

Free

September 2013

The Emerald MAGAZINE

The Six Rivers Edition

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Tour Around
The Coast**
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Smith River



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Only pay for postage, 12 issues for \$20 - send check or money order to:
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Dear Reader,

Those of us living on the coast know the feeling of excitement we get when planning a trip to the river. In this issue, we bring the six rivers right to you; from fly-fishing on the Smith River, to helicopter tours of the Trinity and wine tasting along the Eel River.

As the summer winds down, so do most trips to the river. The seasonal hot spots can easily be forgotten in the fall and winter. National Geographic ranks Humboldt as one of the top ten places to visit for outdoor fun. In this edition, we bring you activities that can be enjoyed beyond the summer. While September brings sublime weather for water fun, the fall draws an end to many river escapades.

Next month, we start the true beginning of fall. October in Humboldt is a real cause for celebration. From Halloween cookies to concerts and costumes, Humboldt does it right. Join us as we kick off the start to a great holiday season!

Sincerely,

Christina DeGiovanni
editor-in-chief



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When you hear "Six Rivers National Forest," the name makes perfect sense. The Eel, Klamath, Trinity, Smith, Mad and Van Duzen Rivers drain or pass through the one million acres of forest. But this place is far greater than a speck, so you can add a pinch of conflict, indecision, and resolution to its colorful past.



Above Victorian Bedroom



Above Maple Pecan Pancakes with Caramel Syrup



Above There's No Such Thing As A Stranger at the ReQua Inn



Above Salmon and Cucumber Squares, Part One of A Four Course Meal

IMPOSSIBLY BEAUTIFUL

THE KLAMATH RIVER'S REQUA INN

Story and Photos by Tyler Whiteside

If there is a more beautifully serene location on planet Earth, you would be hard pressed to find it. The historic Requa Inn stands watch over the churning waters of the Klamath River, as it has for the past 99 years, offering a level of comfort and accommodation unparalleled in Humboldt County. If visions of being pampered and catered to, eating 5 star food and world class fishing appeal to you, then look no further. The Requa Inn is the place of vacation dreams and in a class by itself.

environment, taking what they need and giving back what the sacred Klamath needs to survive. There is a valuable lesson ingrained into this breath-taking landscape. Love your lands and they will love you back.

The Requa Inn encompasses all that is good and pure with the people and its lands, from using environmentally friendly bathroom products to purchasing all their power from renewable resources. They even purchase carbon credits from the Carbon Farmer (a Canadian business run by guests of the Inn) to offset what small carbon footprint they do have. In other words, they walk it like they talk it. None of the environmental steps they take in order to insure the continuing purity of the Klamath in any way detracts from the Requa's amazing level of amenities and care. You are immediately made to feel at home by the Inn's matriarch, Janet Wortman, and her gifted staff and family. Upon meeting her, her genuine nature and glowing smile wash

The Klamath River has given life to the Yurok Tribe since the beginning of their existence. It runs like a giant vein through the heart of the people and now they must fight to keep their life blood alive. The Yuroks, traditionally known as Pohlik-la, Ner-er-er, Petch-ik-lah and Klamath River Indians, are a people so in touch with their natural resources as to be a case study in *what to do right*. They live in perfect harmony with the



“ Spend the day hiking on the pristine ocean beaches or fishing for 20 and 30 pound salmon at the river's mouth ”

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hands and can relax your mind and body completely, letting yourself meld with your surroundings.

Weather you spend the day hiking on the pristine ocean beaches or fishing for 20 and 30 pound salmon at the river's mouth, you will no doubt build a healthy appetite. Served at 7 PM, the evening meal is carefully prepared by Janet's son, Executive chef Thomas, who skillfully builds local ingredients into a culinary four course masterpiece. From locally smoked

sturgeon with a wonderfully crunchy fried seaweed to salmon (caught that afternoon) with Redwood Sorel (picked that afternoon). Each course is brought to the table and described in detail by the chef, and each course is nothing short of a culinary symphony. The food is so good that it feels impossible...much like The Requa as a whole....Impossibly good.

The entire weekend was like a good dream that you never want to end but, sadly, the morning came

when it was time to check out. Giving the keys back to our room was like giving the keys back to a borrowed Rolls Royce. It was luxury that was easy to get used to and it was a sad moment, but thankfully, a moment made bearable when Janet told us the keys would always be there for us. Those keys are there for you too, just waiting to whisk you away into the caring arms of the Requa Inn and its equally caring owners.

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MAD RIVER PROVIDES

Sustain Your Garden With A Water Catchment System

Story and Photos By Dave Feral

About 80,000 Humboldt County residents get their drinking water from the Mad River every day. This river is literally the life blood of our community. Winding around, over, and through approximately 500 square miles of coastal hills in Humboldt County, the 100 mile long Mad River and its tributaries create a diversity of microclimates across the basin producing the potential to grow a wide array of flowers, fruits, vegetables, dairy and more. Due to this diversity, there are well over 40 working farms and ranches throughout the basin producing many different crops and products resulting in gross revenues in the millions!

No matter what scale you decide to garden or farm within the Mad River watershed, the most crucial physical factor is water.



Near its source at Ruth Lake, summers are hot and dry, winters wet and cold. Near the mouth where the Mad River enters the Pacific, winters are wet though not as cool and summers are relatively mild. Wherever you are farming, one thing most of the older farmers can agree on is that over the years rainfall patterns are changing.

This summer is the second driest summer since 1951, and rainfall records reveal that when we do get rain it comes in short intense bursts dumping a lot of water in a short period of time. This type of precipitation pattern does not allow water to infiltrate the surface soil and sink in and recharge the aquifer. As climate change continues to occur in the next decade, most scientists agree, rainfall patterns will continue to be less predictable making it more challenging to grow crops the conventional way.

One of the most effective ways to ensure your little patch of paradise still has ample amounts of water in the future, is to employ permaculture water catchment systems on your land, yard, or even patio garden. Water catchment systems can be set up at any scale. A roof catches



A simple rainwater barrel (fig 1),

gallons/1000 sq. ft. per inch of rainfall. An integrated design of rainwater harvesting (in the soil) and rainwater catchment (in tanks/barrels) during the wet season will help you harvest rainwater from your roof and store for later use in the dry season.

A landscape wide pond swale system (fig 2) can transform your landscape.



figure 2

Picture [below] was taken in August 2013. This is proof that a well designed system can make a tremendous difference in your garden's future success.



figure 3

Photo by Dan Equinoss

Setting up a rainwater catchment system will provide you with water when and where you need it, allowing you to grow more food than most conventional farms per area. To learn more about the permaculture methods, read Bill Mollison's seminal book, *Introduction to Permaculture*, or get in touch with local permaculture expert Dan Equinoss (his front yard is figure 3) owner of High Tide Permaculture.

The use of permaculture techniques will provide you with ample water for year-round food production at any place or scale within the Mad River watershed.



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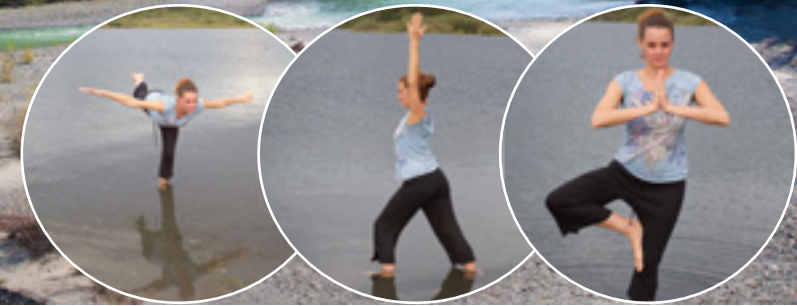


Photo of Van Duzen by Dave Baselt

Dhyana On The Van Duzen

River Yoga In A Serene Setting

Story by Victoria Voss | Photos by Dave Baselt and Sheala Dunlap

When it comes to spiritual and mental health, there are great lengths I will travel. When nature calls, I answer, and there are few better places to answer that call than right along the scenic banks of the Van Duzen River.

Turning off Highway 101 towards highway 36 East will lead you directly towards Grizzly Creek Campground. A site once in jeopardy of being closed down now flourishes with visitors once again.

For seventeen miles you'll pass through a corridor of Redwood trees. The scent of dew and aged growth lingers

through the air and resonates pleasantly with drivers who pass by. Grizzly Creek Campground provides a sense of seclusion and the practicality of an easy location, making it an ideal spot for afternoon river yoga.

Meditation is formally known as Dhyana in the yogi world. Practicing Dhyana along the banks of the Van Duzen River was one of the most therapeutic yoga experiences I've ever had. Half the time I practiced yoga on land, while the other half was spent practicing in the Van Duzen stream. There is something spiritual about immersing yourself into the river's stream. The feeling of water passing

by my feet helped draw my meditation to a single focus and allowed me to become one with nature. This sense of peace is easily attained through Drishti, which is the practice of using your eyes as a means to concentrate. Practicing Drishti along the Van Duzen allows you to engage yourself holistically in nature and absorb the earth as it was meant to be. The inner serenity created by meditating in, near or by a river is a spiritual blessing that few of us are able to enjoy.

Even if you aren't familiar with yoga, go stretch and experience movement on multiple levels. The day price for a Grizzly Creek pass is \$5 a car.

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Six Rivers Skin Care

Protect Your Skin With The Right Sun Block

Linden Glavich, Beauty Columnist

The sun may not always be on our minds in Humboldt County. With our usually mild summers and our gray year-round weather, sun's exposure is generally just an afterthought. Even on a cloudy day, up to 40 percent of the sun's ultraviolet radiation still reaches the earth. The sun's rays can cause some of the worst sun damage to your skin if you do not use a proper protection.

Sun protection can be found commonly in many daily makeups, moisturizers, lotions, and personal products. The SPF that one should be wearing depends on the level of exposure to the elements of the sun for that day. Make-up, moisturizers, lotions, and even after shaves have a built in SPF of usually 15. This level of SPF is great for day-to-day routines and gives you the protection you need for going outside a little during the day. The SPF 15 is not recommended though for extended amounts of sun exposure.

If your day is mostly spent outside in the elements, a 15 will not suffice. SPF 15 is mostly used as casual wear, for example going to and from your car or on a 20-minute outdoor lunch break. Talk to any esthetician and he or she will tell you that you should always try and wear at least a 30 SPF because you never know what the day will be like. A more active person doing more than just walking to and from the car, would need an SPF that is higher and that also has water resistance. Water resistance

can stand up to higher heat and sweat by holding tighter to your skin. These resistant sunscreens are less likely to get into your eyes when you sweat or get wet. They also need to be reapplied every couple of hours, as they often lose their effectiveness with time.

Studies by cancer researchers say that most people only put on 1/2 of the recommended amount of sunscreen on their skin (cancer.org). With only half the amount, this limits the full effect. The amount one needs is about the amount that fits in a Krueg coffee cup or a shot glass. The sunscreen should be put on and let sit for 30 minutes before going into the sun, with reapplications immediately after swimming or sweating in large amounts.

SPF products protect only from UVB rays. There is not a rating scale for UVA protection. So, it is important to look for wording that reads "Broad Spectrum". A fantastic product is The Solar Shield 30 SPF from Lira Clinical (\$36). It is only sold in a salon or spa. What is great about this is it is oil-free and not only provides protection from the sun's damaging UV rays, but also actively protects and repairs skin cells. A nice drugstore brand is Neutrogena Beach Defense SPF 70 Spray. (\$9) With it's easy spray-on application and it's resistance to chlorine and salt water, this spray lotion is a hit for any budget conscious sun lover.

The fact that we have the sun above us daily (even if we cannot see it) means it is very important to be well versed on proper skincare and it's protection applications.

Linden Glavich is a licensed esthetician who owns Linden & Company Salon & Spa



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Packing Light to Save Time, Bucks and Hassle

Rima Greer, Fashion Columnist

Whether you're going away for a weekend or a month, packing light is an important skill. The airlines are now charging hefty fees for a single checked suitcase. Besides, you don't want the airline losing your luggage, and dragging heavy suitcases through a train station is no fun at all. Here's how I get through three weeks in Europe with just a 24" roll-aboard luggage and a tote bag.

1. Consider three basic factors in planning your trip: weather, culture (traveling anywhere Muslim or very Catholic? You MUST have a head scarf!), and activities (formal night or hiking? Or both?). You're probably going to have some general idea of what you're doing while you're gone. Start with what you're sure you'll need, and then pad it out with the "just in case" pretty dress, based on how much space you have left.

2. Coordinate your clothing Colors: you can't take everything, so you have to choose before you go. A good way to maximize your options is to coordinate your colors. Pick a palette that all goes together. Choose black or brown as your "base", not both, and then pick colors you can wear with your base. This will also save you space on shoes - you won't have to have a pair for your black base and your brown base. Make sure all your pieces go together, so you can wear any combination. Do you have a reversible skirt? That will get you two in one! Don't have one? Call me, and I'll teach you how to make one in a night!

3. There are several must-haves for any trip: whatever you think your activities might be, DO include a comfy pair of walking shoes. You will need them, I promise. Nobody wants blisters on vacation. And bring a shawl or sarong, matching your other clothes. It will be handy in many ways. You might be going to Jamaica, but the air conditioning will be up too high, and you'll need that shawl to keep you from freezing your fanny off. Is there a nasty bedspread in that hotel room you're stuck in, after your rental car broke down?

The shawl or sarong provides an instant cover. Roll it up: Instant pillow, neck roll, or lumbar support. Wrap it around your waist, and it's an extra skirt or a belly dance wrap for that impromptu dance lesson aboard ship.

4. Space savers keep your luggage small: don't pack your jeans, wear them. Jeans are HUGE, don't bog down your suitcase with them. Don't pack that shawl either, wear it on the plane - then you won't need one of their nasty blankets either. Get some Ziplock travel bags with a one-way airlock. They're great for reducing your socks, undies, or sweaters to 1/3 their size, once you squeeze the air out. Bring a braided clothesline, and be prepared to wash some of your stuff in the hotel sink. Use shampoo on your clothes, works great!

Downsize your toiletries into those 3oz bottles. You don't really need more than that anyway. If you do need more than that, you can always buy it there...

5. Buy it once you're there: there are some things you can get once there, if you really, really need them. From toothpaste to t-shirts, sometimes you want to keep that kind of thing to a minimum; it might be crazy expensive, or horrible quality. Sometimes it's a plus: the first time I went to India, I took an empty suitcase, and the clothes on my back. My first day there, I went clothes shopping. Not only did I get some really awesome stuff, but I was dressed correctly for the weather, and the culture too!

6. Play it safe: anything you can't live without, like contact lenses, glasses, or prescriptions, make sure you pack double, and keep them separate, just in case. You don't want to have your purse stolen with all your medication - keep some spares in your other bag. I have contact lenses stashed everywhere, just in case! Memorize your passport number, and keep copies of your passport, credit cards, and your plane tickets somewhere separate. If someone runs off with your stuff, you'll have all the info you need in a snap! Know what you can't live without for a night, put that stuff in your tote, and keep it on you at all times. That way, even if you and your suitcase go separate ways temporarily, you'll still have enough to get you through the night.

Bon voyage!

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



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The Smith River, on our North Coast, is one of the most majestic and mystical rivers that California has to offer. Flowing from the Northeast portion of Del Norte County, the Smith reaches the mighty Pacific Ocean just ten miles north of Crescent City, making it the northernmost major river in the state. It is also the only major river in the state that remains undammed, which allows it to return unhindered to its natural brilliancy after storms. As an added perk, it flows past the most incredible species of tree the world has ever seen: the Redwood.

The Smith is laid out like some miraculous gift from nature, perfect for a scenic drive or a fly-fishing and camping expedition. As it turns out, the river offers all of these, sometimes all in the same location. For the adventurous among us, the north fork of the river is a promising destination. It is accessible only by foot, via a hiking trail off of highway 199 about two miles west of the town of Gasquet. If you're up for the hike, it will take you roughly eleven miles northward

through the Smith River Recreation Area before landing you on the north fork of the river, very close to the Oregon Border. If this type of camping isn't your style, not to worry—the middle and south legs of the river are vehicle accessible, with campgrounds dotting their shores from the river mouth all the way up into the source of the two forks.

The middle fork of the Smith boasts five different campgrounds. Three of these are federal campgrounds, which means they offer minimal or no services like running water or toilets. The remaining two sites are state parks—one in the dunes along the beach near the mouth of the river, and the other along highway 199. Both have decent services, but are unfortunately quite expensive. While the state park prices are certainly a turn off, in my opinion they offer a much more scenic experience.

The south fork's sole campground is off a road just east of Hiouchi. The campground is at the very end of the road, about ten miles along the river.

Out of all of these campgrounds, the most incredible to me is Jedediah Smith. Here, you sleep underneath giant redwood trees that run right up along the river, making it a spectacular scene for fishing. Fishing in the Smith can be a blast. However, any local fisherman can tell you that it can also be supremely frustrating. Of course, the natural beauty of the area itself can be rather distracting, for lo and behold, the moment you look up to admire the trees is right when a fish is bound to strike.

The river, for the angler lucky enough to hook a fish, holds the state's largest steelhead trout, as well as the second largest king salmon (also known as chinook salmon). Twenty-pound steelhead, and thirty- to sixty-pound king salmon can be caught on the regular during the right season. The steelhead fishing season on the river is from December to March, peaking in January; the king salmon run is from late August through December, with its peak catch in November. And if these species are not of interest to you, there are

certainly others you can target. For example, silver and coho salmon also run in the river during the same time as the kings, as well as coastal cutthroat trout that you can catch year-round.

Now that you know where and when to go, you are almost ready to grab your pole and drive up to the section of the river that appeals to you. But don't be too hasty—you will also need a fishing license, as well as the proper salmon or steelhead report cards, depending on which species you want to target. For residents, the cost of a year-long California fishing license runs from forty-five dollars. For out-of-staters, it will set you back one hundred and twenty-three. One- or two-day licenses are a good alternative if you just want to try it out, with prices ranging from fourteen to forty-five dollars depending on your residency. On top of license fees, the cost of a salmon or steelhead report card hovers around six or seven dollars. You can purchase report cards at most outdoor stores in California.

THE SMITTY

Beginner's Guide to Fly-Fishing and Camping on
The Smith River

By Sean Jansen | Photo By Mario Vaden

The Smith is laid out like some miraculous gift from nature, perfect for a scenic drive or a fly-fishing and camping expedition.



Of the things we love here in Humboldt County, a good night of food and drink has to rank way up there on *the list*. If amazing service, great wine, beautiful art, drool-worthy food, and completely reasonable prices spark your interest, then you need look no further than Arcata's newest hotspot, Crush. The brainchild and longtime dream of Jason Valentin, Crush is immediately warm and welcoming without being at all pretentious. The bar is a giant, magnificent slab of white pine locally harvested from a friend's property, finished with breathtaking beauty and skill. It makes a stunning centerpiece to the room which is colorful and inviting. A local photographer's striking work adorns the walls, but will soon be replaced as Crush rotates artists each month for Arts Arcata, keeping the feel fresh and new. Crush also hosts acoustic music during Arts Arcata as well as occasionally throughout the month.

Jason's involvement in the hospitality and wine is extensive and far reaching. He has logged 23 years within the wine and fine dining industries including working as an assistant winemaker and 7 years of wine distribution all over The Bay Area, to a crowd that really knows its vino. "People in

Napa will buy anything and people in Sonoma will buy anything except from Napa", he jokes, referring to what he calls the "Little Brother Syndrome". Closer to home, Jason has worked at a couple restaurants with wine-centric menus including Restaurant 301 as well as Brick and Fire in Eureka, bringing his extensive understanding of wine and food pairing to both. Ultimately, it was his dream to have his own place.

After searching over 2 years for a location, he settled on an available space in the historic Pythian Castle at 11th and H Street in Arcata. Jason, along with his new wife of 3 months, Allison Valentin and a group of friends, began the arduous task of making the dream come true. Crush opened their doors on May 31st and Jason and Allison were married a mere 3 weeks later, on June 22nd, in a whirlwind of work and planning. He is quick to point out that the entire endeavor would not have happened without the support of many people. "This wouldn't be possible without the hard work, effort and love of my friends, who now work here", he says with genuine honesty, "Inspiration flows from all of us". Executive chef Paul Fukunaga and kitchen manager Jamil Downing, work behind the scenes in Crush's kitchen creating beautiful works of culinary art. The

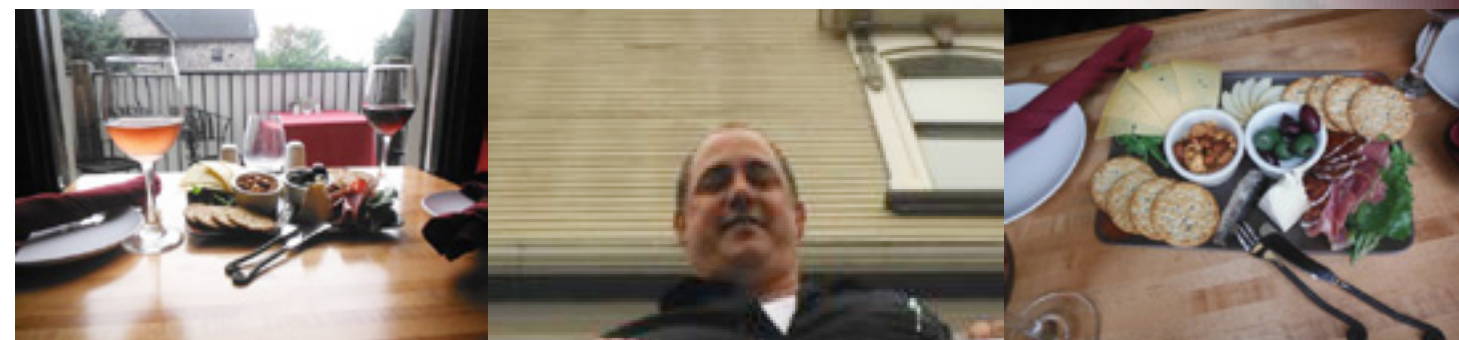
Perfetto Board, a plate of cured artisan meats and imported cheeses is not to be missed. It is melt-in-your-mouth tasty and its presentation is exquisite. In keeping with a vision of sustainability, Crush tries to acquire most of its ingredients from the Arcata Farmers Market, local fishermen, ranchers and cheese makers. Everything from the deviled duck egg appetizers to the Nicoise Salad, with smoked albacore tuna, is made with local, seasonally available ingredients. All have been designed with wine pairing in mind. The full menu can be found on Crush's website: crusharcata.com.

Crush is currently opened from
5-10 PM Mon -Thurs
and 4-10PM Friday and Saturday
(Closed Sunday).
That schedule will soon change on
September 8th when they begin
serving lunch and will be open
from 11:30AM to 10PM Monday
through Saturday.

www.crusharcata.com

1101 H St. Suite #3

707.825.0390





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Mic @ Mosgo's Karaoke at BLC 8pm Reiki Clinic 1pm 1215 Giuntoli Lane Six Rivers Trivia Night Deep Groove Society at Jambalaya 10 pm	2 28th Annual I Block Party 1061 I St. Arcata 12pm Zumba at Bayside Grange Karaoke at The Ritz 8pm Lemon Lemon Cherry at The SpeakEasy Eureka 7pm	3 Live music at Mad River Brew Co. 6pm Electric Gravy at the Palm Lounge Buddy Reed at Libation Eureka, Fortuna, Shelter Cove, Miranda Farmers Mkt.	4 Karaoke at Bar-Fly Pub SciFi Night Arcata Theatre Blue Lotus Jazz Angelina Inn Salsa Night at Robert Goodman Winery 9pm	5 Henderson Center & McKinleyville Farmers Mkt Sip & Knit at North Coast Knittery 6pm Mickey Hart Band w/ Tea Leaf Trio at Arcata Theatre	6 Hookah Stew at Cher-ae Heights Casino 9pm Gem Fest at Humboldt Co. Fairgrounds 10am Garberville Farmers Mkt. Arts Fortuna & Trinidad	7 Arcata Farmers Market Tour Trinidad Bike Ride 7am Natural Fiber Fair at the Arcata Community Center Big Foot Days Willow Creek Arts Alive Eureka
8 Reiki Clinic 1pm 1215 Giuntoli Lane Deep Groove Society at Jambalaya 10 pm	9 Roots and Culture w/ DJ Aura at Robert Goodman Wines Karaoke With DJ Marv at Six Rivers Brewery 8pm Rude Lion Sound at Ocean Grove in Trinidad	10 Eureka, Fortuna, Shelter Cove, Miranda Farmers Mkt. Electric Gravy at the Palm Lounge in Eureka	11 Karaoke at the Bar Fly SciFi Pizza and Pint Night at Arcata Theatre Lounge Whomp Whomp Wed at Nocturnum 9pm Pool Tourney at the Moose Lodge in Eureka 12pm	12 Henderson Center & McKinleyville Farmers Mkt. LINES Ballet at The Van Duzen Theater Karaoke at BLC 8pm Open Mic at Blondies 7pm	13 Arts Arcata Garberville Farmers Mkt.	14 Arcata Farmers Market Humboldt Pride Parade Halvorsen Park Eureka 12pm Eyes Anonymous at Cher-ae Heights 9pm Electro Swing at The Ritz
15 Reiki Clinic 1pm 1215 Giuntoli Lane Open Mic Mosgo's 7pm Logger Bar Potluck 6pm Deep Groove Society at Jambalaya 10 pm	16 Lemon Lemon Cherry at The SpeakEasy Eureka 7pm Open Mic- Shamus T Bones Quiz Night- Blondies Rude Lion Sound at Ocean Grove in Trinidad	17 Eureka, Fortuna, Shelter Cove, Miranda Farmers Mkt. Cribbage Tourney At The Logger Bar Buddy Reed at Libation 7pm Electric Gravy- Eureka Inn	18 SciFi Pizza and Pint Night at Arcata Theatre Lounge Open Mic- Old Town Coffee and Chocolates Whomp Whomp Wed at Nocturnum 9pm	19 Henderson Center & McKinleyville Farmers Mkt. Bluegrass Jam at Redwood Curtain Brew Co. Open Mic at Blondies 7pm	20 Humboldt Bay Boat Tours 9am call 268-8897 for info Garberville Farmers Mkt. McKinleyville Arts Night	21 Arcata Farmers Market Ferndale Farmers Market Oak St. Blues at 6RB 9pm Vintage Rock and Soul at Blue Lake Casino 9pm
22 Reiki Clinic 1pm 1215 Giuntoli Lane Logger Bar Potluck 6pm Mosgo's Open Mic 7pm Deep Groove Society at Jambalaya 10 pm	23 Open Mic- Shamus T Bones Rude Lion Sound at Ocean Grove in Trinidad The Getdown at Jambalaya Cheap Bowling at Harbor Lanes 8pm-Midnight	24 Eureka, Fortuna, Shelter Cove, Miranda Farmers Mkt. Shugafoot at the SepakEasy Buddy Reed at Libation 7pm Electric Gravy- Eureka Inn	25 SciFi Pizza and Pint Night at Arcata Theatre Lounge Whomp Whomp Wed at Nocturnum 9pm	26 Henderson Center & McKinleyville Farmers Mkt Kindred Spirits at the Clam Beach Inn 8:30pm Open Mic at Blondies 7pm	27 Humboldt Bay Boat Tours 9am call 268-8897 for info Garberville Farmers Mkt. Shugafoot at the SpeakEasy Karaoke at the Bar Fly	28 Arcata Farmers Market Night Hawk at Blue Lake Casino 9pm Pressure/Any DJs at The Ritz 9:30pm
29 Reiki Clinic 1pm 1215 Giuntoli Lane Rising Appalachia at Arcata Theatre Lounge 9pm Deep Groove Society at Jambalaya 10pm	30 Lemon Lemon Cherry at The SpeakEasy Eureka 7pm Open Mic- Shamus T Bones Rude Lion Sound at Ocean Grove in Trinidad The Getdown at Jambalaya					

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A Helicopter's View Of The Rivers Of Humboldt



Tour the Trinity River and Northern Humboldt Coast

Story by Bernard Bass | Photo by H.R. LoBue

F

rom the national forest to the brewery, "Six Rivers" is a term often used in Northern California to signify our appreciation for the abundance of natural waterways that converge on the area. In comparison to other, more recognized attractions of the North Coast the rivers do not garner as much attention and somehow seem to fly under the national radar. But it is this lack of notoriety that helps to preserve such a large and celebrated region of overflowing natural resources and beauty.

However, this part of the country is called the Lost Coast for a reason often evidenced by the difficulty in maneuvering oneself in and out of the area. While living here, it does not come without a bit of struggle in traveling through and around it as well. With the steep terrain and the curvy, mountain roads, to take in the beauty of merely a single stretch of one of these six rivers requires a well-planned day-trip at the very least.

What if there is a way to witness the splendor of the Redwood Coast without the miles of windy roads, laborious treks and uncontrollable traffic, would you do it? Further, what if it's something to check off of your bucket list?

Founded in 2011, Redwood Coast Helicopters is the only helicopter tour company in the county that gives you the exclusive and unique option to see Humboldt's coast, rivers and redwoods like you have never seen them before - from the air.

The North Coast is far from commercialized and lacks tall buildings and structures from which to steal a bird's eye view and one can only get a hint of a voyeuristic thrill from catching a glimpse from above on certain internet map sites. There is a completely different feeling one gets when looking down on an area as spectacular as ours. By going up in a helicopter, what is breathtaking from eye-level will no doubt steal your breath from the air. The beauty of everyday becomes something stunning and seemingly imaginary.

At Redwood Coast Helicopters you can opt for a half hour or full hour tour in a state of the art Robinson R22 Beta II Helicopter; a slick and exhilarating two-seat, one-passenger, two-bladed machine that feels only slightly larger than and just as intimate as your own personal jet pack. The R22 is small, drag-onfly small, but is in every way a seriously engineered craft. According to The Robinson Helicopter Company, The R22 has a suggested retail price of \$270,000 and more than 3000 of them have been delivered to 60 countries around the world. While holding every performance record in its weight class, the R22 is seen by many as a classic example of design excellence

So for those of you who have a slight aversion to flying, it is an experience wholly of a different nature. There isn't a single jerk at takeoff nor is there a screeching halt when landing. The ascension is gradual and, with a recommended cruise airspeed of only 70-110 mph, it is much more comfortable of an experience than hurling through the air in a large, crowded cabin. As you gently glide above the landscape of the North Coast you begin to notice the slight arch of the horizon. Looking out into the Pacific Ocean and down at the shape to the curves of

the rivers it feels as if, while immediately humbled, you are an integral piece of something smooth and grand. "People think helicopters are unsafe, that they just fall from the sky if the engine fails," says pilot Glenn-Jon Gunther who, over seven years, has close to one thousand hours of aviation experience. "They think that this is only for the adventurer, the risk-taker. That's just not true. The helicopter can glide very well and in more instances make a safer landing than a fixed wing aeroplane." The R22 has fewer accidents due to aircraft or engine failure than any other light helicopter.



As the crow flies, the helicopter will travel 27 miles in any direction. Leaving Murray Field, that's long enough to get to the Trinity and Klamath Rivers and still take a swoop over Willow Creek and the Trinity Alps. Or, fifteen minutes after takeoff, you could be drifting over the coast of the Pacific, staring down into the mouth of the Mad. Before crossing the sky a few miles east for the river's watershed in Blue Lake, take a second to hover above the striking seascape of Trinidad. After a generous helping of Chicken and Bacon Waffles at the no-frills, vintage Hangar Café (the bacon is in the batter), it takes just over twelve minutes until you're flying over Fortuna, watching the Eel River join up with the Van Duzen to drain the ranges of the rugged California coast into the ocean. Float over the town you live in or fly above your house. The route taken is up to you and, with the amount of time allotted, you will never see and receive more in a single tour.

The R22 was recently rented out for a birthday party and, throughout the day, guests and family members were taken up one by one for their own private tour through the sky. "As long as you have a place large enough to land on, I'll do it," Gunther says. Depending on the occasion, Redwood Coast Helicopters will bring its larger R44, four seat, three-passenger helicopter over from Redding. It certainly is hard to think of a better draw for a reunion, graduation, county fair or a get-together of any size, for whatever reason.

Flowing and carving their way around the Lost Coast, multiple rivers shape this area into a jaw-dropping landscape of lush and natural beauty unmatched throughout much of the United States. Here is where the ocean meets the Redwoods. It is a unique and spectacular place indeed. In living here one may be familiar with that certain feeling of suddenly being overwhelmed at the impossible task of having to absorb all of its wonder. Imagine the feeling when you witness it from above, still near enough to make out the dense indentations of a Redwood's bark and close enough to see the salmon spawn. View the beds of our rivers and the floor of Humboldt Bay with your own personal helicopter tour. It is unlike any other activity that Humboldt County has to offer. Go ahead and check it off of your bucket list as well. You will not be disappointed, you will want to do it again and you will remember it forever.

(below) Arcata Square



The crack of a whip is refreshingly similar to dipping into Southern Humboldt's latest sensation, Vixen Kitchen. The locally owned, seductively made, frozen vegan dessert has floated its way through the Eel River straight into Cariberville's Farmers Market.

Sundara Clark found herself a few years ago with a dilemma. Her daughter, Gigi, now six, was diagnosed as being lactose intolerant and would not be able to eat traditional ice cream. Sundara set out to make sure Gigi would get the same sweet fulfillment all the other children get to experience when they're young. That's when Vixen Kitchen was born. "I'm an ice cream junkie," Sundara confessed. "But then I realized that I don't have to have dairy anymore, at least not in our ice cream," Sundara says.

The Vixen herself, with the helpful hands of her family, creates every batch of ice cream. "My father helps me at the farmers market," Sundara said, while her husband applies labels and helps with container designs. "We jokingly call him the art department," she said.



NAKED CHOCOLATE
RIGHT
BELOW
(L) Organic Cashews
(R) Cinnamon Sticks



Vixen Kitchen uses only top-notch ingredients for their frozen dessert. Organic raw cashews gives this ice cream substitute its thick texture. Maple syrup is added for sweetness as organic raw cacao, vanilla extract and celtic sea salt are blended in to top things off.

Upon meeting Sundara I sampled three flavors of my choice, Naked Vanilla, Naked Chocolate and Chai-&-I. All three melted into a delicious, savory flavor that emulated the sensation of creamed ice. Vixen Kitchen did not only surpass my skepticism but it had soared beyond it with carnivorous colors. The Naked Vanilla tasted like creamy peanut butter, the Naked Chocolate tasted just like fudge and the Chai-&-I settled with a bit of a kick.

The best part of all three was that I wasn't left with a feeling of dessert overload. Vixen Kitchen isn't just for those who are lactose intolerant or for vegans, it's for those who enjoy sweets and want to be healthy about it.

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(below) Fresh Cinnamon



(below) Organic Raw Cacao



(below) SoHum residents enjoying their ice cream



"We sell 70 to 100 [dessert] cones a week," says the Vixen herself, who can make a half gallon of vegan ice cream in less than one hour. "We just started selling pints [at the farmers market] and sell at least 15 every week," Sundara added. Currently Vixen Kitchen has ten flavors on the market, they are Chai-&-I, Chocolate Chip Cookie Dough (gluten free option available), Naked Vanilla, Naked Chocolate, Coffee Cream Dream, Mocha Madness, Midnight Mint and Strawberry Vortex. For people who can't eat nuts, Sundara has created a Mango Sunrise Sorbet and Pineapple Orange Banana.

Following my first pint, I realized that what this Vixen is fixin' is incomparable to other vegan desserts on the market. Imagine eating healthy as you satisfy your sweet tooth! Should you find yourself craving dessert that's both sexy and satisfying, stop into Chautauqua Natural Food in Garberville, Deb's Great American Hamburger's in Redway, Eureka Natural Food or the Arcata/Eureka Co-op in Northern Humboldt. Better yet - if you'd like to meet the Vixen herself, swing by Garberville's Farmers Market every Friday from 11am to 3pm until October 25th and treat yourself to the taste of naked.

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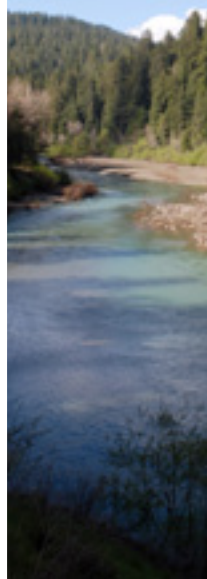
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A RIVER RUNS THROUGH IT

By Tyler Whiteside

Photos by Sheala Dunlap and Mike Shoys



(above) Ariel view of Riverbend Cellars

Nestled off Highway 101 in SoHum lies the small berg of Myers Flat, a tiny community neatly tucked into the Avenue of the Giants like a postage stamp amid red and green giants. The 2010 United States Census reported that Myers Flat had a population of 146 happy people. The Census didn't specify whether they were happy or not, but they seemed pretty glad to be there. It's easy to see why Thomas Meagher calls Myers flat home due to his beautiful vineyard and tasting room. A nice blend of warm/hot days and cool night coax his grapes into giving up their earthly goodness.

Historically, Humboldt County has never really been recognized as a hub for commercial viticulture, vineyards like Riverbend Cellars are quickly shattering that mold. The notion that only our BMW driving neighbors in Napa/Sonoma can produce quality California vino is, well, yuppie-gibberish. Those regions have certainly earned their place on the Global Wine Map and into the hearts of wine lovers everywhere, but it's about time for wine enthusiasts far and near to begin recognizing the Humboldt area as a producer of very good wines.

The Riverbend Cellars vineyard is alive with fascinating history. Where rows of grapes now adorn the gentle landscape, a drive-in theater once entertained the local Myers Flat population. Myers Flat (unfortunately if you happen to be there when it happens) lies below the 100 year flood line and in 1964 just such a flood occurred, decimating all in its path, including the aforementioned theater. Meagher aptly named the micro-region Theater Block. It now entertains us with fine grapes in place of movies. Works for me. Near the Theater Block is a ten acre parcel that went undiscovered by the owners for some time due to its thick blackberry vines and was sub sequentially named

The Lost Ten. The story goes that The Lost Ten got its name when Meagher's mother went for a hike one day to locate it. The area not only is a good habitat for grapes, but as it turns out, blackberry bushes as well. She looked endlessly but returned home having never been able to locate it. The blackberries continue to be a "thorn" in Meagher's side. Pun completely intended. He is constantly at battle with them, but is so far prevailing.

Among the many offerings at Riverbend Cellars, a nicely balanced Syrah quickly became my personal favorite. A subtle fruit forward melds and caresses your palette with notes of cherry and pepper finishing the orchestra. Next on my lineup of favorites, is the slightly more bold and beautiful Cabernet Sauvignon. A rich blend of chocolate gives way to a pear/apricot finish. The Riverbend Cellars' Merlot comes through with bright hints of plum nicely dancing with red cherries. These are but three of the fine glass worthy reds offered by Riverbend Cellars and I'm sure when you visit you will compile your own personal list.

Riverbend Cellars' most recent and exciting offer is far closer to home if you live in the Eureka area. At the corner of 2nd and F in Old town, Riverbend has taken over the old Shoreline Galleries and started offering wine



tastings (\$6 glass/\$2taste) of their wares. It's a nice mix of rotating art and photography combined with some of our region's best local wine. Who could ask for more? Next time you find yourself wandering around Old Town, be sure to stop in and let Thomas prove that Humboldt CAN make some good vino.



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Miranda Gardens Resort

Bed & Breakfast
Redwood Style

Story and Photos by Nathan Butler

“We get people from Australia, Japan, United Kingdom, Canada, Indonesia and India.”

Why do we travel? Is it to get away or to bring the world a little closer to home? Miranda Gardens answers both of these questions. Set beautifully against a backdrop of the Humboldt Redwoods State Park, Miranda Gardens offers an opportunity to escape the hustle and bustle and luxuriate with cottages so cozy and familiar you will almost certainly wonder if you have been there before.

Miranda Gardens first began in 1929 as just a grocery store. Soon four cottages were built. All of those were subsequently torn down creating a gap in the history of Miranda Gardens. “It went through probably three or four different owners. Then the Bohanen’s bought it. She decided she was going to give it one name that would stick. That was Miranda Gardens.” Says the owner Phil Eldridge, recounting some the

history of Miranda Gardens Resort. A few owners later, the current owners acquired it in 1977.

The refurbishing of the cottages was no small feat. Luckily Miranda Gardens had the right man for the job. “My dad was a builder, both of my brothers general contractors. I have taken all the cabinets apart, restored them, added decks, planted close to a hundred rhododendrons over the years. We absolutely gutted the buildings. All the redwood in the cottages, we hand stripped back down to the original wood. We have not found anything close to what we have done,” says Phil.

The unique beauty is rarely lost on anyone lucky enough to stay. “We had a professor from one of the eastern colleges this year. I stopped by just to ask him how his stay was. He found out I was the owner. He said, ‘Would you sell to me? I’d quit my job in a minute.’”

“We get a lot of repeat business. We have had people coming here for over fifteen years. They bring their family up and come every year and stay.” says Kathy, Phil’s daughter and the manager of Miranda Gardens. “We get people from Australia, Japan, The UK, Canada, Indonesia and India.”

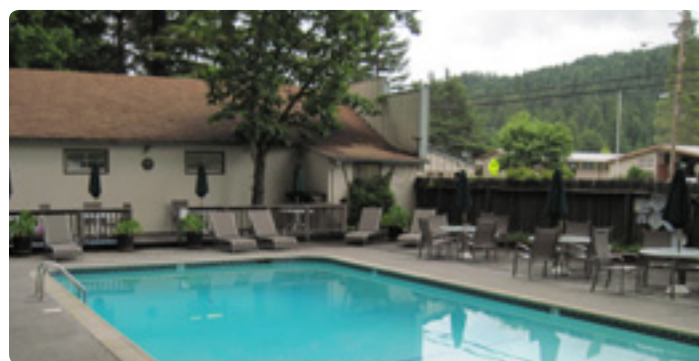
“What makes it nice here is privacy. There’s so many little cabins, you have your own private little place to stay. We have had people check-in from [other local hotels] because they did not have that privacy,” says Phil.

If, for some strange reason, you tire of hiking and tree gazing, Miranda Gardens has a litany of other activities. “We have a swimming pool, basket-

ball, ping pong, horseshoes, and a children’s playground”

“We have nightly campfires and kids make s’mores.” says Kathy.

Whether you are crossing an ocean or a county line, Miranda Gardens Resort is place of tranquil allure. A respite from an increasingly digitized and inorganic world. Miranda Gardens Resort is made up of not only gorgeous cottages, but of passionate people who believe that sometimes a summer campfire and a barbeque are better than wi-fi and Starbucks.



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WHAT'S IN A NAME?

The History Behind The Naming Of The Six Rivers National Forrestr

By Daniel Gelman

Open a map of any U.S. state and you'll see endless dots marking tiny towns with names ending in "ville," "fort," "ferry," and "falls." But every speck that some may dub "flyover country" has a history, a people, and a context that matters.

When you hear "Six Rivers National Forest," the name makes perfect sense. The Eel, Klamath, Trinity, Smith, Mad and Van Duzen Rivers drain or pass through the one million acres of forest. But this place is far greater than a speck, so you can add a pinch of conflict, indecision, and resolution to its colorful past.

According to historian Pam Conners at the U.S. Forest Service's foresthistory.org site, there were four primary reasons for the creation of the park, from portions of the Siskiyou, Klamath, and Trinity forests:

- * To bring forestry to a neglected area.
- * To bring knowledge of the Federal Forest Service to the people who depend on forests for their living.
- * To connect a forest resource more closely to the people who need it.
- * To bring more effective administration to remote districts.

The backroom debates regarding the plan took place over the course of at least 12 years, between multiple unsung regional foresters. Stuart B. Show began pushing the idea in 1935, when he ordered initial surveys. Then the Second World War stalled the process. However Show managed to consult with his colleague Lyle F. Watts and others while the war proceeded.

Ultimately, concerns about the country's post war needs for timber and employment helped make the case for the creation of an amalgamated administrative unit. It would help develop the struggling north coast economy. Regional Forester H.J. Andrews collaborated with Show and Watts to iron out the boundary details, but not without concern.

"It is with some reluctance that we offer you a part of what for so long has been a part of Region 6, but we are consoled by the fact that the Gasquet District is going into good hands and that administration can be carried on more effectively by your region than by ours," he wrote to his colleagues shortly after the war. Many of the details were agreed upon at an impactful meeting of regional forestry administrators held in Grants Pass, Oregon in March, 1946.

On June 3, 1947, President Harry S. Truman proclaimed the official establishment of the new forest. He said that all lands lying west of a



SMITH RIVER
Photo by Jon Parmentier



KLAMATH RIVER
Photo by Tyler Whiteside



MAD RIVER
Accessed through the Fish Hatcheries in Blue Lake, CA



particular line in the existing three forests were hereby eliminated from those forests and consolidated to form the Six Rivers National Forest.

The name was originally suggested by the prolific novelist Peter B. Kyne, who wrote several novels set on the north coast, including "The Valley of The Giants." The book was published in 1918 and told the story of a timber baron's wife, whose dream was to save a stand of redwoods and create a park in Eureka. Kyne's suggestion was tabled while officials considered the possibilities.

Northern Redwood National Forest was next in line. Ironically redwoods are not a major part of the forest, so the idea was scrapped. Then Yurok National Forest was proposed as a tribute to the local Native American tribe. The recent death of Gifford Pinchot, the first Chief of the U.S. Forest Service, made some want to name it after him. Pinchot had a reputation for dogged determination to prevent "timber famine."

W.I. Hutchinson, an Assistant Regional Forester wanted the Humboldt Standard newspaper to hold a contest and let readers suggest names. That would give the locals a sense of personal involvement in the enterprise. He emphasized that the name should be easy to spell, easy to write, and have an easily understood significance. That eliminated the "Yurok" option. He considered Trinidad National Forest, but



VAN DUZEN RIVER
Photo By Dave Baselt

it sounded too much like "Trinity," and he rejected the name Eureka National Forest, because people in other significant north coast cities may have felt slighted.

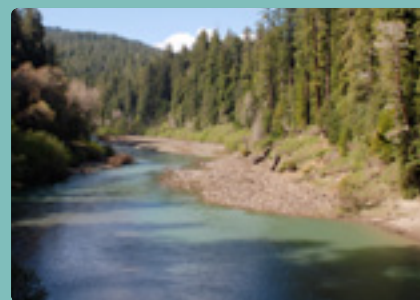
Hutchinson's next ideas were Starr King Forest and Josiah Gregg Forest. King was a Unitarian minister and abolitionist, influential in California politics during the Civil War. Gregg was a naturalist who explored Humboldt Bay and the six rivers in the mid-19th century.

R.S. Monahan of the Washington D.C. office of the forest service got straight to the point regarding Native American names, in a letter to the California office, "Let's limit our choice to a good American name associated with Northern California."

Silcox National Forest would honor Ferdinand A. Silcox, Chief of the U.S. Forest Service during the 1930's. Erwin G. Gudde, Editor of "California Place Names" had this to say to Hutchinson, "I disapprove heartily of the conventional and unimaginative naming of our natural features by heaping one name on top of the other. I believe it's our duty to transmit to future generations, a California geographical nomenclature as diversified, interesting, euphonious, and historically justified as possible." Apparently Gudde liked Yurok or Josiah Gregg.

A.L. Kroeber, a professor at U.C. Berkeley an expert on north coast Native American tribes suggested Kot-saoo Weroi, Perwer, Kerster, Chilula, or Nogat for the name. To some they qualified as "euphonious," but not easy to pronounce. At some point, the naming process began to actually hold up the proclamation to establish the forest. In a rush, regional officials suggested a last list of potential names. Gregg National Forest (Josiah) was popular and Redwood Empire Forest was tossed around.

They included Six Rivers. According to L.F. Kneipp of the Washington D.C. office of the forest service, "If the name of any individual or pair of individuals is initially adopted, its subsequent abandonment almost certainly will provoke controversy and resistance, but nobody will go to war over the abandonment of Six Rivers." Author Peter B. Kyne's original choice had come full circle. The rest is history.



EEL RIVER
Photo By Mike Shoys
Accessed Through Avenue Of The Giants

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Explore the Klamath Estuary

A gentle way to approach wildlife.

Travel by a 16ft. electric-powered canoe driven by local resident and naturalist, William Ihne.

Experience a partnership of ocean tides, river and wild nature.

Bring your camera or sketchpad to document the diverse life that thrives in, along and above this dynamic estuary ecosystem.

Tours Vary In Length. Average time is 1-2 hours.

(707) 954-8277

Call To Reserve A Tour

All tours are by donation or trade only.

TWO WANDERING BEARS PRESENT

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