Through June 17
Illustrating Nature
3rd annual exhibit of work by
CSU Monterey Bay
Science Illustration Program
Pacific Grove Museum

Wed., June 13
AFRP’s Dining Out for Animals
Eat at great local restaurants that are donating 10 percent of proceeds to AFRP
For a complete and updated list of the participating restaurants in Monterey County visit www.
animalfriendsrescue.org or call 811-333-0722.

Tuesdays 11 AM-1PM
Join a lively discussion group welcoming all points of view on many timely subjects. The discussion group meets at Sally Griffin Center.

Sat., June 16
Pops Concert
with Aria
Performing Arts Center
835 Forest, Pacific Grove
Tickets $15-25
Tickets at aria Monterey.org

Friday, June 22
Lecture: Age Well-Drive Smart
Keys to Driving Safer and Driving Longer
CHP Program to help seniors keep driving skills sharp.
9:00 AM
No Charge
Canterbury Woods
651 Sires Ave. PG
RSVP: 657-4193

Thursday, June 28
The History of Bach
Dr. Todd Samra
Learn about this fascinating musician and the upcoming Bach Festival.
Community is welcome to join us for this free presentation.
4:00 PM
Canterbury Woods
651 Sires Ave. PG
RSVP: 657-4193

Cedar Street Times has moved offices to 306 Grand Ave.
Pacific Grove

In This Issue
July 4th celebration -3
EMF in the home - 12
Reycling - 16

Inside
Cop Log..........................1
Food..................................3
Secrets...............................17
Green Page ..........................16
Health & Well-Being ..............17
High Hats & Parasols ..............15
The Homeless Stories ..............8
Legal Notices .......................10
Sports ................................10-11
Up & Coming ..........................14

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Send your calendar items to:
editor@cedarstreettimes.com

Nob Hill negotiators declare impasse
SaveMart and Safeway still talking
While no strike has been announced, food workers’ union representative Mike Henneberry says that Raley’s/Nob Hill negotiators have declared an impasse and are refusing to meet with federal negotiators.

Native son takes a hike for the homeless
Ian Keeler has been biking and hiking as long as he can remember. His first long trek, at age six (and with his family of course!) was hiking Florence Lake at King’s Canyon National Park.

Judge: Cal-Am will likely be allowed to withdraw from Regional Water Project
PUC intended decision issued
Administrative Law Judge Gary Weatherford has issued an intended decision which would allow Cal-Am Water Company to withdraw its petition for the failed Regional Water Project. It is not binding until the entire commission has ruled on it, and will not appear on the Public Utility Commission agenda any sooner than 30 days, but it is unlikely that it will go through.
On Jan. 12, 2012, after months of negotiation, Cal-Am notified the parties to the Settlement Agreement that continued pursuit of the Regional Water Project with suprafluent California authors and the CPUC had approved a Settlement Agreement regarding a joint proposal by Cal-Am, Marina Coast Water District, Monterey County Water Resources Agency, Monterey Regional Water Pollution Control Agency, Surfrider Foundation, the Public Trust Alliance and Citizens for Public Water to construct, operate and maintain a regional desalination plant with supporting source wells and distribution facilities. But in October, 2011, as the agreement began to fail, Cal-Am advised the CPUC that it was possible the Project could be delayed or replaced with a different project. They sought permission to withdraw from the Regional Water Project as a motion to withdraw, and granting it, according to ALJ Weatherford.
Cal-Am, under state orders to cease drafting large amounts of water from the Carmel River and to replace 2975 acre feet of water per year from the Seaside Basin, had applied for a Certificate of Public Convenience and Necessity to solve the issue. The CPUC had approved the Settlement Agreement regarding a joint proposal by Cal-Am, Marina Coast Water District, Monterey County Water Resources Agency, Monterey Regional Water Pollution Control Agency, Surfrider Foundation, the Public Trust Alliance and Citizens for Public Water to construct, operate and maintain a regional desalination plant with supporting source wells and distribution facilities.

See HIKE Page 2
See WITHDRAW Page 2

Impromptu helipad
An emergency medical helicopter landed on the golf course to pick up an injured citizen and take her to Santa Clara County. More in the Cop Log, Page 3. Fire Department photo.
continue with the construction of Cal-Am facilities no matter what the status of the Regional Desalination Project. Those facilities included enhancements to the distribution system, improvement of storage, and expansion of the aquifer storage and recovery system.

Cal-Am’s withdrawal from the Regional Water Project was vigorously opposed by Marina Coast Water. An Environmental Impact Report had been approved in Decision 09-12-017, but later negated after Agricultural Land Trust filed suit against MCWD in Monterey County Superior Court, alleging that Marina Coast Water District should have been the lead agency, rather than the Public Utilities Commission, and that the EIR was inadequate, among other issues. In an intended decision issued in December 2011, the Superior Court found that Marina Coast Water District should have been the lead agency. Even if Cal-Am had not amended intended decision, issued in February 2012, the Court also determined that certain water rights issues were not adequately addressed in the EIR.

MST is pleased to announce the groundbreaking ceremony for the much anticipated JAZZ Bus Rapid Transit (BRT) line at the Sand City Station in Salinas. This new service will not only introduce new technologies that include queue jump lanes, transit signal priority (TSP) and increased stop spacing to streamline bus traffic along the corridor and significantly reduce travel times. The new shelters will also offer Global Positioning System (GPS)-enabled electronic passenger information signage.
Meet the Author: Ann Packer at Pacific Grove Library

Author Ann Packer will appear at the Pacific Grove Library at 7:30 p.m., June 26 to introduce her new short story collection: *Swim Back to Me*. This is a collection of burnished, emotionally searing stories, framed by two masterfully linked narratives that express the transformation of a single family over the course of a lifetime. Best known for her debut novel, *The Dive From Clausen’s Pier*, Packer has two national best-sellers, and her stories and essays have appeared in the New Yorker, Vogue, and the Washington Post.

Books will be available for purchase at the event. Suggested donation to benefit the library is $10. Refreshments are included. For more information call 648-5762 or go to pacificgrove.lib.ca.us.

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Rotted Homeowner

On June 5, officers were called to a third-floor apartment in response to a loud argument. While they were speaking with a male there, a large crash was heard. The female half of the argument was trying to escape, presumably from police, via a drain pipe outdoors. When it broke, she fell three stories.

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No meeting here

A resident on Sunset Dr. reported that a "black male adult wearing dark clothing" knocked and his door and attempted to push his way into the house, saying "I’m here for the union meeting." When informed that he was at the wrong address, he left.

---

No homeless here

Reporting party said his nephew rented an apartment and then opened it up to a number of homeless people. At some point he decided he didn’t want them there anymore but neglected to tell them. The nephew gave officers permission to enter the apartment and talk to the homeless people inside, but there weren’t any there.

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Theft or a matter of taste?

A resident of a rental condo complained that two pots had been stolen from the front common area. They had "disappeared" over a month ago. On the day she called the police, the resident had been talking with the homeowner’s association gardener and discovered that the landscape supervisor had told the gardener to throw the pots out, partly because one was dead and it appeared unwanted, and partly because the residents are advised about what is allowed in the common area and what is not. Apparently dead plants are not on the list of desirable landscaping elements.

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What part of “anytime” don’t you get?

A dark green Honda was towed from a “no parking anytime” zone on 13th St. because it was impeding the flow of traffic.

---

Music fan burglar

Someone smashed a car window and stole five music CDs on Sunset Dr.

---

Rooting around

A neighbor on Workman Pl. called police to report some people digging around the roots of a tree without a permit. The architect and workers advised the police that they were supposed to be digging around the roots by hand so they could expose them for inspection in order to further approve construction on a house. The Architectural Review Board confirmed the instructions.

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False alarm

Lighthouse Ave.

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Unauthorized use of credit card

A woman on Lobos Ave. reported unauthorized use of her credit card.

---

Found

Phone. Returned.

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Ditto above

Different date and phone, however.

---

Found cross

No indication in the report as to whether it was a piece of jewelry or what. It was found near Lighthouse and Grand on 6/4/12.

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Found watch

At Lighthouse and First St.

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Found phone

Emails were sent to each of the accounts in the phone and the owner picked up the phone.

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Found

Wallet in Seaside. Officers used AT&T Language Line to talk with the owner.

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DUI involved in collision

Bret Eugene Grasse was cited for DUI after a collision on 4th St.

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Not a heart attack

Zendra Nichols was found slumped over the steering wheel of her vehicle. She was cited for DUI.

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Assault

Victim reported that the suspect drove a vehicle at them and also threatened them with the use of a hammer. Assuming the hammer was to

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Back to driver’s training: Fire engine vs. sign

The engineer backed the fire engine into a no parking sign at Union and 13th. The gutter on the engine was scraped.

We don’t repeat reports of sexual violence or domestic violence, mental illness or dementia. We do not report on deaths by natural causes.
The News ... from 1912.

Death may not have been suicide! The sudden disappearance of Miss Helen Vestal, principal of the Carmelo school, age 30, was recently reported. It was stated that her friends feared she might have committed suicide over moroseness brought on by the insanity and death of her sister. Now it is known that Miss Vestal is dead; her body was discovered by a search party floating in the river near the Mouth Drive. The principal is said by many to have been in jovial spirits for the past several days. During the day of her midnight disappearance, Miss Vestal had spent the afternoon in the company of her housemate and then dined with her housemate at the home of Carmelo friends. All who saw her that day described the principal as being “full of fun, witty and bright.”

The day before her disappearance, the principal was known to have had her golden locks perm and her nails done. For Sunday’s visits and dinner, she wore a gray skirt of ankle length, a puffy-sleeved blouse white in color, and a cap above golden hair that cascaded to her shoulders. Vestal also wore a black jacket as she was somewhat susceptible to chill.

The first suspicion that foul-play may have entered in Vestal’s life occurred when observers noted the clothing in which the body was found, frilly undethings, no skirt, and an unbuttoned blouse. The body bore neither hat nor gloves. Observers then noted that several fingernails, so recently buffed and polished, were broken as though Vestal had been clawing at something. Several put forth the theory that Miss Vestal had tried to drag herself from the sea by climbing up on the rocks. The several bruises on her body could also have been caused by rocks.

Others, however, disagreed with the rocks theory. The examination found the victims lungs free of ingested water, making it appear that she might have died elsewhere and then been placed in the ocean.

Vestal’s housemate, Miss Brock, encouraged that point of view. Recognizing the noises that had awakened her that morning just after two, Miss Brock speculated that the principal, responding to a rap of the knocker, might have opened the door to see who was there, and been snatched. However, Miss Brock added that she had heard no screaming or any other extraordinarily loud or suspicious sounds. Later, she found the clothing Miss Vestal had worn during the day strewn about Vestal’s room. Her bed had not been slept in, but laid upon.

Investigators later learned that Miss Vestal’s late sister, thought to have been the cause of the principal’s melancholy, was not dead after all. Months earlier, the sister had journeyed from San Jose to visit Miss Vestal. During the holiday, the sister was afflicted by mental problems alleged to be so severe that Miss Vestal had her committed to Aggne’s Insane Asylum.1 Some wonder if Miss Vestal might not have shared her sister’s insanity.

Miss Brock stated that several eligible gentlemen had called on her housemate from time to time, but Miss Vestal had denied these men much attention as Miss Brock and Miss Vestal preferred doing things together. No known gentleman caller has been found to be without an alibi.

For the time being, the death of Miss Helen Vestal is being classified as a case of suicide, but there are several more theories. A careful investigation is promised to continue.

Elks arrive en masse, even those in mishap Pacific Grove hotels presented a busy scene today as upwards of two hundred Elks delegates, family, guests, and other visitors checked in. Knowing the “best people on earth”, these folks were all enroosed in rooms in time for breakfast. Traveling aboard three, special trains, they were first addressed by Manager Warner of the Del Monte Hotel himself as an Elk. They then enjoyed touring the 17 mile drive. The Grove is pretty well crowded with Elks and other visitors, and all the Elks are looking forward to a successful convention.

Every bit of good news must fetch a little bad, however. As one of the Elks trains steamed our way from Los Angeles, it struck a six-horse team at Chualar, killing four of the animals. The wagon the team pulled, while battered, proved to be only slightly damaged. After a brief delay, the train proceeded northward.

Rev. Dr. Smith’s Chautauqua lecture Dr. Frank G. Smith, the talented Chicago preacher, lectured before the Chautauqua Assembly on Friday evening, past. Before the principal presentation, while the audience was seating itself, a prelude was presented by Miss Carol Moore who played several selections on the pipe organ (which had just been installed in the auditorium). Then, by way of a preface, Dr. Smith spoke of his delightful trip around the 17 Mile Drive, and how charmed he was with our lovely scenery. Then Smith announced the theme of his presentation: “The Hero of the Age” Smith said: “I am sure I need not remind you that the greatness of a nation is measured by the greatness of its men and women. This has ever been so, and will ever be so. The little couplet keeps looping through my brain as I travel here and there around the country: ‘Bring me men to match my mountains’. Here at the Chautauqua in the Grove I believe I have encountered exactly that and that is exactly what the world needs more of: ‘Great men who have seized upon great ideas.’”

Snippets from the area!

• Mrs. Adams and Mrs. Williamson have given up on New Monterey and returned to their original homes in Berkeley. They will be missed.

• “I saw Chavoya return from Monterey yesterday from Soledad. He went there by wagon to purchase hay for his livery. Mr. Chavoya says that the outlook for a big hay crop is very good this year, especially around Soledad and Hollister.”

• Manager Albright of the Watsonville baseball team will travel to the Grove for its up-coming game without the St. Francis Orphanage band. The reason? “We don’t have the money. The last time we brought the band along, it cost us $15. We cannot afford such a hefty expense.”

And your bill amounts to… The Yellow Front Shoe shop, opposite the post office, invites you in have your shoes restored to first-class order. Gent’s hand sewed soles, 85¢. Gents nailed soles, 75¢. Lady’s hand sewed soles, 60¢. Lady’s nailed soles, 50¢.

Author’s Notes
1 Commitment to an asylum was a much easier and fairly common occurrence one hundred years ago. Most of these sanitariums, like Aggne’s Insane Asylum, were operated privately or by the state.
2 A century past, being homosexual was not considered “cool”. Is it possible that Miss Brock and Miss Vestal were a bit more than ordinary housemates? Did Miss Vestal intend to accept the attentions of a male, hence prompting Miss Vestal to her harm? Or had a male been refused by Miss Vestal, entraging him adequately to do the young woman in? Future research may reveal the truth.
3 The Benevolent and Protective Order of Elks (BPOE) is a fraternal order and social club founded in New York in 1868. It is one of the leading fraternal orders in the U.S., claiming nearly one million members. Blacks and women were not originally admitted, but both are welcomed to membership today (the present Exalted Ruler of Salinas Lodge 614 is female).

References: Pacific Grove Review, Monterey Daily Cypress, Del Monte Weekly, Salinas Index, Monterey County Post, Ballrooms’ Grammar (1890).
Music in Canterbury Woods

Chung, Soon Ok (Mrs. Lee)

Guest Essay

By Essayist: Chung, Soon Ok (Mrs. Lee)
(Member, Korean Literature Society of America)

Wow! It is exciting sounds of jazz band music. It is the feeling of fresh jazz music. It is coming from the Canterbury Woods Campus, which is a retirement residence with a medical center. It is Jazz in the Woods Day. I get excited when I hear jazz rhythm and harmony with all kinds of musical instruments.

When I see musical instruments, violas gullars accordings... I think they have miracle powers. That may be why music is good for people's spirit. It refreshes our minds when we listen to exciting music or sad music.

When I walk through the Art Lobby, I see a great lawn. Lots of people are sitting around tables, talking together and some are walking to the exciting jazz music of the big jazz band. It is a happy scene of smiling people, some families and new people.

Not too far away, I saw a man coming toward me, waving his hands and looking at me.

It is Jack! He is glad to see me.

He looks like a happy teenage boy jumping with the jazz music and wearing a black pocket calendar that is full of scheduled volunteer activities that enrich for people to grow older, but that doesn't mean that they are worn out. Jack has written my name in his permanent book. When I get power of musical instruments.

I continue walking into the Jade Garden. The piece of polished jade is as big as I am. Somebody found it and now it is jade art, loved by many people.

Over time my appearance will change, but I don't mind because I am a love child of God. He has written my name in his permanent book. When I get power from religion I feel happy. I am more important than jade that has lasted five million years.

I think that active life together after retirement is the best life. Retirees have freedom to enjoy life with happiness. I enjoy this blend of happy people, nature and music.

I am thinking this moment of my future life. This is senior paradise as I stand here in the music in Canterbury Woods.

Thank you, Jack Beiglem for introducing Mrs. L.Kee's work.
Family owned and operated since 1998, Hula's Island Grill and Tiki Room, at 622 Lighthouse Avenue in Monterey, offers Mahalo Mondays, when 10 percent of the sales will go to a local nonprofit. In June, the recipient will be Gateway Center of Monterey County, Inc. (Gateway Center) is a private, not-for-profit community based organization which provides a wide range of services, including residential care, developmental training, and activity programs for adults ages 18 and over, with developmental disabilities. Its predecessor organization, Monterey County Association for the Mentally Retarded, was founded in 1954 by a group of parents who wanted to foster the development of programs for the developmentally disabled. Gateway Center has been providing a variety of services in Monterey County for 56 years, to adults with developmental abilities and their families and enabling our clients to achieve more independent and satisfying lives within the community.

Hula’s Island Grill and Tiki Room is located at 622 Lighthouse Avenue in Monterey. Hula’s is open from lunch Tuesday – Saturday from 11:30 a.m. – 4:00 p.m., dinner nightly from 4:00 p.m. – close, and happy hour Tuesday – Saturday 2:00 p.m. – 6:00 p.m. and Sunday and Monday 4:00 p.m. – 6:00 p.m. For more information go to www.hulastiki.com or call (831) 655-HULA. Hula’s Mahalo Mondays

Background
Hula’s gives back 10 percent of total sales every Monday in each month to help a local charity. Over the past four years Hula’s has raised more than $50,000 for local charities.
**Reservations open for PGHSAA’s 2012 All-School Reunion**

Reservation forms for the Pacific Grove High School Alumni Association’s All-School Reunion, scheduled for the weekend of October 6-7, are now available on the Association’s web site, http://www.pgsaad.org/alumni. Cost is $75 per person for the Saturday dinner and $25 per person for the Sunday brunch.

Both the dinner and the brunch will be held at Rancho Canada Golf and Country Club in Carmel Valley. Dinner begins with a no-host happy hour at 6:00 on Saturday evening, and a sit-down dinner will be served at 7:00. The buffet brunch is from 10:00-1:00 on Saturday. Individual graduating classes can plan to hold their reunions at either or both of these events. Attendees must be a member or a guest of a member of the PGHSAA; membership is $15 per year and is open to anyone who attended Pacific Grove High School or one of the district’s elementary schools.

The Pacific Grove High School Alumni Association, Inc., a 501(c)(3) corporation, was founded in 1899 and reactivated in 1962. It supports the high school, its students, and its projects with money from donations made by its members. The Association’s Board of Directors meets seven times a year to plan the annual all-school reunion and to approve requests for disbursements. For more information about the October reunion, visit the Association’s web site, http://www.pgsaad.org/alumni, or contact Event Chair Edie McDonald, ladyflyeredie2@aol.com, 831-626-8699.

**Ragamuffins will produce ‘Fame Jr.’**

Set during 1980-1984, the last years of New York City’s celebrated High School of the Performing Arts, “FAME, Jr.” is the bit- tersweet, but inspiring story of a diverse group of students, following them as they commit to a grueling four years of artistic and academic work. With candor, humor and insight the show deals with many of the issues that confront young people, still today, especially those who are striving to enter the demanding world of the performing arts.

Rehearsal days include expert coaching in dance, voice, acting and other valuable musical theater techniques that will develop triple-threat skills. There will be lots of fun and hard work for the aspiring performer.

Ages 13 through 18 years (coed) are encouraged to enroll. The session will take place Mon., July 16 through Sun., August 5, including the performance weekend.

Sessions take place Monday through Friday, with the addition of weekend performances on August 4 and 5, and company rehearsal hours are 12:00 p.m. - 4:30 p.m. Auditions will take place Friday, July 13 from 12:00 p.m. - 6:00 p.m., by appointment, at Chautauqua Hall.

Rehearsals will take place at Pacific Grove Performing Arts Center. Staff includes Dianne Lyle – Director, Michael Blackburn – Music Director, And Staff. To register, Download registration forms at our website: www.difrancodance.com. Fee is $350 for three-week session. For more information contact Dianne Lyle at dianne164@ol.com, www.difrancodance.com . For forms/info click links on: Ragamuffin Musical Theatre Camp. Sponsored by the Pacific Grove Recreation Department.

**Aria continues inaugural season with “Pops” Concert**

Aria Women’s Choir celebrates Father’s Day with a “Pops” concert that is sure to have your toes tapping and your fingers snapping. The Monterey Peninsula’s newest choir continues its inaugural season, showing off its lighter side with a June performance entitled “Let The Sun Shine!” This summer concert will feature a repertoire of jazz, musical theater, and even a number from the hit TV show SMASH! Audiences are sure to recognize and enjoy jazz pieces such as Dave & Iola Brubeck’s “Take 5”, Henry Mancin’s theme from The Pink Panther and Manhattan Transfer’s “Java Jive.” In the second act, Aria lets its hair down with music from your favorite Broadway shows, including Rent, Wicked, Hair, Little Shop of Horrors and even Sister Act! You won’t be able to stop yourself from singing along.

Aria’s summer pops concert, “Let the Sun Shine,” will be Saturday, June 16 at 7 p.m. at the Performing Arts Center of Pacific Grove, 835 Forest Avenue in Pacific Grove. Tickets range from $15 - $25 and can be purchased online at the Aria website: http://ariamonterey.org.

Aria is a new premier women’s choir on the Monterey Peninsula. Founded in January 2012, Aria is under the direction of Sean Boulware. Aria is a choir of the Monterey Peninsula Choral Society, and members come from around the Monterey community. Aria’s mission is to perform a repertoire that challenges singers, provides performance excellence, and highlights the work of female composers.
Guardian of the Tide Pools and Friend of the Ticks loses her home

Erika Fiske

Eponama on the Peninsula

She’s been as much a fixture in Pacific Grove as the Post Office, or Lover’s Point. Over the years, many people have passed by on her driveway, the old motor home parked each day by the ocean, near the tide pools, not far from the lighthouse.

But not anymore. Recently, someone crashed into the back of Tricia’s home on when leaving his car. The motor home was destroyed.

The driver was never found, and the owner listed on the registration says he sold the car. That was quite a few years ago, on the old motor home as a “transient,” and her old motor home with its leaky roof, and the words “All Life is Intimacy” in a cluster of wildflowers.

Cross country trip with Maui to Minnesota, native fuels, pack her things and go on a motor home that runs on solar and alter- able engines. She’s had her down times, when she just asks to have a place for her, she never knows what the future holds.

For years now, Tricia has made it her job to pick up trash and watch over the tide pools. She says, “I’m a Jack of all Trades,” she said. “I was born to do it.”

Despite all she’s done to protect these areas and pick up trash, Tricia’s had her problems with locals who didn’t want her parking by the ocean each day. Her vehicle was egged, she was visited by police three times in three months to find out who had "thrown something awful," she said. “They take them out of their environment, leaving them on the beach to see to themselves.”

In 1995, St. Francis asked Tricia to leave Pacific Grove, move back to Minnesota. “I was never even a little wild, it was just a life style for God,” she said. “We’ve all got God energy within us.”

Tricia started her spiritual journey after receivingcooked food ideas that aren’t that pure energy is just an illusion. Love and light are part of the pure energy that surrounds us, she said, who hate and fear are illusions. And it was a time before her mother died, and before St. Francis asked her to leave Pacific Grove and move back to Minnesota.

For years, Tricia has had her motor home, it wasn’t unusual to see a ground squirrel climb into the side door looking for a snack. A blind raccoon in a peacock feather he was wearing kept a low profile.

For years now, Tricia has made it her job to pick up trash and watch over the tide pools. As a "chip girl," dressed in a white blouse and denim pants, she was often seen at the plant world named Green Bean.

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The horse is a horned Bill and a riding horse named Blue Boy. Tricia also kept a farm, and developed Addison’s Disease. “It was hatred turned inward,” Tricia explained. “I was never a horse lover. It’s not like the California, which his wife preferred. If he was going to live in a city, it would have to be Moorhead, MN. There he transported milk from dairy farms to market and later drove trucks for a living.

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Plein Air technique to be shown

Noted Big Sur artist Cyndra Bradford will demonstrate her bold oil painting techniques at the regular monthly meeting of the Central Coast Art Association, Monday, June 25 2012, starting at 7 pm. The Central Coast Art Association meets 7–9 pm on the fourth Monday of the month at the Monterey Youth Center, 777 Pearl St (next to Dennis the Menace Park), Monterey. Attendance is free and open to the public.

Cyndra Bradford is a Big Sur native who specializes in plein aire landscapes, seascapes and horses, emphasizing striking color combinations and liberal palette knife application. Ms. Bradford operates Galerie Plein Aire in Carmel-by-the-Sea and is a juried member of the Carmel Art Association. Her painting below, “Surging Sea” (60” x 60” oil) typifies her upcoming demonstration.

Learn more about Cyndra Bradford and her art at: – galeriepleinaire.com.

For more information, contact: Harry Wareham – 372-2841 – harrywareham@comcast.net (CCAA Publicity Coordinator) or Cyndra Bradford – 625-5686 – galeriepleinaire@att.net (Demonstration Artist)

Boundless Vision
Artists of the Blind & Visually Impaired Center Opening at Medusa’s Emporium

Medusa’s Emporium in partnership with the Blind & Visually Impaired Center of Monterey County presents Boundless Vision, an art show featuring artists from the Blind & Visually Impaired Center of Monterey County. Boundless Vision runs from June 23 to August 15, 2012.

There will be an opening reception for Boundless Vision on June 23, from 1:00 to 5:00 p.m. Medusa’s Emporium, phone (831) 655-3225, is located at 1219 Forest Avenue, Suite E in Pacific Grove.

Special Guest, local art instructor Beverley Schmidt, attended the renowned Chouinard Art Institute in Pasadena. Her work, collected privately and by corporations in the United States, has also been shown in several museums. Ms. Schmidt volunteers her time to teach art to members of the BVIC.

Photographer Sylvia Gardner will present a pictorial of how this unique art was created.

The Blind & Visually Impaired Center of Monterey County is a non-profit organization that has provided services to county residents since 1971. These valuable services that help people learn to adapt to the loss of sight are provided in a person’s home. A portion of all sales from this show will go to the Blind & Visually Impaired Center.

Open casting for The Adventures of Tom Sawyer

Mark Twain’s classic story comes to exuberant musical life in ARIEL Theatricals summer community production slated for performances August 10th – 25th. Open casting for all parts will take place at The Karen Wilson Children’s Theatre in Old Town Salinas June 23rd from 9:00 am through 12:00 noon. Parts are available for adults, adolescents and children in this Broadway adaptation of one of America’s favorite books.

Growing up on the banks of the Mississippi River, Tom matches wits with his stern Aunt Polly, tricks his friends into white-washing the fence, falls in love with the feisty Becky Thatcher, and goes on the adventure of his life with Becky and that irresistible renegade, Huckleberry Finn. For more information regarding casting, rehearsal schedule or participation; and to reserve a place in this open casting opportunity, call ARIEL Theatrical at 775-0976 or visit us on the web at www.arieltheatrical.org.

ARIEL Theatrical Background can be found at: http://www.arieltheatrical.org.

ARIEL Theatrical is a Salinas-based nonprofit organization offering year-round programs in theatre arts for children and adolescents. Each summer a community production is mounted with the goal of nurturing generational relationships and fostering family communication. ARIEL seeks to use the art and discipline of theatre to help young people develop the skills and confidence they need to positively direct their own lives. Our mission is to inspire young people to understand that personal integrity, respect for others and an acceptance of responsibility for choices made are the keys to building a productive and principled life. ARIEL’s finest productions are not its plays, but the development of responsible young people who come together in a positive, collaborative spirit to learn, perform and share experiences that they will carry with them for a lifetime. Many of the young people in ARIEL’s programs return year after year, affirming its importance in their lives.
**Summer Day Camp offered by YMCA**

The YMCA of the Monterey Peninsula is encouraging parents to help keep their kids physically active and mentally engaged by signing them up for the Y’s summer day camp. Summer is a critical out-of-school time when children and teens can benefit from enriched learning, new experiences and making new friendships. The Y’s camp offers all of this and more.

“While summer should be a time of exploration, youth are sometimes less involved in activities that stimulate their mind and body,” says Amy Buchanan, Regional Child Development Director for the YMCA of the Monterey Peninsula. “At day camp, kids have the opportunity to get outdoors and learn about nature, take on new responsibilities, gain independence, and develop essential social skills. As a result, they become more confident, open to trying new things and grow as individuals.”

A day camp provides exciting and educational camp programming for children and teens, and their parents, including: Field trips, arts and crafts, sports, swimming and fun educational activities. And, to ensure that all youth have the chance to experience camp, the YMCA of the Monterey Peninsula offers financial assistance to those who need it.

A leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for more than 125 years. YMCA day camps continue to give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build their kids’ character. According to Y camping experts, there are five reasons why children and teens should attend summer camp:

1. **ADVENTURE:** Summer camp is all about a world of fun adventures and new experiences, and especially exploring the outdoors. YMCA camps have a new adventure for every child and teen.

2. **HEALTHY FUN:** Day camp offers fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their eating habits.

3. **PERSONAL GROWTH:** While being away from the routine back home, youth have a chance to learn new skills, and develop independence and leadership by taking on new responsibilities and challenges.

4. **NEW FRIENDSHIPS:** Amidst the fun of camp games, sports, swimming and talent shows, campers meet new friends.

5. **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories that will last a lifetime.

For more information about summer camp at the YMCA of the Monterey Peninsula, visit www.centrocanymyca.org or contact Amy Buchanan at 831-373-4167.
Catalyst Soccer Presents: 2012 World Soccer Camps
At Carmel Middle School and Pacific Grove Middle School
and Marina Gorya Jean Tate Fields

Go to www.catalystsoccer.com to register online
or call (831) 423-3556 or (408) 846-KIDS (5437)
or email catalystsoccerleague@gmail.com

Food Frenzy Camp, July 23-27, 9am-3pm daily
This camp is just what it sounds like. Campers will dive into the science and culture of food. We will look at the chemistry of baking, play with molecular gastronomy and get down and dirty with the science and culture surrounding local fisheries. $200 for the 5-day session. Ages 11-13.

For more information on summer camps, please contact Annie Holdren at holdren@pgmuseum.org, phone: 831-648-5716, ext. 17 or Ann Wasser at limpets@pgmuseum.org, phone 831-648-5716, ext. 14

Ben Alexander

Golf Tips

The US Open is back this week and Olympic Club in San Francisco looks great. The USGA United States Golf Association sets up the course -- the toughest they can -- for the PGA Tour pros. We can all learn something from the pros this week.

Watch how they don’t get in a hurry for their shots. They take their time to get set up with a good pre shot routine, and when they are putting on the green they walk all around the hole while the other player is getting ready. What they are doing is reading the green but taking their time to prepare for the upcoming shot they are going to execute.

Have a lot of fun watching our national championship.

Pacific Grove Museum of Natural History announces that they are now taking registration for three age-specific sections of Summer Day Camps. The camps being offered this year are as follows:

Pre-School Camp, July 9-13, 9am-1pm daily
This camp will have your little ones exploring their natural world. Campers will learn about local plants and animals through stories, crafts, and hands-on explorations. $200 for the 5-day session. Ages 4-6.

Art & Nature Camp, July 16-20, 9am-3pm daily
This camp will explore the art in nature. Campers will explore ways they can utilize nature to make art in natural dyeing, drawing with squid ink, and finding Fibonacci number sequence in the oddest of places. $200 for the 5-day session. Ages 7-10.

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Return of the Natives
Restoration Education Project
Want to volunteer this summer? We have a volunteer program at our greenhouse area at CSU Monterey Bay every Tuesday morning. Learn more about native plants and enjoy working outdoors!
Email jlaske@csumb.edu to find out more.

Surf Forecast 06/15/12-06/20/12
From SwellInfo.com • Updated 06/07/12 at 6:00 AM

Green = Clean • Blue = Fair • Red = Choppy
Check Swellinfo.com for the up to date forecast and more resources. Updated twice daily.

Friday 06/15/12
6-8 ft 6-8 ft

Saturday 06/16/12
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Sunday 06/17/12
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Monday 06/18/12
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Tuesday 06/19/12
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Wednesday 06/20/12
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Museum Summer Camp Registration Now Open

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Have a lot of fun watching our national championship.

Ben Alexander PGA
PGA Teaching Professional, Pacific Grove Golf Links, Poppy Hills Golf Course
PGA Teacher Of The Year, No Cal PGA
831-277-9001
www.benalexandergolf.com

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“Low-Down” on Electromagnetic Fields (EMF) in and around our homes (Part 1)

By: Michael A. Polkabla, CIH, RE-A

A beautiful back yard... but how about those power lines?

Are Electromagnetic Fields (or EMF) in and around our homes a cause for concern?

A look at a number of news headlines reveals that has given a great deal of "worry about" regarding Electromagnetic Fields (EMF) and is a very hotly debated subject when it comes to the federal and state regulators, the public utility industries, and public concern. In fact, there has been a wide range of focus pertaining to public health concerns over the past few decades from both recognized and perceived health effects exposure to EMF from numerous sources and personal devices such as computers and TV screens, cellular phones (and their base stations), microwave ovens, power transmission lines, and even the "dreaded" SmartMeters.

So... What Are Electromagnetic Fields Anywhere?

Basically... Electromagnetic fields (or EMF) are present everywhere in our environment but are completely invisible to us. In fact, electromagnetic fields are really a combination of two different forms of non-ionizing radiation and are quite different, but are linked together in many ways. Electric fields are created by a difference in electric voltage where higher the voltage, the stronger the resultant electric field. An electric field will exist even when there is no current flowing (such as in a disconnected battery). However, magnetic fields are created when an electric current flows... and the magnetic field strength will depend on the strength of the electric field. The stronger the electric current... the stronger the magnetic field.

How Are Electromagnetic Fields Produced?

Electromagnetic fields are produced by many natural sources such as the build-up of electric charges in our atmosphere from wind friction and common weather conditions... the most apparently obvious being lightning- and a thunderstorm. Scientists generally believe that the Earth's own electric and magnetic fields are also used by many mammals such as birds and whales for navigation and migration. We can also "see" this type of magnetic field by using a compass, which we all know indicates a North-South direction using a magnetic needle.

Besides these natural sources, the electromagnetic field spectrum also includes EMF fields generated by human-made sources such as produced by X-rays used to diagnose a broken bone, electrical appliances we use regularly in our homes like toaster, blow dryers, electric clocks, computers, and cell phones. Recently there has been a great concern regarding the EMF emissions associated with SmartMeters used by power companies in conjunction with electrical power transmission. In fact, the electricity that we use in and around our homes every day generates electromagnetic fields in a frequency range termed "extremely low frequency" (or ELF) produced by Alternating Current (AC) electricity which shifts at 60 cycles per second (or 60 Hz). Sources of higher frequency fields and electromagnetic waves are generated by TV signals, radio waves, cellular phone transmissions, and our wireless computers and iPads. So the bottom line is... pretty much anything that uses, generates, transmits, or receives electric power will generate Electromagnetic fields.

What do current studies show about health effects from exposures to EMF?

Can electromagnetic fields from power lines, SmartMeters, electrical home appliances/wiring, computers, laptops, and IPads cause health problems? Many scientific studies have proposed that there may be a potential link between EMF exposures and significant illnesses and health conditions such as leukemia, brain tumors, headaches, chronic fatigue, forgetfulness, stress, nausea, cataracts, heart problems, when microwave ovens (which generate EMF) are used. What is not clearly understood (and is a hot debate) are the health effects to routine exposures to low levels of EMF over a long duration such as those exposures experienced by home residents and workers in office buildings. So it makes sense that electric and magnetic fields (such as EMF) can influence the human body just as they influence any other material made up of charged particles. What we currently don't know or understand completely is how much. Scientists are actively continuing to research this area.

What are the current regulatory guidelines and Standards?

Just search the internet and you will see that there have been many hundreds of studies conducted worldwide to evaluate the hazards associated with EMF and where there is also a wide debate as to what electromagnetic field (EMF) level is considered "safe" in our living and working environments. Many epidemiological studies on humans have indicated a potential link between EMF and serious health problems. In fact, the United States Environmental Protection Agency (EPA) prepared a draft report issued in March 1990, wherein the EPA recommended that EMF be classified as A Class B carcinogen as a "probable human carcinogenic". However, after the EPA draft report was released, a number of "industry" lobbyists were at odds to this position and petitioned the EPA to revise their report. Hence, the final EPA final revision did not classify EMF as a Class B carcinogen, but rather, the fol-lows: "The results of this time such a characterization regarding the link between cancer and exposure to EMF's is not appropriate because the basic nature of the interaction between EMF's and biological processes leading to cancer is not understood." However, the final EPA report also stated... "In conclusion, several studies showing leukemia, lymphoma and cancer of the nervous system in children exposed to EMF support any similar investigations in adults in several occupational studies also involving electrical power frequency exposures, show a consistent pattern of response that suggest a causal link."

As an environmental consulting firm, BioMax has researched many government agency and public utility documents regarding typical ambient and residential levels of EMF associated with 60-Hz electrical power transmission lines (such as those used in our communities by PG&E). We have seen a number of regulatory agencies have made significant efforts to offer public protection "guidance" regarding EMF exposure levels and some have proposed a limit of 3 milli Gauss (mG) as a maximum recommended level for long-term duration exposures. The USEPA has previously proposed a safety standard limit for long-term exposures to EMF at 1 mG. Typical EMF Level Measurements...

As a Certified Industrial Hygienist (CIH), I have consulted with many clients on a number of residential and commercial projects where I have personally measured EMF levels within residences and businesses alike. Our findings from these assessments have routinely indicated electromagnetic fields present within "typical" residences and workplaces at far below the standard limit of near 0.5 mG within general living and working spaces. However, these levels will depend on the numbers and types of electrical equipment/systems present as well as the number and types of sources. The closer one is positioned to an electrical source, the higher the radiated field strength... this is a fundamental property of virtually all forms of radiation.

NEXT WEEK: Part II

Should I be concerned?

Michael Polkabla is a Senior Certified Industrial Hygienist, and Principal BioMax Environmental, LLC, based in Pacific Grove. He can be reached at (831) 264-3414.
Ups and Coming

Interpreting Art

Pacific Grove Art Center advises that the image sent recently for their opening was presented sideways. Oops.

The image “More Than Forever” is part of Alana Puryear’s Show “Big and Small” at the Pacific Grove Art Center, 568 Lighthouse Ave, PG, CA 93950. 831.375.2208. www.pgartcenter.org

The show is open until July 12, 2012. Admission to the Pacific Grove Art Center is always free.

Military Spouse Business Association is formed for mutual aid

Are You A Military Spouse Business Owner?

If so, the Military Spouse Business Association (MSBA) is for you. The mission of MSBA is to offer tools and resources that encourage the Military Spouse entrepreneur to successfully operate a business through the military lifestyle. MSBA helps to promote your business in your community and online, helping you maintain meaningful self-employment as you follow your Service member’s career.

How can MSBA help you?

FREE membership for active-duty, reserve, retired and veteran military spouses. The Red, White and Blue Pages, an online business directory to advertise your business; Community support and peer-to-peer mentoring through a Facebook Page. One-on-one business counseling through a Small Business Incubator Program. Legal and Tax advisors available to quickly answer your general business questions. CONUS and OCONUS tips and lists to guide you in moving your business. Networking events in your local community. A list of available seminars and classes to help you grow your business.

Realizing how residency issues affected all Military Spouses, not just Military Spouse business owners, MSBA Board Members concentrated their efforts to pass the Military Spouse Residency Relief Act (MSRRA). The bill aimed at removing the roadblock preventing Military Spouses from maintaining a permanent state of residency. By late 2008, thousands of Military Spouses, organized through the Coalition for MSRRA, contacted members of Congress and through their determination, MSRRA became law on Veteran’s Day, 2009.

You can learn more about MSBA online at milspousebiz.org, on Facebook “military spouse business association” or Twitter @milspousebiz. Contact Susan Breen, breenmn68@gmail.com or by phone at 717-576-7053 for more information.

Chamber to fête new restaurant with ribbon-cutting June 26

The long-awaited re-opening of 481 Lighthouse Ave., former site of the iconic Pasta Mia restaurant has arrived. The historic building will be home to a fresh, creative face in local catering and a gorgeous new special event venue.

The Pacific Grove Chamber of Commerce and La Crème will host a ribbon-cutting ceremony and Open House on Tuesday, June 26 from 5:00-7:00 p.m. La Crème is the in-house caterer at The Holly Farm in Carmel Valley and is excited to provide their new venue to the Monterey Peninsula. The venue boasts three European styled semi-private rooms perfect for served dinners or small gatherings. The entire space can be rented for parties and weddings of up to 80 guests. With a flat screen and wireless-ready set up La Crème is also the perfect place for a business meeting, rehearsal dinner or private party.

Executive Chef Jon Moser is in charge of the culinary direction for La Crème. Formerly of Melons Events San Francisco, Jon has an impressive resume that also boasts stints at some of California’s finest restaurants including The French Laundry, Chez Panisse and Manresa. Chef Jon is already working with clients to create personalized menus. He manages a kitchen team that includes Chef Ryan Closter fresh from the kitchens of Casanova and La Bicyclette. Tamie Aceves, former GM at Grapes of Wrath Catering & Event Management, has been in the hospitality business for over 29 years and specializes in designing and managing creative fun memorable events of every size and scope. Together Jon and Tamie are passionate about good food in every sense of the phrase. This means using only humanely produced meat and poultry products that are locally grown and creating personal connections with our food.

La Crème Monterey; All the right ingredients for the perfect event.

www.lacrememonterey.com

http://www.lacremekitchen.blogspot.com/
Monterey Peninsula Regional Park Dist.

Outdoor classes for the whole family offered

The Monterey Peninsula Regional Park District’s (mprpd.org) upcoming nature programs include a free trail run, the opportunity to be a biologist for a day, a family compost camp, and a Father’s Day kayaking adventure on Monterey Bay.

Full details follow. For information about all activities of the Monterey Peninsula Regional Park District, see its Let’s Go Outdoors! guide or go to mprpd.org.

Trail Run Trek (Free)
Beautiful trails await you in this introduction to trail running. Build your skills, strength and endurance, as you get off-road. This is ideal for the novice runner who’s always wanted to hit the dirt. All that is required is that you can run at least 30 minutes. Instructor: Julie Allibah, MPRPD Volunteer Naturalist.

Ages 18 and up, Saturday, June 16, 8:30 AM to approximately 10:30 AM (Achilles Heel run—up to 6 miles), Garland Park Visitor Center, 700 W. Carmel Valley Road, free.

Field Biologist for a Day: Condor Country
Explore nature through the eyes of the biologist in you! Familiarize yourself with field techniques as you learn all about the endangered California Condor. Observe the river, forest and ocean ecosystems of beautiful Big Sur as you hike, journal and sketch. Through observations, realize your inactivity to identify your natural surroundings. Instructor: Kirsty Markowitz.

Ages 12-Adult, Saturday, June 16, 9 AM to 1 PM, Nanoose Valley Center, Andrew Molera State Park, (5 miles south of Highway 1, 2 miles south of Carmel), $15 (district resident), $17 (non-district resident).

Family Compost Camp (Free)
Hey Kids! Bring mom and dad to learn about the incredible creatures in our soil. They can turn a banana peel, leftovers gone bad or even the newspaper into food for your garden! Discover the science of decomposition, the basics of composting, how to build a worm bin and see our giant composting operations. Instructor: Monterey Regional Waste Management District Staff.

Ages 7-adult, Saturday, June 16, 10 AM-12 noon, Monterey Regional Waste Management District, 14201 Del Monte Boulevard, free. ($25 composting bin fee payable at site.)

Paddle with Pop

Forgetting grandma a tie? Spend some quality time with Dad kayaking on Monterey Bay. View marine life and shorebirds while building a memory that will last a lifetime. No experience is necessary, as you will be led by a trained guide. All gear is provided in this safe and fun learning environment. Instructor: Monterey Bay Kayaks.

Ages 3-adult, children 12 and younger must be accompanied by a paid adult, Sunday, June 17, 9:30 AM-12:30 PM, Monterey Bay Kayaks, 693 Del Monte Ave., Monterey, Cost: ages 3-6, $35 (district resident), $39 (non-district resident); ages 7 and up, $50 (district resident); $55 (non-district resident); or $175 (district residents), $193 (non-district residents) for family of four.

...To register online, go to mprpd.org and register with Visa, MasterCard or Discover. Walk-in registrations are accepted Tuesday from 11 AM to 1 PM at the MPRPD office, 60 Garden Court, Suite 325, Monterey, registration will begin 20 minutes prior to the start of class (space permitting). On-site registration closes 5 minutes before the class begins. For more information, please call 372-1012, or send an e-mail to narvaez@mprpd.org.

Save Our Shores Wants YOU to Volunteer for Clean Beaches on July 4th and 5th
Save Our Shores (SOS) urges Monterey County residents and visitors to protect our marine environment this July 4th and 5th by taking action to prevent pollution on our local beaches. Because when all the visitors have come and gone, our beaches are left trashed and polluted with thousands of pounds of debris. It’s up to the Monterey County locals to stop this pollution before it enters the ocean, harms marine wildlife, and trashes our Sanctuary.

Thursday, July 5, is the Star Spangled Beach Cleanup on Carmel Beach and Del Monte Beach at Wharf #2. The Star Spangled Beach Cleanup is the second largest beach cleanup of the year on the Central Coast. Volunteers are needed from 8-10 am and may preregister online or simply show up at the location of their choice to take action for the ocean. All cleanup materials will be provided.

The beaches of Monterey Bay see tens of thousands of visitors around the Fourth of July holiday. Save Our Shores encourages everyone to keep our beaches clean and beautiful by joining us for the Star Spangled Beach Cleanup on July 5. It’s up to us to keep the thousands of pounds of pollutants left behind from trashing the beautiful Monterey Bay National Marine Sanctuary,” says Andrew Hoeskema, Coordinator of Volunteer Programs at Save Our Shores.

The health of our oceans depends on responsible actions. Come be part of the solution with Save Our Shores. Find out more and register online at: http://saveourseashores.org/what-we-do/july4-5.php.

About Save Our Shores: Save Our Shores is the Central Coast leader in caring for the marine environment through ocean awareness, advocacy and citizen action. Our core initiatives are Plastic Pollution, Clean Boating, and the Grassroots Great Pacific Garbage Patch movement. For the last 30 years, Save Our Shores has helped to establish the Monterey Bay National Marine Sanctuary, prevent offshore oil drilling and cruise ship pollution, and today focuses on educating youth about our local watersheds, tackling pollution on our beaches and rivers, implementing our renowned DockWalker program, and providing our community with educated and inspired Sanctuary Stewards. For more information visit: www.saveourseashores.org.

Aria Women’s Choir seeks new members
The Monterey Peninsula Choral Society has formed a new premier women’s choir called Aria. The choir is under the direction of Sean Boulware. The choir completes its inaugural season this month and is seeking new members to join for the 2012 – 2013 concert season. Aria is open to women ages 16 and older. The choir performs a varied and eclectic repertoire, from classical and jazz to pop and Broadway.

First round auditions will be held on Tuesday, June 19 at Carmel Middle School Music Rooms, 4380 Carmel Valley Road in Carmel, from 6:30 – 10:00 p.m. Callbacks for balance and blend placement will be held the following week. A final selection will be made from that night. Aria rehearses Tuesdays evenings from 7:00 – 9:30 p.m at St. Timothy Lutheran Church in Monterey.

For more information and to schedule an audition, visit www.ariamonterey.org.

Pacific Coast Church presents Opening the Chakras with Rabia Erduman Saturday, June 23rd 10:00 AM - 5:00 PM
The public is invited to attend at one-day workshop with Rabia Erduman on Sat., June 23 from 10 a.m. to 5 p.m.

Chakras are subtle energy centers. In this class, we will explore the seven major chakras, which are connected to the body through the nervous system. Because the chakras contain organs, emotions, thoughts and consciousness, if they are out of balance it affects us physically, emotionally, mental and spiritual well-being. Each chakra is a generator and reservoir of energy.

The intention of this class is to learn to balance our chakras within ourselves and with each other, so that our energy can flow freely, we can enjoy life more, and have a deeper connection to our spirituality.

Cost: $80 if paid by June 15th • $84 thereafter
Pacific Coast Church/the Mindshop
322 Central Avenue, Pacific Grove
Tel 831-372-1942 pacificcoastchurch.org

Rabia is a Spiritual Hypnotherapist, a Craniosacral Therapist and a Polarity Therapist. Rabia has been in private practice and teaching workshops since 1983. Skilled in several modalities, she is able to customize her approach to each client’s needs out of her commitment to her own spiritual awakening. As we explore the physical, emotional, mental and spiritual bodies, they come into alignment, allowing us to step back into who we are. When enough of the conditioned responses to live have peeled away, two things remain: Deep joy and stillness...
Health and Well-Being

My Sourdough Story

Amy Coale Solis MH
Amy Herbalist

It has now been over four years since I began to get serious about sourdough bread baking. About mid-2008 a friend sent over a letter with handwritten sourdough starter instructions, a bread recipe, and a research paper about the healthy benefits of sourdough bread. When I think back about this special little package, I also recall the crafted paper and her large artistic handwriting.

Soon after, my husband and I were visiting Disney California Adventure Park and came upon a sourdough bakery in their newer area that resembles Monterey. Interested, we happily watched the bread making process and a documentary with Rosie O’Donnell, all about sourdough, including its process and its healthy benefits. Yes, we did purchase a couple of fresh loaves. We enjoyed them back in our room, along with items we had brought from home, giving thanks for the fresh bread and good food, amongst all of the not so healthy “Park food.” And since I heard again about the healthy benefits such as digestibility, better nutrient assimilation due to the fermentation process, the lactobacillus, and the fact that you rise the bread sustainably with the mother culture rather than buying store bought yeast, I was inspired and ready to give it a go.

Although it has been a long-time goal of mine to learn to bake bread during this time in my life, I had been studying and working to be healthy, and focused on implementing getting back to being “real” in my household and in my life. I was beginning to settle down, travel less, tend to and prioritize home management, homesteading, gardening—all while continuing to study natural health and natural lifestyle. We had just made the move from our off grid cabins and now had an oven, so baking the sourdough super-food bread definitely seemed like both the right and the next step for me to take. Once the amazing smell of homemade bread filled the house there was no turning back.

I tried quite a few recipes and techniques. I then began to formulate my own recipes and develop them over the past few years, focusing on three: fresh ground, whole grain, long rise breads, yielding a sourdough loaf, a sprouted sourdough, and a sourdough cinnamon twist. Ready to learn how the real artisan bread bakers do it, I spent a weekend in October studying sourdough at the San Francisco Baking Institute (a baking school focused solely on artisan baking). During the course students each had the opportunity to bake over 30 loaves and six different types of sourdough bread. I returned home from the course and set out through my new neighborhood, smiling ear to ear, gifting sourdough loaves to each home as if it were Christmas. As a matter of fact, a friend I made during the course and I were walking out of the bakery together with our over filled brown bag of the breads we had made, and we both agreed it was indeed better than Christmas, and we vowed to bake lots of bread for the holidays! “It just keeps getting better and I still get that wonderful smile and joyful feeling in my heart every time I smell a freshly baked loaf of my home-baked bread.”

Novel tool? Or ancient knowledge? “Sourdough Bread Made from Wheat and Nontoxic Flours and Started with Selected Lactobacilli Is Tolerated in Celiac Sprue Patients.” Applied and Environmental Microbiology, February 2004, p. 1088-1096, Vol. 70, No. 2. These results showed that a bread biotechnology that uses selected lactobacilli, nontoxic flours, and a long fermentation time is a novel tool for decreasing the level of gluten intolerance in humans.

Amy Solis lives a Natural-Holistic lifestyle. She is a local Master Herbalist and Certified Health Specialist. Amy bakes Sourdough Bread, makes raw artisan Goats Cheese. She is a Homemaker and Organic Home Gardener. She writes for the Cedar Street Times as well as publishes her personal Amy Herbalist Newsletter. “My passions are gardening and growing my own food, learning about herbs and studying their healing properties, and sharing with others the wonderful benefits I have discovered, to help people reach optimum health through nutrition and to educate them about the healing properties of food and herbs. My goals are to continue studying, practicing and sharing the benefits of herbs, nutrition, and a sustainable lifestyle.”

If you would like to speak with a Master Herbalist we will be happy to answer your questions, work with you, your family, your health, and your natural-holistic lifestyle. I also am happy to offer a free, first time phone consultation. Have a question or would like to schedule a FREE, first time phone consultation, contact (831) 262-6522, calicoale@sbcglobal.net

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Rabia Erduman, GHT, CMP, RPP, CST
Author of Why of Separation
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For more information contact Lawrence Samuels at lawsam951@hotmail.com or at 238-5058.

Talk on new stormwater regulations

The G16 Coalition (formerly the Carmel-Carmel Valley Coalition) is sponsoring a speech by Thomas Harry, a licensed civil engineer with the Monterey County Department of Public Works on “How the New Stormwater Regulations Will Affect You and Your Property” on Thurs., June 21 at Quail Lodge’s Golf Club in Carmel, starting at 12:30 p.m. The speech is free to the public. For more information contact Lawrence Samuels at lawsam951@hotmail.com or at 238-5058.

Help me Rhonda, with Rhonda M. Farrah MA

Certified Health Specialist  Master Herbalist  Certified Nutritional Consultant

Amy Herbalist
Artisan Sourdough Bread and Goat Cheese

Organic Home Gardener. She writes for the Cedar Street Times as well as publishes her personal Amy Herbalist Newsletter. “My passions are gardening and growing my own food, learning about herbs and studying their healing properties, and sharing with others the wonderful benefits I have discovered, to help people reach optimum health through nutrition and to educate them about the healing properties of food and herbs. My goals are to continue studying, practicing and sharing the benefits of herbs, nutrition, and a sustainable lifestyle.”

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By Peter Mounteer

Beginning in August of this year, Waste Management in Monterey County will begin a pilot version of the Food Scrap Resource Recovery Program, which takes food scraps that would ordinarily be taken to landfills, and instead applied to commercial composting at the Marina landfill. Food that is thrown out, and products associated with food, like cardboard takeout boxes, etc, make up 15 percent of California’s waste output from the commercial sector, according to Waste Management. The Monterey Peninsula Food Scrap Resource Recovery Coalition, a group of business operators and environmental specialists, was formed recently to come up with an alternative to simply dumping food scraps from the Monterey Peninsula into the landfill. They theorized that the food scraps could be collected and applied to commercial composting, which also takes place at the Marina landfill.

The pilot program is currently looking for a minimum of 20 peninsula businesses to participate, and focusing solely on businesses, as they generate the most food waste. Nationally, 56 percent of business food waste comes from restaurants, with the remaining 44 percent coming from food retailers and hotels.

The program will begin in August of 2012. Participating businesses will need to pay an undisclosed fee for participation in the program according to Joe Cadelago, at Waste Management. “Rates,” he says, “will vary per business according to output [of food scrap], if more businesses join, rates will stabilize to flat fees.” The recruitment phase has already started, and so far Asilomar, The Intercontinental Hotel and the Pebble Beach Company have participated. Participating businesses will be offered a choice of containers, either a 64-gallon cart or a two cubic yard dumpster, with service up to three times per week and optional container cleaning and roll out for dirty or hard-to-access containers.

The food scraps will then be taken to the Marina landfill operated by the Monterey Regional Waste Management District. The food scraps will be composted in long, large, row-like piles, called “Windrow Composting,” then allowed to decompose naturally into compost, much like that which occurs in home compost bins in backyards. The resulting high grade compost will then be sold to local agricultural firms in Monterey County for agricultural use, and to save space in the landfill.

The landfill has been composting landscape trimmings for many years, and began experimentally composting food scraps some three years ago in its Materials Recovery Facility. The Materials Recovery Facility recycles wood, cardboard, metal, concrete and nails. An electrical grinder at the Materials Recovery Facility grinds up landscape trimmings into mulch for composting.

At the Marina Landfill, “Windrow Composting” is the preferred method, where long row-like piles of compost are allowed to sit in the open air. This composting method cannot accommodate large amounts of meat or grease, according to the Environmental Protection Agency, because it slows down the composting process for other materials. Paper products, besides colored paper and food soiled paper, are also compostable. The program will accept all kinds of food scraps and “certified compostable” service ware (plates and cutlery) that has been evaluated by the Biodegradable Products Institute or the American Society for Testing and Materials.

Program participants will be relied upon by Waste Management and the Monterey Regional Waste Management District to exercise quality control and not dispose of toxic materials, trash, or other non-compostable materials into the compost containers as part of the program. The Monterey Regional Waste Management District does inspect each load for such materials, and pulls out as much as possible, but it will ultimately be up to the customer to make sure inappropriate material does not wind up composting, as this can slow the process down considerably. Everything that isn’t compostable or recyclable, such as toxic materials, animal droppings, non-biodegradable materials, diseased plants, etc are taken to the landfill and compacted into piles in cells via a 100,000 pound trash compactor. Reusable items are also separated from non-recyclables, non-compostables and trash. These include desks, chairs, clothing and linens, sporting goods and automotive items, etc. that are in good enough condition to be resold or otherwise reconstituted at the Last Chance Mercantile, a resale store operated by the Monterey Regional Waste Management District.

The ultimate goal of the pilot program is its eventual application as an official Waste Management program, similar to their standard garbage collection and recycling services, and incorporating the food scrap recovery program for residential areas as well, to maximize the efficiency of the program.

The pilot program will last for several months, with results being evaluated in December of 2012 by Waste Management. The full program is slated to begin in February of 2013 when more businesses will be offered the chance to make use of the service.