

Kiosk

Saturday, Jan. 30 United Methodist Men's Breakfast

Guest: Vance Coffman
8:00 a.m.
1st United Methodist Church
915 Sunset Dr.
RSVP 831-372-5875
No cost

Saturday, Jan. 30 Science Saturday Coyotes and Kin

11 am-3 pm
FREE drop-in program
for children
PG Museum of Natural History

Saturday, Jan. 30 Opening Reception World of Fishes

5-7 p.m.
PG Museum of Natural History

Sunday, Jan. 31 Exhibit Opens

Mon. Feb. 1

State of the City
Mayor Carmelita Garcia
Chautauqua Hall
6:00 p.m.

Wed. Feb. 3

Luncheon Meeting MB Republican Women

Topic: The Role of
Social Security
in Retirement Planning
11:30 a.m.
Rancho Canada Golf
\$20 member/\$25 guest
645-9309

Saturday, Feb. 6

Library Summit

9 a.m. to 1 p.m.
PG Museum of Natural History
Open to the public

Mon. Feb. 8

Hoops of Hope

PGHS and Middle School
(831)596-8226

Through Feb. 11

Ethnic Inspirations Fabric Art

Back Porch Gallery
10:00 to 5:00, Mon-Sat
Noon to 4:00 Sun
157 Grand Avenue

Ongoing Tues. & Thurs.

Salsa Dancing

7 p.m.
Chautauqua Hall
Central & 16th Avenues
Free

Ongoing Mondays

Certified Farmers Market

4 p.m. to 7 p.m.
Lighthouse Ave., Pacific Grove
Free, For Info: 831-384-6961

We are pleased to help non-profits and community groups publicize upcoming events. Space is limited and first-come, first-served, so please try to get the word to us a week before our press dates, which are Thursdays. email us at editor@cedarstreetimes.com Fax us at 831-324-4745

Please follow our Kiosk format and phone us if you have questions. Thanks!

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Not your grandmother's prunes • Page 11



Times

January 29-Feb. 4, 2010

Pacific Grove Community News

Vol. II, Issue 19

Costs down, service up under fire contract

By Marge Ann Jameson

One year ago, on Dec. 16, 2008, Pacific Grove officially merged its fire department with the City of Monterey after working for three years to develop a Joint Powers Authority with Carmel and Monterey. Though Carmel is not yet on board with the program, a regional service model is closer to reality than not.

The report on the first year of contract fire service was presented at the Jan. 20, 2010 City Council meeting. Monterey Fire Chief Sam Mazza told the City Council that response performance exceeds standards and costs were lower than expected.

Costs, according to Mazza and the staff report, were reconciled and actual annual costs are lower than originally estimated. Mazza said that this is because overtime costs were not as high and because the City of Monterey made some staff adjustments and refinements. But "we probably won't continue to see these kinds of drops," he said.

- In the first fiscal year, 2008/09, there were 6.5 months of service. Pacific Grove's costs were estimated at \$1,342,000 but actually came in at \$1,150,000.
- In fiscal year 2009/10 the estimated cost was \$2,576,000. Monterey, due to budget reduction strategies and the transfer of one fewer firefighter, estimates the cost at \$2,405,000.
- In fiscal year 2010/11 the estimated cost was \$2,874,000 but due to refinements to the staffing model and utilization of system-wide resources, the cost will likely come in at \$2,583,000.

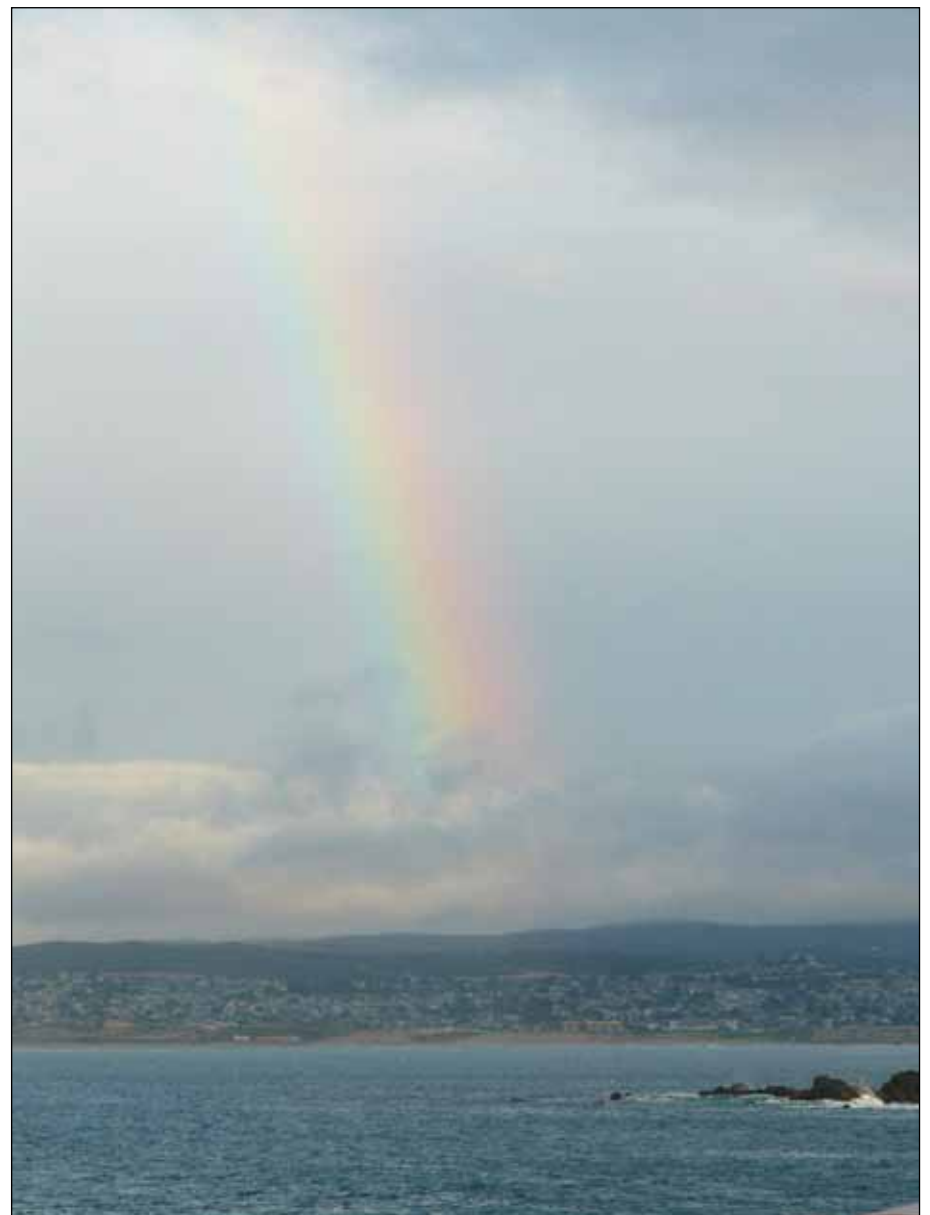
Comparison of the cost of the contract model with that of an independent department shows that there is a savings of \$402,000 for the City of Pacific Grove when staffing, services, supplies and fixed costs are compared.

Cost, however, is only one of the considerations for city staff. Service enhancements are a major part of the equation.

There were 1,375 responses in 2009 and 92.7 percent of those responses were made

See FIRE Page 3

Aftermath



Wonder if the folks across the Bay thought the pot of gold was in Pacific Grove? Cy Colburn caught this rainbow last week, between storms.

Waste Management and City reconcile rates, overpaid fees

By Joe Fabeets

At their Jan. 20 meeting, the Pacific Grove City Council approved a resolution for a small increase in garbage hauling rates from Waste Management, and to refund Waste Management franchise fees that were overpaid between 1998 and 2007. This agreement was crafted in a way that the city will not be paying out of its current budget, and household increases will only amount to about 50 cents a month.

In keeping with the city's franchise agreement with Waste Management, WM may request rate increases based on increases in the Consumer Price Index (CPI), which measures inflation. They can also request increases based on WM's "target rate of return." The company may also pass through increases in the landfill tipping fees it pays to the Monterey Regional Waste Management District, as these costs are outside

See WASTE Page 3

Meals on Wheels keeps rolling

By Cameron Douglas

Every Wednesday, Don and Nancy MacKinnon walk into the kitchen at the Sally Griffin Senior Center in Pacific Grove to make sandwiches. Lots of sandwiches. They belong to a special group of dedicated volunteers who work to feed seniors, homebound elderly and disabled adults in Pacific Grove, Monterey, Carmel, Carmel Valley, Del Rey Oaks, Seaside, Sand City and Marina. The organization is called Meals on Wheels of the Monterey Peninsula, which most of us simply call Meals on Wheels.

The building at 700 Jewell Avenue known as the Sally J. Griffin Senior Center is named after a volunteer, who, in the early 1970's, saw malnutrition as a hidden cause of failing health in elders who lived alone or without adequate attention. Her Meals on Wheels program grew over the years. In the early 1980's, the city of Pacific Grove offered a piece of land near Lovers Point to be used for a new facility. A capital campaign began under board member Michael Albov. A matching grant of \$100,000 eventually became more than \$1 million, along with donated help for architecture, landscaping and in-kind equipment donations. Constructed in 1986, the 11,519 square-foot facility currently provides a variety of services and programs.

Today, in addition to Meals on Wheels, the Senior Center offers abundant programs that help keep people active. Some of those are: body conditioning; a memoir writing class; art classes; knitting; book chats; gentle yoga; light aerobics; Chi-Gong; quilting and textiles; Bridge; a poetry group; movies; beginning tap dancing; and of course, bingo. There is also a "meals-in" program for feeding people on-site.

Meals on Wheels has gone from cooking a handful of meals from scratch in church basements to delivering meals to about 350 people a day throughout the Monterey Peninsula. All this is done through the efforts of about 200 active volunteers. Their ages range from five-year-old kids tagging along with their parents — or grandparents — to volunteers who are 95 years of age. In 2008, MOW drivers clocked 111,051 miles for more than 81,000 deliveries.

The menu offers a lot more than grilled cheese sandwiches. Last December, meals included beef stroganoff, fish fajitas, chicken cordon bleu, vegetable quiche, Salisbury steak, crab cakes, beef tacos, chicken cacciatore, pork chops, pepper steak and more, all prepared within state guidelines.

Occasionally, someone will ask if Meals on Wheels is a city operation. It is not; but the Sally Griffin Center is built on land donated by the city, and pays a small lease each year. There is a link from the city's website to the Sally Griffin Senior Center (www.ci.pg.ca.us/seniorctr.htm)

Although the name "Meals on Wheels" is used by similar agencies across the United States, Meals on Wheels of the Monterey Peninsula is not affiliated with any other agency or any national or regional governing body. It is a self-sustaining, independent organization

that raises and keeps all funds locally.

Viveca Lohr first came to Meals on Wheels as a volunteer. She became the food service manager, then served as assistant director, and became executive director in 1988. She wears all kinds of hats, and has a working knowledge of the entire operation from maintenance to finance. "Being executive director of a non-profit agency means you have to be a good generalist," says Lohr. Her mom, Ruth Bauman, runs a blood pressure clinic on Mondays, while her grandmother, Mary Kaufman, helps with administrative chores two days a week.

In 38 years of operation, no client has ever been turned away by Meals on Wheels of the Monterey Peninsula. The organization asks for a five dollar daily donation from recipients, but many simply cannot afford to donate. The number of low-income home-delivered meals doubled between 2006 and 2009, so that 70 percent of their clients are now low-income. Almost 40 percent are extremely low-income or in poverty.

Such rising numbers and tough economic times have stretched Meals on Wheels a bit thin. And yet, the service continues. MOW receives some federal funds through the Older Americans Act, although that funding has diminished. The United Way of Monterey County, the Community Foundation and private donations are solid contributors. Many local businesses — too many to list here — still give money. "During this difficult time, we've found people are digging down deep," says Lohr.

A gift of \$1,500 will help deliver 3 meals a day, five days a week for an entire year to someone in need. To find out more, call (831)375-4454 or log on to www.mowmp.org

Top: Sandwich makers Nancy and Don MacKinnon perform their labor of love.

Right: Three generations. Clockwise, from top left: Mary Kaufman, Ruth Bauman, Viveca Lohr.

Photos by Cameron Douglas



Above, right: A group of happy bridge players while away an afternoon at Sally Griffin Center.

Above, left: Linda Chetlin, left, writes out a MOW donation at the desk of Executive Director Viveca Lohr, right.

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Pacific Grove's Rain Gauge

Data reported by Guy Chaney

| | |
|----------------------------------|-------|
| Week ending 01/27/10..... | 2.57 |
| Total for the season | 11.42 |
| To date last year (2009)..... | 8.32 |
| Wettest year | 47.15 |
| during rain year 7/1/97-6/30/98* | |
| Driest year | 9.87 |
| during rain year 7/1/75-6/30/76* | |

*Data from <http://www.weather.nps.navy.mil/renard.wx/>

Photo courtesy of www.pacificgrove.com

PGHS Young Writers' Club

Young Writers' Corner

Watson

by Brianna Sanders

His deductions are strong,
 Courage even stronger.
 He has no place in modern society,
 Yet no mystery,
 Or force of defense, for that matter,
 Is ever complete without him,
 Be it his smarts,
 Or his wits,
 Or his tweed hat,
 The man is a man of reason.
 This man is not a detective,
 And yet despite his medical mind,
 He is also not a doctor,
 Though he is someone to rely on for repairs of any kind,
 Be it flesh, or mind, or heart.
 He will be there,
 But his presence will remain a shadow,
 For he is not the star of this play.
 He is the line-giver for the lead.
 He is simply the helper,
 Yet his worth knows no bounds,
 For unintentional help,
 A muttered comment or a guess
 Leads the lead to his greatest conclusion,
 His greatest adventure,
 His greatest deduction.
 And how could anything ever be accomplished without him?
 He who reads your innermost thoughts,
 He who heals all your wounds,
 He who will always support you,
 The lead, the Sherlock,
 For everyone needs his Watson.
 And that my friends
 Is elementary.

✓ **WASTE** From Page 1

the hauler's control.

The city received a letter dated Sept. 18, 2009 from Waste Management requesting a 3.2 percent increase in WM's rates. Deputy Interim City Manager Jim Becklenberg, who also serves as Budget and Finance Manager, responded with a counter-proposal for a lower increase.

The agreed rate adjustment will increase all rates in Pacific Grove by 1.91 percent. The standard monthly cost for residential services (assuming one 64-gallon garbage cart, one 64-gallon recycling cart and one 64-gallon yard waste cart) would increase from \$26.13 to \$26.63.

Waste Management had asked for a retroactive increase from Jan. 1, 2009 but later agreed to increase the rates effective Jan. 1, 2010.

There's more. Waste Management pays an annual franchise fee to the city. They approached the city with evidence that the company miscalculated its fees between 1998 and 2007 and overpaid a sum of \$96,166. The city is not obligated to repay the overpaid fees. However, in the interest of cooperating with one of the city's most important service providers, an agreement has been reached. The city will refund the amount going back five years instead of ten, by allowing quarterly credits beginning with the first payment due in 2010. For example, the \$10,464 overpaid in 2007 will be credited against quarterly franchise fee payments in 2010. The amount overpaid in 2006 would be credited against fees due in 2011, and so on through 2014, for a total refund of \$52,238.

The figures balance out pretty well. By receiving the 1.91 percent service rate increase, Waste Management will in turn pay Pacific Grove approximately \$9,000 more in additional franchise fee revenues. Those revenues will help offset the increased rates, plus covering the franchise fee credits, which, after all factors are balanced out, will run \$5,230 in the current fiscal year. So the current budget is not negatively impacted. Future changes will be addressed at the time those budgets are developed.

✓ **FIRE** From Page 1

in less than five minutes, exceeding City and NFPA Performance Standards. Response time data shows that Pacific Grove addresses near the border with Monterey receive faster response now than before the new model was put into place because they are closer to Monterey Station 2 than to Pacific Grove's firehouse at Pine and 16th. Of those 1,375 responses, a full 1,157 or 84 percent were "code 3" – lights and sirens.

There were three significant structure fires in 2009.

The staff report also indicates that Pacific Grove now has more capacity for emergency response than before. Prior to the merger agreement, Pacific Grove had a minimum of two personnel on the first-in apparatus, the engine or truck which first responds to an emergency. Now the Pacific Grove fire station is staffed with a minimum of three personnel.

The initial response to a major incident, such as a structure fire, in Pacific Grove includes four to five Monterey resources, one automatic mutual aid resource from an adjoining jurisdiction, and one or more Chief Officer. The result is a combined total of 16 to 18 fire personnel. Prior to the merger, Pacific Grove fielded a combined total of eight to 12 fire personnel.

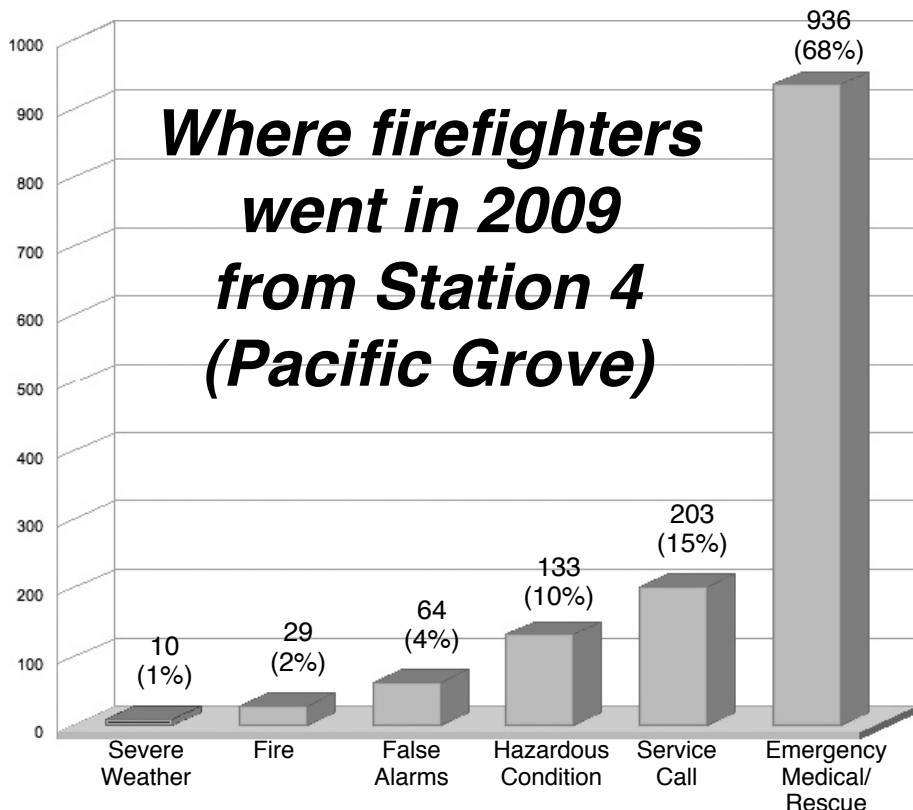
As a core station, Pacific Grove receives a "cover" fire vehicle whenever the Pacific Grove crew is committed to a major incident or is otherwise unable to respond to calls.

There have been no complaints about quality or responsiveness over the past year, though some citizens have complained about seeing Monterey engines in Pacific Grove or vice versa. This issue of "loss of heritage" and loss of a sense of community are not ignored by the proponents of a regional fire department. Retaining what is unique about Pacific Grove is an ongoing challenge, according to the report.

The staff report points out that the population of the entire Monterey Peninsula is under 100,000, less than that of a medium-sized city. No one peninsula city, according to the report, can afford the level of services and expertise that its citizens expect and the problem of money is only going to get bigger as time goes on. "We can offer more at a lower cost," said City Manager Tom Frutcheby, by using collaboration, consolidation and the sharing of services.

The contract with Monterey is for five years. Pacific Grove is also looking at some other form of collaboration, as is Monterey. Under exploration now is a JPA that would offer each of the four cities (Carmel, Seaside, Pacific Grove and Monterey) joining a regional fire service a proportional share of representation and authority on a board of directors. Marina, the Monterey Airport, and several others are also considering the JPA idea. Collaboration with CalFire, which provides service to Pebble Beach, is under exploration by Pacific Grove, along with several other agencies.

Results of the studies are expected in the spring of 2010.





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Cedar Street Times was established September 1, 2008 and is published weekly at 311A Forest Ave., Pacific Grove, CA 93950. Press deadline is Wednesday, noon. The paper is printed on Friday and is available at various locations throughout the city as well as by e-mail subscription.

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Monterey parks offer new programs for the season

Are you looking for an opportunity to follow your muse through working with various media while seeing nature as a limitless source of artistic inspiration? Then enroll in the "Drawing and Painting in the Park" class offered by the Monterey Peninsula Regional Park District and taught by Jonathan Wolf at Garland Ranch Regional Park. Please meet at the park's Visitor Center at 11:00 a.m. on Sunday, Jan. 31, for the three-hour program.

You will discover new ways to approach drawing, sketching and painting in the field and through demonstrations, followed by practical instruction and critique. All levels of experience are welcome.

The class costs \$20 for a district resident or \$22 for those who live outside the district. A materials list is available online at www.MRWMD.org.

A full listing of classes and programs may be found on MRWMD.org or in the *Let's Go Outdoors!* guide, which is available at area libraries and other locations. Other upcoming programs offered by the Monterey Peninsula Regional Park District include:

Gem Rejuvenation

All ages, 10 a.m.-1 p.m., Saturday, Jan. 30, Locke-Paddon Wetland Park, Marina. Volunteer project. Locke-Paddon Wetland Park is a jewel of Marina that has been polished with significant renewal. Faceted with new trails, an expanded fence line and colorful native plants, this habitat is now a richly diverse environment for people, plants and animals. Your investment of time will add sparkle and brilliance to the community.

Tot's Trail Trek

Ages 4 and younger (children must be accompanied by an adult), 9:30 a.m.-11 a.m., Monday, Feb. 1, Lovers Point, Pacific Grove, \$5 (district resident), \$6 (non-district resident). Adults are free. Enjoy walking, talking and keeping fit as you and other parents learn about the natural history of the area. Meet up for a trek along the Monterey Bay Coastal Trail with your naturalist guide and fellow parents. Babies in strollers are welcome. *Instructor: Karen Shihadeh. Also offered at same time, site on Monday, March 1.*

Wilderness Wednesdays

Ages 3-6 (adult accompaniment required), 9:30 a.m.-11:30 a.m., Wednesday, Feb. 3, Santa Lucia Conservancy Visitor Center, 26700 Rancho San Carlos Road, \$15 (district resident), \$17 (non-district resident). Adults are free. Uncover nature's wonders as you study plants, animals and their habitats at the outdoor classroom in the Santa Lucia Preserve. Age-appropriate lessons, activities and nature walks. Class subject matter varies with each session. *Instructors: Santa Lucia Conservancy naturalists. Also offered same time on Wednesday, March 3.*

Learn the Ropes--Inside Climb

Ages 12 and up, 6 p.m.-8 p.m., Wednesday, Feb. 3, Sanctuary Rock Gym, 1855 East Ave., Sand City — also offered at same time, location, on Wednesday, Feb. 17 — \$45 (district resident), \$50 (non-district resident). Cost, if combined with outdoor climb class that will be offered twice in March at Pinnacles National Monument-West, is total of \$175 for a district resident and \$193 for a non-district resident for both the inside and outdoor classes. The indoor two-hour class is the perfect introduction to rock climbing. It will teach the skills to get started.

Learn important safety tips, technique, footwork and training. Practice the moves to get you outdoors. Equipment rental and full gym day-use are included.

Pre-registration is strongly suggested for all classes and programs offered by the Monterey Peninsula Regional Park District (MPRPD). Register online at www.mprpd.org or in-person between 1:00 a.m. - 1:00 p.m., Monday-Thursday at the MPRPD office, 60 Garden Court, Suite 325, Monterey (check, money order, Visa or MasterCard accepted). If space is available, there is an additional charge of \$5 to register the day of the class. On-site registration begins 20 minutes prior to the start of the class. All check-in and registration closes five minutes before the class begins. Contact is Joseph Narvaez, at 372-3196, ext. 3.

For the volunteer Community ALIVE! programs, please call 659-6065 or e-mail: wyatt@mprpd.org.

Carol Jean Henrie

Obituary

Former Pacific Grove resident Carol Jean Yates Henrie, age 79, passed away peacefully Monday, January 25, 2010 in Delta, Utah.

She was born May 19, 1930 in Ferron, Utah to Roland and Idell Huntsman Henrie. Married Wiley Loyde Yates on February 5, 1946 in Price, Utah. Even though they divorced they were never apart and they continued a lifelong relationship for more than forty years.

Carol lived life to the fullest and she was a beautiful and talented woman. She touched the lives of everyone who knew her and she will be missed by all.

She is survived by her children, Kathy (Steve) Walker, Myrlena (Craig) Funk, Loyde Yates, Rocky (Helen) Yates; brother, Roger Henrie. Her granddaughter, Stacy Loving and great grandson, Trevor Dixon, live in Pacific Grove. She had fifteen grandchildren and twenty two great-grandchildren.

Carol was preceded in death by her parents, husband, W. Loyde Yates; brother, Dahl Henrie; daughter, Rita Yates Loving; and grandson, Keith Walker.

Funeral services will be held Saturday, January 30, 2010, 2:00 p.m., at Millsite LDS Ward in Ferron, Utah. Family will be at the church Saturday one hour prior to service. Interment, Ferron City Cemetery. Arrangements entrusted to Mitchell Funeral Home of Price where friends are welcome daily and may share memories of Carol Jean online at mitchellfuneralhome.net.



Jon Guthrie

Snipped from the station log

Vandal starts fire

A woman contacted PGPD to advise the department of a small blaze burning behind her house. An officer and the complainant spotted the blaze which appeared to have been ignited with alcohol poured on business cards. The complainant could think of no one who might be considered a suspect.

Verbal domestic

PGPD was advised of a domestic dispute taking place on Forest Avenue. Upon contacting the combatants, the officer was told by both parties that the dispute had been only verbal and no blows were struck. The male agreed to leave the scene.

Left evidence behind

An officer discovered that a home on Forest Avenue had been broken into and burglarized while the owner was away. The officer discovered something else: a brand new pair of bolt cutters that had been purchased at Ace Hardware. The officer plans to gain suspect information by examining the store's security video records.

Boys behaving badly

The affair at the Pacific Grove High School was for mothers and their daughters, but a group of boys took the liberty of mixing in. The girls said the boys made suggestive remarks and shouted at them with profanity. The boys appeared to be in their late teens or early twenties. One boy was wearing a white tee-shirt and black jeans. The boys left after being advised that the police had been notified of the problem.

Roll over accident

Dispatch advised an officer of a one-car accident that occurred on Presidio Blvd at Highway 68. The car had rolled over and the driver was trapped inside. After freeing the driver, officers discovered that he seemed to have been drinking. He was transported to CHOMP for evaluation, and then released. Later, the suspect was cited and advised that his license had been suspended.

Needs a bite to eat

A woman contacted PGPD and complained that she had not eaten in several days. After an officer arrived at her home, it was discovered that the subject had no food in hand and was incapable of going out to obtain more. She also could not remember where she had placed her medications. The woman was transported to CHOMP for evaluation.

Wants no contact

A female complainant advised PGPD that she was being harassed by a former boyfriend. Text messages and written missives had been received over the past month or so. The woman stated that she had advised her ex that she didn't want to hear from him any more. Nevertheless, messaging continued. An officer contacted the man and warned that he may be subject to criminal prosecution if his actions continue.

Enjoy the aquarium?

An out-of-town visitor checked in at the Sea Breeze Inn. He said that he wanted to visit the Monterey Bay Aquarium and asked for a pair of tickets, the cost of which were to be added to his room bill. Whether or not he visited the aquarium is not known, but he did leave the motel without checking out and paying the bill.

Cat disappears

A woman enjoys bringing her two cats from Marina to Pacific Grove so that the threesome can stroll along the beach. Last week, after she opened the car door, her charcoal-color cat hopped out and disappeared. The cat is wearing a tag, but is not computer-chipped.

Must have slipped her mind!

After an officer pulled a woman over for driving with an expired tag, the officer discovered that her registration had *really* expired ... in June 2007. He also learned that she had received a misdemeanor warrant in Santa Cruz.

In possession of weed

An officer on patrol made contact with a pedestrian walking on Presidio Blvd. The subject was found to be in possession of marijuana. The man gave his consent for a search and the property was confiscated. The subject was issued a citation for possessing 28.5 grams of marijuana.

No criminal intent

A Pacific Grove school official reported that a middle school student had made threats toward other students attending the school. No criminal intent was indicated in the report.

Fraud attempt

A complainant advised PGPD of a fraud attempt. He stated that someone had given him money orders, which appeared to have been faked, to deposit in his checking account. He was then instructed to send a check for part of the balance to another address. Involved: \$1,200.

Graffiti on Ocean View

An officer reported that an unknown suspect had added graffiti to a commercial control panel located on the sidewalk along Ocean View Blvd. No suspect information.

Who snitched the cash?

A complainant advised PGPD that he kept \$150 in cash in his checkbook. Now the money is missing. The complainant believes that one of his caretakers may have relieved him of his stash. The caretaker services company agreed to conduct an investigation.

Suspicious person

The manager of a local business reported that a suspicious male driving a tan Cadillac Deville has been parking in his business lot for the last few days. The manager stated that the man may be sleeping there. He also spotted the subject carrying a gas can. The complainant is uncertain as to whether the man has been siphoning gas.

Pacific Grove Adult School

Learning has never been so easy

By Catherine Badin

You've heard that saying, "It's never too late"? Here in Pacific Grove it's never too late to further one's education and get a GED or high school diploma, or improve one's career skills, or learn computer skills, or take a dance class, or do yoga, or even learn a new language. The list goes on, and that's because of the wide variety of life improving classes offered for adults in every stage of life from brand new parents to grandparents.

Principal Mahnoush Harirsaz has worked in the field of adult education for 23 years and is highly dedicated to her students. "I believe that education is one of the best ways to change people's lives for the better, whether it's in family life, as a citizen and community member, as a worker, or in becoming independent and being a happier and more productive human being," she says. "When students come to our center they receive an orientation about our programs. After we assess their needs and skills we create an educational and/or job training program specifically tailored to their needs. This includes career training, job placement and on-the-job training."

Did somebody mention jobs? Yes, thankfully at Pacific Grove Adult School people can re-educate themselves, brush up on old skills or learn new ones that will bring in a bigger paycheck. The school tests to see what skill levels a student has, either on computer using Career Skills Tests, or using the Basic Skills Test for reading, writing and math skills. Are you beyond that? Then you may decide to change careers completely. Ever thought



Mahnoush Harirsaz is principal at Pacific Grove Adult Education Center where both career and enrichment courses can be taken. Photo by Catherine Badin.

of becoming a certified nurse assistant, or home health aide or a Restorative Nurse Assistant? These career training programs are all offered at Pacific Grove Adult School as certificate programs leading to employment.

How about studying building maintenance, auto CAD, or cabinet making and woodworking? Have you ever thought of becoming a notary public? Or learning to be a medical biller or perhaps a security guard? For example, at Pacific Grove Adult School you can take a 5-week course and receive a Security Guard Certification so you can go out and

immediately get a paying job!

Explains Mahnoush, "We offer workshops helping students to write their resumes and cover letters, as well as helping them to brush up on workplace communication skills. And we invite speakers from colleges, universities and businesses to come and talk about the opportunities they offer. The guest speakers help encourage our students to continue with their education, while also informing them of higher certificates of learning, as well as in-job training." To that end, the school has what's called a "Career Ladder" which is affiliated with Monterey Peninsula College. Students may take certain prerequisite courses at Pacific Grove Adult School and then continue on at MPC.

But career skills aren't the only courses offered. Whether you're interested in learning foreign languages or international cooking, Pacific Grove Adult School offers it all: Spanish, Italian, French, Russian and Arabic are currently taught; with German waiting in the wings to be added soon. International Cooking is an 8-week class where students cook and sample foods from a different country each week. Italian and Lebanese cooking are each one-time classes.

Other fun classes include writing short stories and memoirs, drawing and painting, reflexology massage, sewing, tap dancing and belly dancing, Pilates, weight training, aerobic lap swimming, stress release yoga, and outdoor nature walks on the trails to Williams Canyon. Bluebirds and ladybugs, anyone?

"Some of the classes for our older adults are held at different senior centers in Pacific Grove, such as Sally Griffin Active Living Center and Canterbury Woods, and are also open to the public,"

said Manoush. One such class is the very popular Art Appreciation & Armchair Travel which brings film, art, cultural objects and lectures together into one exciting, interactive package.

The school also continues its longtime partnership with Gateway Center in PG. Developmentally disabled adult students of all ages and levels can learn art, reading, math, exercise techniques, yoga, time telling, money counting and even computer skills.

Speaking of computers, Pacific Grove Adult School keeps up-to-date with the latest in the ever changing world of technology by offering classes in web design, digital photography and graphic arts using both Macintosh and PC; classes in computer repair, small business management and bookkeeping are also offered. All of these courses offer a Certificate Program of completion.

For parents the school has initiated two innovative, interactive programs, Parent Participation Co-Op, and Parents' Place. Parent Participation Co-Op, for ages 3 to 5, allows parents to volunteer a certain amount of their time to work directly with their child and the teacher in the classroom. This hands-on approach gives parents the opportunity to learn to work together; the results being growth for both parent and child. *Parents' Place* is for ages birth through 3 years old. Each parent brings his/her own child to class and is present throughout. Fun classes such as Wee Chant, Science & Garden, Art, Prenatal Yoga and Fun With Food bring the whole family together.

Pacific Grove Adult School mails out its brochure to PG residents; but you can always drop by and pick one up at the school, or else at the post office and local businesses and cafes in the area. You can also call and ask for one to be mailed to you. Or, you can go online and see what classes are being offered; plus you can also register online. There's no registration fee, just the class fee. Costs are affordable and vary in price. Some are as low as \$30, and not usually higher than \$120.

Most classes run for an 8-week term; with some 1-day workshops. Upcoming Spring Terms go from February 22 - April 17th., and from April 19th - June 5th. You don't have to be a resident of Pacific Grove to attend, and if you're over 65 and take more than one class you get a 25 percent discount. Learning has never been so easy!

PACIFIC GROVE ADULT EDUCATION
Mahnoush Harirsaz, Principal
1025 Lighthouse Avenue
Pacific Grove, CA
www.pgusd.org
or call: 831.646.6580

Story & photos copyright 2010 by Catherine Badin
catherinebadin@yahoo.com

Mahalo Mondays

4:30-9:00 p.m.

During February

at

Hula's Island Grill

and Tiki Room

622 Lighthouse Ave.

Monterey

831.655.4852

Hula's has "a passion for fun, friendly, enthusiastic service, the freshest fish, great steaks, seafood, and an overall menu which includes a hint of Asian, a dash of Latin and a touch of Caribbean, all with Hawaiian inspiration."

10% of dinner sales benefit Gateway Center



Have some GREAT food while supporting Gateway Center! All proceeds received will go toward operating expenses for the people with developmental disabilities, whom we provide with residential living and day programs. We look forward to seeing you, your friends and your family at Hula's!

To view their menu, please go to www.hulastiki.com

world of fishes



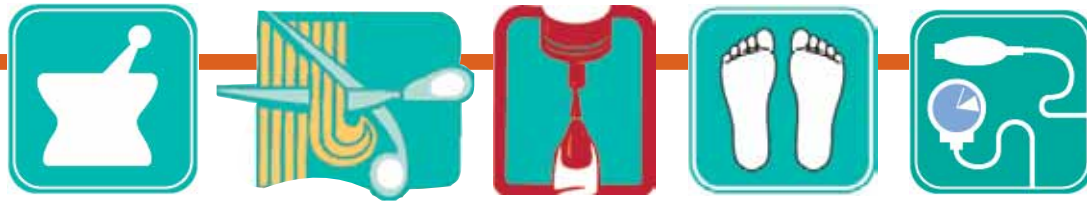
Opening Reception

Saturday, January 30, 2010

5:00 p.m. - 7:00 p.m.

Pacific Grove Museum of Natural History

No cost



new you in 2010

Weight Watchers: Its success is losing

By Cameron Douglas

With the new year well under way, many people have once again made those familiar resolutions, while at the same time wondering how and if they'll actually keep them. For the pursuit of "a new you," it's hard to beat Weight Watchers as an effective and long-lasting way to get healthier.

Of course, it helps to have group support. At Canterbury Woods, Weight Watchers meetings are held every Friday. This group first convened less than a year ago, and the results so far are outstanding. "It's all about health," says group leader Doris Beckman. "We teach people to be healthy."

In March of last year, Doris, Elizabeth Page and Canterbury resident Jean Stallings came up with the idea to hold Weight Watchers meetings at the Canterbury Woods retirement community. Stallings observed the average new Canterbury resident gains ten pounds in the first few months due to the generous buffet servings in the dining room. For some, it's a challenge to make healthy choices on a buffet, and that's where Weight Watchers helps.

The idea got an enthusiastic response from Canterbury administrators, who put the program in place right away. People responded from all over Pacific Grove, glad to have a meeting place so close to home. Several Canterbury Woods residents and staff members also joined. And now there has been a group weight loss of 523 pounds. Among how many people? 20? 30? 50? No, this group runs from 10 to 15, depending on who is able to attend. There is certainly room for more to participate.

"It's wonderful that there is now a class in Pacific Grove," says Jean Stallings. "We have some attendees who are Canterbury Woods residents, and some attendees who don't live at Canterbury. The mix is good because we have different concerns. Knowing I'm going to weigh in



L-R: Doris Beckman, Elizabeth Page, Carol Baker Raj, Jean Stallings belong to the Weight Watchers group that meets at Canterbury Woods.

once a week helps to keep me trying to eat the right foods."

Tom Streeter moved in to Canterbury Woods ten years ago. He knew at the time that it might be good to drop some weight. When the Weight Watchers meetings at Canterbury began last year, he decided it was "time to take some off." So far, he's lost 12 pounds — with none gained back — putting him better than halfway to his goal of 20 pounds. "I've taken in two notches on my belt," says Tom. "Life's a lot easier not carrying that extra weight."

It's an encouraging achievement — or more correctly,

a group of achievements. And the best part is, it can be repeated indefinitely. Anyone and everyone who is interested in lasting weight loss and healthier living can join. "This is a good time to start," says Canterbury Admissions Director Carol Baker Raj, who has shed 56 pounds herself since joining the program.

For more information about the Pacific Grove/Canterbury Woods Weight Watchers, call (831)657-4224.

How up to date are your health goals and your daily regimen?

Is your regimen up to date and are you accomplishing your health goals? Are you confident about what you are taking on a daily basis? Is your energy level what it needs to be? What about your overall well being, success and happiness?

I hope you will take a moment to think about your daily health regimen. A natural health consultation and an overall review of your daily regimen may be just what you need this year to reevaluate and set new goals so you can become confident and energized about your nutritional, herbal, vitamin and supplement regimen.

Many times I come across people who have been taking the same dietary supplement for quite some time. When I ask, "Why are you using this particular nutrient?" the answer may be something like, "Well I don't remember. I know it was good for something." Although there may not be anything wrong with the nutrient that is being taken, forgetting the reason why you are using a supplement, then continuing to take it religiously just because of habit is, as a matter of fact, not keeping up to date with your health goals and daily regimen.

Keeping consistent with a daily regimen is a rewarding practice. A healthy strong immune system, plenty of energy and also the possibility of preventing a future health crisis are the top three reasons I recommend a natural health regimen. Many of you take a daily multiple vitamin and are wondering what I mean by regimen.

To tell the truth, the plan you have in place for

Amy Coale Solis MH

Amy Herbalist

your health, whether recommended by your local health specialist, herbalist, nutritionist, knowledgeable nutrition center staff, doctor, or even a wellness plan you have studied and created for yourself, is a health regimen. The plan should address your present health, energy levels, along with your diet and lifestyle habits. A goal and a vision of how you want to feel and how you can reach optimum health should be set. Steps should be put into place, health issues should be acknowledged and a plan toward improved wellness can then be created. Have a confident understanding about what you are taking and the reason why.

Your regimen must be updated as your goals are being met and if your goals or health changes. The purpose of a regimen and a health goal is to give yourself adequate nutrients so you can have all the health and energy you need to be the best you can!

The most important part of my regimen is the weekly trip to shop for produce. I love having all the fresh fruits and vegetables I need in supply and ready to eat. A balanced diet that includes whole grains, a good variety of fresh vegetables and fruit is the most

important part of being healthy. Along with a balanced diet and a green smoothie, I take essential fatty acids (omega oils), probiotics, and an adaptogenic herb (Holy Basil) each day. Plenty of rest, a lot of fresh air, exercise and sunshine are also necessary for me to feel healthy and confident.

For the past seven years I have designed, guided and recommended many regimens for many people. I have been trained to plan, maintain and update health regimens to help each individual reach their optimum health through food and herbs. I see positive life changing transitions when a person decides to get healthier; and it is incredible!

I believe a natural health regimen may, in fact, be right for you. If you would like to update your regimen or get started with a new regimen, I recommend we meet in person or over the phone for a *Natural Health Consultation*. I will review your current supplement intake, your overall health, and help you visualize goals in order to create a natural health regimen you can be confident about. Especially fit for your lifestyle so you can accomplish optimum health and live an abundant successful life full of energy, sparkle and shine.

Amy Herbalist.com
Amy Coale Solis M.H. C.H.S.

Amy can be reached at 831-262-6522 or email her at amy@amyherbalist.com.

A rose by any other name. . .

By Catherine Badin

What do, "Sea, I Told You So!" "I'm Not Really A Waitress" and "Lincoln Park After Dark" all have in common? No, they aren't the titles to Lady Gaga's latest tracks; they're some of the names of OPI's newest nail color shades you can choose to have applied at Rose Nails.

Located in the Fairway Shopping Center near the 76 Station and ACE Hardware on Forest Avenue, Rose Nails has been successfully giving manicures, pedicures and massages to folks in PG for the past eleven years. Owners Julie and Tony Nguyen moved from Stockton, CA to Pacific Grove after Tony had spent some time living in Seaside. Says Tony, "We love living by the ocean and Pacific Grove is the best. We like the small town and all the friendly people." Julie concurs. "Yes we really love the people here; they are all so nice to us."

Walking in to Rose Nails one is immediately taken by the fact that there are male manicurists on staff, something one seldom sees. One of these is owner, Tony Nguyen, who specializes in basic manicures as well as permanent "pink & white" acrylic nails. "I'd say about 15 percent of our clientele are men who come in for manicures and pedicures," estimates Tony.

His wife, Julie, and another manicurist named Cindy take up the slack doing mani's and pedi's and offer a wide selection of options and prices, depending on just how wild or subdued you want to get while flashing those digits. Here's the run down, but pay attention 'cause there's a lot to choose from: Basic pedicures cost \$25. Basic manicures run \$12. If you'd like both, there's a package deal available for \$35. If you'd like a French manicure, add \$5 to either total. Got it? Good.

Next come fees for acrylic nails. For basic plus polish it'll run you \$25. If you'd like to add any custom designs on top of that it's \$3 for one nail; or \$5 for each two nails. And for the "tres tres chic," there are Acrylic French Nails in 30 exotic glitter colors for \$35; and might I add, in colors to die for.

"Right now," states Julie, "The most popular nail colors are either very dark matte colors, or pale, neutral shades and clear polish. Glittery nail polish and wild shades of blue are popular for parties." OPI, one of the companies whose products Rose Nails carries, has come out with a fun line showcasing quirky names with shades to match. A dark, inky eggplant is appropriately called, "Lincoln Park After Dark," while a shimmering hot red shade screams, "I'm Not Really A Waitress!" and a pale, sky blue color affirms, "The Cows Come Home." They all sit prettily in a row on the salon's wall display, *Nails Polish Center*, which allows you, the customer, to walk right up and choose your favorite shade.

Plus, it's a lot of fun to color shop at the *Nails Polish Center* where the Sation line of vivid and vibrant 50s and 60s reds, pinks, oranges and peach tones mingles with the glittery polishes by 5-STAR and gorgeous pearlescent shades by OPI. All in all, a colorful palette of potential polishes fit for a Queen, and just playful enough to remind you of being a kid in a candy store again!

Being full service, the salon offers waxing and massage, as well. Jacqueline, Rose Nails' on-staff masseuse, works in a private room and gives a basic firm massage for



Julie Nguyen, with her husband Tony, owns Rose Nails on Forest Hill. Tony is a manicurist, too, and says that 15 percent of their clientele are men.

either a half-hour massage at \$30, or an hour massage at \$60.

Waxing is offered for legs, under arms, face and bikini areas. Full leg waxing runs \$30-\$40, depending on hair growth. Upper lip will cost you \$10. Eyebrows run \$15 and includes waxing, plucking, trimming and shaping. Waxing the entire face costs \$34. Bikini waxing runs \$39 and up, depending on hair growth.

Walk-ins are always welcome at Rose Nails, so you can either call for an appointment, or just drop in if you're in the area. It's the perfect place to create a "new you" emerging into this new year. And as we're coming up on the lunar New Year, which just so happens to coincide with Valentine's Day this year, why not go for it?

Rose Nails is, as Julie Nguyen attests, a happy-making place. "I love to make people look pretty and feel good about themselves," Julie confesses. "When I see my

clients looking pretty and feeling happy after a manicure, then I feel happy, too!"

Rose Nails is open Mon.-Fri. 9-7 pm;
Sat. 9-6:30 pm; closed Sunday.
Located at 1118 Forest Avenue
831.373.4717

Story & photo by Catherine Badin
catherinebadin@yahoo.com
831.644.0451

Chip Allen Lockwood, Ph.D., Ch. T.
311B Forest Avenue
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Dr. Lockwood has been a member of the local community for over 13 years. His work is conducted in-office on an appointment basis and sessions are one and one half hours in length.

Author, Speaker, Entrepreneur, and Spiritual Teacher, Rhonda is dedicated to the practice of Wellness Empowerment, assisting individuals in developing life strategies to help them help themselves. Her creative endeavors are dedicated to individual empowerment and the conscious evolution of humankind, that we may align perfectly with our Creator, fulfilling our Purpose while enjoying its Process.

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Fairway Center, next to Round Table Pizza

Business Hours
Mon-Fri 9-7
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Love Signs

Let the world know how you feel!

Hang a love sign in Cedar Street Times in our February 12 issue and you might even win a prize:

- \$25 Gift certificate from Artisana Gallery (stunning gifts any time of the year)
- or a 3000-piece puzzle of Sir Frank Dicksee's *Romeo & Juliet* from I'm Puzzled! (think of romantic evenings at home)
- or a bottle of white and a bottle of red from Otter Creek Wines (toast your lover no matter what's for dinner!)

\$20 for whatever you can fit in the Love Sign Heart
 Email your message to cedarstsales@gmail.com or mail it
 and send a check or bring by the cash to
 311A Forest Ave., Pacific Grove
 We'll even take it over the phone.
 Questions? 831-324-4742

Middle School students behave themselves for pizza



Four times each school year, students at Pacific Grove Middle School who have shown good citizenship are rewarded with a special lunch at the PG Youth Center. It's called "Conduct Day." After earning that status and turning in permission slips, more than 90 students enjoyed home-baked cookies, fresh fruit, and of course, PIZZA on Jan. 27.

"It's their reward for a semester of being on time and prepared for class, helping each other, just being good citizens," said PTA president Mary Ann Spadoni. "Some kids actually skip this to be in class," she added.

Helping out were Sheri Choddish, Jo Ellen Leach, Delinda Lis, Beth Rutledge, Luigi Sgandurra and Tom Wagner. The students also played foosball and hoops, and their special lunch lasted all the way through fifth and sixth periods. Conduct Day is a function of the Middle School and the PTA.



Feb. Gallery Exhibit:
"Places of the Heart"
 16 Local artists
 Artwalk night: Feb 26
Strouse and Strouse Studio-Gallery
 diverse selection of artwork:
 paintings, drawings, ceramics,
 jewelry, notecards, prints, photography

FREE VALENTINE HEART PINS
 Feb. 6 to the first 25 people to visit the gallery.
 Pins are hand-made by Catherine Wilkinson

178 Grand Ave. PG.
Sunday 1-4PM,
Wed - Sat. noon-5PM,
closed Mon and Tues.
 for appts. after hours call 831 647-1068

The Arts

Now Showing

Ongoing

Pacific Grove Art center
568 Lighthouse Ave., Pacific Grove
Art Center Open Wednesday-Saturday 12-5 p.m

January 8-February 18, 2010

“Earth Tones” Emily DuBois, Rebecca Fogg, Yuri Ordjonikidze, and Will Tait
“Celebrate Color,” Oil Paintings by Claire C. Oppenhuizen
“The Art of Sukhdev Dail: Retrospective Exhibition”
“But A Dream,” Paintings by Zachary Kirshner

Le Beau Soleil Gallery Holiday Exhibit

“Small Wonders: Little Paintings by Local Artists”

210 Forest Avenue, Pacific Grove

Le Beau Soleil Gallery’s “Small Wonders” exhibit last year was very popular and is being brought back this year with new paintings by the Gallery’s 9 artists. All of the paintings in this show are 8”x10” or smaller.

Enjoy a beautiful collection of smaller, original oil paintings and photos by artists Carole Bestor, Jacque Colbert, June Levin, Skyler Lewis, Elizabeth Meyer, Barbara Norton, Kathy Sharpe, Sally Giddings Smith, and Murray Wagnon until January 31.

Adult art classes and workshops at Pacific Grove Art Center

“Overview of Watercolor” for Adults. Basics of limited palette method to experimental, including watercolor printmaking. All skill levels welcome.

Tuesdays, Jan. 12-Feb. 16, 2010, 6 weeks, 6-9 pm.

\$90. Must pre-register one week prior to class.

Call Jane Flury at 831-373-1494 or email artnants@aol.com.

“Fruits & Veggies (& A Few Nuts),” an ongoing class for adults working in watercolor or acrylic. There will be inspiration from seasonal items to fill your paper or canvas. We share lots of encouragement, techniques, and great networking. Come join the fun

Wednesdays, 1-3 pm, \$60 per 6-week session
Call Instructor, Julie Heilman, at 831-920-2318

Watercolor Printmaking with Jane Flury
Starts Thursday, January 14, 6-9PM, runs 3 weeks for \$75

This will be a fun, experimental class great for the beginner printmaker. Some materials provided. Pre-register one week prior to class. For more information please call 373-1494 or e-mail artnants@aol.com

Life Drawing
6-9 pm. Drop-in model fee: \$10.
Call Instructor Mark Farina at 831-373-0886.

Children’s and Teens’ Classes at Pacific Grove Art Center

“Capture Your Vision” for Middle School Students. 2-dimensional, painting, pastel, colored pencil.

Mondays, Jan. 11-Feb. 15, 2010, 3:30-5 pm.
\$60 per 6-week session.
Call Julie Heilman at 831-920-2318.

“Wild Wednesdays” for Ages 8-12. A structured, project-oriented class starting with drawing faces, and continuing with a new project each week.

Wednesdays, Jan. 13 to Feb. 17, 2010, 3:30-5 pm. \$60 per 6-week session.
Call Julie Heilman at 831-920-2318.

“Creativity Unlimited” for Grades 2-5. 3-dimensional art, working with clay, glue guns, fabric, and mixed media.

Nature drawing class offered at PG Museum

Science illustrator and instructor Erin E. Hunter will lead “Art + Nature: Drawing From the Collections,” a series of sketching and drawing classes based on collections at the Pacific Grove Museum of Natural History.

The class will run from 1:00 to 4:00 p.m. Sundays, Feb. 7-28, with sessions focusing on botanicals, birds, mammals and insects.

The schedule is as follows (all classes are on Sunday afternoon):

- February 7: Botanicals
- February 14: Birds
- February 21: Mammals
- February 28: Insects

Working in various media, participants will explore plant and animal anatomy, drawing techniques, nature journaling, field sketching tips, color theory and more.

Classes are open to all skill levels, including beginners, and the four classes may be taken individually or as a package.

Classes are \$25 each, or all four for \$95. A materials list will be available upon sign-up.

To register, call 831-648-5716, ext. 17.



This salamander is an example of Erin E. Hunter’s work.

The Pacific Grove Library presents a Fundraiser

“Book Publishing 1-2-3: From the Writer’s Fingers to the Reader’s Hands”

Thursday, Feb. 11, at 7 p.m.

at the Pacific Grove Library
550 Central Avenue

\$20 donation; pre-registration required

Sprinkled with helpful hints and tips (for example, how to find literary agents), this lecture/workshop is designed to inspire aspiring authors and boost their chances of getting published. This program, a fundraiser for the Pacific Grove Library, will also provide a behind-the-scenes glimpse at how a manuscript actually becomes a printed book, and briefly address topics such as the children’s literature market, self-publishing, and ways for authors to market and sell their books.

Other highlights include a couple of quick creativity exercises, our “Editor’s Tips on Craft” segment, and the Q&A session.

Presenter: Long-time book editor/proofreader (and former PG resident) Laurie Gibson, whose projects have ranged from lending editorial assistance on Intuit’s TurboTax software to the novel “The Color Purple” (Alice Walker) and several titles by Brian Tracy, the bestselling business author. For more information and to register for “Book Publishing 1-2-3,” please call (831) 648-5762.



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The Green Page



Big Sur Half Marathon achieves 'gold'

By Julie Armstrong

Big Sur Half Marathon recently received "gold" certification for its innovative and operational efforts toward greening the 13.1-mile race. The certification was recently awarded by the Council for Responsible Sport (<http://www.resport.org>) a Portland, OR-based non-profit organization dedicated to raising the level of environmental and social responsibility in sporting events.

Marisa McGilliard, Executive Director of the Council for Responsible Sport (CRS), called the Big Sur Half Marathon "one of the most progressive events in the world." Currently only one other half marathon has earned Gold Certification and two triathlons have earned Evergreen Certification, CRS'

highest designation.

The CRS standard includes credits in six categories: waste, climate, equipment and materials, community and outreach, health promotion and innovation. With its focused efforts on recycling, reducing materials and composting food waste, Big Sur Half was awarded all available credits in the waste category. The maximum number was also achieved in the categories of community and outreach, health promotion and innovation.

"It was truly a team effort," said Karen Ferlito, volunteer chair of the Big Sur Half Marathon's Greening Committee. "We had a dedicated committee and helped educate dozens of volunteers who staffed the waste stations to ensure the landfill trash, compostable and recyclable materials were separated," said Ferlito. "Our volunteers helped the weary runners deposit their waste in the right bins." As

a result, the landfill diversion rate was 42 percent higher than in 2008 and 177 percent higher than 2007.

The "team effort" also included several local organizations including the City of Monterey's Solid Waste Program; Eco-Action, a regional provider of innovative conservation strategies; Athletes for a Fit Planet <http://www.afitplanet.com>, an environmental services firm that provides consulting and on-the-ground support to event organizers in the US, Canada and Europe; and the Monterey County Waste Management District. Each partner played an important role in guiding and assisting the Big Sur Half Marathon in various areas to achieve the CRS Gold Certification. Brennen Jensen, program manager for Ecology Action of Santa Cruz who has been consulting with the Big Sur Marathon organization since 2007 lauded the race staff for working "tirelessly to bring these issues and changes to the forefront."

In addition to the recycling and composting efforts, the Big Sur Marathon introduced several new innovative programs. It provided runners with one of the country's first-ever "Virtual Goodie Bags" to showcase sponsor and vendor products online versus a plastic bag filled with paper brochures. It also integrated solar power for the finish line public

address system, timing mats, music and awards stage, and offered ride sharing options through PickUpPal. Unclaimed clothes and running gear were donated to the Salvation Army, organic food was offered, and runners were encouraged to make donations to offset their carbon footprint of traveling to the race.

National Public Radio's California Report featured an in-depth story on the greening efforts of the Big Sur Half Marathon on Monterey Bay in early December. This, and other national publicity has helped raise awareness among runners, event organizers, and the general public about the importance of keeping sporting events as sustainable as possible.

The Big Sur Marathon team plans to continue with its greening program and will be working with Athletes for a Fit Planet on its CRS certification measures for the full marathon in April. "Given the commitment of the Big Sur team, there's no reason why we can't make Big Sur Marathon the greenest marathon in the country," said Bruce Rayner, Chief Green Officer of Athletes for a Fit Planet.

The 2010 Big Sur International Marathon will be the 25th Presentation of the world-renowned race.

For more information, visit www.bsim.org or contact 831-625-6226.

Parks District seeks instructors for 'Let's Go Outdoors!' program

The Monterey Peninsula Regional Park District is seeking instructors as part of its continuing "Let's Go Outdoors!" environmental education programming.

The Park District is looking for enthusiastic, skilled individuals who want to share their knowledge and interests about the Monterey Bay region. These are paid contract positions.

The classes will be described in The Park District's Spring/Summer "Let's Go Outdoors!" Adventures Activities guide, which covers April through August. It will include offerings of nature, conservation, and environmental-related courses, workshops, activities and events. Some classes may take place once, and others over longer periods.

The deadline to apply is Feb. 19, but the earlier the application the better the opportunity to assure the date and site for a program.

Ideas include creating a thematic hike, developing a course in sustainability or cultural history, or teaching arts, crafts or drawing workshops. The Park District can work with interested persons to build a new and unique program.

Priority will be given to programs that: support The Park District's mission; are conservation, sustainability and ecologically oriented; are explorative and share information about the richness and diversity of this area's natural and cultural history; and are educational, inquiry-based and thematic in approach.

Interested persons should complete an online application with a proposed course description at <http://www.MPRPD.org> or call 372-3196, ext. 3, for more information.

Applications will be reviewed, and selected applicants interviewed in person.

Sustainable Pacific Grove February meeting

Time to celebrate SPG's achievements in 2009

You are invited to join your fellow SPGers for a visual presentation of the many SPG accomplishments in 2009.

Time for planning SPG's action in 2010

Following the presentation, suggested plans of action for 2010 will be presented for your consideration.

For those interested in getting involved, we will facilitate the creation of action groups around several areas of interest, including energy, waste reduction, water, housing and land use, food, health, transportation, economy, arts and education.

We hope you can join us next Tuesday, February 2 at 7:00 p.m. at the Pacific Grove Museum of Natural History, Central and Forest. For more information see www.sustainablepg.org.

Worship Directory
Pacific Grove

Peninsula Christian Center
520 Pine Avenue, 831-373-0431

First Baptist Church of Pacific Grove
246 Laurel Avenue, 831-373-0741

St. Mary's-by-the-Sea Episcopal Church
Central Avenue & 12th Street, 831-373-4441

Community Baptist Church
Monterey & Pine Avenues, 831-375-4311

Peninsula Baptist Church
1116 Funston Avenue, 831-647-1610

St. Angela Merici Catholic Church
146 8th Street, 831-655-4160

Christian Church Disciples of Christ of Pacific Grove
442 Central Avenue, 831-372-0363

First Church of God
1023 David Avenue, 831-372-5005

Jehovah's Witnesses of Pacific Grove
1100 Sunset Drive, 831-375-2138

Church of Christ
176 Central Avenue, 831-375-3741

Lighthouse Fellowship of Pacific Grove
804 Redwood Lane, 831-333-0636

Mayflower Presbyterian Church
141 14th Street, 831-373-4705

Central Presbyterian Church of Pacific Grove
325 Central Avenue, 831-375-7207

Seventh-Day Adventist Church of the Monterey Peninsula
375 Lighthouse Avenue, 831-372-7818

First United Methodist Church of Pacific Grove
915 Sunset @ 17-Mile Dr., Pacific Grove - (831) 372-5875
Worship: Sundays @ 10:30 a.m.

Dried plums, aka prunes, are almost as old as civilization itself

History

The dried plum's ancestors come from western Asia near the foothills of the Caucasus region and the shores of the Caspian Sea. The dried plum followed migration westward into Europe and the Balkans where the tradition of its cultivation and enjoyment continues today.

The California prune was renamed by the California Dried Plum Board to improve its image and popularity. It was born when agriculturists brought the legendary Petite d'Agen plum from Southwest France to California during the Gold Rush and grafted it onto wild American plum stock. More than 150 years later California has more than 75,000 acres planted to plum trees. With less than 1 percent of that comprising other varieties, the descendant of the original Petite d'Agen still dominates the orchard. This plum variety is able to ripen fully on the tree, pit and all, without fermenting.

California's Production

Our state's largest dried plum production occurs in the Sacramento and San Joaquin Valleys, acreage that produces more dried plums than the rest of the world combined. Approximately 99 percent of the U.S. supply and 60 percent of the

world's supply comes from California. (Source: California Dried Plum Board.)

Armagnac-Soaked Dried Plums

Europeans, especially the French, have enjoyed a long love affair with the prune which they still call by its original name. Dried prunes steeped in Armagnac brandy with orange zest, cinnamon and cloves served over a creamy French ice cream or with whipped cream or rich chocolate cake are perfect for a special occasion.

Yield: 24 servings

Ingredients:

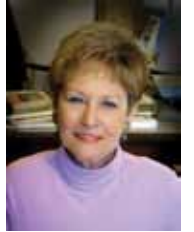
4 cups (about 24 ounces) pitted dried plums
 2 ½ cups Armagnac
 2 cups strong brewed black tea
 ¾ cup sugar
 2 tablespoons finely chopped orange zest
 4 cinnamon sticks
 ¼ teaspoon ground cloves

Directions:

In a medium bowl, combine dried plums and Armagnac. Set aside. Meanwhile in a medium saucepan bring

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Not Your Grandmother's Recipes



tea and sugar to a boil over high heat, stirring occasionally. Stir in dried plum mixture, orange zest, cinnamon sticks and cloves. Reduce heat. Simmer, covered, 20 minutes. Remove from heat. Cool 20 minutes, uncovered.

If used for gift-giving, spoon into jars with lids. May be stored, covered, in the refrigerator for up to 1 month.

Remove cinnamon sticks before serving. Serve warm, spooned over vanilla ice cream, if desired. Can also be served warm in individual dessert dishes topped with whipped cream and crumbled macarons or gingersnap cookies.

Tips:

Armagnac is an aged French brandy. Other brandies may also be used. When using other brandies increase to 3 cups. Decrease tea to 1 ½ cups

To brew strong tea use 2 standard-size tea bags per 2 cups boiling water.

Recipe courtesy of the California

Dried Plum Board.

French Prune Soufflé

This recipe comes from "365 Foreign Dishes, A Foreign Dish for Every Day in the Year," published in 1908

Cook ½ pound of prunes until soft. Remove the stones and cut the prunes into small pieces. Mix with some chopped nuts and the yolks of 3 eggs well beaten with 3 tablespoonfuls of pulverized sugar. Add 1 teaspoonful of vanilla and the whites of the eggs beaten stiff. Put in a pudding dish and bake in a moderate oven for ten minutes and serve.

Betsy Slinkard Alexander provides freelance writing and public relations services with a focus on the food industry. She welcomes your ideas for future columns and can be reached at (831) 655-2098, mailto:bestyslinkard@sbcglobal.net or http://www.slinkardpr.com.



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