

Sat. Jan. 16
Friends of the Library
Annual Meeting
Guest Speaker:
Sharon Randall
 2:30 p.m.
 Pacific Grove Museum
 of Natural History
 Seating Limited

Monday, Jan. 18
Canterbury Woods
Open House
 11 a.m.
 Canterbury Lounge
 651 Sinex Ave.
 Pacific Grove
 831-657-4193
 No fee



Saturday, Jan. 23
Coexisting with Coyotes
 Lecture and Film
 2 pm
 Pacific Grove Museum
 of Natural History

Sunday, Jan. 24
Retirement concert for
Rev. Richard Nance, Jr.
Featuring Bass/Baritone
Marcus Nance
 4:00 p.m.
 First Baptist Church
 246 Laurel Ave., P.G.
 831-373-0741

Saturday, Jan. 30
Science Saturday
Coyotes and Kin
 11 am-3 pm
 FREE drop-in program
 for children
 Pacific Grove Museum
 of Natural History

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

Ongoing Tues. & Thurs.
Salsa Dancing
 7 p.m.
 Chautauqua Hall
 Central & 16th Avenues
 Free

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!



Winter Concert - Page 5



PGHS Wrestling • Page 8



Tene's Excellent Adventure • Page 11



January 8-15, 2010

Pacific Grove Community News

Vol. II, Issue 16

New Year's Day in Paradise



Where else on earth would you be able to spend New Year's Day the way we did in Pacific Grove? Perfect temperatures, cloud-free skies, and an uncrowded day on the Rec Trail were captured by Vince Tuminello.

Medical marijuana: See a need and fill it

By Marge Ann Jameson

In a city where vacancies are rampant and the coffers are nearly empty, each potential new business would hope for open arms. But a medical marijuana dispensary in Pacific Grove?

That's what Daniel Maniscalco is proposing, and he made his pitch during the public comment period at the Jan. 6 City Council meeting.

Maniscalco, who has been running a delivery service for recommended cannabis, now seeks to open a storefront. He proposes a non-profit mutual benefit corporation, "more of a club than a business," where patients who have recommendations can meet. The purpose would be to lower the cost of the medication and control the quality provided, as well as to maintain the legality of the dispensed cannabis.

Patients, he said, would be registered, reviewed and enrolled as official members in the waiting area before they can enter the main area to make purchases. The



Dan Maniscalco

See DISPENSARY Page 3

Marketing PG's major asset: Golf

By Marge Ann Jameson

Pacific Grove Golf Links. Does that have a better sound than "Pacific Grove Municipal Golf Course?" The golf course advisory committee and Thomas Brand Consulting think so, and they have embarked on a plan to re-brand the course to Northern California and local golfers...and beyond. "There's a connotation to the word "municipal"" says Steve Thomas of Thomas Brand Consulting, which conjures thoughts of bald spots on the greens, poorly-maintained equipment, and less-than-pristine scenery, none of which are true of Pacific Grove's course. Get rid of the word and perhaps the perception of golfers who have never tried the course will change, he says.

Recognizing that the golf course is a major asset for the city – an asset which is underutilized and under-promoted – City Manager Tom Frutchet, with council approval, in October put out a request for proposals for a marketing program



for the golf course. Of 11 firms which responded, the City chose the Pacific Grove firm of Thomas Brand Consulting to work on the plan.

Frutchet also recruited an advisory committee to develop a plan, and he says he has been very pleased with the results. "The committee has worked well together, and we want them to stay on as we begin to implement the plan," Frutchet said. Dubbed the Golf Links Marketing Advisory Committee, they have, he said, worked diligently and cooperatively to put together a new marketing plan for the course.

The main thrust of the marketing plan is to bring the course to an even

See GOLF Page 2

Marvin Sheffield, DVM

Expert opinion

President Obama when selecting his cabinet, appointed Ken Salazar to the sensitive post of Secretary of The Interior, which we environmentalists considered a mixed bag of misgivings and benefits. The last-minute scurrying of the Bush Administration to sell leases for Big Oil in the Chukchi Sea off the northwest coast of Alaska, was certainly a blow for Endangered Species such as the Polar Bear, and also is a threat for the Bowhead whales that frequently feed there. This sea is one of the last bastions of dependable sea ice thus far; and now more importantly as a feeding area for the polar bear, because of the greatly reduced ice formation off Alaska's North Slope shoreline.

Any oil spill, however small, in the Chukchi Sea would be catastrophic for marine (pinniped) mammals and sea birds as well. It is virtually impossible to contain such spills in such icy waters, and the pollution resulting could push polar bears and Eider duck species to a point of no return. Unfortunately Secretary Salazar has ignored the plight of polar bears, and still refrains from listing this bear species as endangered.

Other last minute largesse dispensed to Big Oil by the Bush White House was the granting of leases for oil and gas drilling on 130,000 acres of public lands in Utah.

As a member of the Southern Utah Wilderness Alliance, I am a recipient of their reports on important environmental issues such as oil and gas exploration, and at what cost to humans as well as wildlife. I have also spent delightful times photographing their Redrock Wilderness regions.

To quote many supporters of S.U.W.A., "the preceding eight years of the Bush White House Interior Department stands as one of the foulest for rank disregard of wilderness areas in the USA that because of their unique geological formations, and stunning vistas, wildlife, rate preservation for future generations of Americans to savor, hike into and enjoy.

Thankfully, to his credit, Secretary Salazar has cancelled 77 of these leases, and will submit more of these BLM-managed

public lands for reassessment; since the previous ongoing drilling had deleterious effects on air quality. I was dismayed at the intense smog I had to drive through when leaving Salt Lake City last. Unfortunately the BLM in Utah predictably had not made air quality protection one of its priorities, even though they knew that their approval of oil and gas projects did lead to significant deterioration of air quality; with particulate matter type of pollution. In addition to marring scenic vistas, particulate matter pollution is a great threat to people as these small particles lodge in the lungs and create respiratory and cardiac problems especially for humans and wildlife. To quote the American Lung Association: If you can see it, don't breathe it. "It's a matter of Life and Breath"

Marvin J. Sheffield, DVM
Wild Canid Research Group

✓ GOLF From Page 1

higher standard than it presently enjoys. Marketing efforts will seek to position the golf course in the minds of the target market by promoting awareness of the quality, location, value-to-cost ratio and spectacular setting.

The plan also calls for increasing awareness of the course as a destination by offering a "more consistent, symbiotic" relationship between the city golf course and local lodging establishments.

Improvements could include parking lot lighting and expanding the clubhouse use permit to allow dinner service and evening events which will include work with concessionaire Chris D'Amelio.

Some of the more up-to-date marketing tactics which will be used include CDs in a media kit, new and relevant photography and a new website. Listings in trade and hospitality publications will be updated. There will be an effort to work with the AT&T Pro Am and the 2010 U.S. Open.

The agreement with Thomas Brand Consulting was for \$15,000 and includes many of the marketing tasks that have been planned. Additional costs are needed, say staff and committee members, and would be appropriated from the Golf Enterprise Fund – not the general fund. They include:

New website for the golf links	\$10,000
Advertising, printing and media relations	\$12,000
Promotional events	\$6,000
Including a media day, a hospitality event and at least two golf events for local players	
Costs might include refreshments, forgiven green fees, and support staff	

Additional costs, according to the staff report, can be expected to be offset by additional income with revenue to spare. Staff expects additional revenue of \$31,000 would go to the Golf Enterprise Fund.

Said Steve Thomas, "We're excited. The collaboration that has gone on among the golf committee, staff and my company has been a great effort. Committee members have provided a wealth of information."

Thomas, himself a golfer raised in Pacific Grove, would like to see local players who abandoned the course, for whatever reasons, return to play it. "The plan will be effective in bringing those players back onto the course, hopefully in the same kinds of numbers we saw in the 1980s," he said. "We're looking for more tournament play and more tourist dollars, too. We want to make the course what it really can be." He mentions tournaments, "appreciation" events, happy hours and promotional sales at the pro shop as possibilities, as well as recognition of the 50th Anniversary of Jack Neville's design of the course's back nine holes. (The front nine is the 1932 design of Chandler Egan.)

An increase of 5 percent in the number of golf rounds played is sought under the plan. Assuming that, due to current economic conditions, the city could expect 15 percent fewer rounds than were played during the same period in 2009, the increase would represent 1,311 rounds at an average of \$45 per player, or \$58,995 between January and June, 2010. More than 700 "Monarch Cards" for reduced cost play for frequent players have been sold in the past six months.

A timeline through June, 2010 along with the marketing plan and results tracking plans were presented at the City Council meeting on Jan. 6. The City Council voted to approve the plan and authorize its implementation.

Capital improvements such as bunker and sand trap restoration, a tree-planting program and a maintenance equipment replacement plan to help in more efficient groundskeeping are also to be explored.

Although there were reservations on the part of a few public commenters and some city council members, about plans to regain local golfers, the plan passed unanimously.

The golf course committee consists of Joe Priddy, Ed Lake, Henry Nigos, Gary Anderson, Rudy Fisher, Jim Quinn, Patrick Spellman, Vic Johnson, Roger Wolf, Dorothy Owen, David Book and Prebble Potter.

Pacific Grove Museum of Natural History presents

Coexisting with Coyotes

Lecture and Film

Saturday, Jan. 23, 2010 at 2 pm

A presentation by Camilla Fox, Founding Director of Project Coyote

Lecture:

Coyotes in Our Midst

Learning to Live with America's Wild "Song Dog"



This presentation covers coyote ecology and biology in urban and rural ecosystems, human-coyote coexistence strategies, coyote conflict management and the value of community-based conservation approaches to living with coyotes and other urban wildlife.

Film:

American Coyote Still Wild at Heart

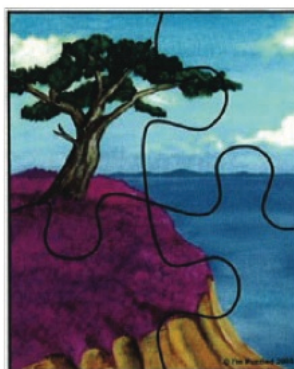
This 30-minute film reveals the fascinating and complex world of *Canis latrans*: their keen intelligence, amazing resourcefulness, and importance as keystone carnivores in many ecosystems. While the film unfolds with the return of coyotes to the San Francisco Bay Area, it pursues the coyote's story across the North American landscape.

Science Saturday Coyotes and Kin

Saturday, Jan. 30, 2010 11 am-3 pm

FREE! A drop-in program with hands-on science activities designed for children in elementary and middle school.

Pacific Grove Museum of Natural History
at the corner of Central and Forest Avenues in Pacific Grove



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Pacific Grove's Rain Gauge	
Data reported by Guy Chaney	
Week ending 01/06/10.....	.00
Total for the season	4.90
To date last year (2009).....	6.29
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

Nothing

by Morgan Brown

Love is the purpose to life,
 The pot of gold at the end of the rainbow.
 Work means nothing when you are on your deathbed.
 Money means nothing when your family will not answer your calls.
 Success does not matter when it prevails over love.
 They say you will know love when you find it.
 Love at first sight. Like you were created just to bask in the glow of their affection.
 Nothing else matters.
 Not work.
 Not money.
 Not success.
 Not society.
 Nothing.
 Love is a beautiful flower that will blossom no matter how many weeds some will choke it to death.
 If that flower is meant to grow, nothing will not stop it.
 Not work.
 Not money.
 Not success.
 Not society.
 Nothing.
 Love is a journey upon which travelers are beckoned closer, a secret whispered in their ears,
 The meaning of life, the reason for our existence,
 The pot of gold at the end of the rainbow.

Marge Ann Jameson

A Book Review

With an art heist popping up in the local news lately, it might have been coincidence that brought Joseph Nordmann's private eye Norman Jenevin to liven some cold Pacific Grove evenings with his investigation of an art theft perpetrated on an elderly victim. But coincidences figure heavily in Jenevin's world, and as he begins to look into the disappearance of the art, he chances to meet the victim's neighbor, whose teen-aged daughter is missing. He is hired to look into her disappearance as well. Jenevin discovers too many connections between the two cases to make it coincidental.

We're taken on a merry chase through the canyons of Southern California to meet some eccentrics, some illegal drug manufacturers, a couple of rough-and-tumble law enforcement men, and a whole lot of seedy characters including the people our art heist victim had trusted with her fortune, her well-being – and her very life.

Told in the first person, *Jenevin's Search* makes us like our hero for his honesty and integrity, not to mention his acuity in solving the crime. He's no Boy Scout, but he goes out of his way, in the old-fashioned heroic way, to help those less fortunate while remaining tough and fearless. He is not the flawed hero or the quirky mystery man that so many modern novelists offer, but a believable sleuth with no discernable bad habits, except, perhaps, that he's good-looking (which we don't actually find out until more than halfway through the book), 35 years old, and has avoided matrimony thus far. But at least we don't have to put up with him hopping in and out of bed with every other woman he coincidentally meets. While there's some pretty horrific violence, the story doesn't hang Spillane-style on brawls and shootings. And Jenevin doesn't sit on lonely outcrops philosophizing about the nature of man, either. He gets right to the point and works on the case, or cases, on every page.

There's some interesting science, which is to be expected because Nordmann himself is a chemist; Jenevin has an antiquated, but serviceable laboratory on his property and does his own analyzing of drug residue, metal shards, rocks, and more on his way to making all the connections and solving the crime. While we don't have to memorize any formulas, we learn some things about the field of chemistry despite ourselves.

Pacific Grove's Nordmann has crafted a believable hero in Norman Jenevin and some true-to-life crimes that hit home. He binds it all together with wonderfully descriptive prose in a story that never sags and, refreshingly, does not rely on gratuitous sex or violence to keep our interest.

Joseph Nordmann, a five-time published author in the field of chemistry, chose to self-publish his first foray into fiction. An accomplished artist and plein-air painter, he also designed the cover of Jenevin's Search. The book can be purchased locally at the Works or at Border's Books in Sand City, or online at Amazon.com, Barnes and Noble, Books-a-Million, or through the publisher at www.iuniverse.com.

Nordmann, Joseph

Jenevin's Search, A Detective Novel copyright 2009
 iUniverse 1663 Liberty Drive, Bloomington, IN 47403
 ISBN: 978-1-4401-5857-5



PACIFIC GROVE MASONIC LODGE #331
 Established 1897

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130 Congress Ave., Pacific Grove CA 93950

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✓ **DISPENSARY** From Page 1

dispensary would not be open to the public, and there would be 24-hour security, with a security guard during business hours. Employees would be thoroughly vetted and fingerprinted.

Marijuana would be dispensed as pills or edibles, pre-rolled for smoking, or loose for vaporization. The preferred method is ingestion, he said, as the relief effects felt by patients are more long-term.

No marijuana would be consumed in any form on the premises. In some San Francisco marijuana dispensaries, there is consumption on-site which requires additional supervision, ventilation and security.

Maniscalco envisions a tasteful storefront with minimal signage, and a design reflecting "stylish vintage 1800's apothecary," with white marble countertops, vintage scales, and a medical library. The club would be open from about 10:00 a.m. To 8:00 p.m., and the premises would be kept clean after hours.

A Pacific Grove High School graduate, Maniscalco chose to go straight to the City Council with his proposal because he wants to be up-front and honest with Pacific Grove. "I'm here to work with the city," he said. He says he doesn't want to try to come in the back door. His current delivery business is operated from Carmel Valley, an unincorporated portion of Monterey County where business licenses are not needed. He currently has about 50 clients from all over Monterey County.

He looked at Sand City recently, but said that the process would take too long and support was not there.

The business is out there, he says. "More than half of Santa Cruz County's business at their dispensaries comes from Monterey County," he points out. Current dispensaries in California gross anywhere from \$100,000 to \$5.6 million annually, and that means significant revenue for the host cities. Cities in California with similar populations which also have medical marijuana dispensaries include Albany, Cotati, Laguna Woods, Malibu, Placerville, Ripon and Selma.

He has talked with some property owners about locations, and, while he doesn't want to mention any specific locations yet, says he is not looking too close to downtown.

Mayor Carmelita Garcia points out that such a project could be prohibited by zoning. According to Garcia, anything not specifically mentioned in the city's code is prohibited. For his part, Maniscalco is now working through channels as of January 7, visiting City Hall and the Police Department for proper paperwork.

In 1996, when Measure 215 – the California Medical marijuana initiative – was passed at the state level, voters in Pacific Grove voted more than two to one in favor of the measure. Yes votes were 5540 while those against totaled 2347.

Jon Guthrie

High Hats & Parasols Pacific Grove news from 1909

Gangs presenting problem

A few of the more obnoxious Salinas gang members have been observed loitering in Pacific Grove during the past few weeks, after having come to town by street rail. The Pacific Grove town council may be forced to follow the lead of Salinas in taking special action against the brigands. In Salinas, the alleyway between Main and Salinas streets has become the safe-haven of gang activity. Customers leaving the popular Salinas eatery, the BonBon, located around the corner on Main, have often reported being required to hand over money to gang members. The Salinas constable stated that police manpower was inadequate to properly take care of the problem. A Pacific Grove meeting to discuss ways of avoiding gang problems is being considered.

Grand Opera coming to PG

Grand Opera at prices within reach of everybody will be presented at the T. A. Work Theater. The event is performed by the International Grand Opera Company and sponsored by the combined Pacific Grove and Monterey Commerce Chambers.

The show, which is scheduled to begin at 8 on Friday, is the famed *La Traviata*. The entire show will be presented in the original Italian. Printed translations are available for purchase at a discounted price in advance from *The Review* or at the theater door at an undiscounted price.

The International Grand Opera Company has performed this magnificent work by Guiseppi Verde with great success at locations throughout the United States and Canada. *La Traviata*, composed in 1853, presents the tragedies befalling a stalwart, but fallen-woman with the sympathetic portrayal of Violetta. It is said that the character of Violetta is based on the real-life character of Strepponi, Verdi's paramour with whom he shared a residence in Busseto, moving in together during the year 1849. Some of the opera's theatrical incidents are based on the real-life, small-town insults experienced by Guiseppi and Strepponi as their romantic liaison peaked. One of the most famous renditions from *La Traviata* is the song "*Let us drink*," which depicts the real-life Verde trying to drown his sorrows at a local pub.

Tickets are on sale at William's Candy Store at the corner of Lighthouse and Forest avenues in Pacific Grove. Prices are \$2, \$1.50, and \$1. Demand has already been great and a sold-out house is predicted.

Abalones are delicious!

You cannot be a genuine epicure if you have not feasted on the Pacific Ocean's bounty in abalone. Indeed, when you taste these delicacies you will have a real treat. All of the many methods of preparation are based on the deep-sea abalone which can be taken fresh from below the surface on the rocks at Point Lobos. If you are interested in the haut cuisine opportunities offered by the abalone, get in touch with John Burlingame and Jack Campbell. These gentlemen are prepared to bring you the required number of abalone plucked from beneath the sea. Orders for same may also be left at the Oliver Grocery Company.

Bequest is for beautification

Both the cities of Monterey and Pacific Grove will soon benefit from the will of the Late George Bertold. Each is to receive \$10,000. The Bertold will states that the money is to be used however the cities wish so long as it goes toward the purpose of beautification. Mr. Bertold specifically suggested that the cities consider planting flowers and shrubbery.

Capitalist is home again

Mssr. David Sisk, the well-known local capitalist, returned to the Grove yesterday from several weeks' visit in the mining districts of the States of Idaho and Montana. Sisk reports that conditions are generally fair in the northwest and that most of the mining camps are prosperous. Sisk heads a group considering mining operations south of here in the Big Sur area.

Museum of Natural History board meets

The Pacific Grove Museum of Natural History has held its quarterly meeting. The reports of the provisional secretary and of the president were received, with much appreciation. The treasurer's report showed a general-fund balance on hand of \$69.93. On motion of Miss Norton, \$100 was transferred from the reserve fund to make the general-fund balance \$169.93.

The curator, Miss M. Norton, then gave a very interesting report. She acknowledged that work arranged for by certain board members had not been done in a satisfactory manner, but that payments had been rendered nonetheless. Subsequently, loans had been secretly arranged to cover the shortfall. Miss Norton also pointed out that trees gifted to the museum by Mr. H. Greene had been ignored and not planted. The trees were reported to have withered to the point of becoming non-recoverable.

Miss Norton said that complete reports would be prepared for presentation at the next meeting of the board.

Around town...

- I trust that my demonstration of the cooking ware involving the new metal, aluminum, was enjoyed by all. Anyone wishing a demonstration conducted in your home should notify M. J. Black at once. I will immediately get in touch to make arrangements.
- May I suggest that those from Pacific Grove consider South County for rest and relaxation. The Hotel Idlewild should be kept in mind. Our climate is excellent ... free from damp and fog. Nearby hunting and freshwater fishing. Very reasonable rates. Contact W. T. Mitchell.
- J. Q. and H. E. Mahan from Eureka, Kansas, arrived in the Grove yesterday to visit with their brother, W. H. Mahan. After visiting for a short while, the Mahans plan to continue traveling.
- The Museum of Natural History plans a gala event for next month. Bugs 'n Butterflies, an exhibit-on-loan, is to be among the features.
- The W. H. Hare Optical Shop is leaving its former address on Alvarado Street in Monterey. Hare plans to relocate his business to the Robson Block, Pacific Grove.

Cedrick Hunter

Snipped from the station log

Through Jan 4, 2010

Game stolen

The automobile owner departed from her car without locking the doors. Upon her return, the owner discovered that someone had entered the vehicle and stolen a video game cartridge.

Visitor gets taken, but no ride

An individual visiting in the United States claims Denmark as his homeland. The visitor was driving a rented automobile while here. On the day after New Year, some unknown suspect(s) broke the driver's side window, entered, and vandalized the automobile. The victim is returning home this week, thus the police report is probably for information purposes only. Whether the victim's attitude toward the United States has changed was not noted in the log.

Dog bites

A complainant received a dog bite at the top of the right thigh. Five stitches were required to close the wound. After being contacted, the dog's owner agreed to pay all expenses related to treating the bite. The owner also agreed to keep the animal under observational quarantine for a period of ten days.

Unknown vandals strike

A complainant reported that an unknown suspect(s) broke out a window at the Pacific Grove High School with a thrown rock. The window was in the library. School administration is reviewing security's video tapes to see if a vandal can be identified.

Cat's owner disputed

One of the neighbors was away since Thanksgiving, and during that time the other neighbor claimed making a trip to the mall. While at the mall, the second neighbor said that they had discovered a stray cat which they brought home to feed. Deciding to keep the cat, this neighbor alleges having the animal brought up to date on shots and chipped. When the first neighbors returned, however, the cat was claimed as belonging to them. The question now is how to determine who really owns the cat.

Band needs practice

A complainant telephoned the PGPD and stated that loud music was coming from somewhere in the neighborhood. The officer who was dispatched to the scene found a group gathered inside a garage. The group's leader stated that a musical band had been formed, and, being beginners, they needed to practice. The leader apologized and agreed to be more aware of volume and the hours that the band practiced.

Must have been high

An officer on patrol spotted a female who seemed to be in distress. The young woman was crying and screaming. After approaching the female, the officer discovered that the young lady was in possession of marijuana, methamphetamine, and a glass pipe. The subject may have really been in distress after she was arrested, booked, and transported to Monterey County Jail.

May have stolen mail

A subject was contacted by a PGPD officer while walking on Montecito. He appeared to be disoriented and under the influence of drugs. The subject was in possession of mail which was not addressed to him. The mail was confiscated for possible return to the proper owner(s).

Criminal acts are prosecuted

A complainant stepped into the lobby of the PGPD station's lobby to advise about harassing phone calls. One, which originated with his girl friend's brother, was described as threatening in nature. He had a taped copy of the threatening call, which he played. The caller pertained to a problem of lumber purchased from the girl friend's family, and said that if it was not returned he planned to take certain, described action. An officer contacted the caller and advised him that future calls could result in criminal prosecution.

Car is struck

A Honda was traveling south on Forest Avenue when the driver decided to change lanes. During the maneuver, the Honda struck another vehicle, a Vespa. Neither driver complained of being injured. Both vehicles received damages.

Loses prescription drugs

A complainant reported that her prescription medication has been stolen. The medications taken were 10 mg pills of Ambien, 8 mg pills of suboxone, and 250 mg pills of Nuvigil.

Death on shoreline under investigation

Hikers on the Rec Trail called police early on the morning of Jan. 6 to report finding a body at the shoreline. Police responding found the body of Eileen Knox, 48, of Pacific Grove.

She was dressed in street clothes, Pacific Grove Police advise that an autopsy was performed on Jan. 6, as is customary for unattended deaths, and that the results were to be released shortly. Injuries were probably consistent with a fall.

"No foul play is suspected, but we are in the process of continuing an investigation," said PG Police Chief Darius Engles. Officers have spoken with family and friends. Anyone with information is urged to call the police department at 831-648-3143.



December's Winter Concert

Held at the Performing Arts Center, the Winter Concert of Pacific Grove High School orchestra and band showcased the talent of student performers with seasonal melodies that delighted the audience.

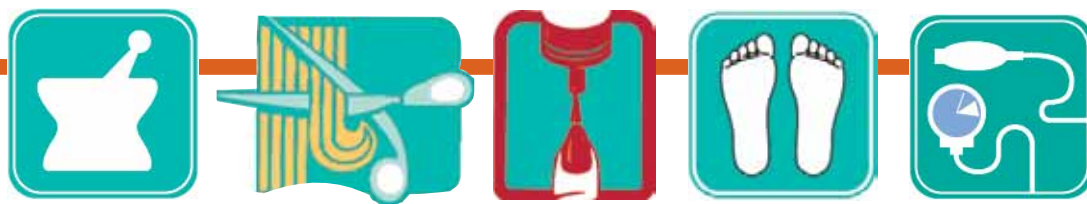
Behind conductor David Hoffman, left to right: Enoch Matsumura, clarinet; Farris Serio, clarinet (partially hidden); Elizabeth Ojugo, flute; John Choi, baritone saxophone (2nd row); Jenna Hively, flute, Jeannie Kwon, piccolo and flute.



Clockwise from above: Alec Guertin, flugelhorn (soloist as well); Hye Jeong Jeon, flute; Grace Lee, violin; Ji Eun Kim, cello; David Oh, violin.

Photos by Nate Phillips





new you in 2010

On keeping New Year's Resolutions

Rhonda M. Farrah, M.A.

Wellness Empowerment

"When nothing seems to help, I look at a stonemason hammering away at his rock, perhaps 100 times without as much as a crack showing in it. Yet, at the 101st blow it will split in two, and I know it was not that last blow that did it, but all that had gone before."
-Jacob A. Riis

Resolutions...
That's what New Years are for...new beginnings, of course!
"This is the year that I'm going to get in shape, shed those bad habits, eat right, etc..."
By January 31st, sometimes sooner, what has usually occurred?
Back to the old ways, and complete withdrawal of those wonderful New Year's Resolutions.
Resolution...To resolve...is defined by Webster's as: *To form a purpose; to make a decision; especially, to determine after reflection; as, to resolve on a better course of life.*
Yes, to resolve is to form a Purpose. To achieve something as part of a larger plan...where keeping in mind the "Big Picture" is essential and crucial.

You must continually ask yourself why you're doing this thing. You need to know why you are giving up the chocolate and junk food, why you are starting a realistic exercise program, why you refuse to procrastinate any longer when it comes to being as healthy, fit and trim as you can be.

Yes, yes, and yes, it all goes back to Purpose! And no Purpose means no resolve; and where a BIG Purpose facilitates staying the course! Why would you put forth any effort if there were no physical, emotional and spiritual benefits along the way and at the end of the process of Purpose? You wouldn't.

Hence, so many New Year's resolutions are cast aside, broken, forgotten into the nether world and underground.

Time to try something NEW! In fact, not just new, but NOW!...regarding our health and wellness goals; and everything in between, for that matter. Let's practice something that works. Let's focus on what's truly in it for you.

You must have reasons to persevere. Reasons to keep your eye on the benefits...and they must be good; they must be meaningful to you.

What are the emotional benefits? Any? Write them down. How will you feel when you reach your goal; as well as all along the way as you progress? Visualize it often.

This is crucial in maintaining your resolve. How will your relationships be affected when you reach your goal? Visualize it.

Would anyone else like to see you succeed? How would it benefit them? Would you like that?

Any physical benefits associated with you keeping your resolve? Less pain? More energy and vitality? A smaller size on the new you? Really, how would you feel?

Write down all the benefits, even if it takes you days or weeks to think of all of them. Carry the list with you and read it often...every day!

Understand that this very kind of resolve, habit-, skill-generating activity can effect every single part of your life...NOW and forever.

Not to mention... but I will... it will assist you in developing your character-that description of a person's attributes, traits and abilities.

So, just don't read this and forget about it...for this is a formula for life success! It is more than simply an idea that can only affect a small and inconsequential area of your life THIS IS HUGE!

If you can stick to even one important resolution or goal, from start to completion, because of constantly keeping your focus on the benefits, then your personal attributes, traits and abilities will grow in direct proportion to your level of commitment to keep those benefits directly in front of you.

You can DO IT! Let this year be your best year ever

Congratulations to the new and improved you!
Have a sparkling and blessed New Year!

**Change your thoughts...Change your day...
Change your life...NOW!**

Rhonda M. Farrah M.A. is an author, speaker, and professional Wellness Empowerment Coach. You can contact her at thewellnessinstitute@comcast.net.

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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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Big Sur Marathon sold out in record time

The Big Sur International Marathon has sold out its entries for the April 2010 marathon event, with additional distance events nearing capacity as well, according to Julie Armstrong, the event's publicist.

"This is the earliest we've sold out in the past several years," stated race director Wally Kastner, attributing the rise in early interest to two recent accolades published in Runner's World Magazine. In December, the Big Sur International Marathon was named as one of the country's top three marathons, and in January Big Sur topped the list of "Best Destination" marathons.

A few select spots are currently open to runners whose increased entry fee benefits the Big Sur Marathon's youth fitness program JUST RUN®. Registration for the JUST RUN® charity bibs and the additional distance events — the 21, 10.6 and 9 Milers, marathon relay and 5K — is available at www.bsim.org. All events share a portion of the scenic marathon course.

The popular race has drawn runners from 26 countries and 49 states. Fifty-eight percent of Big Sur Marathoners hail from California.

The 25th Presentation will feature new elements including the Boston 2 Big Sur Challenge for runners participating in both marathons only six days apart, whimsical new mile markers created by muralist John Cerney, an inaugural post-race party, a commemorative poster and art show, and new greening initiatives to qualify the Big Sur Marathon for certification from the Council for Responsible Sport.

For more information, contact info@bsim.org or 831-625-6226.

Better late than never



A beautiful, hand-painted street number sign now adorns City Hall. The sign was originally proposed by Susan Goldbeck a few years ago, and its completion was pressed by current Mayor Carmelita Garcia.



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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.

Promising season for PG wrestlers

By Cameron Douglas

Wrestlers from Pacific Grove High School are in what could well be a most successful season. Led by varsity tournament winner Max Lohr, the PG wrestling squad looks very skilled and quite strong. "It's a good group," says assistant coach Bill Grant. How good? "We'll find out Thursday," Grant said, referring to the team's first dual meet of the season on January 7 at PG against Gonzales.

Make no mistake: This is a rough sport. At practice, coaches keep a good supply of tape, bandages and other supplies handy. The kit sees plenty of use as bumped noses and strained fingers need attention. The coaches — Travis Selfridge, Bill Grant, Josh Downing and David Moore — are all accomplished wrestlers with a big bag of tricks between them. Watching the drills and hearing the keen instruction given, one thought comes to mind: *the other guys are in for a hard time.*

Max

The 6'4", 275-pound senior shows up for wrestling tournaments wearing the same expression that he might have when entering a classroom. While his opponents snarl, grimace and growl, Max takes it all in stride, calmly surveying his surroundings. "Max is pretty confident in himself," says Grant. "He says it all on the mat." When the match starts, Max switches on like an alley cat. He hunkers down, looks for an opening and attacks with startling speed. It's over quickly, many times in the first round.

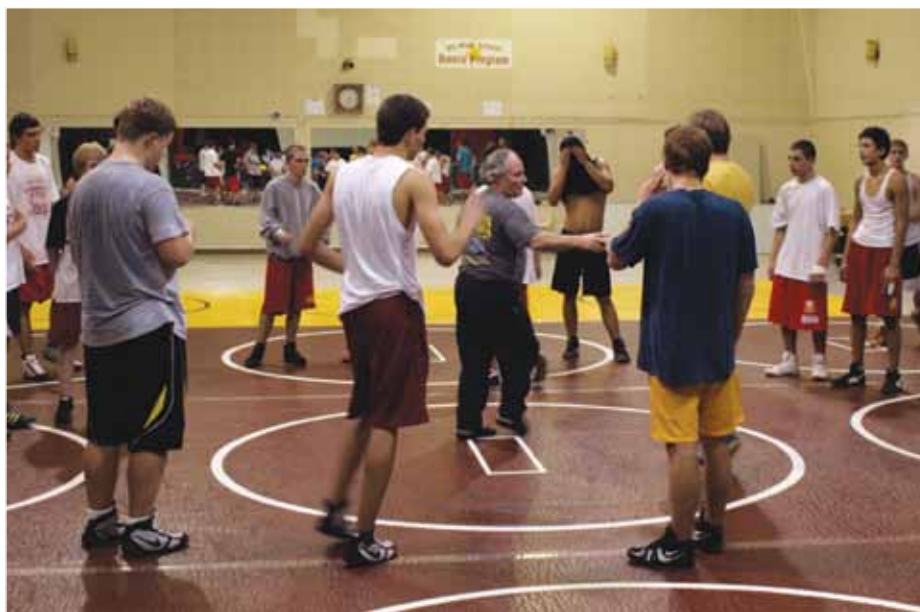
That surprising speed and skill have led Max Lohr to first place in both of his varsity tournaments so far this season. As a wrestler, there have been many firsts for Max, who took up the sport as a freshman four years ago. He went to his first state finals as a sophomore. He is also an All-League football player, and keeps a 3.0 GPA with an interest in business.

Teammate and sparring partner James Karasek sums it up. When asked if it's a workout to practice with Max, James answers, "definitely." He takes a breather to nurse a tired shoulder while Josh Downing steps in and flings Max around a few times.

The drills are as much about mental process as they are about physical movement. Head coach Selfridge calls repeated time-outs to demonstrate different attacks and counterattacks, all the while outlining the choices and decisions that click through a wrestler's mind within fractions of a second.

The coaches fan out in quadrants, watching very closely for the slightest flaw in technique that could result in injury or defeat. Hard rock music from *Journey* and other bands plays during the drills, and it seems to be very effective. These guys are into it: they're fired up.

Win, lose or draw, the Gonzales wrestlers have their work cut out for them.



Above: Assistant coach Bill Grant explains a technique

Right: Assistant coach Bill Grant

Right, below (L-R): Josh Downing, Max Lohr and James Karasek discuss a takedown.

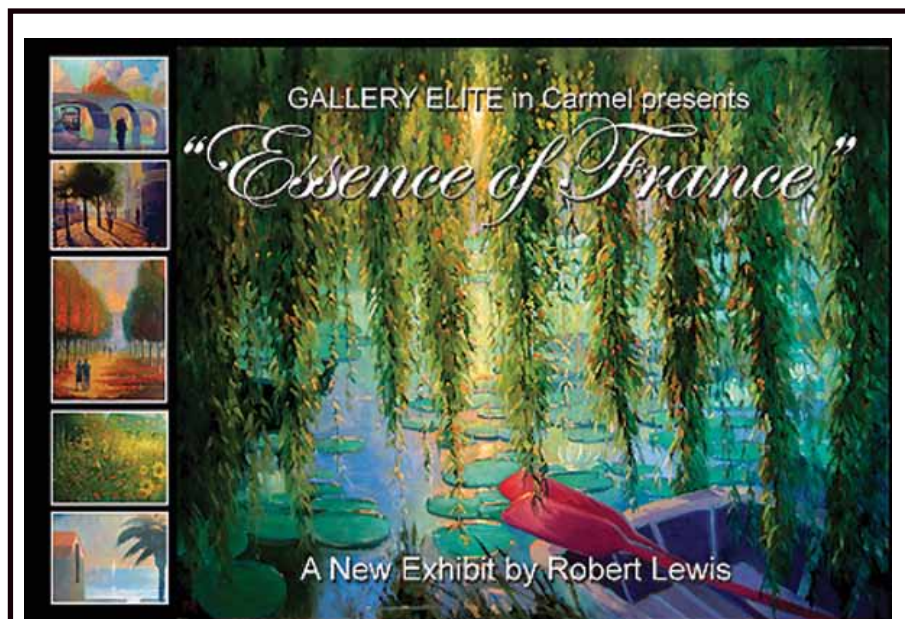
Bottom: Head coach Travis Selfridge demonstrates a proper counterattack.



Photos by Cameron Douglas

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Upcoming Exhibits

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

Ongoing

Artisana Gallery

As Within, So Without: Feng Shui and the Poetry of Intention

Photography of Sandy Yagyu, Poetry of Donna Wobber

Leave a wish at the wishing tree.

Artisana Gallery, 309 Forest Avenue, Pacific Grove, CA 93950, 831-655-9775 or artisanaonline.com

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 running until January 31.

The Works

“Double Vision”

Solo exhibit by Maria Poroy

667 Lighthouse Avenue, Pacific Grove

Opens November 30 and runs through January 11, 2010

Images of life on the Monterey Peninsula from two viewpoints: realistic and expressive realism.

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 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.

Friends of the Pacific Grove Library Annual Meeting

Sharon Randall

Guest Speaker, Popular Writer

Pacific Grove Museum of Natural History, 165 Forest Avenue

Saturday, January 16 at 2:30 pm



Get your free tickets at the library when it is open:

2:00 Ticket holders admitted. As space is limited, free tickets for early entry are available at the Library.

Tuesday: 11am-6pm
Wednesday: 11am-6pm
Friday: 12pm-5pm
Saturday: 12pm-5pm

2:15 Doors open to all.

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Reviewing My Reviews of 2009

Once a critic, always a critic...

I guess it is just the nature of the critic-beast within me to critique everything everywhere. My mother planted the critic-seed when I was but a wee lass sitting on a park bench watching people mill about. Mom-the-queen-of-critics, would say, "What do you think that person does?" or "Where do you think they are from, or better yet...use your imagination and tell me where you think they are going from here." Thus began the eagle-eye boot camp for future critics. Now, the critic in me is just an outta control monster that takes on a life of its own whenever I am in an establishment that feeds people.

As is common amongst my colleagues in this trade, I am also my very own worst critic. When I look back upon a years worth of restaurant reviews, it is impossible not to begin picking my opinions apart. I guess I just can't help myself. If there is a local support group for critics I need to join up. As I was glancing through the list of places I had visited on the behalf of the Cedar Street Times in 2009 I wondered if my inner critic was reliable.

Here's the list of my reviews from 2009: Fandango, International Cuisine, Rombis, Mundaka, Dametra Café, Dos Amigos, Zocalo, Dynasty and Mauricios. Did you make it to any of these spots in 2009? What were your thoughts? Were my assessments close to yours or way off the mark?

Here are a few excerpts from my reviews for you to compare your observations to:

Joe Rombi's La Mia Cucina

"I need to eat here more often. There is just nothing wrong with this culinary stalwart. The place is warm, inviting, colorful, comfortable and stylishly casual. Joe Rombi stands guard over his dining room like a proud parent nightly. Believe me; an owner who cares and is present makes a tremendous difference in your overall dining experience."

Mauricios

"Mauricio's menu presents a large, confusing array of choices. On my initial visit for breakfast, it took about 15 minutes

I. Ada Lott

Eating Out in PG

just to read through the titles of each dish. The lunch menu is equally, unfocused and staggeringly long to read (War and Peace comes to mind) with all of the standards you'd expect to find represented. The unusual stuff drew my eye- Salmon Burger (11.99) a Pot Roast Melt (10.49) and an old school throw-back "Monte Cristo Melt" (10.49). What could better than slow cooked pot roast on grilled sourdough bread with jack cheese, grilled onions and horseradish served with a choice of fries, soup, salad or fruit? Now, that's what I call a sandwich! Hot, juicy, gooey and filled with big flavors.

International Cuisine

What I'd Do Differently: "1. Ditch the name Chili Great Chili right away. It is weirdly misleading. I know it started out as a Chili Joint back in the 80's, but it doesn't make sense now. On that note, get rid of the red neon Chili Great Chili signage that dominates the center of the dining room wall.

The Nimri family should be congratulated for giving Pacific Grove a reasonably priced, family friendly restaurant that is well-run and dependable. I would compare International Cuisine to Rosine's in Monterey without the cakes or breakfast. You know what I mean...good, solid food with a wide range of appeal. Nothing super-duper snazzy about it, but they certainly know how to treat their customers like kings and queens and it has paid off for them. The place is full of customers who love this place and the place loves them in return."

Mundaka

"I was warmly greeted at the door and led to the table where my always prompt friend had been waiting for me for almost

15 minutes. She had not been offered a glass of water, wine or her traditional cup of coffee during her wait. In fact, no one had approached the table at all. First red flag...The third member of our party arrived ten minutes after me and we were still waiting for someone, just anyone to approach the table. No luck. Five more minutes passed before one of the three servers who had been walking back and forth in front of us for now 30 minutes stopped dead in his tracks, looked up at us and said, 'would you like to order something to start with? 'Ummm... good question, since we are sitting in an eating/drinking establishment. Uh, yeah... we would."

Dametra Café

"Why is Dametra Cafe so darned busy while you could drive a Greek Naval flotilla through so many other restaurants and not hit a single human? Their recipe for success is simple — good food, prices that hit today's recession related 'sweet spot', a wide selection of flavor profiles to chose from and two hosts that bounce around their dining room hugging, kissing and introducing themselves to absolutely everyone. Remember the way restaurateurs 'used to be' before they got all uppity and stopped treating their customers like honored guests back in the 'good old days'?"

Zocalo

"Try some of the more unusual offerings and you'll be blown away- Albondigas, Pozole, Lobster Tacos, or an appetizer plate of Butterly, Garlicky Camarones with a squish of lime, a side order of bubbly hot Queso Fundido studded with Chorizo, some steamy hot homemade flour tortillas and an icy cold Dos Equis are pure perfection."

Dos Amigos

"How Was It? : Hasty and Tasty. Thin cut seasoned steak served with two eggs that were properly prepared, with refried beans and warm tortillas. No need to eat lunch after a breakfast like that, so divide the 20.47 by two and call it breakfast/lunch combo.

What About The Service: Take the order, deliver the order, fill the coffee, drop the check on the table and see ya! No harm, no foul or perhaps...no charm, no soul? An exercise in minimalism."

Dynasty

"Service is polite, enthusiastic, knowledgeable and expedient. While that sounds 'as it should be', more often than not, service is the fly in the ointment in most establishments these days. Kudos to Dynasty's owners for having the question mark in the service equation solved early on. Keep up the great work. My lunch began with the same perfectly balanced hot & sour soup and was followed by the house specialty "Dynasty Chicken" (6.50). Now, when you stick your name on a dish, it had better be outstanding. Thankfully, it was! Diced chunks of chicken, were a little crispy on the outside and juicy on the inside, with a yin and yang of garlic and ginger flavors were served in what the menu called, 'a rich brown sauce'."

Fandango

"Overall, the food is reliable, predictable and consistent. Those are adjectives that I'd rather use in relation to an insurance agent or the family station wagon. Don't get me wrong, those are all good attributes for a restaurant to have. In fact, the lack of reliability, predictability and consistency is usually what causes the death of a restaurant. However, a little more culinary flare and imagination or perhaps, for lack of a better term, 'updating' is in order."

There you have it folks — 2009 in a nutshell. Some good, some great, some not-so-great. But...as I always say, "Follow your nose and your gut and decide for yourself. Eat often, eat well and support our local restaurants."

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The Green Way To Get Your Local News

Newspaper is, in its generic form, recycled. It is typically made up of the "dregs" of other types of paper manufacturing, which is why it's comparatively flimsy and not very white. In addition, newspaper itself is recyclable, helping to "close the loop" of manufacture, consumer use, and recycling.

We're please to report that Cedar Street Times is printed on 45% post-consumer recycled paper and only soy-based ink is used. We pick up the paper in a gas-saving vehicle and deliver it by hand and by mail as much as we can. But we know we can do more.

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The Green Page

Healthy water matters



By Cameron Douglas

Q: Why do they call it the “Health & Water Store?”

A: Because “Health, Water, Nutrition, Beauty, Books, Clothing and Music” couldn’t all fit on the sign.

Located in the Forest Hill Shopping Center, the Pacific Grove Health & Water Store opened for business in February of 2000. Since then, owners Gloria Chavez and Doug Hulstedt have built a diverse inventory of health and family-related items with a keen eye for products that are environmentally friendly. More than that, an awareness of new products and strong knowledge are always available to their customers.

Inside the cheerful storefront lies a treasure trove of goods aimed at a healthier planet and a healthier you. It’s easy to miss many of the goodies tucked away in this place if you only go in to fill your water bottles, but a little exploration reveals a wealth of items for sale at very reasonable prices.

Among those items are natural skin care goods, including the famous “Dr. Bronner’s Pure-Castile Soaps” and “Burt’s Bees” products. There are wide varieties of essential oils, and supplements in liquid, powder and pill forms. For your tummy, the Health & Water Store has Red Mill hot cereals; “Traditional Medicinal” and Yogi teas; pure Jersey milk, agave nectar, sea salt and quinoa — it’s all there. Another shelf holds natural, biodegradable cleaning products that contain no harsh chemicals or toxic fumes.

The family element is quite apparent. If your child is in need of diapers or jammies, you’ll find them at the Health & Water Store. Looking for some nice music or a good book to read? Stop on in. Want to wear a really comfortable shirt? They have them, made from organic cotton and dyed with natural clay.

Water your way

Of course, the water is important. Gloria and Doug insist that pure drinking water is essential to good health. No less than 13 faucets stand ready to dispense the purest water to be found in Pacific Grove, and possibly anywhere else. Gloria’s daughter Lisa explains: “We take municipal water and run it through reverse osmosis, ultraviolet light and carbon sediment filters both pre and post process. And that’s only part of it. It’s actually a 16-step process.”

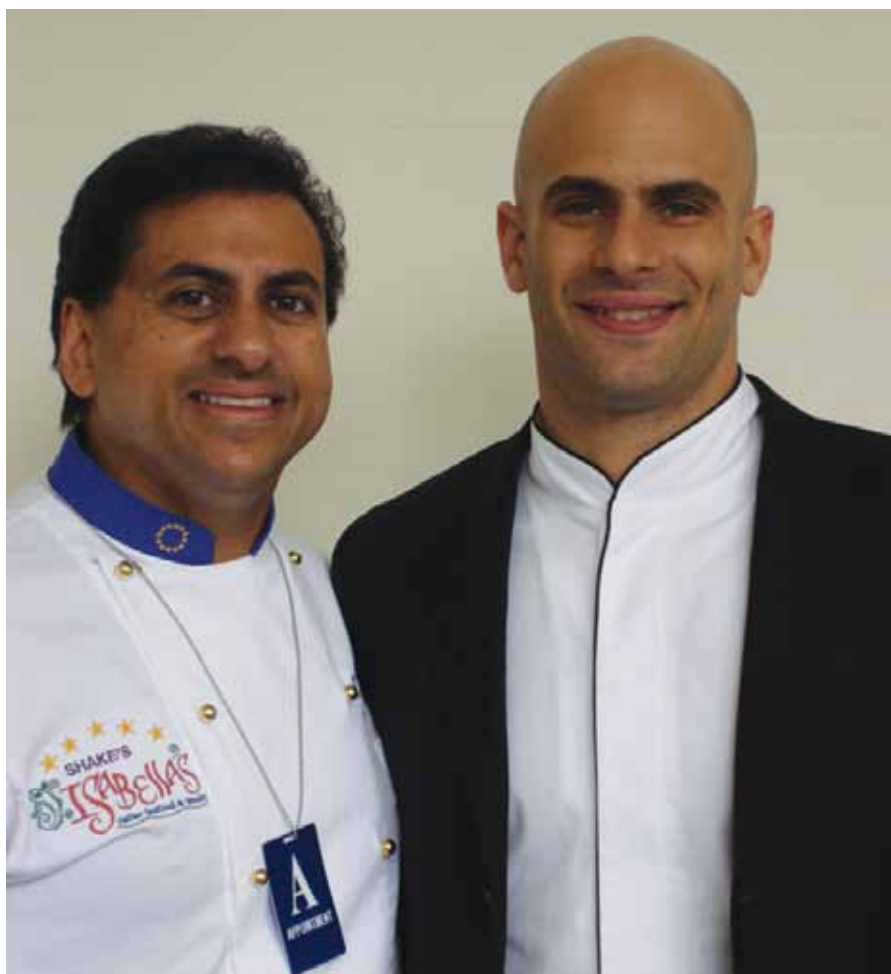
The purified water is offered in three forms: basic purified, ozonated, and alkaline water. The alkaline water is customized to suit the customers’ specific ph balance requests. To hold the water, you can choose from 1/2 gallon to 5 gallon bottles. Some of those bottles are glass; others are BPA-free plastic. By bottling this water and taking it home, people help to keep millions of single-use plastic water containers out of our oceans and landfills.

Those who have become accustomed to traveling out of Pacific Grove for health-related items and good drinking water could do well to spend more time at the Health & Water Store. Odds are, they will find everything they need right here close to home.



Above: Co-owner Doug Hulstedt demonstrates superb bottle-filling form.

Below: Gloria Chavez assists a customer in choosing a bottle stand. Photos by Cameron Douglas.



Mr. Shake goes to Washington

Taking the message of sustainable Monterey Bay seafood to the capitol

Lattitudes restaurant owner and celebrity chef Tene Shake recently had one of those “once in a lifetime” moments during a visit to Washington, DC. Shake was personally invited by Rep. Sam Farr, to discuss Monterey Bay sustainable seafood and organically grown produce. While there, Shake was also invited to tour the White House and meet with White House Chef Sam Kass.

“It was a great honor to be invited by Congressman Farr and experience lunch in the Congressional Dining Room” said Shake. “Just being in Washington D.C. at the request of our area’s legislative representative filled me with such patriotism. I was truly in awe of this great nation and so excited to be there representing our local area and speaking about my passion.”

Shake was given an insider’s tour of the Capitol.

Shake also toured the White House and met with White House Chef, Sam Kass and received “the experience of a lifetime” when he was invited to harvest produce from First Lady, Michelle Obama’s now-famous organic garden located on the grounds of the White House. “To meet with Congressman Farr was a wonderful experience, but when he arranged our White House visit, I turned to my wife Tracy and just smiled. It was truly a memory, I will not soon forget,” said Shake.

Shake and Kass discussed the need for the inclusion of sustainable seafood and organic produce in the diets of children across America. “Chef Kass and his entire staff were so warm and welcoming, they truly made us feel at home. I was able to pass along the Monterey Bay Aquarium’s Seafood Watch List and we had a great discussion regarding our local Monterey Bay offerings.” said Shake. “This was a once in a lifetime opportunity and I am thankful that I was able to bring a little of the Monterey Peninsula to our nation’s capitol.”

Pacific Grove restaurateur Tene Shake, left, with White House Chef Sam Kass on Shake’s recent trip to Washington, DC

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