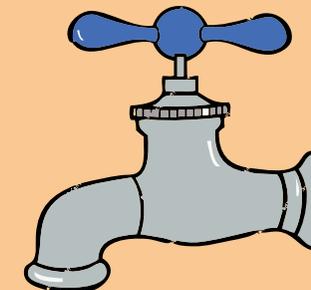


# September

## Community Calendar

# Emerald

## MAGAZINE



### Monday

**1** I Block Party  
I Street in Arcata • 12-6pm  
Arcata-Campoopa Sister City Fund

Labor Day Potluck Picnic  
Beach on Humboldt Bay in Fairhave  
11:30am-3:30pm (Fire District Fund)

**8** Full Moon Rising Cocktail Cruise  
Aboard the Madaket  
C Street Market Square • 7-8pm • \$25

**15** Meditation Party  
Om Shala Yoga Center • 6pm

Swing Dance Night  
Redwood Raks Dance • 6pm • \$5

**22** Trombone Short & Orleans Avenue  
Van Duzer Theatre • 8pm  
\$45 / \$15 HSU Students

### 29 Humboldt Restaurant Week

Meditation Party  
Om Shala Yoga Center • 6pm

Swing Dance Night  
Redwood Raks Dance • 6pm • \$5

### Tuesday

**2** *Farmer's Markets:*  
Eureka Old Town • 10am-1pm  
Wildberries • 3:30-6:30pm

**9** The Avett Brothers  
Van Duzer Theatre • 8pm  
\$65 / \$32 HSU Students

Savage Henry Comedy Night  
Jambalaya • 9pm • 21+

**16** Cecile McLorin Salvant & Trio  
Van Duzer Theatre • 8pm  
\$45 / \$10 HSU Students

Will Blades Trio  
Jambalaya • 9pm • 21+

**23** Colbie Caillat  
Van Duzer Theatre • 8pm  
\$55 / \$25 HSU Students

### 30 Humboldt Restaurant Week

Mark Morris Dance Group  
Van Duzer Theatre • 8pm  
\$45, \$25, \$10

### Wednesday

**3** Open Mic with Lauren Smith  
Logger Bar • 8pm

DJ Itchie Fingaz  
Six Rivers Brewery • 9pm

**10** National Acrobats of China  
Van Duzer Theatre • 7pm  
\$35 / \$25 Kids / \$10 HSU Students

Oyster Shuck'n Cruise  
Aboard the Madaket • 6:45-7:45 • \$25

**17** Hip-Hop Dancing  
Redwood Raks World Dance  
5:30pm • \$7

Ultra Secret Good Guy Organization  
The SpeakEasy • 7-10:45pm

**24** Gov't Mule  
Van Duzer Theatre • 8pm  
\$35 / \$25 HSU Students

Oyster Shuck'n Cruise  
Aboard the Madaket • 6:45-7:45 • \$25

### Thursday

**4** *Farmer's Markets:*  
McKinleyville • 3:30-6:30pm  
Henderson Center • 10am-1pm

Surfrider & Humboldt Baykeeper  
Ocean Night • Movie Misson Blue  
Arcata Theater Lounge • \$3

**11** Equivocation  
Redwood Curtain Theatre • 8pm • \$15

Otis Heat  
Jambalaya • 9pm • 21+

**18** DJ Itchie Fingaz  
Six Rivers Brewery • 9pm • free

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

I Hate Hamlet  
North Coast Repertory Theatre  
8pm • \$12-16

**25** Taste of Ferndale  
Ferndale Main Street • 6-9pm • \$25

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

### Friday

**5** Fortuna's First Friday • 6-9pm

Trinidad Arts Night • 6-9pm

Jacob Green • Six Rivers Brewery • 9pm

The Big Lebowski  
Arcata Theater Lounge • 7:30pm

Bartini • Humboldt  
Wildlife Care Center  
5:30-8pm • \$25-30

**12** Arts Arcata • 6-9pm

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

**19** McKinleyville Arts Night • 6-8pm

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

I Hate Hamlet  
North Coast Repertory Theatre • 8pm • \$12-16

### 26 Humboldt Restaurant Week

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

I Hate Hamlet  
North Coast Repertory Theatre • 8pm • \$12-16

### Saturday

**6** Arts Alive! • Eureka • 6pm

Natural Fiber Fair  
Arcata Community Center • 10am-5pm • \$5/free

*Arcata Farmer's Market*  
Arcata Plaza • 9am-2pm

Not Your Momma's Talent Show • Eureka Theater • 7:30pm • 18+ \$15/\$25 VIP

Eel River Cleanup  
Rio Dell • 10am-3pm

**13** *Arcata Farmer's Market*  
Arcata Plaza  
9am-2pm

5K Run in the Redwoods • 9am

PADDLEFEST  
Humboldt Bay Aquatic Center  
10am-4pm

Bobby McFerrin  
Van Duzer Theatre  
8pm • \$55 / \$10 HSU

**20** *Arcata Farmer's Market*  
Arcata Plaza  
9am-2pm

Young Inventor's Club  
Discovery Museum  
10:30am-12pm • \$7

Equivocation  
Redwood Curtain Theatre • 8pm • \$15

I Hate Hamlet  
North Coast Repertory Theatre  
8pm • \$12-16

### 27 Arcata Farmer's Market Humboldt Restaurant Week

*Arcata Farmer's Market*  
Arcata Plaza  
9am-2pm

Art Market  
Arcata Creamery District • 9am-1pm

OKTOBERFEST  
Rohner Park in Fortuna • 11am  
\$20 / \$5 beer tickets

### Sunday

**7** Natural Fiber Fair  
Arcata Community Center • 10am-5pm • \$5/free

Art Talk with Mark Bowles  
Morris Graves Museum of Art • 2-3pm • \$5/free

Random People Theater Project  
Hospice Meeting Room, Garberville • 4-6pm

**14** *Afternoon of Dance*  
Morris Graves Museum of Art  
2pm • \$2-5 / kids free

Family Game Day  
NuGames, Eureka • 12-6pm • \$3

Mud Run • Humboldt County Fairgrounds • 12-5pm

**21** Random People Theater Project  
Hospice Meeting Room, Garberville • 4-6pm

Equivocation  
Redwood Curtain Theatre • 2pm • \$15

I Hate Hamlet  
North Coast Repertory Theatre • 2pm • \$12-16

### 28 Humboldt Restaurant Week

I Hate Hamlet  
North Coast Repertory Theatre • 2pm • \$12-16

## Weekly Events

### Monday's

Aber Miller & Drew Mohr  
Sushi Spot, McKinleyville • 5-8pm

Swing Dance Night  
Redwood Raks • 7-10pm • \$5

Quiz Night  
Blondies Food & Drink • 7pm

Friendship Circle Dance  
Moose Lodge • 7-10pm • \$4

Jimi Jeff Open Mic  
Simon LeGee's Roadhouse Saloon  
8:30pm • 21+

Rude Lion Sound  
Ocean Grove Lodge • 9:30pm • 21+

Open Mic  
Shamus T Bones • 7pm

Really Cheap Bowling  
Harbor Lanes • 8pm-midnight

### Tuesday's

Ping Pong  
Logger Bar • Noon • 21+

Game Night  
Crush • 5pm

Anna Hamilton  
Palm Lounge at The Eureka Inn  
7-11pm • 21+

Humboldt Cribbage Club  
Moose Lodge • 6:15-9:30pm • \$7

Buddy Reed  
Libation • 7-9pm

The Opera Alley Cats  
SpeakEasy • 7:30-10:30pm • 21+

Sunny Brae Jazz  
Six Rivers Brewery • 8pm

Good & Evil Karaoke  
Silver Lining • 8pm

Karaoke w/ Chris Clay  
Cher-Ae-Heghts Casino • 8pm

### Wednesday's

Whomp Whomp Wednesday  
Jambalaya • 9:30pm • 21+ • \$5

Salsa Night  
Robert Goodman Wines • \$5

Rude Lion Sound  
Toby & Jacks • 10pm • 21+

Blues Jam  
Clam Beach Inn • 8:30pm • 21+

Open Mic with Mike Anderson  
Old Town Coffee & Chocolates  
6:30-9pm

Eureka Fair Wage Act Meeting  
Labor Temple • 6:15pm

Humboldt Hard Core Bike Polo  
Highland Park • 6pm

Aber Miller  
Larrupin Cafe • 6pm

### Thursday's

Seabury Gould  
Gallagher's Irish Pub • 6:30pm

Open Mic  
Blondies Food & Drink • 7pm

Blues Night  
Redwood Raks • 8pm • \$5

Karaoke with KJ Leonard  
Blue Lake Casino • 8pm

Karaoke with Chris Clay  
Bear River Casino • 8pm

Rude Lion Sound  
Sidelines • 9:30pm • 21+

Jimi Jeff's Open Mic  
Central Station • 9pm • free • 21+

Dirty Thursdays  
The Pearl Lounge • 9pm • 21+

Roots 'N' Culture Night  
Robert Goodman Wines  
9pm • free • 21+

## Weekly Events...

### Friday's

Papa Paul  
Gallagher's Irish Pub • 6:30pm

Karaoke  
Central Station • 9pm-1am

Shuffle Fridays  
Palm Lounge at The Eureka Inn  
9pm • 21+

DJs  
Sidelines • 10pm

### Saturday's

Arcata Marsh Tours:  
- Audubon Society  
South I Street • 8:30-11am  
- Interpretive Center  
South G Street • 2-3:30pm

Karaoke with Chris Clay  
RJ Grin Lounge • 9pm-1:30am

Community Acupuncture  
Jacoby Storehouse  
12-4pm • \$25

DJ's  
Sidelines

Toby & Jacks  
10pm • 21+

### Sunday's

Karaoke with Chris Clay  
Cher-Ae-Heights Casino  
8pm

Karaoke with KJ Lenard  
Blue Lake Casino • 8pm

Accurate Productions  
Bear River Casino  
8pm • 21+

Deep Groove Society  
Jambalaya • 9pm • 21+

Public Skate  
Blue Lake Roller Rink  
2-5pm • \$5

Cuban Salsa  
Redwood Raks  
7-9pm • \$5

Jazz Night  
Blondies Food & Drink • 7pm

Open Mic  
Mosgo's • 7-9pm

Potluck  
Logger Bar  
6pm • 21+



**BRICELAND VINEYARDS**  
Humboldt Wines Since 1985

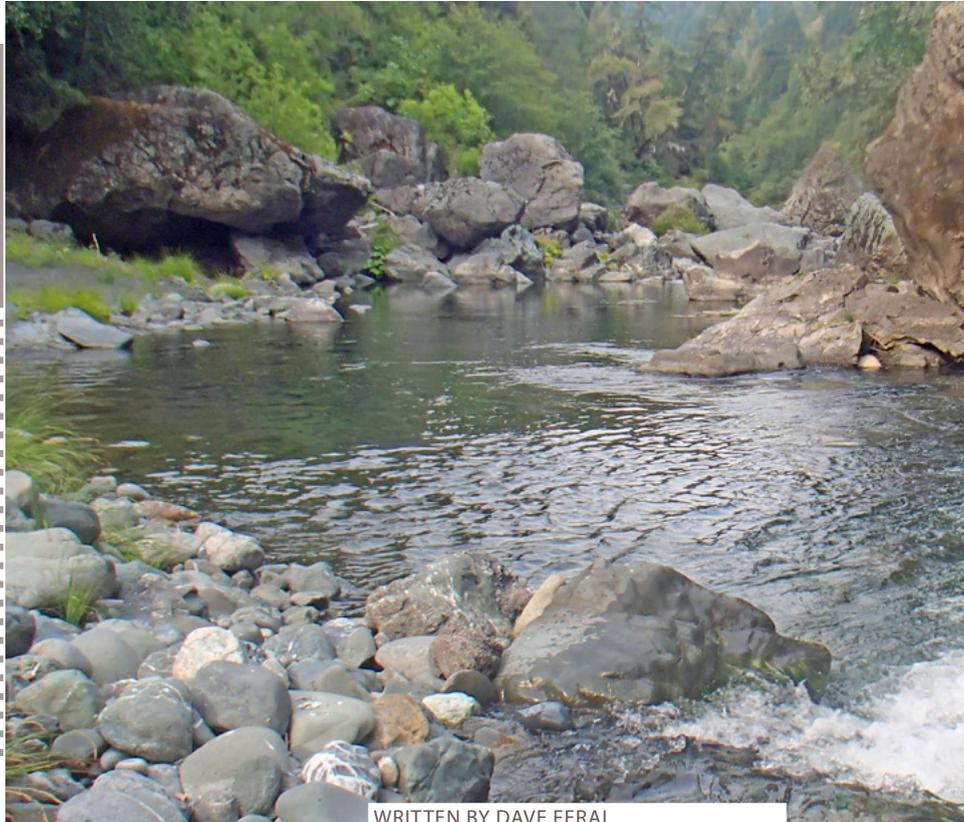
**WINE TASTING OPEN HOUSE**  
Thanksgiving Weekend  
Fri. & Sat. • Nov. 28 & 29 • 1-5



**AWARDS & REVIEWS**  
Gold & Best of County in the 2014 Sonoma County Fair  
Best Winery & Best Wine from Humboldt Grapes Humboldt County Fair, 2011 & 2013  
Double Gold Best of State California State Fair  
PrinceofPinot.com – 95pts

6 miles west from Redway on Briceland-Shelter Cove Rd.  
707.923.2429  
andrew@bricelandvineyards.com

# THE MAD RIVER FLOWS



**Q.** Almost the entire state of California and much of the west is in severe drought, but the households served by HBMWD are not, can you explain why?

Aldaron: "The areas we serve are in a severe drought, but their water source fortunately is not at risk. Our region's water supply, thanks to Ruth Lake, is such that we have a reliable source of water for two or more years even in a severe drought. We capture winter runoff from the first and second storms in the upper watershed and store it to release in the low water season for our customers. Our storage volume at Ruth Lake is such that we can supply water in the low flow season for two or more years to our customers."



WRITTEN BY DAVE FERAL

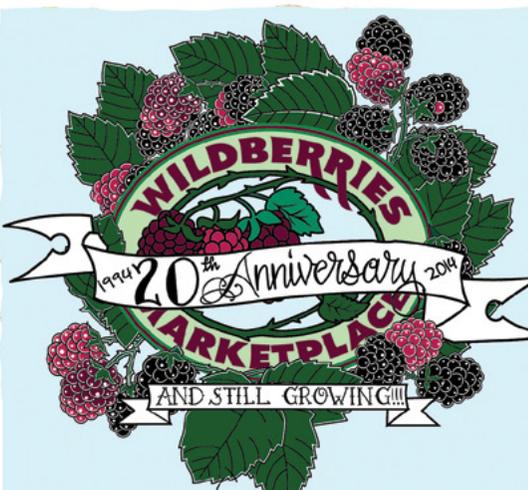
> California is in the midst of probably one of the worst droughts in recorded history. Ground water sources in the central valley have been depleted so much that the ground has sunk as much as 1 foot below original grade. Due to the lack of water weight on the Sierra Mountains, those ranges have risen by almost an inch in the past 18 months. While most of the state of California, and most of Humboldt County, are in a state of drought, the 88,000 people served by the Humboldt Bay Municipal Water District are not being asked to conserve water...and the obvious question is why?

The Mad River watershed covers roughly 500 square miles, with a length of 100 miles from source to sea. The Mad River is fed by 40 main tributaries and water released from Ruth Lake during the dry season. While many of the tributaries are dry or nearly dry this September and river levels are low, the Mad River still flows.

Last week I had the opportunity to talk with river planner and Humboldt Bay Municipal Water District (HBMWD) Board President Aldaron Laird and learn more about why the Mad River has continued to flow this summer.

REMODELED WILDNECTAR JUICE BAR • CAFE DINNER SPECIALS

ORGANIC & CONVENTIONAL • GIFT CARDS • GRAB N' GO CASE



**Student Savings Saturdays**

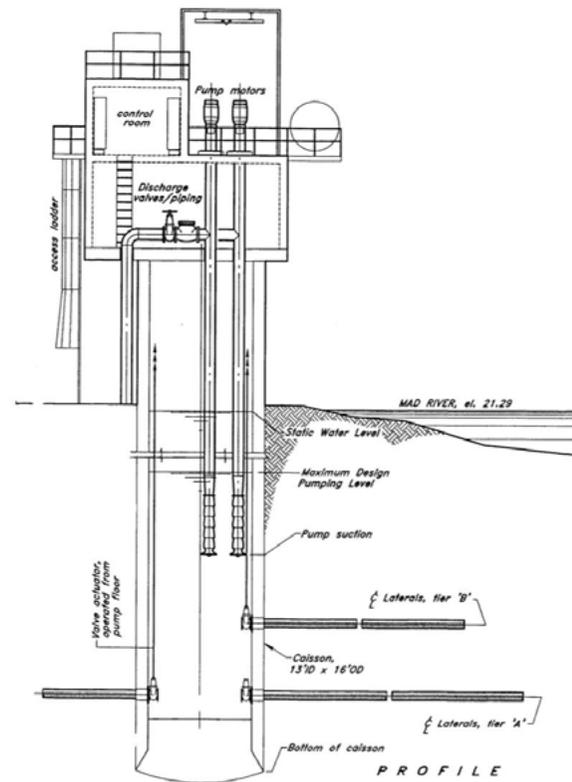
Grade School, High School & College Students Are All Eligible to Deduct 10% from Your Total Purchase with a Valid I.D.

Open Daily from 6am-Midnight • Top of the Hill, G Street, Arcata • 'like us' on Facebook

DAILY GRILL SPECIALS • SPECIAL SMOOTHIE • SALAD BAR

**Q. What is the water district, why was it formed, and whom does it serve?**

Aldaron: "The District was formed in 1956 to attract pulp mills to Humboldt Bay to utilize the redwood mill waste and fiber, create jobs, and provide a more reliable and low-cost water supply for municipal use. The District paid for and built infrastructure like Matthews Dam that creates Ruth Lake and Ranney collectors (a type of radial well) that draw water from 60 to 80 feet below the bed of the Mad River. Today, the HBMWD serves 7 municipal customers: Cities of Eureka, Arcata and Blue Lake, and the Community Services Districts of McKinleyville, Humboldt, Manila, and Fieldbrook-Glendale; the HBMWD also serves individual municipal customers in Fairhaven, Samoa, and West End Road. All together we serve approximately 88,000 customers.



Since Matthew's Dam was constructed at river mile 84 and water from the dam is conveyed in the main stem of the river to the Ranney wells located 75 miles downstream of the dam, many of the plant and animals that live in the river may benefit from the water released during the dry season, especially during drought years. It seems that because of the placement of the dam and the way releases are managed, this may be one of the few cases where water released from a dam may actually be buffering fish and other aquatic organisms from the negative impacts of climate change."

**Q. What might be the effects of climate change?**

Aldaron: "We do not know how much water the Mad River watershed can produce in the future; looking in the mirror at past water yields is not a good road map for managing the future! How much water should we hold in reserve at Ruth Lake for our local communities to endure future droughts? If we take care of our local communities and the aquatic ecosystem of the Mad River

then how much water storage capacity do we have to consider for the export of water?"

**Q. So, though there is ample water to serve our municipal needs presently, but we need to be aware that past rainfall patterns cannot be relied upon to predict future rainfall. When looking ahead in regards to any expansion of the water district, or water exports, what is the significance of 2029 and how is HBMWD preparing to face this date as it approaches?**

Aldaron: "We currently have water right permits for water that we could potentially use for beneficial uses. In 2029 the State will issue the HBMWD a water license to use water in the amount that we can actually put to beneficial uses. What is at risk is a potential to use water in excess of what we actual use or historically used. But I am not worried. Some people think that if we do not use our full water potential that some boogeyman from southern California will come and take it; after all we are in a use-it-or-lose-it state. But the reality is, if there was a viable use for our water our District will pursue it. So the District is actively pursuing local uses of water for all possible beneficial uses. I think we should even consider expanding our District boundaries to cover a greater portion of Humboldt County. If we cannot use water locally we only have two choices to protect our water rights: 1) export our water, or 2) dedicate a portion of our water rights to instream beneficial uses such as to support the Mad River's aquatic ecosystem. Given the effects of climate change I think the Mad River with the water stored in Ruth Lake can become a refuge for Steelhead Trout and other anadromous fishes on the North coast. Personally I favor the instream dedication but that option would not generate any revenue to support the operation or replacement of our District infrastructure; that is a major short-coming of this option. This begs the question can the Humboldt Bay community afford our existing water system; do we have a choice?"

The water district has been inclusive and transparent regarding these issues and as the 2029 deadline draws near the water district is working on solutions. The water district has been seeking advice from a host of watershed experts with an earnest interest in dedicating some portion of the water released from Ruth Lake to go toward benefiting aquatic life in the river. If they do this it would be the first water district in the nation to dedicate water to the river. To support their effort for instream dedication or to learn more about the Humboldt Bay Municipal Water District, visit their web site: <http://www.hbmwd.com/>

As climate change impacts our water supply we must all keep a vigilant eye on the entities involved in managing our water supply. To be involved contact local non-profit Mad River Alliance <http://www.madriv-eralliance.org/> May the Mad River continue to flow!

-Dave Feral founded the Mad River Alliance and owns Humboldt Grass

**Low Cost  
215 Evaluation  
Center**

All Renewals Starting At  
**\$80**

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

Walk-ins Welcome  
Wed & Sat 11-5pm

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

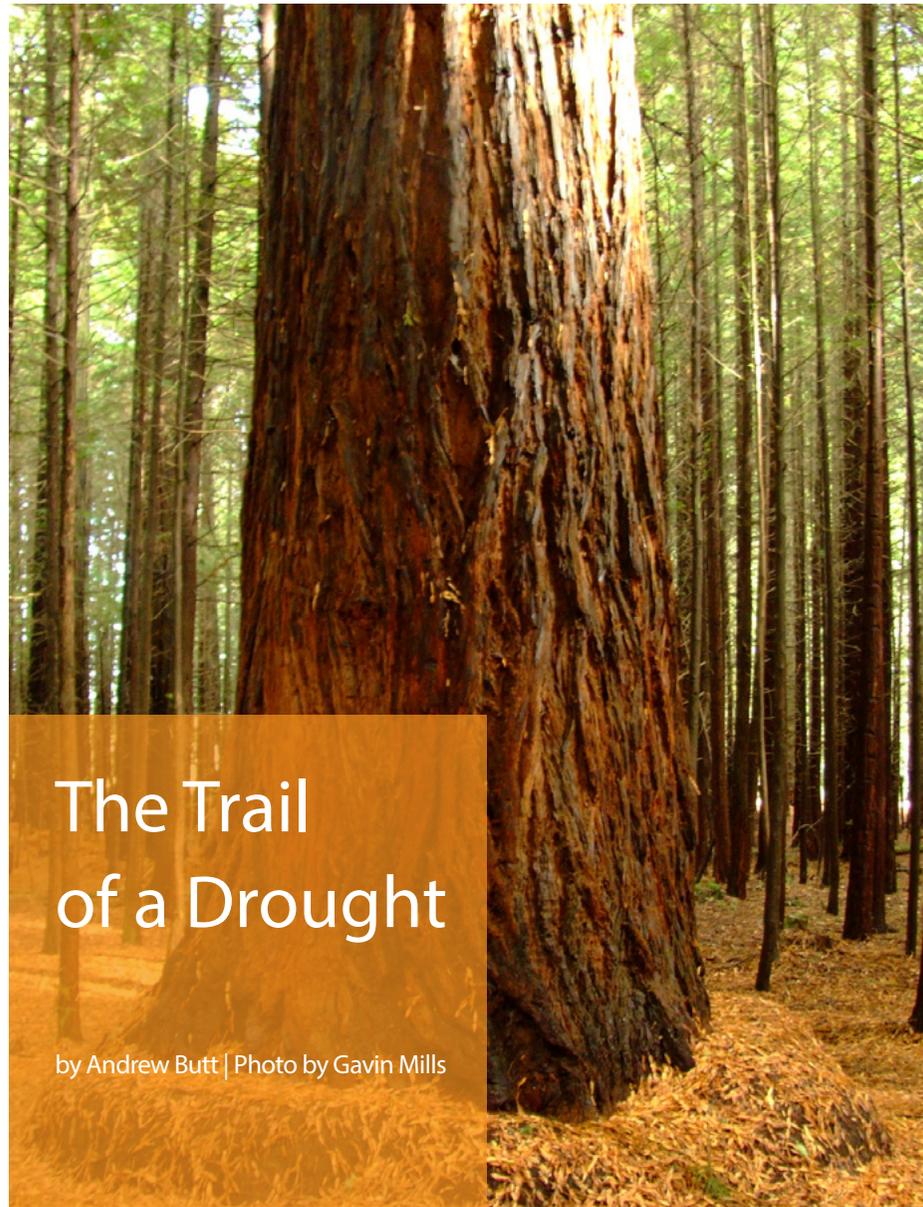
New Patients ONLY  
**\$95**

Lowest Price Evaluations in HumCo

**MC<sup>2</sup>**

**Medical Cannabis  
Consultants**

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



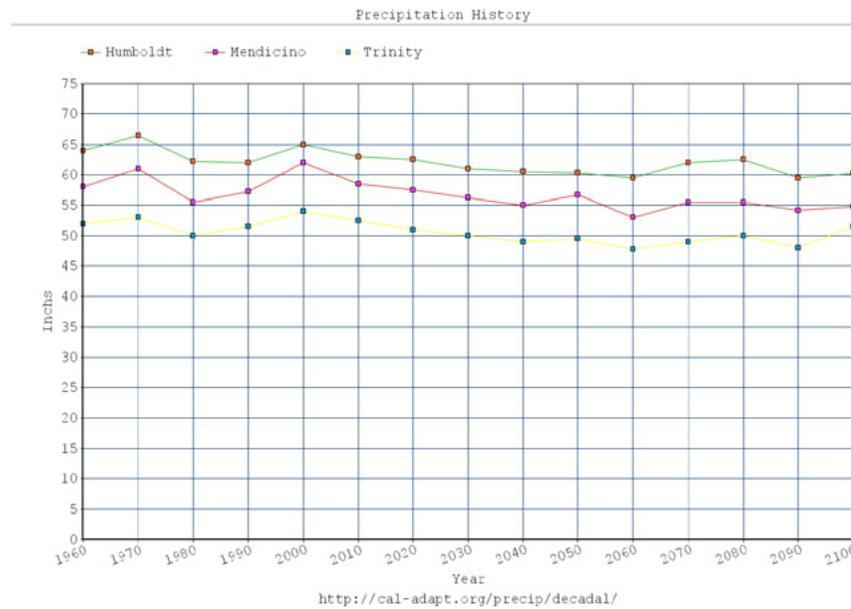
## The Trail of a Drought

by Andrew Butt | Photo by Gavin Mills

Along the West Coast especially in Humboldt, Trinity and Mendocino counties, it's not hard to see the effects of the three-year drought. Simply look up towards the tops of our usual lush green trees and you will find the definite orange and red colors that mark these giants. Conversations held with local fisherman confirm the already known effects of the drought. While the rivers are much lower then some of us have seen in our lifetime, the effects stretch way beyond the stream. Farmers in our area are feeling the impact themselves, as well as both their crops and livestock. Rationing the remaining water supply is

of the essence as we enter what may be our fourth dry year.

Certain areas have seen specific sanctions on water usage which could result in heavy fines if exceeded. One of the biggest aids we have in solving this water crisis is to look at history. Is this consecutively long and dry period something that will soon come to an end, or is this trend going to become more common? First lets take a look at the average precipitation over the past 50 years and the trend for the next 90 years, with each county being charted on its own line:



It is obvious that there is a predicted slow decline in the amount of precipitation through the coming years. Perhaps this trend is incorrect, but regardless the facts are here now that water is becoming more scarce in our area! Cal-Adapt had this to say on the topic:

“The Mediterranean seasonal precipitation pattern is expected to continue, with most precipitation falling during winter from North Pacific storms. One of the four climate models projects slightly wetter winters, and another projects slightly drier winters with a 10 to 20

percent decrease in total annual precipitation. However, even modest changes would have a significant impact because California ecosystems are conditioned to historical precipitation levels and water resources are nearly fully utilized.”

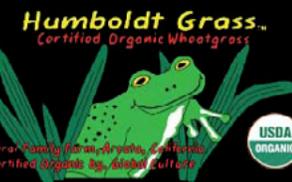
\*http://cal-adapt.org/precip/decadal/

Even with the problems associated with the current situation there is hope. Lately the fog has been rolling back in off Humboldt Bay. Repeatedly in the mornings there is plenty of mist and haze to help offset the dryness in the area. Soon this season's problems will draw to an end as the rains will set back in and winter progresses. Yet one question still lingers for us locals: Will the coming years bring more of this trend? Or will the snow and rain come back to the counties? Only time will tell.

Fill your glass with some Humboldt Grass, the Sweetest Grass in Humboldt County.



Our Grass and Shoots can be found at: Wildberries Market Place, Eureka Natural Foods, North Coast COOP, Brio Cafe, and Humboldt Juice Works.



**HealthSPORT**  
Healthy. Fit. You.

**Workouts  
Harder than  
You Can  
Handle**

**Finish It  
Anyway**

**Special HSU  
Student Rates &  
Couples Rates**

**CrossFit  
HealthSPORT**

ARCATA  
300 Martin Luther King Jr Way  
707-822-3488

HEALTHSPORT.COM



# The Root To Water

## Dry-Farming For Our Future

By Victoria Voss

*The wine industry has long been associated with its reputation as a water consumer. For the past twelve issues, the Emerald has featured a different winery or vineyard in Humboldt county. With our expansion into Trinity and Mendocino Counties, and with the drought in full effect, we wondered just how much water is being used to grow some of the best wine in California?*

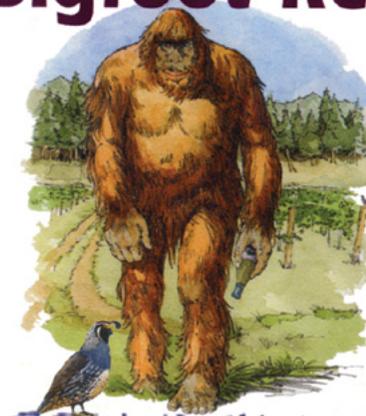
Dry-farming is a widely utilized practice amongst California farmers. In areas such as the North Coast which typically see plenty of yearly rainfall, dry-farming has turned from a resourceful option to a necessity. In the case of local vineyards, dry-farming seems to be the path most vignerons (wine growers) take if mass production is not their priority.

Elk Prairie Vineyard ("Bottling a Dream," June 2014), located on Dyerville Loop Road in Myers Flat, has been operating on a dry-farmed system for over a decade. Alan Estrada and his wife Sandy started Elk Prairie in 1992, planting nearly 3,000 vines entirely by hand. Alan explained that they struggled in the beginning to get their vines strong. In an environment with very little water, Alan believes their vines were set back a year in comparison to other vineyards that received continuous watering from the start.

It had taken eight years for Elk Prairie's roots to grow to a depth at which they could sustain themselves. "My vines have so benefited by my dry-farm practice that, in spite of the only 17 inches of rainfall we had last winter, my canopy is still bright green," said Alan. As his grapes near their harvest, Alan said he's only had to trim his hedge three times this season. Without the use of an irrigation system, Elk Prairie is able to produce 60 cases of wine a year, which equals out to roughly 720 bottles.

Of course there are a few factors that go into successfully dry-farming any crop, one of which is the contents of your soil. Roots have been known to grow 35 feet below the surface as a result of good soil content. When it comes to planting, the vines need to be spaced fairly far apart from one another. Having proper spacing is one of the largest obstacles a dry-farmer may experience. Without adequate distance between each vine, the yield will suffer - unless if you use additional water. The next time you find yourself sipping on a glass of local wine, drink assured that it was likely made with care, not made for mass production.

## Bigfoot Red



SENTINEL  
WINERY

Pinot Noir - Merlot- Bigfoot Red

Tastings June- September by Appointment Only

Raymond "Bruce"  
& Janet Nelson  
Owners/Operators  
530.629.2338

2263 Patterson Lane  
PO Box 1407  
Willow Creek, CA 95573-1407  
nelson@sentinelwinery.net

**Kracken & Sailor Jerry**  
1.75L \$20.99

**The Hutch GROCERY**  
NAGAN'S LIQUORS

**Arcata LIQUORS**  
Fine Wines • Spirits • Beer • Soda • Premium Tobacco

1644 G St. Arcata  
822-1965

786 9th St. Arcata  
822-0414

**Russian Standard Vodka**  
1.75L \$19.99

Lost Coast Vineyards

Bergeron Winery

Riverbend Cellars

Dogwood Estates Winery

**To learn more about dry-farming or your local wine association visit**

Humboldt County Wine Association - [www.HumboldtWines.com](http://www.HumboldtWines.com)

Mendocino Wine Association - [www.MendoWine.com](http://www.MendoWine.com)

Trinity County - [www.VisitTrinity.com](http://www.VisitTrinity.com)

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

Humboldt County's First Kombucha Bar  
Located at 1612 Old Arcata Rd. BaySide, California

**IT'S ALIVE**

**KOMBUCHA**

Open Noon to 7:00pm  
Tuesdays, Wednesdays, & Thursdays  
Six Revolving Flavors ON TAP!

Also available on tap at... Or in bottles at...

The Logger Bar	Coffee Break	Wildberries Marketplace
Siren's Song Tavern	Fieldbrook Family Market	3 Foods Cafe
North Town Coffee	Humboldt Tourism Center	Sacred Palace Yoga Studio
	Arcata Theater Lounge	

find us on facebook:  
IT'S ALIVE KOMBUCHA HUMBOLDT COUNTY

**E & O BOWL LANES**

**E & O Bowl**  
1417 Glendale Ave  
OFF 299 - Near Blue Lake  
(707) 825-9160

**Bowling - Arcade - Pool - Full Bar**

Redwood Community Radio KMUD & Mateel Community Center Present

# Halloween Boogie 2014

## GAUDI AFROLICIOUS

**FRIDAY OCTOBER 24**  
**Mateel Community Center**

**Doors/ DJ Marjo lak 8pm . live music 9pm . Costume Contest**  
**Advance tickets at local outlets & online at [mateel.org](http://mateel.org)**  
**\$28 adv./ \$30 door - Dress in your best costume!**  
**More info? MCC- 923-3368 or [mateel.org](http://mateel.org) / KMUD 923-2513 or [kmud.org](http://kmud.org)**

# Essential Light Energetics

Kiernan Powers, LSHC

## Dynamic Light Therapy

Benefits: Pain and Trauma, Lyme Disease, Arthritis, Sports Injuries.

## Quantum Biofeedback

Benefits: Stress, Infections (including colds and flu), Back Pain, Energy Balancing.

## Chi Nei Tsang (Taoist Bodywork)

Benefits: Digestive Issues, Emotional Health, Detoxification, Immune System.

## Nutrition Assessment

Applied Kinesiology testing of nutritional needs and recommendations for high quality supplements.

## Aromatherapy

dōTERRA Essential Oils are part of the Chi Nei Tsang treatment and also recommended for many health issues including depression.

707.496.8218 • Arcata

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

# Emerald

## Get-Out-Guide

By Dana Murguia

If you grew up near a river, then, like the earth, your being is shaped by current and flood. For the rest of your life you will need to submit yourself to the smell of ripening algae in August and

early fall. This is true for most Humboldt, Trinity and Mendocino County residents, and the urge can still be fulfilled if you are a wheelchair user. This month the Get

Out Guide rates some wheelchair accessible, local spots for your proximity-to-scenic-river pleasure. The path of least resistance for wheelchair users or older adults can be to remain at home. Welcome to the first in an ongoing series: the Get Out Guide featuring wheelchair-tested excursions, events and locales. We offer you pre-tested venues so you can go in-the-know. Sometimes the hardest part of getting out is the anxiety beforehand: "Will there be a ramp?"; "Does the restroom have good grab bars?" The Get-Out-Guide is your assurance that you will have easy access.

The Big Flat Campground is a great location where you can enjoy the out-of-doors. The restrooms are completely ADA accessible and roomy enough for a wheelchair user and caregiver to navigate with ease. The

camp hosts at this site should be legend – they are amazingly friendly and attentive. The best access to a swimming hole is at the Chimney Flat day use area

down the road– and the sloped path down to the stream will require assistance. We used our sons, young men who were up for spotting Daniel, co-owner of CareMatch, as he rolled down to Hurdgyurdy Creek. This campsite is only open through October 15th and is first-come, first-served, so this is the perfect chance to get in a final camping trip. We spent two weeks at this site in July and during the evening the mosquitoes do their thing, so come prepared for that. Otherwise, the pristine solitude, wild river, and streams of this place will sooth your soul and lure you back again and again.



- Dana is owner of CareMatch, a professional caregiver recruitment and placement firm. You can read the full length article at her blog [caregiverhire.com](http://caregiverhire.com)



## Biodiversi-Tea

By Tim Dower  
TRGC Nursery Manager

A smoky haze hangs over Humboldt County. Daylight has a dim, golden glow that foreshadows the transition from summer to fall. Plentiful produce does not have to end just because summer comes to a close. Alliums, Asian greens, cole crops, and root vegetables thrive in the mild, short days to come.

Now is the time to prepare your fall and winter garden plots. Plot preparation usually includes adding nutrient sources and organic matter to the soil. The effectiveness of these additions for sustaining a productive crop relies on things which mostly go unseen. Tiny and mostly microscopic living things are the muscle and the medicine behind successful organic crop production. "Soil" is...

Soil is a composition of: minerals, air, water, dead and decaying plant and animal matter, and macro- and microscopic living things. The living portion of soil transforms the other soil constituents over time. These transformations create nutrient cycling that contributes to soil fertility. This microscopic living portion of soil is referred to as "microbes".

### The Key Players:

#### Bacteria, Fungi, Protozoa, & Nematodes

The four main types of soil microbes are: bacteria, fungi, protozoa, and nematodes. There are thousands of different species that make up the four main types of soil microbes. The food chain of these soil microbes cycles nutrients within the soil. According to Dr. Elaine Ingham Ph.D., bacteria and fungi consume and digest organic matter and plant matter. Some of these bacteria and fungi are consumed by nematodes and protozoa. The nematodes and protozoa are then consumed by predatory nematodes. Arthropods (invertebrate creatures with exoskeletons like insects, spiders, and crustaceans) consume these predatory nematodes and the arthropods are eaten by birds and animals. Along the way, all of these organisms are creating waste products which contain small quantities of plant available nutrients. Dr. Ingham calls this the "soil food web".

These microbes also help plants resist drought by giving up the moisture in their bodies when surrounding soil particles are dry. The soil food web is crucial for plants to be able to eat and drink on their own.

#### Heroes and Villains

Most microbe species are beneficial to plants but there are a handful of microbes that are parasites. In general the beneficial microbes live and thrive in environments high in oxygen, whereas the harmful microbes live and thrive in low oxygen environments. When aerobic conditions are maintained the beneficial microbes thrive and prevent the harmful microbes from occupying space thereby causing damage. The microbial check and balance system functions through competition for space and resources and through a predator/prey relationship. Some bacteria and fungi combat insect infestations through similar mechanisms.

Microbes also colonize the above ground surfaces of plants. Just like in the root zone there are good and bad actors. By coating leaf and stem surfaces with the appropriate microbes a layer of protection from damage can be created. There are many bacterial and fungal products on the market that are meant to be sprayed on as plant protectant. There is also research that suggests that when there are microbes on roots or shoots or both, plants respond with growth vigor most likely due to a competitive response.

Due to the evidence that suggests microbes protect plants from natural enemies and cause growth vigor, it could be concluded that adding beneficial microbes to the soil and plant tissue can increase crop yield, both the quality and quantity.

### Brewing Biology

Beneficial microbes can be extracted or grown from materials that contain viable populations. This process is usually done in actively aerated water. The result is referred to as "Actively Aerated Compost Tea" or AACT.

AACT must be made with spring, well, or dechlorinated water. When using public utility water one must dispense the water to be used in to a vessel and let it sit open for two hours minimum. Ideally the water would be aerated in the container with an oxygenation system for 24 hours. A simple oxygenation system can be an air pump and an aquarium air stone. Once the water is dechlorinated add humic acid, fulvic acid, sea kelp powder, soluble mycorrhizae powder, and fish or shrimp hydrolysate directly to the dechlorinated water. In a mesh bag, combine worm castings, Alaskan forest humus, high quality compost and a rock dust product. The ingredients in the mesh bag should be well mixed. Place the mesh bag of ingredients in the dechlorinated water. Be sure the bag is hanging in the middle of the water column and that the bag contents remain agitated. This combination should be bubbled for a maximum of 24 hours unless your recipe suggests otherwise.

### Bacterial and Fungal Dominance

Recipes for compost teas are numerous and usually vary by the food source for either fungal or bacterial dominance. Annual non-woody plants generally favor bacteria dominant situations and perennial plants prefer fungal dominated conditions.

Bacterial food sources include fruit juice, sugar cane syrup, fish emulsion, and unsulphured molasses. Molasses is the most commonly used of the above mentioned.

Fungal food sources include fish hydrolysate, sea kelp powder, humic and fulvic acid, soybean powder, steel cut oats, and yucca extract.

### Scope it Out

To refine the tea you are brewing, a microscope is a key tool to be sure the proper organisms are present in the proper quantities. Just because compost tea smells right does not mean it contains effective populations of microbes. Soilfoodweb.com provides good guidelines for tea monitoring guidelines.

### Application Rate

Compost tea can be diluted and combined with regular feed water as a root drench and it can also be used sparingly in its concentrated form. Compost tea should also be diluted and applied to leaf and stem surfaces. Sprayers that deliver large droplets are best so as not to obliterate the living things in the tea.

Fall and winter gardens are exciting because they do not require the intensive irrigation and weeding of the summer garden style. Look forward to the bounty of fall and early spring. Start your biological warfare plan now for future harvests. Use the good side of nature against the bad side. Come see us at the Trinity River Garden Center for discussion and suggestions about how to make your plants excel with biology.

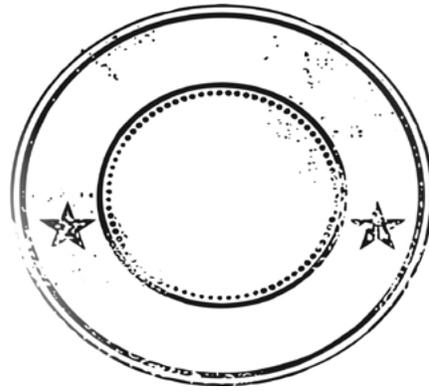


[www.theemeraldmagazine.com](http://www.theemeraldmagazine.com)

**Garden of Beadin**  
Where Creative Meets Exotic  
Humboldt's largest bead supplier  
Incredible fair trade, socially conscious clothing  
Exotic gifts from around the world  
Funky to exquisite jewelry for everyone!  
752 Redwood Drive, Garberville  
923-9120 • [GardenofBeadin.com](http://GardenofBeadin.com)



# Emerald TRAVELS



SEAN JANSEN  
TRAVEL COLUMNIST

The waters off of the South Atlantic coast are far from favorable for most of the year. From Southern Brazil to the southern tip of Patagonia off of the Americas, the water is rough, dangerous, teeming with sea life that would love to take a bite out of you. The term "roaring forties" is synonymous with this region, meaning the seas are rough, but ultimately, the water is also brown.

Now when I think of brown water, coming from California, it means that it has just recently rained and there is a large amount of runoff and sediment getting pushed into the rivers, and all the sewage is getting sent into the gutters and lastly sent into our oceans. This turns our tranquil blue-green waters into brown, murky waters that are very unsafe and unsanitary to delve into. But that is not always necessarily the case in California, or in other parts of the world.

There is one such place that I just went to that is the perfect example of an incredibly beautiful ecosystem with an immense color that is gorgeous. Oh, and ya, the water is brown, really brown. The waters off the coasts of Southern Brazil, Uruguay, and Argentina are all brown, yet the sea is teeming with life. People are smiling from ear to ear, enjoying

their aquatic sports, and the coastlines are gorgeous. Here is the best part: Aside from the usual pollution that every sea on God's green earth has, it is unpolluted.



The waters of these coasts get there brown color from a massive river delta that partly separates the countries of Argentina and Uruguay. This river delta is fed by two main rivers, which are in turn fed by many other rivers around southeastern South America. The river delta, along with the surrounding sea, is made up of sediment that has been carried by

all of these tributaries from Argentina, Bolivia, Brazil and Uruguay, which is pretty cool considering I was swimming in the sea off of Uruguay and could have had sediment around me from Bolivia, a country that is landlocked and has no coastline, a few thousand miles away. Once in the sea, the Malvinas Current carries the sediment up and down the coast.

The ocean color is actually beautiful. I had the pleasure of enjoying it in three different countries, and if you wake up at sunrise and watch the glow from the sun bounce off the water, it has this incredible golden hue that I have not seen anywhere else in nature. Long story short, just because the water is brown, it doesn't necessarily mean that it is polluted. It could simply be a gift from nature, the result of a phenomenon that brings particles from a distant land. Now, don't go running into the sea the second you see rain on the weather forecast. Be smart. Chances are, unfortunately, the water will be polluted after a rain. But not always, and if the water is brown, it doesn't mean death. It could beautifully mean life, just a different color than usual.

## A Very Special Thank You

To all those who

Celebrated our

Second anniversary

With us!



KMUD PRESENTS **Humboldt Halloween** TWO ROOMS  
FRIDAY OCTOBER 31ST 2014

**TALIB KWELI**  
LYRICS BORN • KELLEY MAK  
NICO LUMINOUS • PRESSURE ANYA  
SAMBA DA ALEGRIA • WU WEI

\$35 PRE-SALE @ WILDBERRIES & INTICKETING.COM  
21+ | DOORS AT 8PM | PORTUGUESE HALL

(707)923-1023  
M - F: 8am-4pm  
Closed Sat & Sun  
Meadows Business Park  
1211 Evergreen Rd.  
Redway, CA 95560

Sandwiches, Salads, Espresso,  
Smoothies, Breakfast, Wi-Fi & more...



*An extra thanks goes to the businesses and performers who helped make the night amazing!*

Cliff Dallas and the Death Valley Troubadours, DJ Red, Sue Charnes, Sherae O'Shaughnessy, Mike Martino, Scott Porter, Andrew Goff, Evan Wisheropp, Global Village Gallery, The Works, SCRAP Humboldt, Co-op, Briceland Vineyards, Sequoia Park Zoo, Moonstone Crossing Winery, Gingerbread Mansion, Warren Creek Farms, Annie's Cambodian Cuisine, Lost Whale Inn, Chumayo Spa, Susan Bloch, It's Alive Kombucha, Kayak Zak, Arcata Stay and Lodging, Natural Decadence, Monument Mountain Vineyards, and Old Town Haunted History Tours.

Autumn is on the way! Take advantage of the last summer produce!



## It's Local Harvest Time!

- Celebrating National Organic Harvest Month
- Abundance of local and organic produce
- Full service natural and organic meat department featuring local organic beef
- Best seafood counter in town



**EUREKA**  
NATURAL FOODS

Tuesday Seniors over 60 receive 10% Off  
 Saturdays Students with ID receive 10% Off  
 1450 Broadway, Eureka, CA 95501  
 Mon-Sat 7:00am -9:00pm;  
 Sun 8:00am - 8:00pm  
 707-442-6325  
[www.eurekanaturalfoods.com](http://www.eurekanaturalfoods.com)

# BACK TO SCHOOL Sale!

## Entire Month of September



**20% OFF**  
**All Lighting**  
(in-stock items only)

NORTHCOAST HORTICULTURE SUPPLY



**FORTUNA**  
357 Main St.  
707.725.5550

**EUREKA**  
60 W 4th St.  
707.444.9999

*Have Fun in the Garden!*

[NHS-Hydroponics.com](http://NHS-Hydroponics.com)

**ARCATA**  
639 6th St.  
707.826.9998

**McKINLEYVILLE**  
1580 Nursery Way  
707.839.9998