

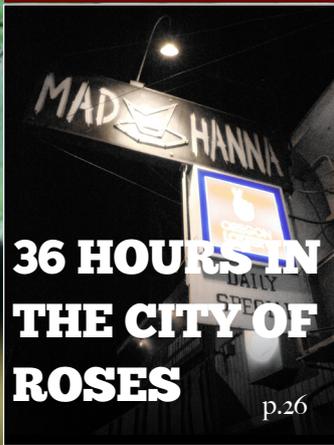
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The Emerald MAGAZINE

November 2013



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p.26

LATE NIGHT BITES!

p.20



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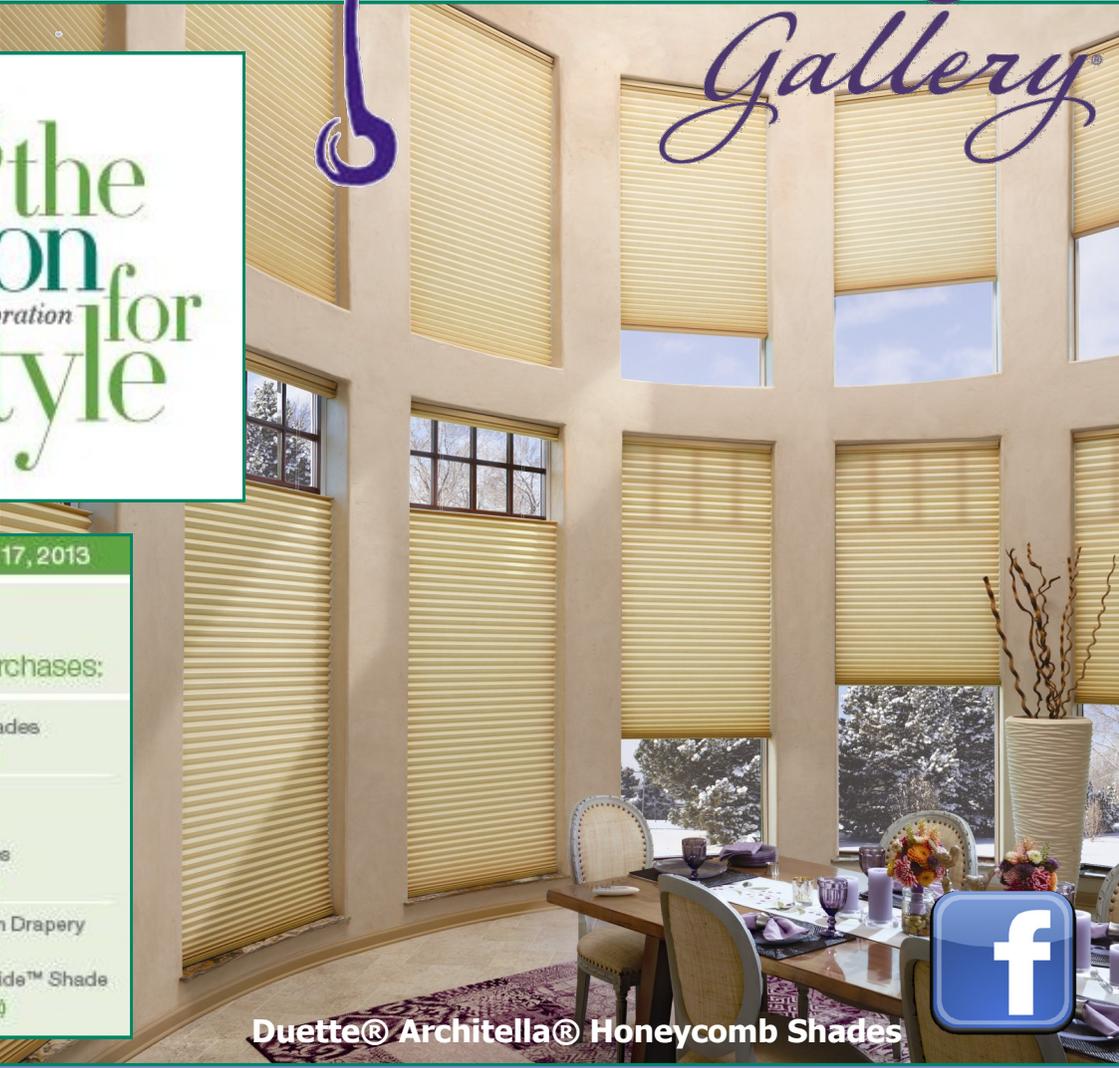
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ABOUT US

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

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

www.theemeraldmagazine.com

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Dear Reader,

Far too often people dread the onset of winter. The short days, cold nights and dreary weather tends to keep people cooped up inside. This edition we bring you a plethora of exciting activities going on throughout the holiday season. From the annual mushroom fair in Eureka to planting a winter garden or traveling to Portland, Oregon for some Thanksgiving Day fun.

For those of us staying within the emerald realm for the next few months, we've compiled a map of restaurants throughout the county where you can grab yourself a late night bite to eat. If going out is not your thing, stay in with our Humboldt House-Husband cookbook, sharing recipes of good ole' fashion home cooked meals brought right to your kitchen table. Polish your Thanksgiving meal off with a sweet apple crisp for dessert or turn your turkey leftovers into taco soup.

Join us next month as we embark on an escapade of blinking lights, holiday music and a feast fit for a beast!

Sincerely,
Christina DeGiovanni,
Editor-in-Chief

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☞☞ The big question is how do we guide kids to eat healthier when the cafeteria at school is serving mystery meals?

We found the answer. ☞☞

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Natural Wonder

Camping at Patrick's Point State Park

Photos & Story by Benjamin Fordham

Patrick's Point State Park near Trinidad is like a land frozen in time. Giant ferns and thick underbrush hem in large natural prairies and centuries-old Sitka spruce are buffeted by the Pacific winds. One would almost expect to see a velociraptor trotting down one of the well-manicured paths. But you won't, it's completely safe, even for children and the elderly.

Located approximately 30 miles north of Eureka, Patrick's Point State Park sits on a headland that juts dramatically into the Pacific Ocean. Last year over 16,000 people stopped by the park's visitor's center, and according to Steve Simmons, South District Manager for the Redwood Parks Association, that number is already over 17,000 for this year. According to Simmons, people travel from all over the world to visit the 640-acre park with some families coming generation after generation.

"People love this park," says Simmons. "It is unique. The coastal views here are hard to beat, the tide pools are amazing, and there's excellent whale-watching."

The park is home to abundant plant and animal life. Deer, bobcats, gray foxes and bears can all be found in the park's forests and prairies (there are bear-proof containers for your food). Native birds include spotted owls, kingfishers, osprey, woodpeckers and the Steller's Jay.

Head down the trail to Agate Beach and you can find sea lions, sea stars, shore crabs, chitons and sea anemones among other things. True to its name, Agate Beach is a popular site to hunt for the shiny stones. The area is also a premiere whale-watching location, with Gray whales regularly passing close to shore on their annual migration from Alaska to Mexico.

Although the park sits in the heart of redwood country, the majority of tree species are Sitka spruce, red alder, Doug fir, hemlock and pine. In the springtime the prairies are home to a colorful display of native wildflowers and the park also has over 500 species of mushroom. "You've got spruce forests, the ocean, tidal pools...it's pretty diverse," says Simmons.

The park is also home to Sumeg Village, a recreated Yurok village that features a number of redwood plank houses, a sweat house, dance house and some dugout canoes cut from naturally fallen redwoods. The prairie it sits in was a traditional summer food-gathering area for the Yuroks. At the time European fur traders arrived in the area in the early 1800's, Yurok tribal lands extended from the mouth of the Klamath River up to Wilson Creek near Crescent City to the north and south to the Little River near Trinidad. Built by Yurok tribal members, the village is presently used for spiritual and educational activities by the Yurok, Karuk and Hoopa tribes.

There is also a native plant garden located nearby with examples of plants used for food, medicine, basket-making and for ceremonial purposes by the Yurok. Wedding Rock, a popular place for couples to get married overlooking the Pacific Ocean, also sits within the park.

Overall the park is a fantastic mix of unspoiled nature and well-maintained trails, campsites and facilities. With well over 100 individual campsites to choose from, as well as three family campgrounds, two group camps and three group picnic areas, the park is huge. It's usually pretty booked-up through summer and early fall but this time of year there are sites available, so take advantage. The area is truly a natural wonder, so emblematic of Humboldt County and the greater Pacific Northwest as a whole. And you can enjoy it completely (probably) free of velociraptors.

For more information on prices and availability, call the park at (707) 677-3570.

For information on the State Park system call (800) 777-0369 or write to California State Parks at P.O. Box 942896 Sacramento, CA 94296-0001.

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Grateful Harvest

Story & Photos By Dave Feral



Harvest something from your garden almost all winter long



A simple cold frame can be built from an old window



Seeding out your winter garden actually begins in the late summer and early fall



Winter Hoop

With the pantry packed, firewood stacked, and all projects of fall finally finished it's time to slow down and enjoy the fruits of our labor. Lyrics from Greg Brown's song, Canned Goods say it well, "peaches on the shelf, potatoes in the bin, suppers ready everybody come on it, taste a little of the summer...., Granma put it all in the jar, in those ball canning jars." Preserving that taste of summer by canning, drying, or freezing, provides our family with delicious nutritious treats all winter long. November, December, and January are the months my family and I relax and savor the work of spring,

summer, and fall. This time of year our living room is often full of friends and family sharing our favorite potluck meals, stories, and music. We are grateful for the bounty our land and community bring, and this is the season we give thanks!

It's okay if you didn't have time this fall to can 50 jars of salsa, dry multiple sheets of fruit leather, or fill the freezer with home grown goodness. Fortunately, most of us live near the coast where the weather is mild enough to garden year round. If you happen to live away from the coast, winter gardening may be more challenging, but that doesn't mean you

can't harvest something from your garden almost all winter long.

Seeding out your winter garden actually begins in the late summer and early fall allowing you to harvest vegies throughout the winter, some of those cold hardy crops include brussel sprouts, broccoli, cauliflower, kale and chard. Other crops that can be grown include carrots, radish, and spinach. With a little bit of ingenuity you can grow more sensitive crops like lettuce and other delicate greens too.

Dating back to the 16th and 17th century European Gardner's employed

the use of cold frames or glass cloches to protect crops from freezing winter conditions. These techniques allowed French Gardner's to create a market garden system that provided the model for our current Farmer's Markets. This system, La culture maraichère, provided Parisian's year round market with a wide array of fruits and

vegetables. Parisian growers were able to create hotbeds by piling manure around a cold frames. Metabolic heat from the manure munching microbes kept the bed warm through the winter, providing just enough heat to grow a fresh crisp head of lettuce in January.

A simple cold frame can be built with an old window and some solid 2"x 6" lumber for relatively little expense and labor. You will harvest the rewards each winter with fresh salad greens or whatever you decide to plant.

You can learn more about winter gardening in Eliot Coleman's book *The Four Season Farm*, sharing his experience as an east coast market farmer, his book is the bible to year round gardening. For over 30 years Elliot has refined and distilled the concepts of winter gardening for the market scale gardener living in the northern latitudes. Coleman explains in great detail how he produces year-round vegetables on his Maine farm under harsh winter conditions. Elliot Coleman has published four different organic gardening books each loaded with a treasure trove of detailed descriptions to help you successfully, plan, plant, and harvest year-round, they include; *The Four Season Farm*, *The New Organic Grower*, *Winter Harvest Manual*, and *The Winter Harvest Handbook*.

Though we all have aspirations to make the most of our garden space, Elliot Coleman reminds us, "The secret to success in lengthening the season without problems of failures is to find the point at which the extent of climate modification is in balance with the extra amount of time, money, and management skill involved in attaining it. The dark days of December and January, being the most difficult months in which to produce crops are probably worth designating for rest, reorganization, and planning for the new season to come." I wish you luck with your winter gardening and I hope you have the opportunity to share a little taste of summer this season while you relax, plan, and celebrate with family and friends!

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Trinity River Garden
Center Presents...

What's going on in the garden?

Maintaining Momentum
By Tim Dower, Nursery Manager

The dogwoods are red, the maples are yellow and the oaks are orange like the chanterelles growing at their feet. The signs of fall are all around us. As fall arrives, here at the Trinity River Garden Center, we think of putting our summer gardens to bed as we resurrect our winter gardens. Now is the time to protect and prepare soil for spring planting and get a head start on next years harvest by planting veggies that will grow throughout the winter.

Putting a garden to bed for the winter can take many shapes. A simple model calls for pulling and composting the summer veggie crop, applying nutrient rich organic matter over the area and covering the soil surface.

One way to make your own compost is to use your garden debris. Once plant debris has been put in its place for the winter, add some working fungi and bacteria inoculants like a compost starter product. This will aid in the breakdown process during the cold months. Come springtime you will be rewarded with homemade compost ready for use in your garden.

Amendments like well-composted manures are a great choice if you want to add more nutrient rich organic matter. These will not only encourage and increase microbial activity, but will also add available nutrients to depleted soils. Finally, covering the soil surface can be achieved by either the dispersing of mulching material like rice or wheat straw or the spreading of cover crop seed.

Cover crops are crops that are intentionally planted in the fall or spring with the intention of improving soil quality and growing conditions in the following season

or over time. Cover crops add organic material to the soil. This helps retain moisture and support microbial populations in the root zone. Added organic material contributes and maintains nutrients and minerals in the soil. Cover crops improve moisture and air exchange in the soil matrix. The tilling action of the growing roots loosens the soil's consistency.

"Green manure" is a cover crop that is used for improving growing conditions for the next spring or summer planting. The cover crop is sown, grown and then mown. The cut plant matter is tilled into the soil and left to decompose for a month or more before planting again. All cover crops can be used as "green manure" but some plant varieties have more benefits or specific purposes (pest suppression, nitrogen fixing, etc.). Green manure cover crops are usually annual grasses and/or legume (bean) species and are often combined into seed mixes. Annual ryegrass is easily established and will grow in cold, high elevation areas. Clovers, beans, peas and the vetches are members of the legume family and, like most other legumes, they can work with bacteria which fix nitrogen to feed the plant. Most bean cover crop seed sold in retail stores come coated in the bacterial inoculant necessary to ensure nitrogen fixing is taking place. If seed is not pre-coated with legume inoculant it can be purchased from most plant nurseries.

In addition to preparation for the spring planting season there are many crops you can successfully grow through the chilly Humboldt winters. Greens such as kale, chard, collards, lettuce and spinach are excellent candidates for a winter garden. Other winter-ready veggies include cabbage, broccoli and cauliflower.

Two other options for the winter garden are garlic and onions. These alliums are low maintenance and well suited to most of California's climate. They provide a late

spring harvest to kick off the enthusiasm of eating from the garden.

The first step is choosing stock for planting. When choosing garlic, look for seed garlic with large, firm cloves. Onions can be grown from seed, transplants or sets (small bulbs). Seeds usually produce most reliably once started and sets are known for being inconsistent but easy. Onion transplants are a happy medium of ease and reliability. The transplants are usually sold by the pound and look like the green onions used for cooking.

Garlic and onions prefer rich, well-drained soil that should be amended with high quality organic compost. Adding an organic fertilizer that is high in phosphorous and potassium will maximize your harvest. Your local nursery should be able to recommend a pre-mixed complete fertilizer. A good amendment mix might include fish bone meal, palm bunch and kelp meal.

Now plant so that the tip of the individual clove or bulb is covered by a half inch of soil. Onion transplants should be covered up to where the green starts. Once the bulbs are in the ground cover them with a six-inch layer of rice straw for protection from the cold. Your over-wintered alliums should be fed in early spring with the same fertilizer you applied in the fall and scapes (flower stalks) should be pinched back to encourage bulb growth. Harvest your garlic mid-May to June, once the leaves turn yellow and start to fall to the ground. Onions are harvested when their leaves turn yellow and fall over in late June. Onion and garlic leaves should be dry before cutting off for storage in a cool, dark place.

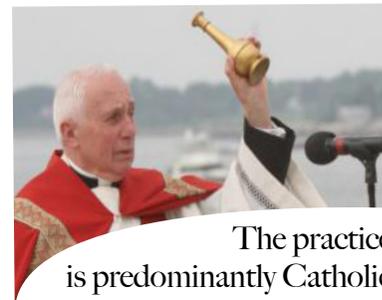
Before you tuck in for the fall and winter, keep your momentum going! Your efforts will not go unrewarded. Gardens planted in the fall require little effort and add to the abundance and diversity of the summer garden season. Get the most out of your garden with care and good timing.

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Trinidad Gives Thanks and Blessings

Story and Photos by Tyler Whiteside



The Blessing of the Fleet is a tradition that began centuries ago in Mediterranean fishing communities.

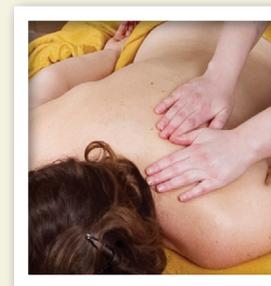
The practice is predominantly Catholic and a blessing from the local priest was meant to ensure a safe and bountiful season. The women of Trinidad continue this sacred tradition on Thanksgiving Day.



In most United States ports, the event was brought by immigrants who held strongly to their Catholic religious beliefs. The events that are part of the ritual vary by community and range from a simple ceremony to a multi-day festival including a Catholic mass, Parades, Pageantry, Dancing, Feasting and Contests. The Blessing of the Fleet is held at coastal fishing communities throughout much of the world and, in Trinidad, The Blessing will occur at the pier Thanksgiving morning.

The Blessing of the Fleet in Trinidad kicks off the local Humboldt crab season and, since the beginning of the Annual Blessing of the Fleet, not one fisherman has been lost to the wiles of the winter sea. There have been close calls and, a few years back, a wave rolled a boat not once - but three times and the crew survived. Unfortunately, the year before the annual blessing was launched, one local fisherman was lost. Growing up in Trinidad, fishermen know full well the mercurial nature of the ocean but continue, unabated, by their love of the sea. Please join them in their prayers for a safe year.

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Emerald Style *How To Look Hot*

Rima Greer, Fashion Columnist

What is your Humboldt style?

Tell us at Style@theemeraldmagazine.com

When It's Cold

Three words: Coat, boots, scarf.

This is what they're wearing in Paris and Milan when the weather turns cold. For Humboldt, add a hood because, chances are, it'll rain sometime very soon.

Let's start with the Coat. In Europe they're favoring the slim belted wool coat with pockets but we're a little more free-spirited, so feel free to channel your inner Neo and try something with a little more flair. No matter what cut you choose, look for length. A short jacket just isn't as elegant as a coat that is at least mid-calf length. The longer you go, the more elegant you look and, in my opinion, the more you can get away with funky details like fake fur (or real, if you dare!) or frayed and shredded trim.

Of course, you need to choose the cut on your longer coat like you would choose the cut on a dress; where does your waistline fall? Do you need a Princess Line seam for shaping? What's your STYLE? Are you the Matrix (from Lanvin Vault), London Chic (from Burberry), or Steampunk (from Hell Bunny)?



But that's all about style - let's talk about warmth. Down is probably the warmest you could go, but down is bulky and will add several inches to your silhouette. It's also going to be encased in synthetic fabric most of the time, which is practical if you're climbing Mt. Everest but may not be what you want if you're taking the time to read a style column like this.

I'd go with wool every time. Wool is incredibly warm, water resistant, takes color beautifully, is natural (and vegetarian - sheep need to be shorn, we might as well use their wool!) and

comes in countless weights and styles. Yes, you noticed the "water resistant" part. Sheep's wool is naturally coated with lanolin, a grease or waxy substance which used to be the number one ingredient in hand cream. When the wool is processed, most of the lanolin is removed but there will always be a tiny bit in the fiber, and it's waterproof! 100 years ago a "fisherman's knit" sweater would have all the lanolin left in, and it became a warm and waterproof garment for those Irish fishermen. Unfortunately, those sweaters also smelled like wet sheep. Your coat has enough lanolin removed so it won't smell like a barnyard but you'll still see the first 100 raindrops bead up and brush off. Remember there are also many kinds of wool, mostly from sheep, some from goats, and even muskoxen, that vary from scratchy to silky soft. Use your hands to find a coat that feels great to you.

Boots. In Paris they're doing a slim leather boot to just under the knee with a side zip and a 2.5" chunky heel. Humboldt? I'd say waterproof is the most important quality your boots can have. For some things you just have to go with practicality. I like my hand-made, mid-calf boots with the side buttons and turn down cuffs. But I'm thinking your waterproof Ugs will do the trick. And, if you're Steampunking it, maybe even your high Doc Martins will do.

Scarf. Here's where you can really make your fashion statement. Of course you can go back to wool but remember that silk can also be very warm! You can look for silk-wool blends too...those are often deliciously soft with lovely drape. Then again, it's not all about which scarf you choose, but how you choose to wear it. Cumberbatch's Sherlock favors the "Euro Loop": Fold your scarf in half and wrap it around your neck so you have a loop on one side and two ends in your left. Now tuck the ends inside the loop and snuggle it up to your neck. My sister, who lives in Minnesota, where they really know about cold, recently taught me the "Woven Loop": Start like the Euro Loop - Fold scarf in half and wrap around your neck. Now take just ONE end and pull it through your loop. Finally, TWIST the loop, and tuck the other end through. You'll get a nice woven effect. Most folks now have embraced the "Infinity Scarf", where the two ends are sewn together to make a continuous loop. Just drape it over your head, twist the loop, and settle this smaller loop a little closer to your neck. It'll stay that way all day, which is always a bonus; it can be a permanent part of your outfit du jour. I've got a giant collection, some ready made, some that I made. You can never have too many!

I hope I've inspired you to resist the temptation to fall back into the safety zone of jeans and hoodie. You really can be hot, even when it's cold!

THE FUNGUS AMONG US

HUMBOLDT COUNTY'S MUSHROOM FAIR

Story by Vanessa Laird | Photos by Don Bryant & Vanessa Laird



While it can be hard to say goodbye to summer's warm embrace, I always look forward to the fresh rain of fall. The dust settles and the grass turns green. My bathing suit might cringe at being stuffed in a dark drawer for six months but my rain jacket is happy to be removed from the closet. Some may dread the sopping return of the rains but I froth with excitement at the return of fruiting fungi and forays. With the proper gear, nothing is better than playing in the rain, frolicking in the forest and searching for edible treasures. Here on the North Coast, we are blessed with a varied array of mushrooms. With our moderate and moist weather and coniferous forests, Humboldt is a premiere mushroom habitat.

With their bright, vivid colors and astonishing array of shapes and sizes, it is hard not to notice the arrival of mushrooms. When I first moved to Humboldt the fruiting autumnal flora trapped my attention. I was overwhelmed and didn't know where to get started until I stumbled upon the Humboldt Bay Mycological Society's annual Mushroom Fair. I was thrilled to find the jackpot of local fungal information and quickly joined the Mycological Society.

Upon joining the society, I learned some vital basics. First, they directed me to the mushrooms bible, David Arora's *Mushrooms Demystified* along with his pocket guide *All That the Rain Promises and More...* While this giant book was quite demystifying itself, members of the society started teaching me how you use it. Heavy with scientific terminology, it was frustrating to begin but, after learning the characteristics and some basic classification, it started to make sense. After attending some meetings and forays, I was soon picking away. I felt confident in identifying a handful of edible mushrooms. If I wasn't hooked before, after trying my first foraged feast, there was no turning back. I have now identified and feasted on more than fifteen local mushroom varieties. From chanterelles, hedgehogs and oysters to boletes, morels and matsutakes, I have found many new delicacies.

Cooking with mushrooms has become a passion I love to share with family and friends. However, fresh mushrooms picked after heavy rains can be watery or rubbery if not cooked right. I have found the dry-sauté method works the best. Place the mushrooms in a skillet on high heat without any butter

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2012 Mushroom Fair



Mushroom Display

or oil. Allow them to cook in their own juices stirring constantly. Add a dash of salt to draw out the moisture. After the juices have evaporated, turn down the heat and add olive oil or butter. Cook them for another 5-10 minutes. You can now add them to any dish. Try them on crusty bread with cheese, in omelets, gravies, casseroles and pastas. They bring an earthy essence to any dish. For a truly local feast, I love to garnish them with fresh veggies from the farmers market. Make sure you are 100% positive in identifying a mushroom before you eat it. Seek out the help of a knowledgeable hunter. Mushroom poisoning can result in severe sickness or death.

In addition to being a delectable meal, mushrooms are nutritious, can be used for dyeing, offer medicinal properties and can even be used to help rehabilitate the environment. If you are curious about mushrooms and want to learn more or if you are an avid fungiphile, the Humboldt Bay Mycological society has a lot to offer. HBMS is a non-profit organization formed in 1978 by individuals united by an interest in fungi. Their mission is to add to the knowledge of members and to the public in large by means of meetings, field trips, workshops and an annual Mushroom Fair. For \$12 an individual or \$15 for the family, members can join and receive a monthly newsletter and access to all the events that

run from September though May. They also offer camp outings, lectures by experts and classes. HBMS members have varied interests including identification, ecology, photography, cooking, dyeing and cultivation of mushrooms. For more information, check out their website at <http://hbmycologicalsociety.org>.

With the annual Mushroom Fair on November 24th from 11am- 4pm at Redwoods Acres, 3750 Harris Street in Eureka, November is a great month to get involved in fungi. Admission is \$2.00 for adults and \$1.00 for children. The fair offers



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between 200-300 species of locally collected fungi that has been identified in taxonomic groups, mushroom growing kits, T shirts, educational activity guides, sale of cookbooks, field guides and posters and experts to answer questions. It is a popular event with nearly 1000 people in attendance. Bring your kids, friends and mushrooms to be identified, it's fun for the whole family. Also, you can sign up to join HBMS. The fair is a great way to get excited about fungi. It's time to bust out the rain boots and jacket and pray for rain. Happing Hunting!

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Drawing by Jesse Wiedel

Dear Caledonia,

As a single dude, I have plenty of fun three seasons out of the year. My friends and I go hiking, I host barbecues and we go to the river

all of the time. I get to socialize and meet lots of pretty ladies when the sun is shining, but when winter gets here all of my friends go into hibernation! There are plenty of shows and cool events that I'd like to check out, but I don't want to go alone. My friends would rather stay home and snuggle with their honeys, and none of them are interested in being my wingman as I look for a honey to snuggle with. What's a grumpy bear to do?

Signed,

No Honey for Me

Dear NHFM,

Suck it up. When you land your own honey bear you're going to be just as difficult to pry off the couch as your settled-down friends. So make the most of your single status, suit up and show up. I understand that it can feel weird to be a at a show by yourself, but you're going to have to get over it. Here's a little secret about dancing: nobody is watching you. Everyone is focused on themselves and whether or not they're dancing like a dork. Stop being so self-conscious. Get out there on the floor and shake what your mama gave you.

Love, Caledonia

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Humboldt House-Husband Cookbook

- A Series by Donovan Taylor

Welcome to the Househusband's Cookbook.

As a native of southern California, I gravitated to Humboldt County by way of family members who grew up here. So far, I've been tucked behind the Redwood Curtain for nearly 4 years now. Growing up my mother would often ask me to start dinner by helping with little things such as turning the oven on or putting the potatoes in water. This soon turned into an enjoyable hobby, kind of like a creative outlet with an intense love for food. A lot of these recipes are from my childhood, some were handed down, and some are family favorites with specific instructions. Others are just good ole' fashion experimentation.

I hope that my joy for cooking can bring something delicious to your table! Bon Appétit!

Here's what you'll need.

Ingredients:

Filling

- 10 cups of apples (cored peeled and sliced)
- 1 cup white sugar
- 1 Tablespoon flour
- 1 ½ teaspoon of cinnamon
- 1 ½ teaspoon of nutmeg
- ½ cup water
- ¼ cup lemon juice

Crisp

- 1 ¾ cup oats
- 1 ¼ cup all purpose flour
- 1 ¼ cup packed brown sugar
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup melted butter
- 1 teaspoon Cinnamon
- 1 teaspoon Nutmeg



Crunchy Apple Crisp

- Preheat oven to 350 degrees
- Slice and core the apples and then put in a large bowl and mix with lemon juice. This will give the apples a nice, tart taste and also keep them from turning brown during the preparation process.
- Next, place the apples in a 9 X 13 inch pan. Mix in the white sugar, 1 Tablespoon flour, 1 ½ teaspoon of cinnamon and 1 ½ teaspoon of nutmeg and sprinkle evenly over apple mixture. Myself, I like to layer the mixture. Then pour the ½ cup water on top as evenly as possible.
- In a separate container, combine 1 ¾ cup oats, 1 ¼ cup all purpose flour, 1 ¼ cup packed brown sugar, ½ teaspoon baking soda, ½ teaspoon baking powder, 1 teaspoon cinnamon, 1 teaspoon nutmeg and melted butter. Mix together briefly until a crumbly texture has been reached.
- Crumble mixture evenly over top of apple mixture.
- Place in oven and bake for about 50-60 minutes
- Let it cool for about 5-7 minutes

Here is another family favorite. My mother taught me this long ago. Friends love it, my wife adores it and, well, you really just can't go wrong with it. I'm sure you might have tried the boxed version, the liquid, gooey stuff and all the store-brand in the plastic container. Now, my friends, I ask you try the best - hands down - macaroni and cheese. With veggie's in it too!

- 1lb Large Elbow macaroni noodles
- 1lb Monterey Jack Cheese Grated
- 1lb Cheddar Cheese Grated or any 2lb bag of cheese
- ½ lb Bacon (I usually use strips and just cut them in half) or 1 package sliced, precooked bacon
- 1-2 cans Cream of Mushroom soup
- 1 cup of Chopped Spinach

Homemade Macaroni and Cheese



- Cook bacon to slightly crispy and set aside on paper towel to dry and crumble into nice size topping pieces (Note: If you are using the precooked bacon YOU DO NOT NEED TO COOK IT! Just slice and set)
- Boil noodles in a large pot for about 8-10 minutes, shorter if you want an al dente texture, and drain
- Now, in your noodle bowl, add your onion, mushroom soup, spinach, salt and pepper and a dash of milk
- Mix well and then mix 1-2 handfuls of cheese in with mixture
- Mix in 1/4-1/2 mushroom soup can of milk
- Scoop mixture, place in pan, layer with cheese and repeat
- Final Layer should be cheese and then topped with crumbled bacon
- Bake at 400 for 40-50 min or until desired crispiness is achieved
- *For tuna casserole use same recipe and add 1 can of drained tuna

Sides:

- One bag of tortilla chips (you decide)
- 1 diced red onion
- 1 cup shredded cheddar cheese (cheddar is my favorite with this dish and it is also how I was taught to cook with, but you can decide)

Ingredients:

- 1 lb Turkey/Ground Turkey
- 1 Packet Taco Seasoning
- 1 Packet Ranch Dressing mix
- 1 16oz (standard size) can of corn
- 1 16oz (standard size) can of black beans
- 1 16oz. (standard size) can of white beans
- 1 16 oz. (standard size) can of diced tomatoes
- 1 16oz. (standard size) can of diced Mexican tomatoes
- 1 16 oz. (standard size) can of chili beans

Left-Over Turkey Taco Soup



- In a standard size skillet brown the ground turkey
- Add taco seasoning (Be sure not to add the water, we are only after the seasoning itself)
- Mix evenly with browned ground turkey and set aside
- Now comes the fun part.
- Open all the cans and dump them in a large pot DO NOT DRAIN ANY OF THE CANS!!!! This is all going to become the base for the soup.
- Next you're going to mix in the ranch packet mx, make sure it is thoroughly dissolved
- Finally add your meat and mix well
- Cover and heat for about 30-45 or until hot.
- Now if you are going to use the crockpot you will still follow all of the same steps. Make sure you brown and cook your meat before you add it to the crockpot. Bowl it up and top with some crunched tortilla chips, diced onion and a dash of cheese to enjoy.

Palm Cafe

Open until 8:00 p.m., the Palm Cafe is as close as you can get to late night food in Orick. They offer a traditional American menu alongside homemade jams.

Orick



Trinidad



Larrupin Cafe

Beloved by locals and fortunate tourists alike, Larrupin Cafe is open until 9:00 p.m. 7 days a week, offering up-scale surf & turf cuisine.

Toni's

OPEN 24 HOURS A DAY!!! Truly a restaurant dedicated to the idea that hunger knows no time frame. They serve a wide variety of burgers, salads, shakes, appetizers, breakfasts and sandwiches.

Arcata



Plaza Grill

Open 7 days a week until at least 9:30pm. Thursday through Saturday is late night happy hour running from 10pm to 12am. Plaza Grille offers a menu ranging from an \$11 burger to a \$28 rib eye.

Westside Pizza

Sunday through Thursday open until 11pm. Friday and Saturday open until 1am. For the pizza aficionado, try the "death by pizza" all the meat and veggies you could ever want on a single pizza.

"Arcata Fast Food"

The college student & bar-fly's favorites - Arcata Pizza Deli (1:00a.m.) and the infamous Don's Donuts (24 hours)

Blue Lake Casino

Open 7 days a week. Sundays through Wednesdays serving food until 12am. Thursdays through Saturdays serving until 1am. Menu offers items such as shrimp baskets, nachos, pizza and bruschetta.

Blue Lake



It might be getting dark earlier, but that doesn't mean we have to start eating earlier...

With the holidays around the corner and activities in Humboldt County keeping people out late, don't surrender to the fridge and microwave when you get home. There are plenty of places to get a late night bite.

From Orick to Garberville, the hungry night owl has many options.

Late Night

BITES!

By Nathan Butler

McKinleyville



Six Rivers Brewery

Pub house and restaurant. Serves food until 10pm. It is open 7 days a week. Choose from local micro brews and a traditional American menu.

"Fast Food"

McKinleyville hosts a litany of national chains that are generally open until at least 11pm.



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November Community Calendar

**The Emerald
MAGAZINE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fortuna's First Friday 1 Trinidad Arts Night The Coup at the Mateel The Copoetic at Mad River Brewery New York Gypsy All-Stars at Kate Buchanan Room	Arts Alive Eureka 2 Arcata Farmer's Market Minnesota at ATL Learn to Homebrew at Humboldt Beer Works Humboldt Symphony @ HSU
Logger Bar potluck 3 Open Mic at Mosgo's Our Town at Ferndale Rep Karaoke at BLC Open Mic w/ Chris Parreira at Robert Goodman's Sundaze at Jambalaya	Open Mic at Shamus T Bones 4 Quiz Night Blondies Swing Night Redwood Raks The Getdown Jambalaya Rude Lion Sound at Ocean Grove Lodge	Greensky Bluegrass at Humbrews 9:30pm 5 Game Night at Crush Dogbone Mad River Brew Buddy Reed at Libation	Jay Dancing Bear @ Mosgo's 6 Buddy Reed at Blondies Open Mic at The Logger Bar Karaoke at Bar-Fly Pub Dogbone at Six Rivers Brew Rude Lion at Toby & Jacks	Pimps of Joytime at Humbrews 9:30 pm 7 Open Mic at Blondies Buddy Reed at Old Town Coffee And Chocolates	Arts Arcata 8 Shugafoot at SpeakEasy Karaoke at Central Station Hemp Fest at Mateel	Hemp Fest at Mateel 9 Eprom, Grenier, Onhell @ ATL Strange Brew Beerfest at Eureka Theater 5:30-10pm Arcata Farmers Market So You Wanna Fight? at Cher-Ae Heights Casino
Hemp Fest at Mateel 10 Black Lillies Humbrews Logger Bar Potluck Open Mic at Mosgo's Sundaze at Jambalaya The Ox World Premiere Eagle House Victorian Inn	Reverend Peyton's Big Damn Band at Humbrews 11 Quiz Night Blondies Open Mic Shamus T Bones Friendship Circle Dance Moose Lodge	Ba-Dum-Chh Comedy Jambalaya 8pm 12 Game Night at Crush HUMBucks Exchange at Baside Grange 5:30-7:30pm Dale Winget Cutten Inn	Gramatik at ATL 13 Jay Dancing Bear Mosgo's Humboldt Bike Polo at Highland Park 6pm Buddy Reed at Blondies Whomp Whomp Wed at Nocturnum 9pm	Polyrhythmics at Humbrews 14 Buddy Reed at Old Town Coffee and Chocolates Open Mic at Blondies	Hot Buttered Rum at Humbrews 9:30pm 15 Dick Dale at Winema Theater Mckinleyville Arts Night Shugafoot at SpeakEasy Vladimir Feltsman Fulkerson Recital Hall	Arcata Farmers Mkt 16 The Meat Puppets at Humboldt Brews HFS Barn Dance at the Arcata Veterans Hall
Logger Bar Potluck 17 Open Mic at Mosgo's Open Mic w/ Chris Parreira at Robert Goodman's Sundaze at Jambalaya Karaoke at BLC and Cher-Ae Heights Casino	Quiz Night Blondies 18 Shaggy at the Mateel 8pm Open Mic Shamus T Bones Swing Night Redwood Raks No Covers Eureka Inn Andrew Bird at HSU Rude Lion at Ocean Grove	Game Night at Crush 19 Dale Winget at Cutten Inn Cribbage Tourny Logger Bar Buddy Reed Libation Electric Gravy Eureka Inn	Lyle Lovett & John Hiatt at Van Duzer 20 Jay Dancing Bear Mosgo's Humboldt Bike Polo at Highland Park 6pm Buddy Reed at Blondies Whomp Whomp Wed at Nocturnum 9pm	Compost Mountain Boys at Mad River Brewery 21 Bluegrass Jam at Redwood Curtain Brew Co. Taste of The Holidays Arcata Community Ctr	Phutureprimitive at ATL 22 Shook Twins Humbrews Shugafoot SpeakEasy Rude Lion at Toby & Jacks Accurate Productions at The Ritz	Arcata Farmers Market 23 Karaoke RJ Grin's Lounge Pressure/Any The Ritz DJs at Sidelines and Toby & Jacks
The Kyle Gass 24 Band Humbrews Color Me Humboldt Run Fortuna 9am 725-3300 Open Mic at Mosgo's Sundaze at Jambalaya Karaoke at BLC	Swing Night Redwoods Raks 25 Quiz Night at Blondies Roots and Culture Night at Robert Goodman Winery Rude Lion at Ocean Grove The Getdown Jambalaya	Miranda Farmers Market 26 Game Night at Crush Dale Winget at Cutten Inn Cribbage Tourny Logger Bar Buddy Reed Libation Electric Gravy Eureka Inn	Jay Dancing Bear Mosgo's 27 Humboldt Bike Polo at Highland Park 6pm Buddy Reed at Blondies Whomp Whomp Wed at Nocturnum 9pm	Open Mic at Blondies 28 Karaoke at Bear River Casino Open Jam The Forks Buddy Reed at Old Town Coffee and Chocolates	Anna Hamilton at the Angelina Inn 5:30-8:30pm 29 Accurate Productions at The Ritz 9pm The Haunt The Siren's Song Tavern 9pm	Karaoke at RJ Grin's Lounge 30 DJs at Sidelines and Toby & Jacks at 10pm

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"Fast Food"

If you don't like getting out of your car for food, Eureka is the place for you. With more chains than any other city in Humboldt County, you will never want for something with "Mc" in front of it again.

Lost Coast Brewery

Open until 11pm Friday and Saturday. Sunday through Thursday they close at 10pm. They offer micro brews and traditional American grub.

Eureka



Mazzoti's

Open 7 days a week. They close at 10pm. Mazzoti's offers Italian fare.

Bear River Casino

Open 7 days a week. Sunday through Thursday kitchen closes at 9pm. Friday and Saturday it is open until 10pm. Offers seafood, steaks, sandwiches, pasta, soups and salads.

Loleta



Garberville



Calico's Deli & Pasta

Open all week until 9pm. On Saturdays they are open until 10pm. They serve pasta, nachos, burgers, sandwiches. It can be a bit of a wait for the order, so don't come if you are in a hurry.

Eating late in Humboldt County can be a challenge. Even for locals, understanding restaurant mentalities in the design of their operating hours is a chore at best and a headache at worst.

LATE NIGHT BITES!

To the victor go the spoils however, and navigating the chaotic maelstrom of late night food can be just as rewarding as it is obfuscating. By the dawn of the 20th century, man had turned night to day with electricity. At the dawn of the 21st century perhaps more restaurants will begin to follow suit.

Fernbridge



Angelina Steakhouse & Pub

Open 7 days a week from 12pm-11pm and Fridays and Saturdays until 2am. Features Humboldt Grassfed Beef, 34 types of micro brews, and local produce and seafood.

Pizza Factory

One of the best pizza places in Humboldt County. Open everyday until 9pm. With over a dozen pizza combinations on the menu, be prepared to have to make some tough decisions.

Rio Dell



Fortuna

Eel River Brewery

Open until 11pm every day of the week. Brews, burgers, sandwiches and assorted cold beer companions.

"Fast Food"

Choose between the king and the clown in this town.



H.R. LoBue
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Portland, Oregon

36 Hours In the City of Roses

Story By Bernard Bass | Photos by H.R. LoBue

Portland, Oregon has created a city that stands out from many others throughout the country with its unique mindset seeming to define it for generations

Oregon's most populated region. Located 70 miles east of the Pacific Ocean and just short of 10 miles from downtown to the Columbia River, there is never a long jaunt to what the surrounding landscape has to offer. Mt. Tabor, Mt. Hood and Mt. St. Helens loom about Portland's horizon while a multitude of natural lakes flank the city from all sides. There are at least 279 parks and natural areas within the city limits including Forest Park, the largest city park in the United States and Mill Ends Park, the smallest (24 inches in diameter). Located in downtown Portland, along the west bank of the Willamette, is the famed and serene Waterfront Park where festivals and occasions of all kinds are held and, in the spring, the cherry blossoms bloom surreal. The natural beauty carved into and out of Portland, Oregon has created a city that stands out from many others throughout the country but it is its unique mindset and way of life that seem to have been defining it for generations.

To say the least, Portland has a dark and seedy history. From the late 1800's to the early 1900's there was the bawdy Erikson Saloon where sailors and seamen sat over troths while women danced behind electrified chicken wire. Its bottom floor consisted of 700 feet of bar space and, at this period in history, the ratio of men to women in Portland was one woman to 14 men (a picture from 1903 of Erikson Saloon shows the staff of Erikson's, some sort of dog or monkey and a sign that reads, "Whistling Not Allowed" - troths okay but watch the whistling). As was the case in almost every port town in the U.S., Shanghaiing or crimping was rampant. Generally, people would either get knocked out or drugged or you'd find them wasted and drag them onto a ship. If crimping seems like kidnapping people and then selling them onto ships as unsuspecting crewmembers it's because that's exactly what it was. People would make between \$30 and \$50 a person.

Things - sentiments, occasions, styles, credos, ways of life and the like - just seem to get weirder the further west you get. For generations Americans not finding success, satisfaction or understanding have moved west to start a new life; to piece together a fresh and unique foundation for a sort of introspective rebirth; an all-or-nothing stab at a new chance after slamming a hand down on the reset button.

Once making it to the Pacific Ocean the cheapest city in which to settle is Portland, Oregon. As Chuck Palahniuk puts it in, "Fugitives and Refugees," his loosely identified travel guide of the city, "This gives us the most cracked of the crackpots. The misfits among misfits."

Straddling the banks of the Willamette River, or the Lamette as the locals call it, and situated between the Coast and Cascade regions of the Northwest, Portland is



Shanghaiing, a fairly recent term that was coined on the west coast in the 1940s, signified the point at which those who were sold would wake up on a strange ship to hear, "Next stop, Shanghai."

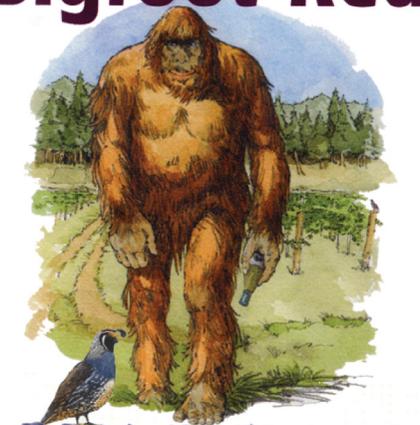
People were bought and sold and the general taste for lawlessness would continue for generations. To this day, with the majority of its population young and eclectic, Portland has a certain feel of successfully controlled anarchy. But as with any city in America, for good or ill, it continues to be susceptible to evolution and change.

Monica Drake, author of the widely popular novels, *Clown Girl* and *The Stud Book*, is one of many life-long Portlanders who notice the changing tides of her city. In *The Stud Book*, an opinion toward the evolution of the city is perfectly portrayed with the following excerpt: "His history was written in dive bars, laced with malt winds off the old Weinhard's brewery... Beer foam runoff filled the streets back then. Nobody would put up with that sh*t now... The brewery shut down. The 'Brewery Blocks' had been converted to a stretch of condos and art galleries. The old Industrial Northwest had been renamed the Alphabet District, like some kind of baby crackers or cheap soup. When did people get so delicate?"

When asked of what Drake herself views as an underlying reason for this change she says, "It used to be more of an adventure. I think - guess - it's money coming in from other places. People are dissatisfied with or unable to afford living in NYC or LA, and they're migrating here. We've always had a strong youth culture, in the 80's at least as much, maybe more, than now. But there was so rarely any money floating around... the DIY ethic and Goodwill style grew out of necessity and ingenuity, an active creative class that wasn't valuing wealth and consumerism but rather individuality, creativity and expression."

With the ever-encroaching power of the dreaded chain slowly stripping the country of its personality and thus bringing about inevitable change to the aura and countenance of our cities, Portland, more than any other place in the country, continues its fight to stay strange. So don't count Portland out just yet. With its unofficial slogan, "Keep Portland Weird," they still have the annual Naked Bike Ride, Adult Soapbox Derby, the Fire Department ride-along, Kinkfest, Santa Rampage, The Vegan Strip Club, Monk-For-A-Month and the world's largest hairball. And then there's Third Thursdays, where areas all over the city fill the streets with the odd and ubiquitously strange, so strange that many Portlanders question why people would travel down to Burning Man when they don't

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have to go anywhere to find an artfully frenzied taste for the weird.

Burnside Street divides Portland up between North and South and the Willamette divides Portland up between East and West. From there, the city itself is divided into five quadrants - North, North East, South East, North West and South West. This division results in a smaller and more intimate neighborhood feel; a familiarity to lay grounds to a foundation, to raise a family, to walk a dog; a setting in which a patron has more of a chance at becoming a regular and being treated as such.

Morning - Petite Provence

Located in the heart of the Alberta Arts District in North East, Portland is Petite Provence. Opening in 2008, it has quickly and easily been able to be identified as one of the top breakfast joints in the city. After experiencing and recognizing the seriousness in which each of their morning delicacies are created, there is an instantaneous credence given to the term, Breakfast Chef.

From their Wild Northwest Salmon Hash, Roasted Oatmeal Brulee, and Risotto Cakes with sautéed bacon and asparagus, all items on the breakfast menu are homemade and made to order, most of which are finished and drizzled with a

lemon-dill sauce or a horseradish-shallot crème.

There is a definite line culture in Portland and, given the laid-back persona of the city itself, people don't seem to mind. With lines at times stretching around full city blocks, locals take the time to converse and catch up. Unlike most of the other lines in this part of the city, the line for Petite Provence staggers around the sidewalk.

Someone wearing a large chicken head hoots and rides by on a Penny-farthing cycle and a young woman, tattooed and pierced and dressed in all black, stands under the awning of the slick, yellow and charcoal façade and says, "Coppock, party of five." Leaning on the hood of a Prius, a young, mustachioed hipster takes a sip from his latte and motions across the street to his friend who's quietly juicing up a Tesla Model X at the electric car recharging station.

On an outdoor table, Didier Blanc-Gonnet, one of Petite Provence's three French owners, places a large and sweaty Bloody Mary infused with jalapeno vodka and says, "I love Portland. My friends who come to the states always want me to meet them in San Francisco or Seattle. They've never heard of Portland or at least what it is all about. Everything is crazy here and I never really saw that besides Portland. If you really want 'wow' it's the place to be. Portland is home to me. It's a huge



playground." At Petite Provence, love is always the secret ingredient.

Afternoon

There is plenty to fill your time with in Portland, certainly too much for one afternoon's worth. So, if pressed for time, hit the staples like Powell's and Voodoo Doughnut. Rent a bike and ride the esplanade.

Take the Sinful Underground Portland Tour. Portland has a large and booming food-cart culture from which you can peruse and choose your lunch during a walk through one of the most beautiful and unique cities in America. Keep your eyes open because there is always some variation of weird around every corner - Sometimes the corner itself is weird.

Even if forced to take in as much as one can in a single day, one does not feel rushed in this city.



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Standing in the middle of downtown, with its tall buildings and metropolitan streets, one might think it would be loud, bustling and well, city-like. But Portland, unlike any other large city in the country, somehow has a calm and quiet feel to it. In Portland, time just seems to slow down.

Mad Hanna

Portland is formed by and made up of the odd, artsy and mad and Mad Hanna is all of that and more. Located on 6129 NE Fremont Street, Mad Hanna is a small and reputable neighborhood bar that could be easily and fondly described as a respectable dive.

Recently established by co-owners and operators, Liz Hanna and Crystal Maddix, Mad Hanna is a perfect fit for a city such as Portland. With nine beers on tap, a full bar and a beautifully strange array of cocktails created with infused liquor, muddled herbs and freshly squeezed juices, there is something for everyone who seeks a comfort and warmth inclusively riddled with acerbic wit and charm. There's the Thom Kah-lins with Garlic-Chipotle-Lime infused vodka and muddled basil and The Best Damn Bloody I've Ever Had with Garlic-Habanero-Ginger-Lime infused vodka and homemade bloody mix. Kick back with a Lavender Gin Twist with lavender infused gin, sweetened fresh squeezed lemon juice and tonic or flirt with the insane with an assortment of Fancy Pants Jell-O Shots.



The bartenders of Mad Hanna are skillful and, much as its patrons, they are excitable, genuine and loose-lipped. A majority of those who come to Mad Hanna live and work in the neighborhood so one who visits the establishment has no choice but to feel and experience the personalities that make up this particular area of the city.

Artfully crafted by a local metal worker and one of the bar's regulars, the signage and individual flair inside of the building and out help to create an attitude that slaps the Portland right into you.

Mad Hanna's menu offers tuna, turkey, Chicken Caesar wraps, soups and salads and an always-attractive late-night breakfast. There's trivia night, game night, movie night, darts, pool, Happy Hour and a jukebox filled with edgy favorites, both local and otherwise. The yard out back is fenced in and offers the cozy and crazed comfort of a patio, ping-pong table and a horseshoe pit.

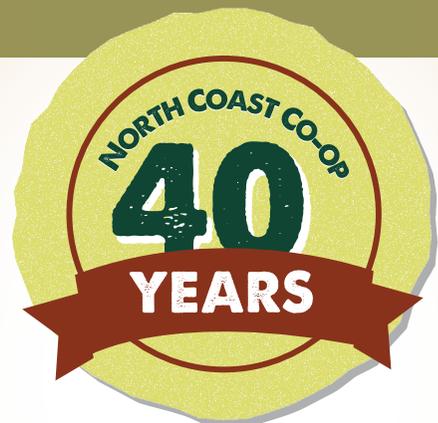
As is the same with each and every person that walks through the doors, Mad Hanna is one of a kind. The only thing that doesn't feel right about the place is leaving.

Portland is and always will be evolving, adapting and changing but its heart will forever beat on the fringe. It's much like the oddballs on the Island of Misfit Toys, only Portlanders don't need whisking away or saving. With its warm to dry summers and cool to chilly winters, Portland has the perfect climate to grow roses - lots of roses. They also have more strip clubs per capita than any other city in the United States. The combination of these polar extremes, and everything else in between, is and forever will be the real and proud Portland, Oregon.

Visit Petite Provence at www.provence-portland.com and like them on Facebook along with Mad Hanna at www.Facebook.com/madhannapdx. Special thanks to Gary at Portland Walking Tours and to Melanie, the best tour guide we've ever had the pleasure to walk with during Portland's Sinful Underground Tour. For more information visit them at www.portlandwalkingtours.com and call them at

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DIVERSE PUBLIC RADIO

We all know it's important to teach kids how to make healthy choices. Milk helps bones grow stronger, "an apple a day keeps the doctor away," and spinach can help your muscles grow like Popeye's. The big question is how do we guide kids to eat healthier when the cafeteria at school is serving mystery meals? We found the answer.

Hum Fresh started delivering healthier options for school lunches in 2009. Eureka local, Anand Tripp, began Hum Fresh when he bought a local restaurant. "I grew up here and I remember the school lunches weren't very good," he said. "I knew I wanted to give the kids something healthier."

Tripp comes from a long line of Eureka business owners. "Entrepreneurship runs in the family," he said. "I wanted to give something back to the community while incorporating local businesses."

The ingredients used in Tripp's recipes are all local. He started with healthy bean burritos and grew to quinoa burgers and veggie wraps. "We want to teach kids that eating healthier makes you feel better," he said. "We also want to incorporate getting meals to people who don't get food on a regular basis. Some kids have their only meal at school."

Hum Fresh has faced some obstacles along the way. They have to follow specific guidelines when creating meals, including ones set in place after Michelle Obama's campaign for healthier food for school lunches. Things like switching from white bread to wheat. There are also obstacles when making lunches that cater to kids with celiac disease or are lactose intolerant. Luckily, they have been able to cater to everyone.

Growing up, Tripp admits that he didn't have the healthiest lifestyle. "Once I started to live a healthy lifestyle, I have a lot more energy and I feel like I can do so much more," he said.

Hum Fresh is making it their mission to encourage kids to lead a healthy lifestyle. Bryan Smothers, the other half of Hum Fresh, believes that, by targeting kids, using athletics is the key. "We want to teach kids that if you want to be an athlete, you need to eat properly," he said. "Kids don't understand that nutrition is 80% of the equation when it comes to living a healthy lifestyle."

Smothers moved to Humboldt in 2010 to be closer to his girlfriends' family. He studied Business Administration at New York Institute of Technology, Long Island. "I wanted to find a way to incorporate my sports training background as well as my business background," he said.



By Stephanie Giles



Before going to college on a Sport Scholarship for Basketball, Smothers was part of the group of kids who didn't know a lot about nutrition. "I grew up in LA and my family ate fast food regularly," he said. Smothers' dad was a coach in South Jersey, but didn't know much about nutrition. "My dad died when I was 10 because he didn't live a healthy lifestyle," he said.

Pro athletes are advertising for fast food corporations, when they don't really eat the food they are advertising. The same goes with energy drinks. These glamorous ads influence kids to believe that these companies are good to eat. Hum Fresh plans to reverse that. "We are showing kids that living a healthy lifestyle is cool," Smothers says. "Being knowledgeable about nutrition can help access your goals as an athlete."

Smothers has gone to Sacramento Kings player Jason Thompson's Elite camp as a guest speaker. "It's important for the kids to see professional athletes teaching about nutrition," he said. "It inspires them."

Hum Fresh networks with pro athletes to come to Humboldt and talk about nutrition with the kids at local schools. Smothers hopes to be able to take kids to more pro sports teams' summer camps as the program grows. "Kids really respond to these celebrities," he said. "It would be great to show kids that nutrition is important, but can be fun too."

Leo Stafnes is a freshman at Arcata High and is one of Smothers' sports training clients. On top of working on conditioning and fundamentals, Smothers also educates Stafnes on nutrition. "I've learned what to eat and drink before and after a game," Stafnes says. "I have a lot more energy when I play and I feel better mentally, it's definitely helped."

Stafnes attended the John Thompson Elite camp when Smothers was a guest speaker. "Hearing athletes talk about how important nutrition is really influences others," Stafnes said. "It was cool to see the kids at camp eating healthy and actually liking it."

Before working with Smothers, Stafnes said he never really paid attention to nutrition. "I knew a little about nutrition," he said. "But not what it would do for you as an athlete."

Right now, Hum Fresh is all about educating kids but Smothers and Tripp include programs for young adults and parents as well. "We want to market to everyone," Smothers said. "It's a lifestyle change, but eating healthier will fuel your body and you will feel a lot better throughout the day."

Thanks to companies like Humboldt Made, helping local businesses like Hum Fresh get started and get funding,

Smothers and Tripp are hoping to expand Hum Fresh across California. Body Armor is another company that Hum Fresh is networking with. The Super Drink is a healthier sport drink that is made using coconut water, Vitamin B and other healthy ingredients. Smothers is also networking with the San Francisco Giants and ESPN.

With programs like Hum Fresh influencing kids to eat healthier, Smothers believes it is a way to teach parents about nutrition as well. "Kids have a bigger impact on their parents than they think," he said. "If parents see that their kids want a salad instead of fries, I think it will inspire them to learn about nutrition too."



IMPROVING LIVES LOCALLY

EDUCATION, INCOME & HEALTH



Call 2-1-1

Humboldt 2-1-1 is a resource and referral call center for non-emergency calls, offering 24/7 service to anyone in Humboldt County. Launched in February 2013, 2-1-1 has helped to connect over 5,400 individuals and families to health and human service resources. 2-1-1 works with the County Office of Emergency Services (OES) and Voluntary Organizations Active in Disasters (VOAD) for disaster preparedness.

The VITA

(Volunteer Income Tax Assistance)

The VITA (Volunteer Income Tax Assistance) program provides free tax preparation residents in Humboldt and Del Norte Counties earning less than \$58,000 annually. Last year, in partnership with the Internal Revenue Service (IRS), Redwood Community Action Agency (RCAA), the VITA Coalition of community partners, and 2-1-1 through United Way of the Wine Country (UWWC), VITA helped 572 individuals and families receive \$655,000 in tax refunds and credits. In 2013-14, UWWC will be the lead agency for VITA working with IRS, the VITA Coalition and 2-1-1.

Day of Caring

Day of Caring, in its 20th year, is a partnership with Humboldt State University and Kiwanis - Eureka Humboldt Bay and Henderson Center - and brings hundreds of volunteers together to work on local community service projects.

Designated Gifts

Designated Gifts through the UWWC Campaign brought \$21,654 back to local non-profit organizations in Humboldt and Del Norte Counties last year, and \$40,000 the previous year. As our local UW campaign grows, designated gifts have potential to grow.

Covered California

Outreach and Education Program

The Covered California Outreach and Education program provides outreach and education to uninsured individuals, students, families and small businesses who may qualify for federal finance assistance. The program is in partnership with United Ways of California.

Schools of Hope (SOH)

Schools of Hope (SOH) in both Humboldt and Del Norte Counties in 2012-13 helped 521 students, engaged 168 volunteer tutors and expanded into more schools, which resulted in increased reading proficiency rates for participating students. In 2013-14, SOH will continue in Del Norte County through the Del Norte County Office of Education (DNCOE), and SOH will be fully integrated into the Decade of Difference Initiative through the Humboldt County Office of Education (HCOE).

Emergency Food & Shelter Program (EFSP)

The Emergency Food & Shelter Program (EFSP) is a federal grant providing supplemental food and shelter funds to Humboldt County. The local EFSP Board administers this program, with administrative support from UWWC regional staff, to distribute EFSP funds to local non-profit organizations that qualify. In 2012-13, \$91,000 was allocated to eligible non-profit organizations in Humboldt County.

The FamilyWize Program

The FamilyWize program, available through United Way, saved Humboldt and Del Norte county residents \$319,785 on their prescription drugs in 2012-2013.



2-1-1 Humboldt



Day Of Caring



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UWWC Regional Council Campaign Cabinet 2013

Special acknowledgement and thanks goes to our local UW campaign contributors and our community partners, who are: Humboldt State University, Kiwanis, Humboldt Housing & Homeless Coalition(HHHC), Arcata House Partnership, McLean Foundation, First 5 Humboldt, 2-1-1 San Diego, Healthy Starts Schools & Communities Partnership(HSSCP), Humboldt Area Foundation, Cal Fresh Program through County DHHS, Del Norte County Unified School District, VITA Coalition, Emergency Food & Shelter Program (EFSP), Mobility Management Coalition, County Office of Emergency Services (OES), VOAD and Access Humboldt.

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