

FREE

The Emerald

MAGAZINE

**Spring
Buzz**

SIX

**low-cost
methods for making
your garden bloom!**

Spruce Up Spring
with Spicy Margaritas and Sweet Cactus Salsa

p. 35



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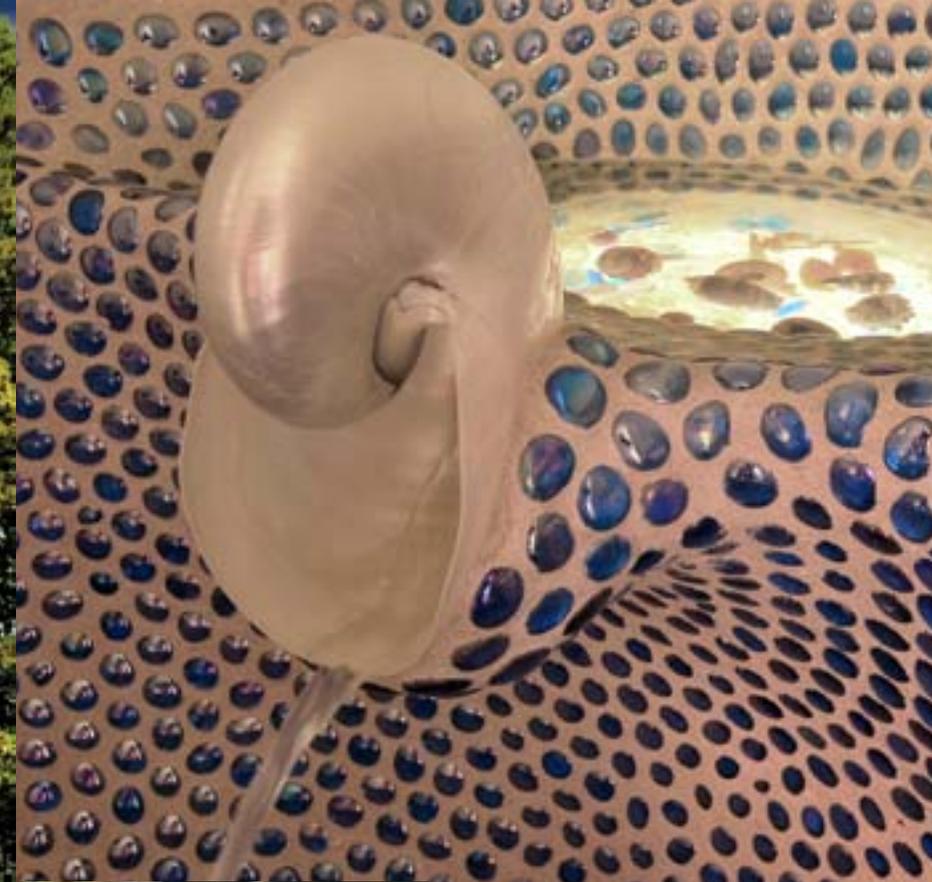
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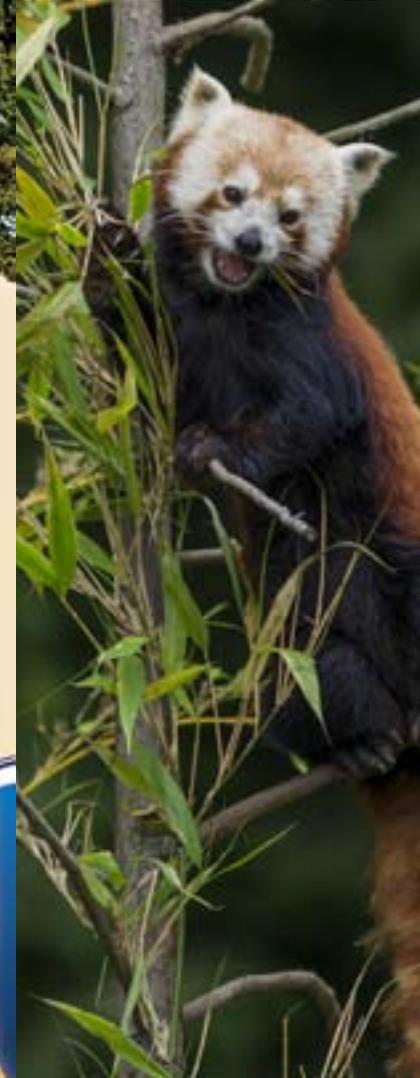


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Editor



Spring, The Sunniest Gift Of All!

Dear reader,

Nothing is more exciting than waking up to the sun after a long winter season. This spring, gardening gets good with low-cost remedies that will make your greenery bloom. We've also brought you beekeeping, fire-dancing and vacation get-away possibilities.

Our mission at the magazine is to create a positive image for Humboldt County. If you're interested in helping to promote the community, contribute your voice to *The Emerald* by contacting us below. See you in the sun!

Sincerely,
Christina DeGiovanni

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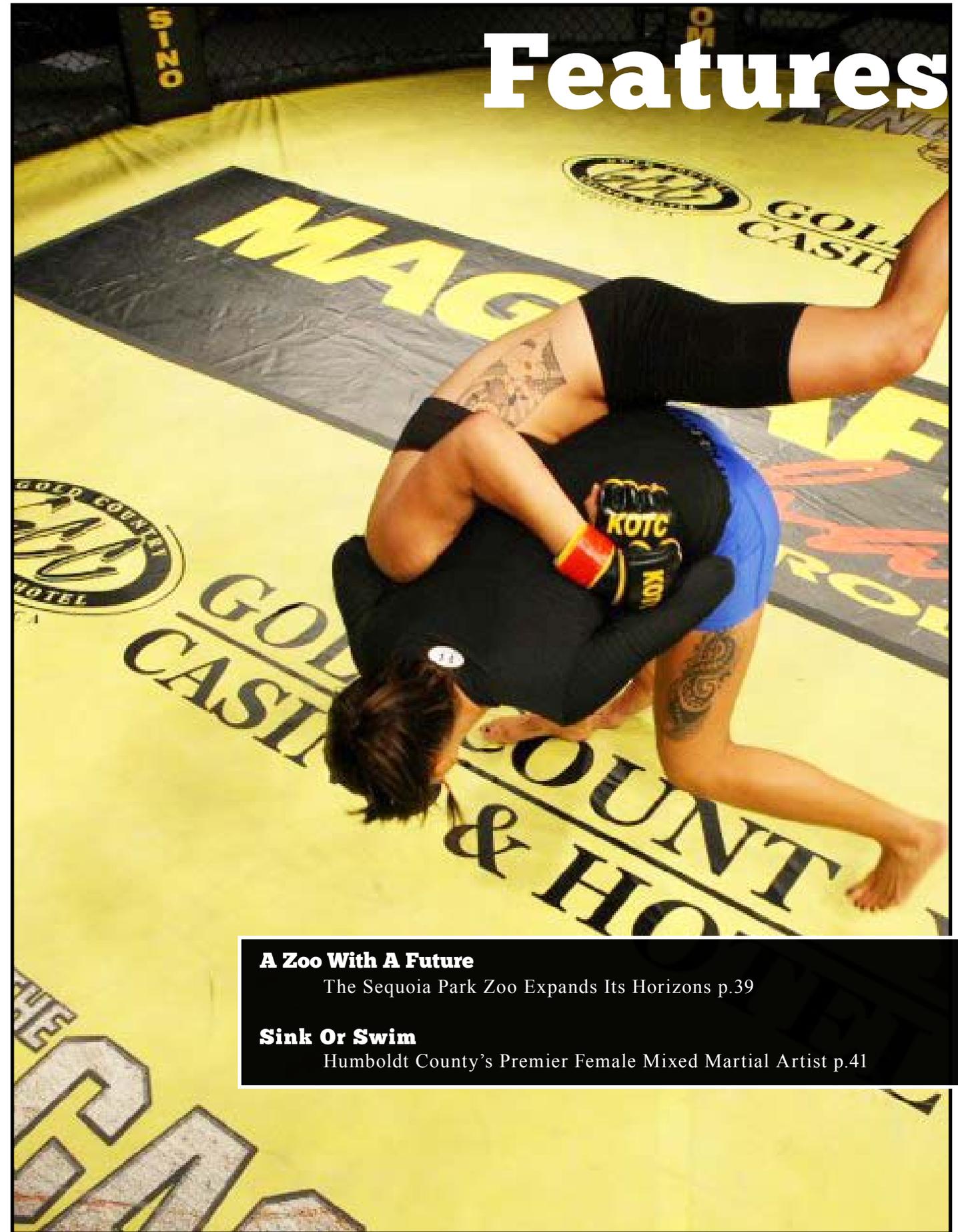


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Photo By Shirian Kennedy

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Nautilus House

“Literally, the dwelling is a big snail, structurally working as an evocative shell: resistance, protection and shelter.”



“Nature is the biggest source of inspiration.”

“The social life of this [home] flows inside the Nautilus without any divisions. Going up the spiral stairs, continuing through the hall, going through the television room (sheltered in the Nautilus belly) flows the space up [towards] the spiral stairs to the study room, where you can view the mountain’s landscape.”

“Neither the walls nor the floor or the ceiling are parallels.”

“Two elements are outstanding: the living room emerging from a inside garden, and the dining room table coming out from the wall.”

“For ventilation, there are two underground ducts. When the outside air enters, the house gets cold or hot according to the year’s season”

To learn more about the Nautilus house, visit us online at theemeraldmagazine.com

Every quarter we bring you unique and sustainable ways to create your Humboldt dream home. This Spring we share with you a design inspired by the sea. A house that architect Javier Senosiain created using nature as his guide. Shaped like a Nautilus shell, this house is just as alluring on the inside as it is on the outside. Senosiain’s close friend, Leon Faure, describes the creation of this magnificent house.



Bathroom Faucet

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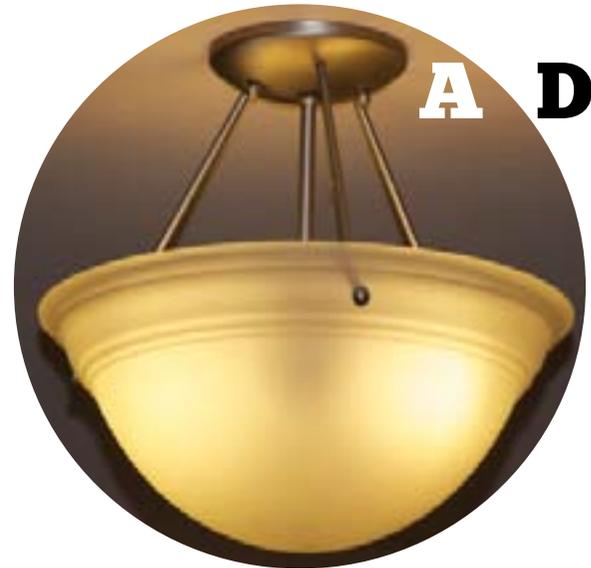
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Chandelier

1
Find a light fixture in your house that would work best as a chandelier.



A Do It Yourself Project



2
Buy jewels and mirrors from your local craft store that you can string thread through.

3
Attach your jewels onto the light fixture. Alter the length of each string to give the chandelier more volume.



Winter Showers Bloom Amazing Flowers
Six low-cost methods for making your own fertilizer at home.

Coffee Grounds

Eggshells

Epsom Salt

Fire Ash

Seaweed

White Vinegar

Coffee Grounds
(Nitrogen)

Spread your coffee grounds out so they can dry entirely.

Spread the grounds out over the base of your plants.

Repeat once a month.

Eggshells
(Calcium)

Grind up dry eggshells until they become a white powder. Water the powder into your soil. This method helps make plants more resistant to pests.

Repeat once a month

Epsom Salt
(Magnesium Sulfate)

Mix one tablespoon of Epsom salt with every gallon of water. This will improve the roots nutrient absorption.

Repeat three times a month.

Fire Ash
(Alkaline)

Spread ashes over your garden and mend it into the soil. This will help raise the pH level.

Repeat once a month.

Seaweed
(Carbohydrates)

Collect seaweed and rinse it off with fresh water. Ferment the seaweed for one month in a barrel. Use one gallon of water for every pound of seaweed. This will make for a strong crop.

Repeat once every 2-4 months.

White Vinegar
(Calcium)

For longer lasting flowers mix two tablespoons of distilled vinegar with two tablespoons of sugar for every gallon of water.

Repeat once a month.

Humboldt Flower Power At Its Best

Ferndale Florist Puts Her Magic To The Test

Photos and Story By Jamie Hindley

Ever since I've opened my flower shop in Ferndale, I have made it a point to attend as many educational floral programs as possible. I have met and learned from some of the top floral designers from around the world. In September 2011, I was in Palm Springs networking at the Rose Parade with other florists when we started talking about where we live. My grandmother lives Pasadena and my uncles worked on the parade committee for years. I've seen the Rose Parade both live and on television, and for me, working it was a dream come true.

I took a class in Oklahoma and the instructor mentioned that she has worked on Rose Parade floats for 30 years alongside the people I had previously met. My teacher invited me to Pasadena to assist her on her float and I've kept in contact with everyone I've met since.

This year I left Humboldt for the parade the day after Christmas. After arriving, I checked into the main office at a warehouse called "Fiesta Parade Floats." Fiesta Parade Float houses up to 11 or 12 large floats at one time, with all of the floats reaching two or three stories high. I am left in absolute awe as I step into the warehouse and see the floats every year.

Construction on the floats begin in January and takes 12 months to complete. The designs and plans are drawn to fit with the parade's theme and a small-scale reproduction of the float is constructed. An engine is built and a frame is welded together. The float skeleton is tested on the road in July and August. Once that is complete, constructors finally cover it with a plaster product to prepare for the paint and decorations. Each float has scaffolding surrounding it so that every inch may be accessed.

I was given a tour my first year and shown how the material is applied. Every inch of the floats has to be covered with natural materials. No paint, wood, metal or plastic may be showing. Onion seed, sesame seed, oatmeal, thistle, kidney beans, dried parsley, white rice, red and green lentils and seaweed are just some of the materials that are used.





Children, ages 12 and up, spend hours volunteering for the parade. Material used on the floats include dried flowers and seeds. They are adhered to the floats with Elmer's white glue. That process however is started three to four weeks before I get to the parade. Then seeds and beans are applied one by one. One of the more memorable floats I've seen was the Girl Scout float. Although I did not work on it, I saw it being built. Hundreds of hours went into designing the car alone. An entire Mazda Miata was covered with red kidney beans, strategically placed with no gaps between the beans. The wheels of the car were covered with sheets of seaweed. Hundreds of hours went into decorating that Girl Scout float.

Yellow, pink and purple strawflowers are used for their vibrant colors. At times they can be seen flying through the air while they're being used. Coconut slices are also used. They have such a sweet smell to them that the volunteers walk away from that project with soft, aromatic hands. Dehydrated carrots make for a bright orange color with an amazing texture.

The amount of well-behaved, hard-working kids applying different colors and textures to the floats was impressive. Kids volunteer year after year. It's a tradition for many families that will continue on for years to come.



My job as a volunteer was assisting the design of the fresh flowers for multiple floats. Upon arrival, I spent several hours sorting through buckets of roses, boxes of orchids and bales of greens. I helped prep, cut, soak and rehydrate thousands of flower stems.

Every float is carefully thought out and planned. The color palette, flower varieties, number of stems, design style and arrangement location have already been decided. It's our job as designers to see a vision and make it happen. This year I worked on the Miracle-Gro and City of Torrance floats. For the Miracle-Gro float, we used thousands of Sun Valley Floral Farms (Arcata) tulips. I guess I wasn't the only thing from Humboldt that came down to the parade.

To anyone thinking about visiting the parade, I say go for it. I'd recommend to everyone to visit the Rose Parade at least once in their lifetime. Watching the parade on television simply doesn't cut it once you've experienced it live. One can not truly appreciate the full magnitude of this event if you don't witness it for yourself. For more information on the parade and events visit tournamentofroses.com



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Your Next Home Project: The Strawberry Patch

Story & Photos By Sarah Moore



First-time gardeners are often leery of investing in strawberry plants when they see them at the farmers market or garden store. The plants, always so small, berryless and insignificant, seem totally unworthy of their usual \$2.99-or-so price tag. However, strawberries are one of the best deals out there. Unlike carrots, which need constant love and attention, or lettuce, which can quickly turn bitter and go to seed before you can eat it, the strawberry is a content little creature that keeps on giving.

However, strawberries do have a few needs. Constant sunlight is one of them. Strawberries grown in the shade will be small, sour and just plain disappointing. Take the time to choose a location that is free of notable morning or afternoon shadow. If you are growing other vegetables nearby, check that a tall patch of corn or particularly vigorous pumpkin will not eventually put your babies in the dark.

Make sure that your strawberries are watered regularly. If you live in a rainy area like the Northwest, you probably will not have to do it often until the hotter months arrive. Still, it's important to keep an eye out for how things are progressing in the plant bed. Any sign of yellowing or browning on the leaves is bad. The best way to keep strawberries happy is, like a tropical houseplant, to make sure the soil is always somewhat moist beneath the surface.



On a related note, strawberries like good drainage and suffer under marshy conditions. Amend your soil with some good compost, and break up clumps so that it's fluffy instead of dense. If your yard is heavy in clay, then mound your strawberry patches to facilitate runoff, or build yourself a simple four-sided raised bed and fill it with store-bought soil mixed with compost.

Lastly, strawberries like lots and lots of space. In addition to producing more fruit than you'd think such little plants capable of, they also reproduce at an astonishing rate. Their quick growth means that later in the season – late summer to early fall – you will begin to notice little offshoots rooting into the soil around the main plants. These are called runners, and will turn into their own mother plants next year, given the room. Believe it or not, in two years a well-tended strawberry patch can be as much as quadruple!

What's not to like, right? Yet, perhaps because they fetch such a premium at the farmers market and natural food stores, I find that novice gardeners generally assume berries of any kind must be difficult to grow.



But if tomatoes and peas don't alarm you (or even if they do!), there's nothing to worry about with the humble strawberry. Its needs are simple and daily maintenance takes mere minutes.

If you move, no worries. Strawberries love being transplanted. So take a deep breath, invest and reap the benefits.





A New Humboldt Buzz

By Nathan Butler | Photo by Meghan Quintanilla

With the growing demand for local and sustainable food, Humboldt has found a brand new buzz. All-natural honey is now a local industry. The days of buying low-grade Chinese honey is over. One company leading the charge back to local and healthful products is Humboldt Honey. Started in 2012, they purchased the company based in Myer's Flat. Suddenly those bumper stickers are starting to make more sense.

If the fact that being local and producing the best natural sweetener isn't enough for you, Humboldt Honey recycles their waste water, recycles their cardboard and plastic. They also donate honey to local food kitchens and community fundraisers. Even the bottles and lids are made in California.

Beekeeping is a passion that is gaining interest among women and the youth, which is helping remove the idea of the stereo-typical beekeeper. Recently, bee enthusiasts in Eureka successfully lobbied to relax the long-standing city ordinance prohibiting beekeeping within the city limits. It requires a \$25 permit and about 25 feet of property on each side of the hive.

Got allergies? A daily dose of honey can actually reduce the affects of allergic reactions to local pollens. This works because as the bees convert the pollen to honey, they break it down. Thus the honey works as a kind of immunization against local pollens. This only works if the honey is local and gathered from regional flora.

Some people would argue that having more bees around will lead to more severe reactions in people who are allergic to bee stings. The number of people who are allergic to bee stings is only about one in 10,000. That is the equivalent of about one person in Fortuna being at risk out of the entire town.

Honey appreciation is nothing new. The Vikings used honey to make mead. It was a strong drink that can take up to a year to produce a single batch. If it gave them the fortitude to paddle a boat to England and sail as far as the Near East, you know it had to be good.

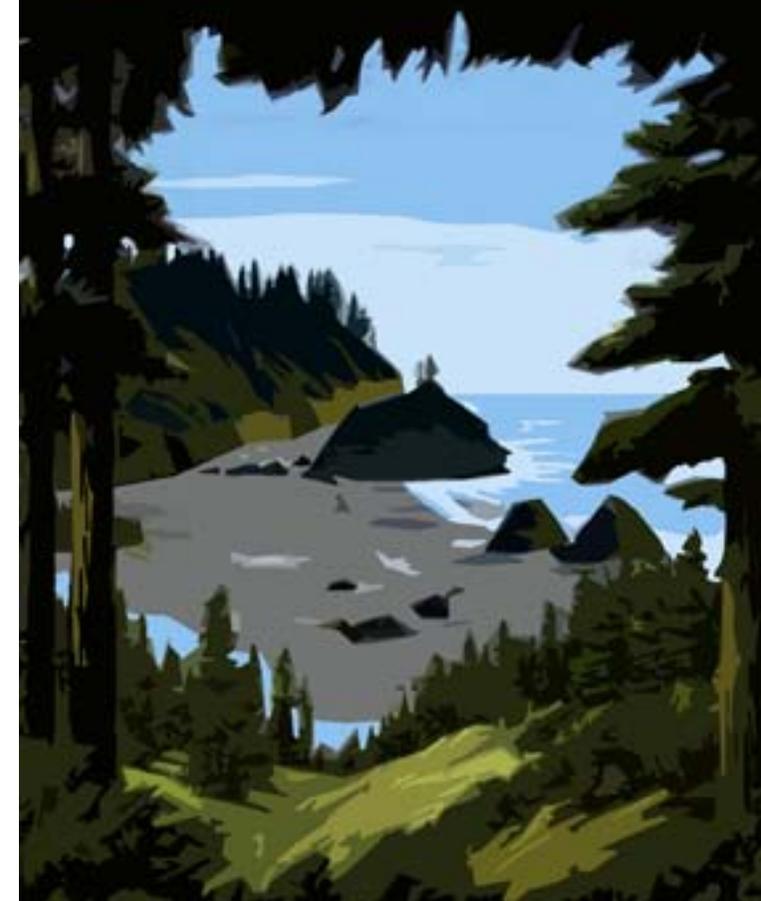
Recorded history dates honey back to the Ancient Egyptians who used it as a form of currency. They even fed it to animals that they considered sacred.

The early American colonies made a form of concrete with it. Probably not the best use of honey, but it goes to show how plentiful it must have been.

Our love of honey is here to stay and with a rejuvenation of interest on the private level we can insure that safe, healthy honey is a buzz we won't be losing.

Interested in learning more about bees and beekeeping? Humboldt State University offers a course on beekeeping and there is an association of local beekeepers who can be reached at humboldtbeekeepers.org.

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“The more we become integrated the more resources we have available to deal with our day-to-day life”

Personal Integration

Ways To Start The Spring Off Right

By Scott Sherman

Personal integration is not a choice, just a matter of time. This lifetime or the next! To become “One” is our destiny as it was our destiny to evolve from single cell to human. This is so by reflection not only on the nature of our physical evolution, but also on the nature of our cultural, spiritual and religious evolutions.

There is a choice as to when and how we become personally integrated. The concept of personal integration (PI) has to do with healing our multiple soul-fractionating traumatic events. Occasionally, one is able to “shrug” off such events and remain present (integrated in the Now). More often we can grasp the idea, discover the process and run with the adventure of PI.

Traumas can be repetitively small, big or multiples of the two. They are always lessons. We all acknowledge major traumas. Small, repetitive traumas are more often viewed in denial. Shaming, blaming and hurried grieving all contribute to repression. Post-traumatic stress disorder (PTSD) is simply a label that says that the trauma has not been processed. It has not been enlivened in the body allowing for healing.

We all enter into the processing of trauma differently. We all have a number of valuable traits that allow us to get on with the business of becoming integrated. Some are verbal or auditory, others visual or kinesthetic. We can write, dance, sing, paint and meditate to our own PI end.

The more we become integrated, the more resources we have available to deal with our day-to-day life. Thus, the easier it becomes to Become. The shamanic model of the Universe has it that our fragmented (unresolved grief work) soul parts are left behind, blown into another orbit or Universe, tucked away in some corner of our bodies and so forth. Different folks experience soul loss differently.

What is needed is a format for healing. Not too much or too fast, but on a regular basis. So, we must delicately embrace PI. To do so is expedient and rewarding. To not do so . . . well we only have to look at the thoroughly corrupted and “out of touch” individuals that seem to be at the ends of the bell curve to realize the alternatives. More sickness of heart, mind, body and soul.

Three critically basic tools to help embrace PI are:

- Deep, moderately slow and full breathing
- Embracing gratitude for all
- Relaxing, relaxing, relaxing!

Breathing, being grateful and relaxing promotes body awareness, memories and insights. Then the work of PI can proceed through our Higher Self connected to Source re-educating and re-parenting our more naive, wounded, stuck, primitive physical, emotional and spiritual selves. We are multiples of who we are until we experience PI. We increasingly become singular when we embrace the process. Embrace with love, full breath, gratitude and surrender.



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Headgasms

Hack Your Brain This Season

By Emelie Gagliardo | Photo by Edward Olson

Have you ever experienced a strange and pleasurable tingling sensation down the back of your neck from someone giving you attention? Maybe when you're getting your hair or makeup done or you're at the eye doctor's for a checkup? Perhaps when you have seen a beautiful piece of art or experienced a particularly special piece of music? Many people describe this feeling as a rush of cool, positive energy that begins in your head and flows down your back like a wave. Some people compare the sensation of a tingling surge of uncontrollable energy within your body to the feeling of an orgasm.

For those of you who, like me, have experienced this feeling, congratulations! You are a part of a population that has somehow hacked their brain into feeling a sensation that many people cannot. The term "ASMR", or Autonomous Sensory Meridian Response, has been coined for this feeling, and it is an exceedingly difficult concept to explain to someone who has never experienced it. Others refer to the feeling as an attention induced head orgasm or attention induced euphoria, also commonly referred to as a head orgasm or head tingle. The first times I can remember experiencing this feeling was in response to getting my makeup done by friends as a little girl. Something about the personalized attention elicited a positive sensation through my body, like a shiver.

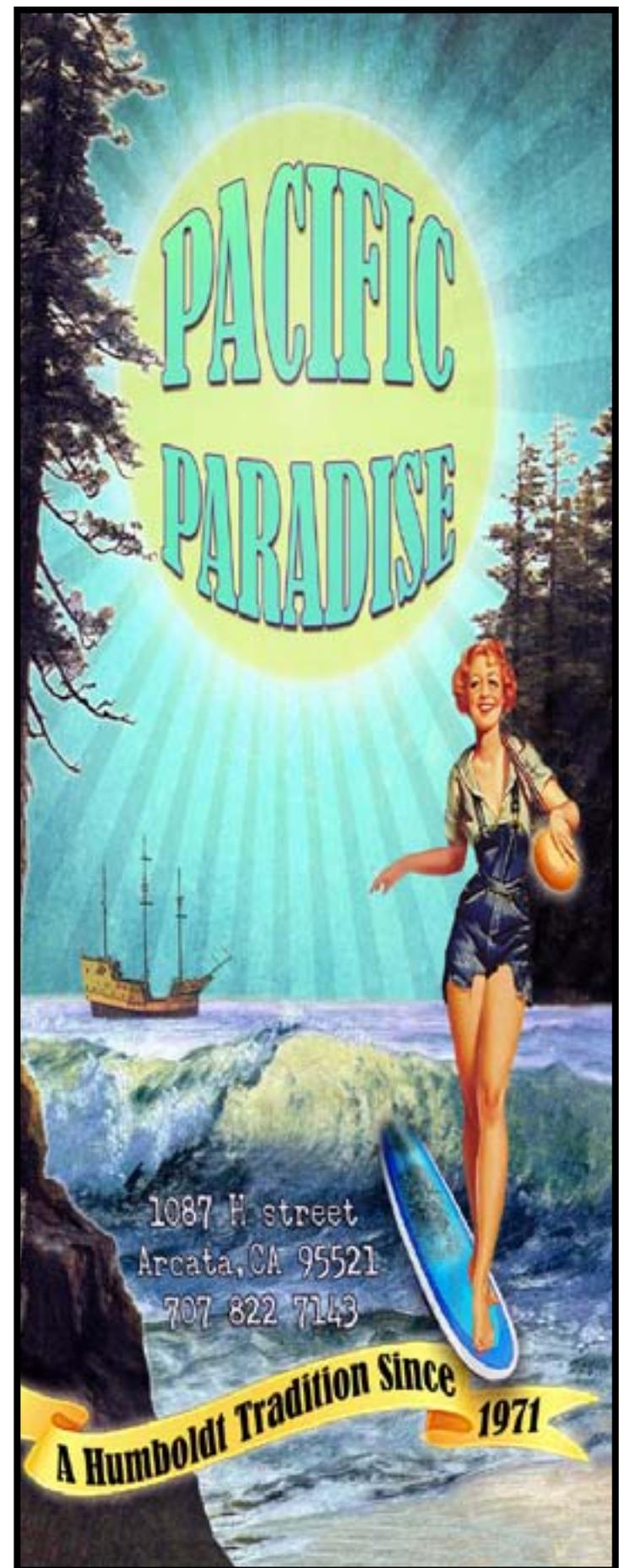
When I first learned about ASMR, it was through the internet social platform of Reddit. The subreddit (or specialized page) for ASMR ([r/asmr](https://www.reddit.com/r/asmr), for you redditors out there) has countless videos of people pretending to brush hair or do makeup, cute girls talking in whispers and accents, videos of Bob Ross painting trees, instructional videos, and recordings of ticking, touching, or crumpling of objects.

To many, this may seem entirely absurd, and I would not completely disagree. The videos posted on this page are ASMR triggers, and for those of you who can experience this sensation, it may be a first stop for relaxation and euphoria.

Here are a few triggers, from the ASMR Research page on the web:

- * Exposure to slow, accented, or unique speech patterns
- * Viewing educational or instructive videos or lectures
- * Experiencing a high empathetic or sympathetic reaction to an event
- * Enjoying a piece of art or music
- * Watching another person complete a task, often in a diligent, attentive manner - examples would be filling out a form, writing a check, going through a purse or bag, inspecting an item closely, etc.
- * Close, personal attention from another person
- * Haircuts, or other touch from another on head or back
- * Certain smells
- * Tapping, scratching, sticky sounds

While the science behind what causes ASMR is still mostly speculative, some believe that the idea of altruistic focused attention is what gives ASMR its power. Tingle lovers around the world have been studying their own behaviors and experiences, and have found that this feeling is associated with feeling of calm, peace, tranquility, and happiness. I urge those of you who recognize the description of this feeling (and those of you who may not) to take some time out of your day to explore this brain hack and see if you can't find some time in your day to experience this euphoric sensation. So, put on your headphones, find a relaxed space in your home, and see if you can trigger yourself a brain massage.





Qualities of Enjoying the Eureka Nightlife

By Bo Sarvinski



The nightlife in Eureka can easily be taken advantage of. While Eureka is not as large or selective in establishments as some bigger cities are, as far as nightlife goes, there are a few ways of making it more enjoyable. Here are 10 steps to a successful night on the town:

1 Pre-Gaming is the codename for having a few drinks before venturing off to bars or clubs. This is a fantastic way to get in social time among friends, as well as to save money. A simple 18-pack will usually do, unless you are waiting for more people to arrive. Then a larger amount of alcohol should be suggested, but consumed slowly. Depending on the amount of people there, pre-gaming can take anywhere from a few minutes to a few hours. This time can be spent creating great anticipation for the next venture towards the bars or clubs, and in many ways helps set a positive mood for the night.

3 Look for Deals At Bars Or Clubs: Most bars and clubs in Eureka will have theme or drink specials depending on the night. If the consumer is on a tight budget, he or she should look at these specials and aim for one that will meet their needs. Running out of money the consumer may need later is never good.

5 Courtesy Always have a well-established form of courtesy towards yourself and others when going out. The need for drama is not welcome well when people are trying to enjoy each other's company.

2 Go Out To The Bars Or Clubs In A Group Going to bars or clubs alone is not a good idea. Being alone in such an establishment usually brings about an awkward feeling to most individuals and does not guarantee a good time for anyone. Additionally, there is no telling what can occur on a night out on the town. Having a few friends with you helps to give you company, have a good time and the security of someone to watch your back.

4 If You Want Memories Of The Night, Bring A Camera Cameras are a great way of documenting memories for future review. In addition, they make great keepsakes to the night out on the town. A digital camera is the prime choice for such events, but disposables are a great substitute also if budget is a worry. Before long, a photo album of the past will have a collection of great times with friends in it. But use the camera wisely. Some patrons will be upset by the flash.

6 Don't Be Afraid To Buy Someone Else A Drink: This fits right in with the courtesy rule, as well as group fun. Buying someone else a drink or buying the group you are with a round of shots is never a bad thing (unless someone has had too much). This is usually always a good thing to do for friends in a bar.

7) Bad Mood Equals Bad Drinking:

If the consumer goes to bars or clubs in a bad mood, bad drinking will follow. Bad drinking can result to getting expelled from the bar or club in question, or worse. The consumer obviously will not be a fan of this. Nor will the group the drinker is with. If it can be helped, try not to develop a mood. Go out for a good time. If the mood cannot be avoided for other reasons, stop drinking, or just don't go out drinking that night.



8) Dancing:

Whether you're heading to a few of the places in Eureka that have dancing like Nocturnum, Steve And Dave's during Arts' Alive or special events, or the Pearl Lounge, dance with those you are associating with. Trying to randomly move in on someone while their dancing does not work for everyone. If you really are out on the dance floor, it should be expected to be a good time. Dancing with friends does bring about a good time, so go for that approach.



Conclusion:

Hopefully these 10 tips can help for a successful evening out on the town in Eureka. Try them. They don't hurt and they help to have a good time in the bars and clubs.

9 Always Tip the Bartender

The Golden Rule of drinking in a bar or club in Eureka is to always tip the bartender. Not just once, but every time. Some consumers may complain about how the bartender is moving slow or how the drink was mixed. But what consumers must realize is that unless they have been a bartender themselves, they have no idea of everything that is going on. Bartending is a fast-paced occupation and the breaks are short. Most of the time, they are active, filling drink orders, mixing drinks, cleaning up messes, and fixing random catastrophes in the bar or club. To top it all off, the bartender is a server to the consumer during a time when the consumer is enjoying life, while the bartender is working the whole time. Usually \$2 or \$3 is a nice tip. If it's a big drink order (4 or more drinks) throw in at least \$5 or more. It does not matter if the bartender is bad or not, they are there for the consumer. Always tip your bartender.

10 Make Sure Everyone Has A Way Home:

A designated driver is a necessary choice when leaving Eureka nightlife. When going out, during the pre-gaming stage, elect or volunteer someone for this job. It's required and it's the law. There's no excuse for the lack of a designated driver. If there is a lack, however, call a friend, or call a cab. Cab fair can easily be shared among the bar patrons, and a call for a ride home is never a shameful thing. As long as everyone gets home safe, then there has been a successful night of drinking.

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Playing With Fire

Bella Vita Fire Dance Company

By Nicholas Preciado | Photos by Scott Hilton

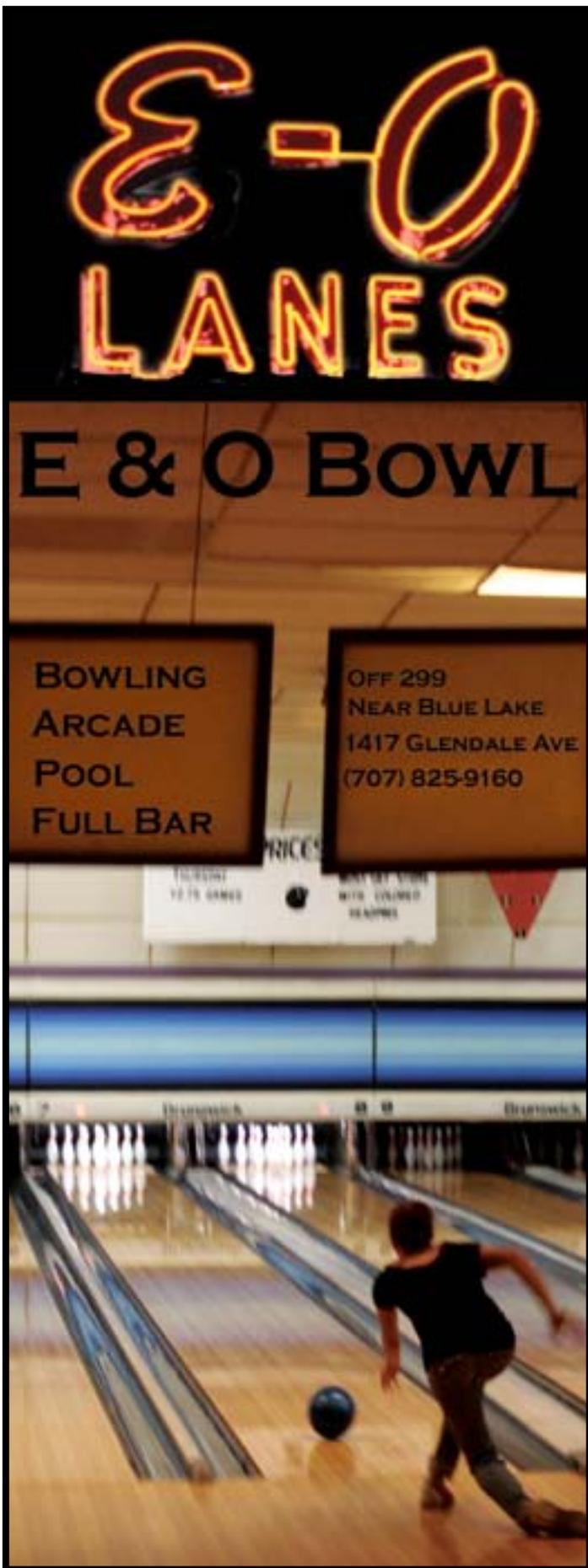


Humboldt County is generally supportive of alternative lifestyle choices and when it comes to dancing with fire, performers are met with grand applause. There are multiple groups in the area that perform with fire, such as the Humboldt Spin Collective and the Humboldt Circus. Now, a new troupe has been formed: the Bella Vita Fire Dance Company.

Bella Vita Fire Dance Company provides an outlet for dancers of all experience levels to practice performances and hone techniques. The company is located in Arcata and was founded by dancer and performer Jillian Ladd.

Ladd instructs and practices with people at her home. She's been teaching fire dancing for over a year and has been performing for over 13 years. She sees the Bella Vita Fire Dance Company as a venue for art therapy and self-empowerment.

"My fire community is my tribe," Ladd said about the dancers and performers she works with. The dancers in the troupe work with fans, batons, staffs, hula-hoops and poi. Poi originated with the Maori people of New Zealand. It is the art of swinging around tethered weights in patterns. The weights are attached to rope, chains or other material, depending on what type of spinning is being done. Some are made from tennis balls and glow in the dark plastic. In the case of fire dancing, the material is bundled Kevlar soaked in lighter fluid. For safety reasons there is no actual use of fire indoors, the dancers often head to a nearby parking lot or hit the beach when flames need to be lit.



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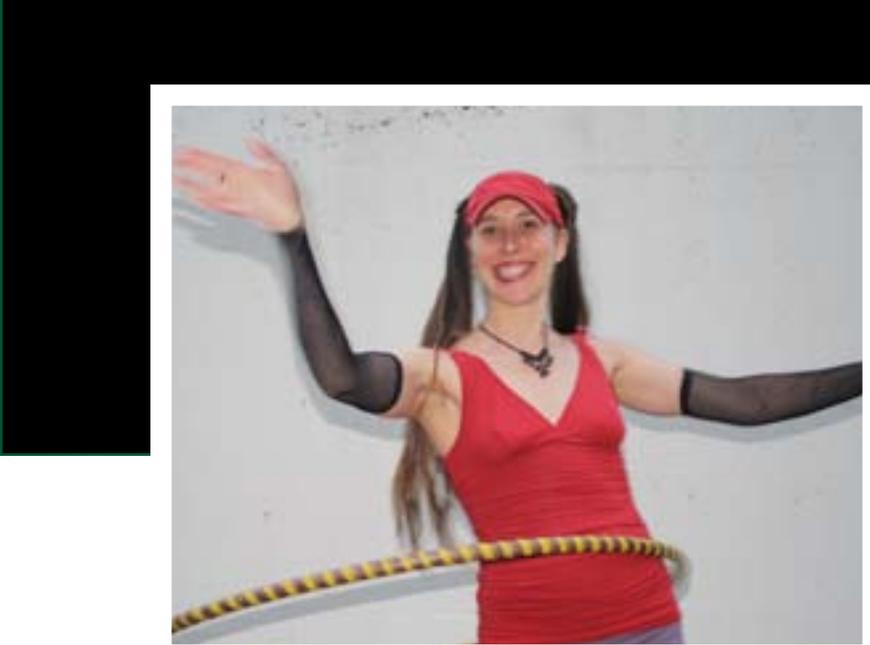
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"I feel like it's a peak of creativity," Starwasz said about dancing with fire. "It's a fusion of the art forms I already do."

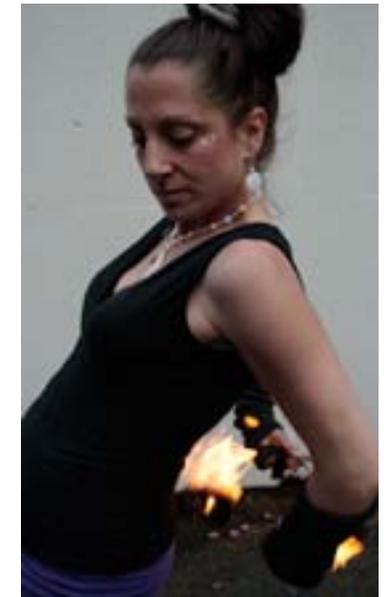
Ladd shares the troupe's passion for performance. Her interest in fire is not merely a flickering wick, but a burning bastion of inspiration.

"It's beautiful, it's a life source," Ladd said spinning poi. "It's part of my everyday life."

The performers who work with Bella Vita Fire Dance Company are a close-knit group who perform at local events, like the Humboldt Arts Festival, as well as private events like weddings. Several of the performers are astrological fire signs and feel that it could be part of the reason why they're attracted to fire dancing.

"It's empowering," dancer Jessica Bowen said. "When you're fire dancing, you can just focus on what you're doing and have fun."

Yoga instructor and 13-year belly dancing veteran Annie Starwasz just started fire dancing, but feels that her background and interest in active art drives her.





Simply Shameless

Shamus T-Bones Restaurant Review

By Victoria Voss

Barbecuing has evolved over time and has creatively managed to build new forms that seem to endlessly corral people together. Whether you grill or not, there's no reason why you can't enjoy slow roasted smokey bar-b-que right here in Humboldt.

As I walked through the doors of Shamus T-Bones in Eureka the scent of succulent pork began to fill my nose. The newly built, two million dollar restaurant sits directly on the bay front towards the southern end of Eureka. Branching off from the original restaurant in Carlotta, Shamus T-Bones sets a new standard for barbecue in Humboldt County. Stepping through the grained doors of this log style cabin creates the sense of western authenticity right from the start.

The waiting room is cozy and you may have to put a pause to your hunger if you didn't make a reservation. The decor is fun and helps pass time. A full bar is also at your disposal, should you wish to waste no time. Indoor and outdoor seating is available. Giant windows that stretch two stories high reveal the heart of the restaurant. Two Great Whites and a few rolls of cornbread later, I found myself gazing at the bay as it glistened from the sunset; any table in the restaurant will reveal the magnificent view.

After placing my order for brisket, a folk band was setting up for their performance. A bit of country music goes well with everything on the menu. A banjo, vocalist and drummer sang into my hickory-smoked meal. The brisket was smoldered in a warm zesty barbecue sauce, its succulent texture melted away any effort to chew. A burst of marinated flavors consumed the corn and mashed potatoes. The taste of the chicken confirmed that it had been roasting overnight, making the only shame in Shamus T-Bones not coming in sooner to try their hearty Humboldt home-cooked meals!

To try Shamus T-Bones yourself, visit them off Truesdale street in Eureka. Hours are from 11:30am - 10pm daily. Reservations are recommended, call (707) 407-3550 to reserve your table today.

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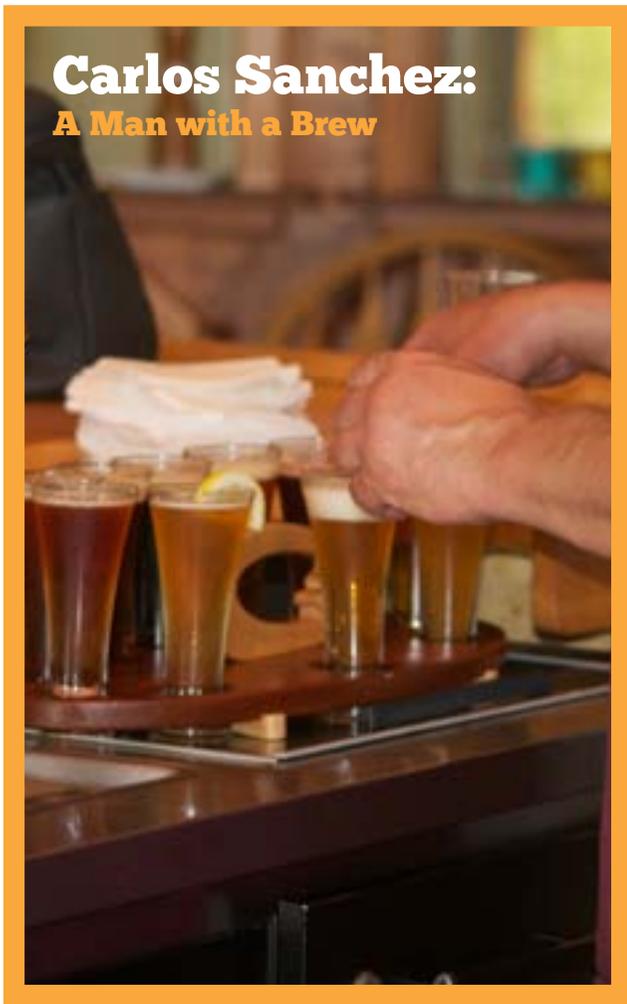
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Carlos Sanchez:
A Man with a Brew



by
Benjamin Fordham

The legend goes something like this: lightning strikes the top of Six Rivers Brewery. Brewmaster Carlos Sanchez cackles madly, clutching a fistful of roasted habaneros. Chili Pepper Ale is born.

Carlos "Los" Sanchez has been at Six Rivers for the last 11 years laboring with love, equal parts artist and (some would say mad) scientist. The fruits of his labor include over a dozen award-winning brews, including a silver medal at the 2004 Great American Beer Festival for the Chili Pepper Ale and a gold in 2005 for the Paradise Moon Porter.



On a recent tour of the brewery and pub, it was obvious that Sanchez does what he loves and loves what he does. He gazes fondly at new pieces of equipment as if they were new children. When the tour is over, he returns to them to make sure they are safe.

It's this type of craftsman's approach to brewing beer that has led to award-winning breweries cropping up on the North Coast over the last 20-30 years, along with great events like Hops in Humboldt and the Humboldt Homebrew Fest.

Brew Review (cont'd)



But don't take my word for it, try them all for yourself. And to those of you who say "Why would I want my beer to taste like chili peppers?" I say this: let your mind be open.

As for Carlos, he may be a genius, or he may be mad, but one thing's for sure: the man makes a sublime brew.

Six Rivers Brewery has live music and features pub fare, gourmet pizzas and the "hottest wings in town." Just look for them on the top of the hill in McKinleyville.

-“A fine beer may be judged with only one sip, but it's best to be thoroughly sure.”
-Czech proverb

Moonstone Porter

This is a dark and smoky, almost black beer. It is bold yet smooth, complex and chocolaty. Guaranteed to keep you warm on those cold winter nights. Alc. content 6%

Raspberry Lambic Style Ale

Similar to the Strawberry Wheat, yet it has its own distinct character. This beer is as light and bubbly as raspberry soda. With 480 lbs. of berries per batch, the raspberry flavor comes bursting through. Alc. content 7.4%

Rosie's Strawberry Wheat Ale

This is a light, crisp beer with a beautiful strawberry color. Sweet but not too sweet, the strawberry flavor comes through well and blends with the other flavors. Drink this all summer long. Alc. content 6%

Chili Pepper Ale

As soon as you pick one of these up you will smell the roasted chilies. A sip reveals a light, clean beer with a hint of smokiness. Then the burn comes. My new favorite. Alc. content 6%

Eshan Nut Brown Ale

Named for a co-worker's newborn child, this complex ale has an attractive light brown color, with a sweet hazelnut flavor that comes on slowly. Alc. content 6%

Bluff Creek Pale Ale

A little bit bolder than the Weatherman Wheat, but still light and smooth with a hint of citrus. Alc. content 5.5%

Weatherman Wheat

This is a crisp, smooth ale, light and drinkable with a great wheat flavor. Alcohol content 6%

IPA (India Pale Ale)

Six Rivers' flagship ale is a dark chestnut color, bolder than the Pale Ale, but still balanced with a great lingering flavor. Alc. content 7.2%

Paradise Moon Porter

This is a dark, rich beer that has great coffee flavor throughout. If you love coffee, you will love this beer. Alc. content 6%



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Travel Guide to South by Southwest

By Christina DeGiovanni



Every March thousands of fun-loving, self-motivated, music and film artists pour onto the streets of Austin, Texas to celebrate two weeks of film, interactive technology and music festivals. What started as a modest get-together back in the 80's has grown into the one of the largest, most popular music festivals in the United States. Every year Austin hosts over 2,000 music performers, technology companies and up-and-coming film artists at an event know as South by Southwest (SXSW).



2) Plan Ahead

Making travel plans to attend SXSW can be a daunting task. Traveling to the Lone Star State during this time of year is like searching for a needle in a haystack. Flights and hotels are booked solid months in advance as visitors try to make their way to the state capitol. But if one is tenacious, one can get lucky like I was.

The party starts early, as the atmosphere on the plane is unlike any other flight you've taken. Mixed conversation about art, music and film will kick off the next two weeks of endless networking. The person sitting next to you on the flight will become an instant friend, considering you and everyone else on the plane have one important thing in common: Austin.

1) Know Ahead

To get full access to SXSW you will need to buy a wristband, which runs about \$395. The film and technology portion of the festival occurs during the first week, while the music segment dominates the second. I know the price seems steep, but what most people don't know is that you can have an equal, if not better time without the wristband.

In years past my free, invisible, non-existent wristband granted me access to almost every concert, event, show and pre-party that I could walk to. All events take place within a short distance of each other, which makes the experience very convenient. As flyers flood the streets with endless opportunities for fun, musicians lure people to their next show by playing on every street corner.

Fact!

In 2012, SXSW had its largest attendance ever. So large in fact that the city Wi-Fi began to shut down and portable hot spots had to be flown in from New York.

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3) Be Ahead

Last year the website Do512.com became my partner in crime, giving me all the tips and tricks to accessing free shows and pre-parties. For the most part SXSW is about promoting up-and-coming artists. That magical wristband will let you in to see every performance, however the pre-parties also provide you with opportunities to enjoy shows for free. Last year I listened to Fiona Apple at Austin's famous Stubb's Bar-B-Q and saw Kimya Dawson, Cake, Das Racist and Neon Trees for free too. The shows that require the wristbands typically start around nine p.m., but there are plenty of pre-parties that last late into the night.



Sixth Street is home to the main strip of bars in Austin. Similar to Mardi Gras in New Orleans, green, purple and red LED lights filled the city streets. As the festival goes on it becomes common to see performers set up their stage right on the street corner. Crowds form large circles around musicians as they play. Partygoers hang over the ledges of bars and sway their arms to the beat of the music. The constant chatter and drunken shouts eventually become music of its own. Artists from all over the continent travel to Austin to express their love of art. Experiencing the different genres back-to-back, bar-to-bar, gives listeners an opportunity to hear all kinds of fantastic music.

South by Southwest is an event everyone should experience. Having gone, it's easy to see why this event has grown in popularity. For those looking to perform, log on to the official SXSW website or apply through Sonicbids, the official music submission platform for the festival. This year's event kicks off on Friday March 8th and goes through March 17th. Yee-Haw!

A Zoo With A Future

The Sequoia Park Zoo Expands Its Horizons

By Daniel Gelman | Photos by Mary Brewer

One thing that distinguishes Humboldt County from other remote areas is the unique blend of wild nature and controlled cosmopolitan urbanity. In one day you may commune with grazing Elk on a fearsome coastline, eat Pad Thai Noodles with a Math professor in a neighborhood bistro and attend a Chamber Music concert.

Almost any city of cultural significance has a zoo, in addition to museums and art galleries. Knowing that you're heading to the zoo stokes a spark of youthful enthusiasm in even the most weary among us. Maybe it's because it reminds us of childhood field trips, or because it's something so different from our daily grind. Or it may be the joy we derive from seeing the joy that our children derive.

But most small cities in a forest don't have a zoo, let alone a dynamic and expanding one like the Sequoia Park Zoo in Eureka. It's the oldest zoo in California and one of the smallest accredited zoos in the United States. It is owned and operated by the city and hosted 70,000 visitors last year.

As a port and lumber city in 1907, Eureka attracted a variety of rugged individualists who had their share of adventure in the Northwest wilderness, Alaska and even abroad. Some brought exotic animals back with them.

The city developed the zoo in an effort to create a metropolitan oasis in the woods. Local animals became the foundation, but gradually imported animals, like an orphaned Black Bear from an Alaskan hunting expedition and an Australian Wallaroo shipped by a local sailor, added spice to the stew.

The zoo was a modest fixture in a residential neighborhood for generations, but it has evolved over the past 20 years into a state-of-the-art, modern attraction. It's been fully accredited by the Association of Zoos and Aquariums since 1995.



Sink Swim

The Story of Humboldt's Premier Female Fighter

She entered the cage like a bird of passage and flew out a champion. Samantha "Quinn" Hester, a 22-year-old boxer by nature, started her mixed martial arts (MMA) career in 2008 in a Blue Lake bout. Quinn remembers her first experience at a cage fight when she was 16 years old. Her friend and mentor was fighting in the ring. Since then, Quinn has always wanted to box. "My favorite [boxing] move is the straight right punch. It's just [BAM], and they're out," Quinn said smiling.

Quinn trains specifically in Jiu-Jitsu, a style of combat that specializes in grappling and ground fighting. "We train by wrestling you from standing to the ground, and from there it's all jiu-jitsu so you're going for the arms and the choke," Quinn said. Her favorite jiu-jitsu move is the triangle choke, which entails choking your opponent with your legs.

Maintaining peace and serenity is a crucial element to succeeding at MMA. Bouts can easily turn from an exciting event to a roid rage from hell (even though the fighters get drug tested). "I like to be respectful. I don't go to the fights to be personable or to make fun of somebody. It's purely competition," said Quinn, who competes in the 125-pound weight division. Quinn has four wins and one loss in her fighting career. She attributes her defeat in Oroville, CA to a behind-the-back arm lock. "[My opponent] had my arm and I just had to tap out," Quinn said, relieved that her arm didn't get broken.

When training for fights, all martial artists have a routine they follow. Cutting weight is essential to fighting in a comfortable category. Quinn once had to call off a match because her opponent weighed too much. "She was too big and I was like no-way," Quinn said. Her routine is simple yet repetitive, "I just run." Walking around at a normal weight of 130 to 135 pounds takes Quinn only a few weeks to run off. "If you just run, the weight will melt right off," Quinn said. When training harder, Quinn fills her diet with fruits, vegetables and protein. She consumes little meat and stays on track with her workout schedule.

Newer buildings will replace some older buildings near the zoo entrance. According to Ms. Spencer, the new exhibit will be in keeping with the zoo's goal of educating the public about local ecology. Future zones in the zoo's master plan include: Asian Forest, Tropical Andes, Prairie Keystone and Island Adaptations.

The zoo sponsors educational lectures throughout the year. On March 13, Dr. Bill Zielinski, a Research Ecologist at the Redwood Sciences Lab, will lecture on the Mountain Beaver. On March 30, the zoo will present "Eggstravaganza," with egg and scavenger hunts. "Brew at The Zoo" is a fundraising event scheduled for the warm months that will highlight local breweries.

When questioned about animal treatment and the ethics of zoo management, Nicole Spencer emphasized the conservationist aspect of her business.

"Our primary mission is to support conservation and promote education. Many of our animals were rescue cases," she said. The staff considers themselves "animal ambassadors." "I've been very impressed with the level of animal care here. We engage in several species survival plans as well," said Spencer.

Kim Rhoads-Brooks, Student Services Coordinator for Washington Elementary School in Eureka, remarked on her school's appreciation for their partnership with the zoo and its role in the community. "We are fortunate to be a part of a community that values environmental education and gives young people opportunities for hands-on learning that the zoo provides in abundance," she said.



Two key components of the expansion were the development of an interactive redwood ecosystem called "Secrets of The Forest" in 2003 and a hands-on "Barnyard" for children. "We're right in the Redwoods," said Zoo Manager Gretchen Ziegler, in a recent interview. "We are one of the only zoos in the world with such a fantastic backdrop, and we intend to market that branding," she added.

In Secrets of The Forest, you can study the mechanics of local watersheds, hear exotic bird calls, use a spotting scope to search for hidden animals and watch pond turtles swim. The Barnyard has donkeys, alpacas, rabbits and more, including a "Contact Corral" with goats and sheep.

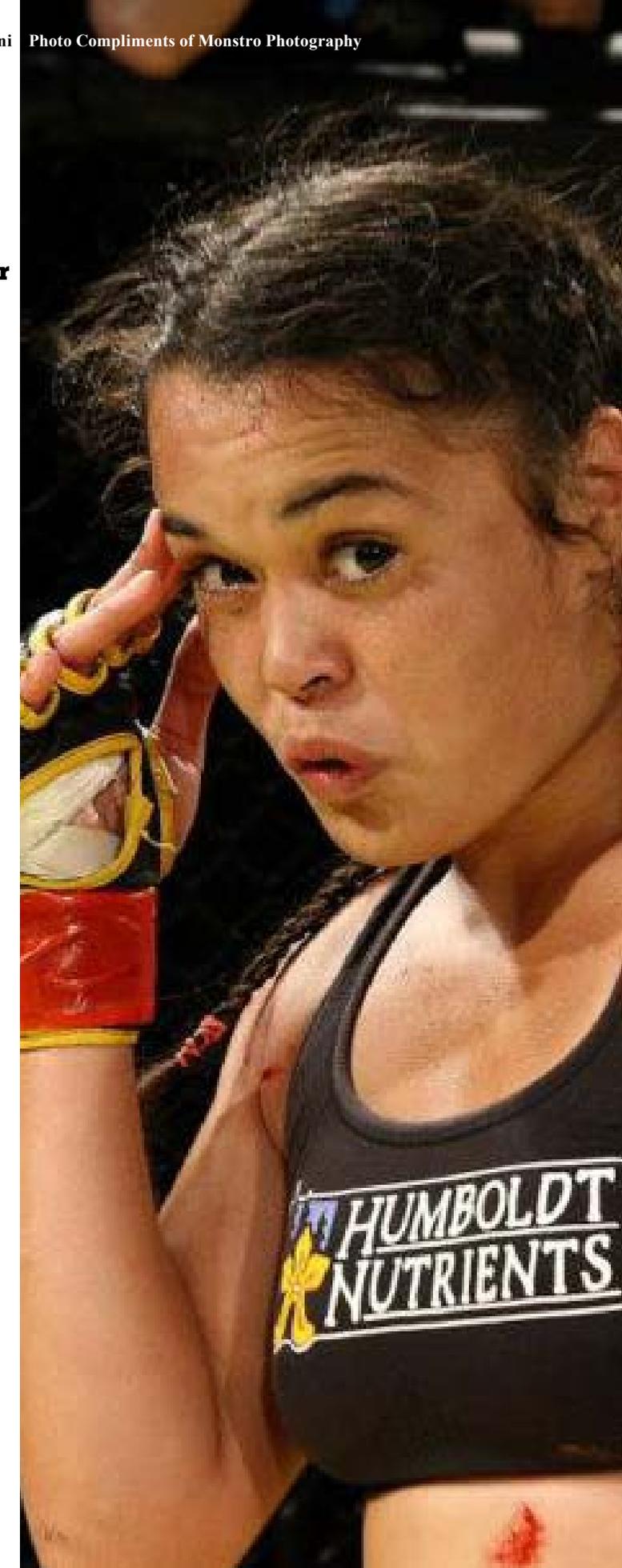
Red Panda brothers "Sumo" and "Shifu" are rare and endangered species featured in the "Panda-monium" exhibit. You can study a variety of bird species in a walk-through, free-flight bird habitat known as the Nancy Hilfiker Memorial Aviary.

Although the zoo is owned by the city, the on-site, non-profit Sequoia Park Zoo Foundation works full time to secure grants and funding for capital improvements, marketing and educational programs.

According to Nicole Spencer, Director of Fund Development and Communications, the zoo received \$2.33 million in a grant from the California Department of Parks and Recreation in 2011, via Proposition 84. Donations from zoo enthusiasts are always welcome and include options like "Adopt an Animal" and "Memorial Benches." Yearly membership passes are also available.

In July, the zoo will break ground on "Watershed Heroes," an interactive exhibit that will be part of a large thematic zone called "Native Predators." River Otters, salmon, and bald eagles will be featured prominently. This exhibit will utilize sustainable design and promote forest stewardship. An interpretive trail called "Voices of The Bay" and an observational water lab classroom are just two of the special features planned for the watershed.

The Native Predators zone will also host spotted owls, common craven, mountain lions, bobcats, coyotes, porcupines and the endangered Pacific fisher. A new black bear exhibit will be set amidst an acre of forest, including trees, logs, and pools.





For the last five years, Quinn's main arena has been the Showdown at the Sapphire event in Blue Lake. "I think there's 700 or 800 people who [attend]. We've sold out before. It's so much fun because you can feel everyone's energy. The [dome] is booming with noise. But when you get into the cage all that goes away," Quinn said. Once the crowd hears the "ding, ding" the fight becomes official. "You can really tell who your opponent is within the first few seconds," Quinn explained. "Some part of me deep down is engrained to breathe. Without breathing you won't be able to compete and you'll get tired a lot quicker. I train to take deep breaths and not to hold my breath in, which is a big one!"

Although Quinn competes at the amateur level, she sees her career heading to the professional stage soon. Following in the footsteps of her idol, professional female fighter Ronda Rousey, Quinn believe that a new window of opportunity has opened up for female fighters through Rousey's admission to the Ultimate Fighting Championship (UFC). For now, Quinn remains Humboldt's premiere female MMA fighter. Her passion for fighting and dedication to her studies keeps her grounded between Blue Lake and College of the Redwoods. In a few years Quinn would like to train other women in the field of martial arts and self-defense. If you are interested in learning more or want to experience the mixed martial arts, visit Quinns gym in Eureka or call (707) 273-9312 to get involved.

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