

Positively Sundrenched & Soul-Filled – The Third Annual Santa Cruz Mountain Sol Festival



From left: Edward Sharpe, George Clinton

An interview by Julie Horner with Stephen Wyman

JH: This has become a major outdoor festival for the area so how did you get into it?

SW: Ironically. I've been volunteering with Redwood Mountain Faire since its rebirth at Roaring Camp. And as one the owners of the Boulder Creek Brewery, I was interested in producing events that would help drive our business forward. And in broader terms, events that would help bring economic vitality to our community. Fill restaurants, fill motels, hire local folks, local food vendors, and provide artists with an outlet.

JH: How are you able to attract such amazing performers to the event?

SW: Michael Horne is the genius of the business partnership. He's been a Santa Cruz promoter for over 30 years and has presented more than 3,000 shows! It is very complicated to put great lineups together, so it's his years of relationships with musicians and agents.

JH: You've got Edward Sharpe, George Clinton, and Sheila E at the top of a really impressive lineup of artists.

SW: We have certain artists whom we truly admire and hope to bring to the Santa Cruz Mountains, artists that we and our community have a connection to. We try to bring a blend of classic and new artists. We consider the venue and our neighbors. Although we can't make everyone happy, we try to be considerate.

JH: Name some of the acts that you're especially excited to have on board this year.

SW: That's a loaded question, because every artist we book is a favorite for one reason or another. This year we were inspired by the loss of Prince. We talked lots about the influence he had on music and culture. And we also dug deeper in our discussions like who influenced Prince and how he was so into the 1970's Bay Area music scene. He came to SF in 1978 to record in the studio used by

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Road Construction Near Boulder Creek Elementary

by Rachel Wooster

The first day of school is August 22 and the County of Santa Cruz Department of Public Works was hoping to have construction finished at Boulder Creek Elementary on Laurel Street and Harmon Street before school started. Unfortunately that is not going to happen and the construction project they are currently working on is not estimated to be finished until September 19.

Even though work will be continuing, the road can still be driven on. Construction work will be between 9:00 am and 2:30 pm to allow for student drop-off and pick-up, with adjustments for half days and other events.

This project has been in the planning phases since at least 2006. When it is finished there will be sidewalks along the south side of Harmon Street with a crosswalk to Laurel Street. There will also be sidewalks and a new retaining

wall for the north portion of Harmon Street past Laurel Street and on the west length of Laurel Street from Harmon Street to W. Lomond Street. They are also adding 18 new diagonal parking spaces and improved drainage throughout the project. The street will still be one-way, but the increased parking and the addition of sidewalks and crosswalks will make it a much safer experience for those being dropped off and those walking to school. Crews have been diligently working since shortly after school ended in June and are hoping to get as much done as possible by the first day of school.



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Jay Baker's Last Call

by Lisa Robinson

The San Lorenzo Valley lost a community superstar on July 20, 2016 when Jay Baker, resident of Boulder Creek for almost 60 years, passed away. In the Valley, Jay was a builder - not just physical structures - but of relationships, organizations, and community.

Jay, a native of Minnesota, moved from Redwood City to a rustic cabin in the Valley with his wife Mabel in 1957. The cabin they called home was Jay's life's work. With his hands and his heart he turned that cabin into their dream home.

Jay purchased the Boulder Creek Hardware Store in 1963, which he and Mabel ran for 10 years. He quickly became involved in the business community and in 1966 became president of the Boulder Creek-Brookdale Businessmen's Association. In 1969, he served on the committee that planted trees as part of a project to beautify Central Avenue.

In 1969, he served on the board of directors for the San Lorenzo Valley County Water District and became a volunteer firefighter with the Boulder Creek Fire Department; a relationship that was to last 47 years. Jay served as Fire Commissioner from 1989 to 2012.

Doug and Ann Marie Conrad remember vividly the interview Jay gave them when they applied to take over the hardware store business in 2001. "He wanted to make sure we were qualified to run the business," recalls Doug. When Doug's dad's health began to fail and Doug could no longer turn to him for advice, he turned to Jay. "Jay became a father figure to us - our mentor, much more than a landlord."

Jay loved to bowl and shortly after he arrived in the Valley he began bowling in the Merchants League at the Funland Bowl in Boulder Creek and later at the Felton Bowl. He was a long time member of the Sons in Retirement, Twin Valley Branch 36, and served as their Bowling Chairman for many years.



He joined the Boulder Creek Historical Society board of directors in 1999 and served as president from 2000 to 2006 during which time Jay oversaw the opening of the San Lorenzo Valley Museum in its current location; the construction of the annex that houses the Museum offices and collection; and put in place policies to ensure the financial stability of the organization. He also hauled trash, landscaped, and opened the Museum to visitors, along with Mabel, as a Museum docent. "He would do anything that needed to be done," recounts executive director, Lynda Philips. The wonderful mural depicting historic scenes of the San Lorenzo Valley flume and the Boulder Creek railroad yard on the side of the Boulder Creek Hardware Store was commissioned by Jay for the Historical Society and painted by muralist John Ton.

In 2003, Jay was honored by the Valley Women's Club with the Hammer-Marcum Award for his services to the community.

On Saturday July 30, Scoppazi's Restaurant and Lounge, one of Jay's favorite places, was packed with family and friends who gathered to celebrate Jay's life. The Boulder Creek Fire Department paid a fitting tribute to Jay with a procession of engines, the last adorned with black mourning drapes. Three blasts of the station's siren signaled Jay's last call.

Boulder Creek Gets a New Postmaster

by Rachel Wooster

Doug Marshall was Boulder Creek's Postmaster for eight years and recently retired at age 60. Danita Carrillo-Zolck was sworn in as the new Postmaster of Boulder Creek by Rick Keppeler, Manager of Post Office Operations, during a lovely ceremony on Friday, August 5, at 11:30 am.

Danita has a long history of service to the Post Office. She started her postal career as a City Letter Carrier in 1985 in Fremont. Then she started working as a Supervisor in Walnut Creek, Santa Cruz, and finally became Officer-in-Charge at the Boulder Creek Post Office before she was promoted to Postmaster.



Boulder Creek's Postmasters date back to 1872 when the first, Joseph W. Perry, was sworn in. The post office currently has 13 employees who process and deliver 10,000-plus pieces of mail daily to five rural routes, which includes 4,034 addresses and 2,058 P.O. boxes.

Danita lives in Santa Cruz with her significant other, Joel Siewell, and she has a 20-year old son, Johannes Zolck. "Becoming Postmaster gives me the opportunity to connect people in my community as we have connected the nation for over 240 years," said Carrillo-Zolck. "My goals are as follows: Maintain a safe and productive work environment, treat everyone with civility, and serve our customers."

- SCM Bulletin Staff -

Publisher - Wendy Sigmund - Mountain Publishing, LLC

Managing Editors - Bree Karpavage & Julie Horner

Editor - Julie Horner

Advertising & Layout Design - Bree Karpavage

Contributors - Marnie Defosset, Lisa Robinson, Mahlah Karpavage, Mr. Astrology, Julie Horner, Wendy Sigmund, Rachel Wooster, Brandon Parker, Pam Nectar Gharibians, Chris Finnie, Marcey Klein

Guest Contributors - Jim Coffis

Staff Photographer - Steve Kuehl

Header Artist - Ebin Lee

The Santa Cruz Mountain Bulletin

P.O. Box 1662

Boulder Creek, CA 95006

831-246-0926 | scmbulletin@gmail.com

www.mountainbulletin.com

www.facebook.com/santacruzmountainbulletin

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Bus Service Cuts, Final Schedule

by Rachel Wooster

The final schedule of bus services was approved by the Santa Cruz Metro's Board on June 24th and Friday, August 5th the details of the schedule were made available to the public via their website. The summary of changes will be printed in Headway Bus Riders' Guide September 1st, but we have the nitty gritty for you now. These changes go into effect September 8.

Route 30 discontinued (Scotts Valley).

Route 33 unchanged (Felton, Lompico, and Zayante).

Route 34 unchanged (south Felton).

Route 35 & 35A reduced in frequency (San Lorenzo Valley). The bus will run every 90 minutes after 6:30 pm weekdays and after 7:30 pm weekends. All morning "School Term Only" trips are discontinued.

Afternoon "School Term Only" trips departing from Felton Fair at 2:20 pm and 2:50 pm will serve up Highway 9 to Sylvan Avenue. A second trip leaving at 2:50 pm will depart from Felton Fair and serve up Highway 9 and Big Basin Way up to China Grade Road.

Service north of the Mountain Store on Highway 9 discontinued (previously went to Sylvan Avenue on Highway 9).

Service north of Boulder Creek Country Club on Highway 236 discontinued (previously went to Big Basin State Park on Highway 236).

Service on Bear Creek discontinued.

Route 40 reduced to two morning trips weekdays and no weekend service (Davenport). This is changed from an original proposal to allow two morning trips and inclusion of Route 41 and 42.

Route 41 reduced to two morning trips weekdays and no weekend service (Bonny Doon). This route was originally going to be discontinued.

Route 42 reduced to 3 afternoon trips weekdays and 2 trips weekends (Bonny Doon / Davenport). This route was originally going to be discontinued.

This represents major cuts in bus service over what we had in the spring and last school year. The public's feedback did make some major impacts on what was originally proposed. For route 35 and 35A we were able to save three afternoon "School Term Only" trips, one up to China Grade Road on Big Basin Way and two up to Sylvan on Highway 9. These are the only three trips that go that far, all others end at the Country Club on Big Basin Way and the Mountain Store on Highway 9.

Your feedback also gave service back to Bonny Doon to cover the morning commute and school routes with Route 41 starting at Santa Cruz Metro at 5:50 am and 8:00 am, with stops at Santa Cruz High School, Bay Drive at High, Pine Flat at Empire Grade, and Bonny Doon Road at Pine Flat Road. The morning commute for Davenport is covered by Route 40. The afternoon commute for Bonny Doon and Davenport is covered by Route 42 and includes three trips to Bonny Doon Elementary, Pacific Elementary, and Santa Cruz High School. It also includes one trip in the morning and one trip in the afternoon on weekends.

Santa Cruz County to Launch Cannabis Registration Program

by Jim Coffis

Santa Cruz County officials are expected, within days, to begin accepting registrations from eligible parties interested in seeking a local license to grow medical cannabis for sale. The online registration process could roll out as early as August 11th, sources say. A 90-day registration window for eligible existing cultivators is among the provisions in the proposed new ordinance, which the Board of Supervisors approved in concept.

While the proposed new ordinance has not yet been passed by the BOS, the County is moving ahead with the program in an effort to identify those growers who "intend to seek a local license" when they become available (probably in the Spring or Summer of 2017). The information gathered will also be used as a "baseline" for evaluating the environmental impact of the new ordinance.

The new proposed ordinance has language that gives licensing priority to growers who were operating before December 2013. Current language in the ordinance requires those eligible to register so that they will be eligible for licensing in the future. There are some exceptions for persons who are involved non-cannabis commercial agriculture.

The language is being reviewed by various County commissions and is expected to return to the Board sometime in September.

A Licensing Official, who will have broad discretion in approving or denying registrants, is expected to be hired soon as well. Over 100 applications for that \$140,000 position have been screened and final interviews are being scheduled.

The process, as explained, will require prospective registrants to create an online "account" with basic identifying information. Various forms will need to be downloaded and completed, then uploaded to the system. It is anticipated that the entire process will require some time to complete and therefore only the initial account setup will be required to be completed in the 90-day window.

A site visit from yet-to-be-hired code enforcement officials will be part of the process. A non-refundable fee of \$3,500 will be collected.

The County plans to offer workshops and other technical assistance. Local cannabis advocacy groups are also planning on providing help once they see the forms and review the various information the County will require.

Priority for review and acceptance of registration will be based upon how complete the registration is and not the date when the account was initially created.

As more information becomes available it will be shared on a County website as well as SCM2.net, and you can email jcoffis@gmail.com.

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Valley Business

Healing for the Human Tribe – Boulder Creek Welcomes SLV Alano Club

by Julie Horner

The south end of Boulder Creek's main drag is humming with life again as SLV Alano Club fills the empty space left by Video 9. It was a pleasant surprise to enter the familiar premises to find comfortable sofas, a big screen TV with folks gathered round to watch a DVD, and tables of community members busily collaborating. The atmosphere was convivial, casual, and welcoming to a stranger blowing in off the street.

Co-owner Rickey E rose from the conversation to greet me, offering a warm, well calloused working man's hand. He gave me the tour, peering into the meeting room in the back where rows of sofas and chairs were arranged facing forward awaiting meeting night when people from all walks of life come to lay down their burdens and hear much needed words of encouragement. He pointed to snacks, water, and sodas in a refrigerated case and a plate of donuts on the counter, all of which, he explained, are gratis to anyone who has come to the center for support and needs something to tide them over. Donations are accepted but they cannot charge for the refreshments.

He invited me to Google "Alano Club" and continued with his own description: "Alano is a worldwide chain of centers for helping folks become clean and sober – we facilitate a space for Alcoholics Anonymous (A.A.) 12-step recovery meetings." These centers are privately owned businesses that supply a safe, clean place to recover along with the fellowship of supporters who are also in recovery. "We will not turn away anyone who is hungry or needy," he said.

"In this room we have people who have been sober anywhere from 6 months to 30 years; it's a diverse group. We have plenty of sofas, plenty of room, plenty of people to help and who are willing to share their experience with people who need help."

Along with fellow business owners, Joe E and Indrich M, and staff members, Carl S and Charles W, who welcome visitors on the day to day (the tradition in recovery communities is not to use last names), SLV Alano Club hosts 17 A.A. meetings a month and an "anything goes" group of Narcotics Anonymous (N.A.) that meets twice a month.

Rickey says they've been up and running for about two months now. "We're modeling our startup after all the others, and there are literally thousands of them worldwide, even in Eastern Europe," he said. With a donated pool table that the teens mostly use when their folks are in meetings, and free Wi-Fi for anyone who needs to be connected, they're planning to make the new location permanent as soon as they get confirmation from the building owner. For now, it's month-to-month, and they have a backup location chosen in Felton just in case. But he has a good feeling about Boulder Creek and is sure, "It's up and onward from here!"

"Alano Club operates as a full committee of community members that helps guide the ship... it's set up to be a group effort." The main takeaway for people who are new: "We're here to be of service to help people become and stay sober."

The greater community of neighbors helping neighbors includes SLV Museum, which has opened up their grounds to the group for horseshoe tournaments, block parties, and parking, and Boulder Creek United Methodist Church, which hosts A.A. and Al-Anon meetings.

Alcoholism and substance abuse can affect anyone, regardless of economic or social status and SLV Alano Club has an open-door policy. Rickey says, "There are a lot of folks in need in the area - anyone trying to stay clean and sober is welcome."

While much of the efforts focus on serving portions of the community who cannot pay for help, they do take donations, and in fact, memberships are necessary to help keep the doors open. The cost of a membership at SLV Alano Club is \$200 a year and companies and individuals who step up to sponsor Alano programs are recognized on Alano Club's vast online network.

SLV Alano Club is kid- and good dog-friendly. "Our doors are always open - from 8:00 am to 9:00 pm - come on in and say hello. Any time."

12550 Central Ave, Boulder Creek, CA
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Alano Clubs: <http://alanoclubs.org/>

Don't miss the fundraiser flea market at SLV Alano Club Saturday/Sunday August 27 & 28. Booth space still available.



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SAN LORENZO VALLEY LEADERSHIP ACADEMY

SLV Leadership Academy Grows Into its Second Year Now Accepting Kindergarteners and Transitional Kindergarten

by Mike Herzog and Mikey Henderson

The 2016/17 school year is coming up fast and the SLV Leadership Academy is getting ready for a new addition to their After School Leadership Program. They are now accepting Kindergarteners and TKs to their already established 1st-through-5th program. The Academy features an integrated Science, Technology, Engineering, Art, and Math (STEAM) enrichment curriculum along with a dynamic Fitness and Sports Training program.

Located at 6990 Highway 9, directly across the street from SLV High School, children are picked up at San Lorenzo Valley Elementary and escorted safely to the Leadership Academy Building. With hourly rates and sibling discount, the organization intends to make this program affordable for all families in the San Lorenzo Valley. All area students are encouraged to take part in the engaging activities, including students with the Homeschool Charter and all area public and private schools.

Co-owners Mikey Henderson and Mike Herzog are very excited about the new Kinder/TK program. They have brought together a strong staff and have been busy getting their two-story facility ready with a dedicated Kindergarten/TK room. With the additions of new specialty programs like Puppet Making and Storytelling, Magic Lessons, Animation and more, the SLV Leadership Academy looks forward to providing a greater range of learning and creative experiences for youth in SLV.

Mikey Henderson also teaches violin and ukulele lessons at the Academy. "We had an exciting first year which featured a couple of music recitals. It's so great to offer performance experience to young children. [The kids] worked really hard practicing, and each time they played to a full house!" He is looking forward to providing more music lessons next year for additional instruments like guitar and piano.

For further info about the SLV Leadership Academy visit their website www.slv-leadershipacademy.com or call 769-6877.



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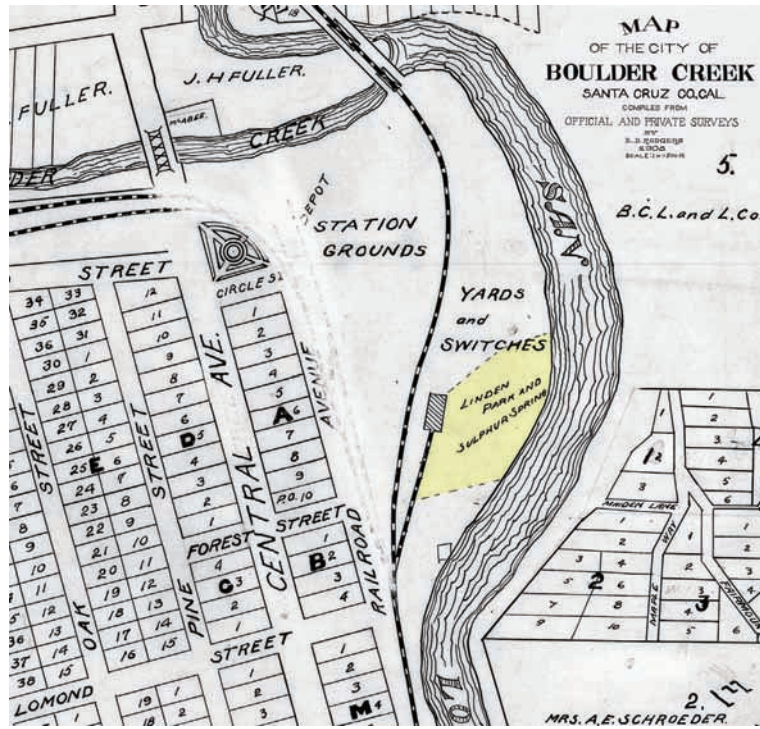
Linden Park

by Lisa Robinson

George Linden arrived in Boulder Creek around 1892. He secured employment with the Southern Pacific Railroad as a laborer. At the southeast end of the railroad yard, close to the round-house, the land sloped steeply to the river. It was a wilderness, overgrown with thick brush and covered with rocks. George asked the railroad if he could lease the land and build himself a small cottage – they agreed, since the land was useless to them.

George began to clear the land, build himself a cottage out of driftwood, and decorate it with natural elements he found on the property. Each day he toiled, before and after work, sometimes by moonlight. He laid out winding paths, built walls and terraces with the rocks, and planted flower beds. The rocks were carried up the steep incline on his back using a harness he had constructed.

Initially, George carried water for irrigation up the slope from the creek by balancing two kerosene cans on a pole, but the townspeople were so thankful for the park that they established a subscription fund to raise money to purchase material to pipe water for irrigation. Local businessman Henry Middleton, owner of the Boulder Creek Water Company, was so impressed with George's amateur gardening that he told George he was "welcome to all the water he could use." He built a fish pond, a throne, and picnic tables, and he fashioned arbors from driftwood on which roses and grapevines climbed. For the ladies who liked a cup of tea, he built a Dutch fireplace of boulders and mud with a chimney which was once a sewer pipe. A tea kettle hung from a crane. He propagated violets, yerba buena, blue flag flowers, fleur de lis, wild strawberries, pansies, and hearts ease. He planted a row of willows along the outer edge of the park with a row of roses at their feet. He created a dozen "leafy bowers" with benches and tables from driftwood.



Around his cottage he built a cinder track. Thirty laps was equivalent to the distance of one mile and one could "try your speed as a pedestrian." George "challenged the State for a walk in this track of ten to a hundred miles."

On Wednesday July 10, 1901, his body was found in the San Lorenzo River in Boulder Creek. He had succumbed to a heart attack. His funeral took place in the park he created; it was crowded with townsfolk. Samuel Rambo, David Moncrief, Thomas S. Cleland, John Glass, Thomas Maddock, and Daniel Hartman were the pallbearers, and Reverend Michael A. McKey of St. Michael's Catholic church officiated. A volunteer choir sang as George Linden was laid to rest at the foot of the four poplar trees, "planted by himself in the park, and which he had called his monument." His grave was covered with ferns and flowers.

But George Linden was not his real name. Four days after his death it was revealed that George was in fact William Scott. William had been a police officer and a champion long distance walker, winning the diamond belt in a six-day contest in San Francisco. Charles Hain, Henry Middleton's brother-in-law, had been a good friend of William Scott when he was in the police force. When visiting Boulder Creek, Charles chanced upon George, who requested that he keep secret the knowledge of his former life, to which Charles agreed.

Linden Park remained for many years under lease to the Boulder Creek Improvement Club. What little remains of it today is known as "Barbara Day Park."

This article is excerpted from the newly released Santa Cruz County History Journal *Do You Know My Name?* published by the Santa Cruz MAH. Read the full story to find out why William Scott changed his name and to discover more about the bizarre events that happened after his death.

Santa Cruz Mountains Local News Roundup

As a monthly publication we can't always report on breaking news in our print publication. However, with the internet we can report it online on our website and Facebook. Like us on Facebook, facebook.com/santacruzmountainbulletin and check out our website, www.mountainbulletin.com. Below are a few stories we covered on our website.

Woman Dies, Teen Injured Highway 9 – Saratoga, CA

August 3, 2016

An early morning solo vehicle accident killed a San Jose woman and left a pregnant 15-year-old critically injured. The male driver fled the scene but then turned himself in later in the day. He is facing multiple charges.

Man Dies, Woman Injured at Garden of Eden – Felton, CA

August 3, 2016

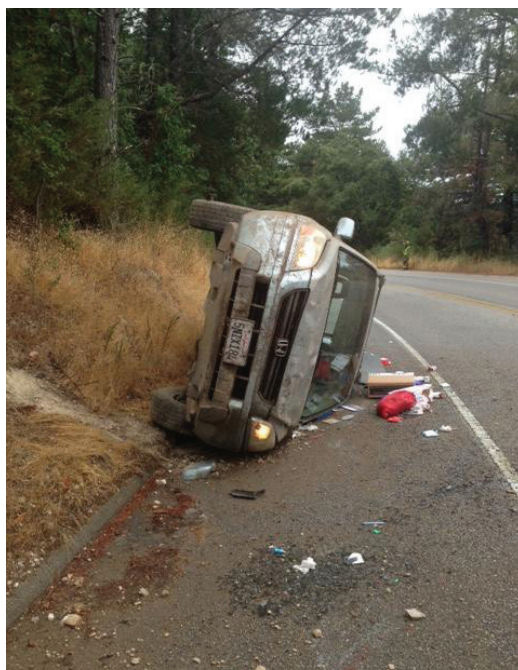
A 23-year old San Jose man jumped or fell while climbing rocks at Garden of Eden swimming hole on the San Lorenzo River in Henry Cowell Redwoods State Park and was pronounced dead at the scene. A 22-year old woman suffered a head injury at the same location on July 29. She was transported to a hospital by helicopter.

Rollover Vehicle Accident Bonny Doon Road – Santa Cruz Mountains, CA

August 5, 2016

A solo vehicle rollover accident was reported on Bonny Dood Road. The single female adult occupant is recovering.

Full stories online at www.mountainbulletin.com.



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Recent Fires and Fire Safety

by Rachel Wooster

As of Monday August 8th the Soberanes fire was 50% contained, with 60,900 acres burned and over 5,000 personnel actively aiding in suppression efforts. That fire was started by an illegal campfire in part of Garrapata State Park that was closed to the public. Our forest could just as easily be in this same situation. Recently we had the fire that destroyed the Trout Farm Inn on June 5, the Highway 17 fire on July 4, and a campfire in an illegal encampment above the Safeway in Felton on July 27. All were responded to quickly. The Highway 17 fire had more than 200 firefighters responding, and even after it was extinguished they stayed all night and into the morning hours to make sure it didn't come back to life. The current reality of the Soberanes fire shows us why firefighters hit the Highway 17 fire so hard and watched it so closely to make sure it was out.

The fire danger right now is high. We had an average year of rain, which is good, but now it is late summer and plants that were green in the spring are now brown. The grasses and underbrush grew like crazy and now are in the seeding cycle for the next year, making it easy for the wind to blow their seeds and disburse them for when the next rains come in the winter. This is a natural process which also unfortunately creates high fire danger because these plants are just kindling, and any fire that is started will spread quickly and grow fast.

Then we have the recent four-year drought, which has weakened many trees, making them susceptible to bark beetles and other harmful insects. It is estimated that California currently has 66 million dead trees, and because we all live in the forest, this impacts us greatly and is something everyone needs to be aware of. In October 2015 Governor Brown declared a state of emergency when the estimate of dead trees was 22 million, and asked for federal assistance. This created the Tree Mortality Task Force, which includes over 80 local, state, and federal agencies, as well as utility companies and others to coordinate in the removal of dead trees near highways, roads, and other major infrastructure. You can see it as you scan the mountainside or drive Highway 9. There is even a patch of dead trees near Ben Lomond Park downtown.

So what do you need to know to keep yourself and your property safe this year? Remember wildfires are just a spark away, don't cause that spark. Check out Santa Cruz Mountain Bulletin online for links to further information.

Be Aware of Your Surroundings: Don't throw lit cigarettes or butts on the ground or out your car window. When driving, don't pull over into dry brush or grasses. The heat from your car's exhaust system can start a fire.

Use Equipment Safely: To avoid sparking a wildfire: Mow before 10:00 am but never when it is windy or excessively dry. Use the correct equipment for the job. Lawn mowers are designed to mow lawns, not weeds or dry grass. Watch for rocks while mowing. Metal blades striking a rock can spark a fire. Note that in wildland areas, spark arresters are required on all portable gas powered equipment including tractors, chainsaws, weed-eaters, and mowers.


Remove Dead Trees and Brush from Your Property. Bark Beetles are an epidemic in California. They are most active in spring and summer, becoming dormant in fall and winter. Dead trees can be removed any time. Living trees should only be removed during fall and winter, so that the bark beetle population does not increase.

Zone 1 is your first defense zone and is 30 to 50 feet from all buildings, structures, and decks. Remove all dead plants, grass, weeds, and other vegetation. Remove dead or dry leaves and pine needles from your yard, gutters, and roof. Relocate any wood piles you have into Zone 2.

Zone 2 is 100 feet from all buildings, structures, and decks. Cut or mow annual grasses and vegetation to 4 inches or less. Remove fallen leaves, needles, twigs, bark, cones, and small branches. For the health of redwood root systems, leave 3 inches of material.

Campfire Safety: Never leave a fire unattended. Only burn firewood from the same county or region where it was cut. Bringing outside firewood can introduce pests to new locations, infecting more of our forest with bark beetles and other

Continued on page 13



Rendezvous In The Redwoods

Proceeds benefit the nonprofit San Lorenzo Valley Museum 831-338-8382

Sat., Sept. 24, 2016
4 – 8:30 p.m.
At Roaring Camp Railroad

- > Train Ride
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POLITICALLY SPEAKING

The 65-percent Democracy

by Chris Finnie

According to the New York Times, 88 million eligible adults do not vote. In this year's primary election in California, ballots were cast by about 43 percent of registered voters.

Santa Cruz County did a lot better than that, with a voter turnout of 64.93 percent. Part of that was probably because of the local funding measures for libraries and for Cabrillo College that were also on the ballot.

But that still means that almost 35 percent of eligible voters in Santa Cruz County didn't vote. I've heard some reasons why people don't vote. Fortunately, in Santa Cruz County, there are solutions for most of them.



It's a Personal Problem

People may have trouble getting to the polls on election day. Voting early at the County Clerk's office can take care of that. You can find out how at www.vote-scount.com. You can also sign up to be a permanent absentee voter and vote by mail.

One year I was phonebanking to get voters out for a special election. I talked to a woman who said they were repaving the only road out of her mobile home park and many of the senior residents couldn't get to the polling place. I called the county clerk and they sent an election worker out with ballots. They'll also do it for homebound voters who don't vote by mail. I doubt they can do it for too many voters. But, in an emergency, it's a great service!

My Vote Doesn't Matter

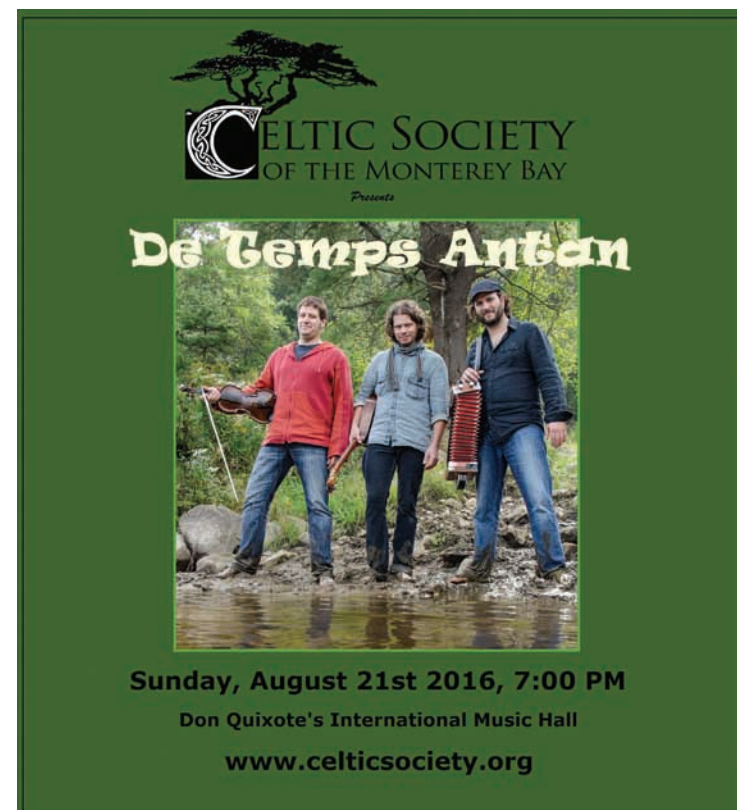
In the 2000 presidential election, the Florida vote was ultimately settled in favor of George W. Bush, by a margin of only 537 votes out of almost 6 million cast, when the U.S. Supreme Court, with its final ruling on Bush v. Gore, stopped a recount that had been proposed by the Florida Supreme Court. If that doesn't prove that even a small number of votes can make a big difference, I don't know what will.

I Don't Understand the Issues or Know all the Candidates

Here again, we're lucky. Both major political parties have active organizations in our county. The local committees sponsor candidate forums to endorse local candidates and list state and federal endorsements of candidates. Local political clubs often have similar candidate forums. You can find out when and where at www.cruzdemocrats.org or www.santacruzrepublicans.com. The Valley Womens Club of San Lorenzo Valley (<http://valleywomensclub.com>) often sponsors a local forum. And the League of Women Voters (<http://www.lwvsc.org>) covers county-wide issues and candidates. For online information on county and statewide ballot issues, visit: https://ballotpedia.org/Santa_Cruz_County_California_ballot_measures

Generations of people fought to win the right to vote. Please use it. Remember, we are the "people" in "we the people."

OPINION



CELTIC SOCIETY OF THE MONTEREY BAY
Presents
De Temps Antan

Sunday, August 21st 2016, 7:00 PM
Don Quixote's International Music Hall
www.celticsociety.org

SCM COMMUNITY CALENDAR

August/September 2016

For more events and expanded information on events listed go to our Community Calendar online mountainbulletin.com/events/

Thursday, August 11 - Sunday August 14

Good Old Fashioned Bluegrass Festival

12:00 pm – 5:00 pm | 23rd annual weekend of fun, friends, music, camping, jamming, open mics, and more! San Benito County Historical Park (next to Bolado Park) | 8300 Airline Highway, Tres Pinos | facebook.com/the.ncbs

Friday, August 12

Trout Farm Family Fundraiser II

8:00 pm – 11:00 pm | Come out and enjoy an evening of awesome music, friends and dancing to support the McGuires who lost everything in the recent fire at the Trout Farm Inn | Don Quixote's International Music Hall | 6275 Highway 9, Felton | facebook.com/events/499576320239653

Saturday, August 13

Boulder Creek Flea Market & Concert

8:30 am – 2:30 pm | Check out the flea market, find new treasures, and stay for live music. Space rental is \$15 | Junction Park | (831) 338-4144 | BCRPD.org
Mystic Saturday Hecate Talisman Magick
12:30 pm – 2:30 pm | Each participant will chose their specific focus for the talisman and create a glyph or sigil containing that focus. | \$25 workshop fee | Air & Fire | (831) 338-7567

Boulder Creek Fire Department Summer BBQ & Dance-

4:00 pm – 11:00 pm | Come out and support our wonderful volunteer fire department. Have a BBQ dinner, dance, live music, and activities for the kids. | Boulder Creek Fire Hall | (831) 338-7222 | BCFD.com

Santa Cruz Starlight Evening Train

8:00 pm | Train depart from and return to the Boardwalk in Santa Cruz for a leisurely two-hour round-trip along the San Lorenzo River Gorge and Henry Cowell Redwoods State Park. www.roaring-camp.com/events

Sunday, August 14

Tasting Under the Redwoods

12:00 pm – 5:00 pm | Sold Out in 2015! Second annual food and wine tasting featuring “bites” and “sips” from local restaurants, wineries and breweries. Enjoy live music by Soul Doubt, a silent auction, and more surprises! And parking is free! | \$75 | Roaring Camp

Wednesday, August 17

Parenting Workshop ~ Raising Confident,

Competent Children - 6:00 pm – 8:00 pm | Covers social and emotional skills that children need in order to thrive at home, in school and throughout life. | Free including childcare | Mountain Community Resources in Felton | (831) 335-6600 ext 6608

Saturday, August 20

Scotts Valley Art, Wine, & Beer Festival

10:00 am - 6:00 pm | Over 90 artists, 7 local wineries, award-winning microbreweries, new and unique food vendors, renowned local musical headliners, and a Kid's Fun Zone. | Skypark in Scotts Valley | SVArtFest.com

Sunday, August 21

Race Thru the Redwoods

8:00 am – 11:00 am | The race is run entirely in Henry Cowell Redwoods State Park in Felton. There is a 2.5 and 3.5 mile run for adults and a 1 mile run for kids, rise in elevation is approximately 300 feet. |

Henry Cowell State Park | RaceThruTheRedwoods.com

How to Build the Tallest Tree

3:00 pm – 5:00 pm | San Lorenzo Valley Museum presents a discussion of Botanical Architecture with Zane Moore. | \$5 | Highlands Park Senior Center | (831) 338-8382

Monday, August 22

First Day of School

Friday, August 26

Mountain Community Theater “The Other Night”

8:00 pm | An original play written by local playwright Kathryn Chetkovich, and staged by Rita Wadsworth. | Park Hall in Ben Lomond | \$7 | OtherNight.brownpapertickets.com

Saturday, August 27

Mystic Saturday Moon Magic with Emelia

12:30 pm – 2:30 pm | Learn about charging and empowering objects, crafting moon waters and spell working in harmony with the moon. | \$25 workshop fee | Air & Fire | (831) 338-7567

Mountain Community Theater “The Other Night”

8:00 pm | An original play written by local playwright Kathryn Chetkovich, and staged by Rita Wadsworth. | Park Hall in Ben Lomond | \$7 | OtherNight.brownpapertickets.com

Sunday, August 28

Mountain Community Theater “The Other Night”

2:00 pm | An original play written by local playwright Kathryn Chetkovich, and staged by Rita Wadsworth. | Park Hall in Ben Lomond | \$7 | OtherNight.brownpapertickets.com

Friday, September 2

First Friday Art Walk Boulder Creek

6:00 pm – 9:00 pm | Local artists of all kinds display their work in downtown Boulder Creek shops. Light refreshments, libations. Free | facebook.com/FirstFridayArtWalBoulderCreek

First Friday Art Walk Felton

6:00 pm – 9:00 pm | A collection of centrally located shops in downtown Felton hosting vibrant local artists and craftspeople. Free | facebook.com/FirstFridayFelton

Saturday, September 3

Santa Cruz Mountain Art & Wine Festival

11:00 am – 6:00 pm | Enjoy an incredible musical lineup, amazing artists, great food, and delicious local beer and wine. Plus fun activities for all ages. | Garrahan Park in Boulder Creek | SCMountainFestival.com

Sunday, September 4

Santa Cruz Mountain Art & Wine Festival

11:00 am – 6:00 pm | Enjoy an incredible musical lineup, amazing artists, great food, and delicious local beer and wine. Plus fun activities for all ages. | Garrahan Park in Boulder Creek | SCMountainFestival.com

Wednesday, September 7

Natural Magick Course with J'te

7:00 pm – 9:00 pm | Introduction to Witchcraft, a seven session course. Wednesday evenings starting 9/7. Learn about history, ethics, 4 elements, tools, and more. | \$175 course fee | Air & Fire | (831) 338-7567

Saturday, September 10

Air & Fire's 13th Anniversary Celebration

6:00 pm | We are so grateful to all those who have

supported us over the past thirteen years... we are going to throw a party! Please join us in celebration of community. | Air & Fire | (831) 338-7567

Wednesday, Sept 14 – Sunday, Sept 18

Santa Cruz County Fair

An old-fashioned county fair with an amazing horse show, farm animals, and robots. Show off your best at the fair by entering your crafts, baked goods, jams, livestock, and more. See website for details. | County Fair Grounds, Hwy 152 Watsonville | SantaCruzCountyFair.com

Saturday, September 17

Santa Cruz Mountain Sol Festival

11:00 am – 7:00 pm | Two-day music festival in the beautiful Santa Cruz Mountains | Get your tickets before they sell out | SantaCruzMountainSol.com

Sunday, September 18

Santa Cruz Mountain Sol Festival

11:00 am – 7:00 pm | Final day of this music festival in the beautiful Santa Cruz Mountains | Get your tickets before they sell out | SantaCruzMountainSol.com

Saturday, September 24

Santa Cruz Mountains Harvest Festival

11:00 am – 6:30 pm | This event aims to help raise money for local nonprofits as well as contributing money towards other like-minded organizations & local companies. | Downtown Boulder Creek | scmharvest.com

Rendezvous in the Redwoods - 4:00 pm – 9:00 pm | A fun filled historic train ride, silent auction, and a delicious campfire BBQ dinner with wine, craft beer, and dessert tastings. Benefits the San Lorenzo Valley Museum and its programs. | \$60 | Roaring Camp | SLVmuseum.com | (831) 338-8382

Sunday, September 25

Meditation with the Redwoods ~ A Daylong Retreat

9:30 am – 3:30 pm | The Buddha repeatedly instructed his followers to go to the forest to meditate. That is what this daylong retreat is all about, meditating in a lovely natural amphitheater surrounded by redwoods. | Pre-registration required | carolvandenbos1@yahoo.com

1st Annual Mountain Bridal Fair

9:30 am - 4:30 pm | Come join us for wonderful day of sampling some of the best wedding related providers available in the redwoods. Gather ideas and gain insight into all of the possibilities available. | Boulder Creek Golf & Country Club | MountainBridalFair.com

Ongoing

Art Exhibit ~ My Name is Lily - August 2 - September 30, Tuesday - Saturday | BC Public Library

Jazzercise - 7 days a week

Monday – Sunday | 9:00 am – 10:00 am | BC Rec Center, Monday – Thursday | 6:00 pm – 7:00 pm | BC Rec Center. Hour long class combining dance, strength, stretching. Jazzercise.com | (831) 338-9716

BC Rec Center Open Gym Hours

Mondays, Tuesdays, Fridays | 1:00 pm – 3:00 pm, Wednesdays 12:00 pm – 1:30 pm, Thursdays | 11:30 am – 3:00 pm

Felton Farmers' Market

Tuesdays | 2:30 pm – 6:30 pm | Corner of Russell Ave and Hwy 9, Felton

Family Crafts at Felton Library

Tuesdays | 2:30 pm – 4:00 pm | 6299 Gushee St, Felton | (831) 427-7708

Mountain Spirit Writing Group

1st Wednesdays | 5:00 pm – 7:00 pm | 6299 Hwy 9, Felton | facebook.com/MountainSpiritFelton

Boulder Creek Business Association Meeting

1st Wednesday | 6:00 pm – 7:00 pm | IOOF building upstairs | BCBA.net

Boulder Creek Parks and Recreation Board Meeting

1st Wednesday | 7:00 pm – 9:00 pm | 13333 Middleton Ave (831) 338-4144 | BCRPD.org

Family Crafts at Boulder Creek Library

Thursdays | 3:00 pm – 4:30 pm | 13390 W Park Ave, Boulder Creek | (831) 427-7703

CERT Boulder Creek - 1st Thursday | 7:00 pm |

Learn to be prepared for any disaster. | Boulder Creek Fire House

Community Paint Night - 1st and 3rd Thursdays | 6:00 pm – 9:00 pm | Relax and be creative amongst friends. | Art Lab, 13124 Hwy 9, Boulder Creek

SLV Water District Board Meeting

1st and 3rd Thursdays | 7:00 pm | 13057 Hwy 9, Boulder Creek

SLV Caregivers Support Group

2nd and 4th Thursdays | 2:00 pm – 3:00 pm | Highlands Park Senior Center

Traditional Irish Jam Session

3rd Thursdays | 7:00 pm – 10:00 pm | Rosie McCann's 1220 Pacific Ave, Santa Cruz facebook.com/SantaCruzTradIrishSeisuiun

Scotts Valley Farmers' Market

Saturdays | 9:00am – 1:00 pm | 360 Kings Village Road, Scotts Valley

Sound Meditation Hosted by Bruce Manaka

1st Sunday | 10:30 am – 11:45 am | 6299 Hwy 9, Felton | facebook.com/MountainSpiritFelton

Note Changes: the Women's Support Groups is NO LONGER meeting. SLV Caregivers Support Group meets 2nd and 4th Thursdays

Mountain Spirit Workshops

6299 Hwy 9, Felton
831-335-7700

1st Sunday of the month Sound Healing Meditation with Bruce Manaka. 10:30-11:45 FREE

1st & 3rd Wednesdays, Mt. Spirit Writing Group. 5:00-7:00pm

Second Sunday of the Month: Mountain Spirit's Crafting Circle with Brandy Flores. Come be inspired Cost is \$10. 4:00-6:00pm

August 21- Sitting with the Unknown: An exploration of what is spirit filled collage with Vanessa Wehner Cost \$30 3 to 6pm

Sept. 18- Dowsing: The Intuition Technology with Petra Leible Cost \$25 3 to 6 pm

Sept. 30-Intro to Healing with Crystals with Dawn Silver. Explore the cosmic origins of crystal and their healing powers. \$40 7 to 9 pm

Oct. 1- Divining Through The Jewels of the Lotus Crystal Healing Oracle Cards with Dawn Silver. \$150 with Book 10:30 am to 6:30pm.

Oct. 2- Astrology Speak with Dawn Silver... Come learn the basic language of Astrology... leaving knowing how to read your chart and others. \$68 12:30 to 5:30pm

www.facebook.com/MountainSpiritFelton

August/Sept. Park Calendar

Big Basin Redwoods State Park

21600 Big Basin Way, Boulder Creek, CA 95006 (831) 338-8883 | parks.ca.gov/bigbasin/activities

Exploring Big Basin

Every Tuesday | 9:00 am Park Headquarters

Redwood Loop Walk

Every Saturday and Sunday | 11am & 2pm

Junior Rangers (for Kids 7-12)

Every Monday, Tuesday, Wednesday, Friday and Saturday ending August 26 | 3:00 pm – 4:00 pm Thursday | 10:00 am - 12:00 pm | Sunday | 11:00 am – 12:00 pm | Nature Lodge

Big Basin Nature Club (for Kids 3-6)

Every Monday, Tuesday, Wednesday, Friday and Saturday ending August 24 | 4:30 pm – 5:00 pm Thursday | 1:30 pm – 2:00 pm | Sunday | 10:00 am – 10:30 am | Nature Lodge

Evening Campfire Programs

Every Monday, Tuesday, Friday, Saturday and Sunday ending August 26 | 7:00 pm

Volunteer with the Trail Crew

2nd Saturday of each month | 9:00 am

The Road Less Traveled—A Dog-Friendly Walk

August 13, 14 | 10:00 am | Park Headquarters

Discover Big Basin Redwoods Hike

August 13,14, 27, 28 | 12:00 pm

Berry Creek Falls Hike

Sunday, August 14 | 9:30 am

Twilight Adventure

Wednesday, August 17 | 7:00 pm

Afternoon Apple Roasting

Thursday, August 18 | 3:30 pm - 4:30 pm

Coffee Talk and Crafts

Saturday, August 20 | 9:00 am – 12:00 pm

Outlook from Mt. McAbee

Saturday, August 20 | 11:00 am

Special Guest! Measuring Tall Trees

Saturday, August 20 | 12:30 pm

Special Guest! Dendrochronology - Ringing in Each New Year

Saturday, August 20 | 3:00 pm | Old Lodge

Wildflower Walk!

Sunday, August 21 | 10:00 am

Meteor Trail Hike

Monday, August 22 | 11:00 am

Sunday, August 28 | 10:30 am

Snakes Alive!

Saturday, August 27 | 12:00 pm – 3:00 pm

Henry Cowell Redwoods State Park

Day Use Area 101 N Big Trees Park Rd, Felton, CA 95018 | (831) 335-7077 | Facebook.com/HenryCowellRSP/

Star Stroll

Every Thursday | 8:45 pm – 9:45 pm

Guided Redwood Grove Walks

Every Saturday | 12:00 pm

Full Moon Madness

Friday, August 19 | 6:00 pm – 9:00 pm

Star Party

Saturday, September 3 | 6:00– 9:00pm

Ohlone Days

Saturday, September 10 | 10:00 am – 4:00 pm |

Campfire Center

Sunday, September 11 | 10:00 am – 4:00 pm | Campfire Center at 2591 Graham Hill Road

Detailed information can be found on our website, mountainbulletin.com

San Lorenzo Valley & Scotts Valley Meal and Food Programs (August 2016)

Tuesdays through Saturdays (also 4th Mondays). Valley Churches United, Food Pantry and Food Distribution programs. Tues-Thurs 9:00-11:45 and Saturday 10:00-11:45. 1st and 3rd Fridays 9:00-11:00 are for seniors only. USDA Distribution on 4th Monday 10:00-1:00. For SLV, Scotts Valley, and Bonny Doon residents. Ben Lomond, corner of Highway 9 across from Ben Lomond Market, 336-8258.

Tuesdays, noon. Felton Presbyterian Church, 6090 Highway 9, across from Rite-Aid, 335-6900. "Free Lunch Tuesday."

Tuesdays, 2:30-6:30, Felton Farmers' Market, Hwy 9 and Russell. Up to \$10 matched when customers use their CalFresh (EBT/SNAP) cards. The extra money must be used for fresh produce at the market.

Wednesdays, 12:00-2:00, San Agustin Catholic Church, 257 Glenwood Dr, Scotts Valley (next to the fire station), 438-3633. Food Distribution.

Thursdays, 10:00-2:30 (doors open 9:00-3:00). St. John's Catholic Church, down from Rite-Aid, Highway 9 and Russell, Felton. 335-4657. "Thursday Lunch."

Thursdays, 11:00-12:00. Mountain Community Resources (a Community Bridges program), 6134 Highway 9, across from Rite Aid, Felton. 335-6600. Food Distribution.

Thursdays, 5:00-6:30, St. Philip's Episcopal Church, 5271 Scotts Valley Drive, Scotts Valley. 438-4360. Food Distribution.

Fridays, 5:00-5:30 p.m. GateWay Bible Church, 5000 Granite Creek Road, Scotts Valley, CA 95066. 438-0646. "Fridays at Five" food distribution.

Sunday, August 21, 12:30-2:15. Redwood Christian Center, 6869 Highway 9, Felton (at Fall Creek Dr., near San Lorenzo Valley High School). 335-5307. Lunch.

Sunday, August 28, 2:00. SS Peter & Paul Orthodox Church, 9980 Highway 9, Ben Lomond, north of town, 336-2228. Dinner.

Meals on Wheels (a Community Bridges program), hot meals at dining centers in Ben Lomond (M-F, 336-5366) and Scotts Valley (Wednesdays, 438-8666). Reservation required, \$2.50 requested donation, for age 60+ (limited exceptions). Meals delivered if eligible, 454-3180.

Grey Bears Brown Bag Program, weekly bag of produce to be picked up in Ben Lomond, Felton, or Scotts Valley. Delivery available for homebound seniors. \$30 annual membership fee, for age 55+. www.greybears.org (479-1055).

Submit changes/Additions to slvsymeals@gmail.com

How to Turn Poo into Gold

by Brandon Parker and Steve Maurer

The greatest secret to your garden is hidden in your soil. Dirt determines if your tomatoes grow and your flowers bloom. In this article, Steve will show you how composting can be an art and a science.

I rolled up on Steve Maurer at Village Wash Community Garden to learn his tricks. He has been landscaping the Valley for 30+ years.

Steve's Three Secrets to Compost Gold

Secret 1: Collect three main materials:

1. Manure (living microbes)
 Felton Stables has manure for \$20 a truckload.
2. Dry lawn, oak leaves (carbon)
 Clean up lawn leavings from your friend's yard.
3. Green plant matter (nitrogen)
 Plant cuttings and kitchen scraps works great. No meat. No dairy.



Bonus: Steve adds coffee grounds from his local hang-outs, Boulder Creek Roasting Co. and Jenna Sue's Cafe.

Secret 2: Layer cake! 2-parts dry carbon, 2-parts green plants, and 1-part manure.

Steve animates as he crams 30 years of experience into a sentence: "Building your pile in layers with moisture is the key. We're making nutrients available through the conversion of food, so there is science to this. Layer your materials! Straw... water... greens...water... manure...water. Get those microbes active all over."

Secret 3: Keep it moist: Turn your pile.

Not too sloppy, not too dry. This helps the microbes thrive. Turn your pile often. This is just as it sounds. Grab a shovel and move. Shovel the top to the bottom until your pile is flipped. This is fun if you picture millions of magical microbes mixing and making perfect plant soil. When you flip your pile, you add air. Frequent flips are best!

Steve stays in super shape playing hacky sack and biking all around. Steve flips his pile weekly. Keep up if you can. I haven't flipped my pile for seven weeks... so take after Steve, not after me.

One Last Bonus Tip: The best place for your compost pile is in the shade of a deciduous Oak tree. These beauties provide an environment that compost loves. Soon your soil will be dark, rich, plant-food-gold. You'll be epic-organic and on your way to living a long, laughing life.

See Steve working his compost piles at Village Wash Community Garden. Or stop by and say "Hi" at Village Wash Laundromat.

Lovely day villagers.

Until next time,
 Brandon



Food 831

A Taste of the Santa Cruz Mountains

The Most Heavenly Breakfast is at Heavenly Roadside Café!!

by Pam Gharibians

In my 20s, going for breakfast was just what we did, all the time! If we made it ourselves, it was a grand effort. Tim's Yorkshire pudding was only surpassed by his hollandaise and I still hold a very high bar for the richest sauce there is.

I can honestly report, with Heaven as my witness, the hollandaise at the Heavenly Roadside Café is fantastic! It's buttery, tangy, fluffy, hot and there is ample! I had the Smoked Salmon Benny with Capers (hey, it's a tough job) and I now have a new favorite breakfast spot. The potatoes were expertly browned and crispy with a hint of rosemary. Misshapen handmade potato perfection.



The poached egg was like a runny jewel and the capers on top looked as good as they tasted. All the other dishes I saw looked equally excellent and I can't wait to go back. One house special is Breakfast Nachos - Mui Bueno! They have a jam selection that would make any mom happy. This is home cooking without the dishes.

This Heavenly Café offers a perfect selection of breakfast and lunch options. Savory, sweet, healthy and decadent. They also have a kids menu and crayons for kids of all ages. The dining room is clean, charming and bright. The spacious patio has a wraparound bench surrounded by trees, and it is well-behaved dog friendly. Harper, my furry breakfast buddy, and I were delighted to sit in such a pretty setting, sip hot coffee that kept reappearing in my mug, read the Santa Cruz Mountain Bulletin, and see Harper's eyes bulge out at her first bite of an English muffin soaked in Heavenly Hollandaise! Friendly patrons who had discovered this fantastic patio before me were welcoming and seemed very 'at home.' It is also a terrific place to go solo if you need a little quiet reading time over a fabulous breakfast.

If the Heavenly Café has not become part of your Santa Cruz Mountain rhythm, stop by on your beat and treat yourself to a generous, delightful breakfast outside or in at this charming setting. The cafe is between Scotts Valley and Felton on Mt Hermon Rd. On your own, after a hike, long ride, or a night of ales, or with your nephew before he leaves for college (snif) stop by Heavenly Café because it is just that. I think you will be glad to know a Heavenly Café breakfast or lunch is yet another blessing we can all enjoy here in the SC Mountains.

Open 7:30 am – 2:00 pm Daily
 1210 Mt Hermon Rd
 Scotts Valley, CA 95066

MOUNTAIN SPIRIT

Crystals & Minerals
 New & Used Books
 Beads, Statues, Cards
 Gemstone Jewelry
 Unique Gifts for Kids
 & Other Gifts of Nature

MONDAY-SATURDAY 10-7
 SUNDAY 10-6



6299 HIGHWAY 9
 FELTON, CA
 831.335.7700



Living Simply

Organizing Emails

If you cringe when you open your email, lose emails (along with opportunities), waste time searching through an inbox with hundreds of emails lingering, or avoid your email like the plague, then read on. While technology can be great, it can also feel overwhelming. Keeping your email organized by creating “healthy” systems will improve productivity, efficiency, and help keep you sane.

Look at emails the way you would papers in your office. They need to be sorted, acted on, shredded (deleted), or filed. If you have an email provider that allows you to sort your emails as they come in, take advantage. For instance, Gmail instantly sorts between Primary, Social, Promotions, and Spam. As these emails come in, delete any unwanted mail that you have no need to save before tackling what matters.

Create folders for any and all categories that you may need. For instance, I have a folder titled “Interior Design,” and I create sub folders to nest under that for each design client - “Interior Design: Jones.” When I have relevant email pertaining to my client Jones, I file that email in that folder. Other categories may be “Utilities,” “Travel,” “Coupons,” and “Kid’s School.” You get the idea! Treat these folders like a file cabinet.

Keep “action” items in the inbox as a way to remind yourself you need to take action on the contents of that email. Delete all mail you no longer need. Be realistic about what to keep, print, or delete. Make it a point to clear out these folders now and then again as info you have filed becomes irrelevant. For instance, it’s great to have your travel itinerary filed in “Travel,” but once the trip is done, go ahead and delete it.

Take the time to unsubscribe! This may feel like a never ending task, and it kind of is. However, if you unsubscribe to at least one unwanted email a day you will begin to see a difference in your quantity of new mail. You can also update email preferences to receive less emails from companies you still want reminders from or from social media sites.

Depending on the type of work you do or your lifestyle, you may also want to have two or more email addresses with different purposes. For instance, work email and personal email. In some ways more than one could be overwhelming, but at the same time it may help with staying organized and on task.

Perhaps you have an old email address that you would like to let go of but are worried you might miss something. I recommend going ahead with the process of redirecting/updating emails to your new address. Make note of all the companies, websites, and people who you want to have the new address. Add a “please update my contact info” to your signature or auto reply. Check the old mail now and then over the next few months. Update any accounts that you see are still sending emails to the old address. Eventually when you find you are deleting the entire inbox when you check that mail and then you’ll be ready to delete the whole account.

Email etiquette: A major complaint these days is that email/technology creates communication barriers even while increasing the ease of staying in contact. Remember to treat your email carefully. Many misunderstandings can come from hastily written email with the wrong tone ringing through to the recipient. Good grammar should not be left by the wayside either.

Beat the addiction! While some people avoid their email, others are obsessed with checking it dozens of times throughout the day. Yes it is great to stay on top of it, but also great to let go and unplug. Starting and ending the day by checking email does not typically set the tone for starting the day fresh or falling asleep peacefully without those last emails dancing in your head.

~ Mahlah Karpavage

Have a topic in mind that you would like me to write an article about? Send me an email at the address below with your topic request. I love hearing from my readers. www.designmebymahlah.com | designmebymahlah@gmail.com www.facebook.com/DesignMeByMahlah



Crochet Christmas Gifts
Make all sorts of lovely **handmade gifts** for friends and family. It’s easy and fun.

Wednesday night, **September 7-28**,
7:00 to 8:00

Art Lab, 13124 Highway 9, Boulder Creek
Cost: \$80.00
Register: **831-338-1706**

Health Tidbits

Coffee, Friend or Foe

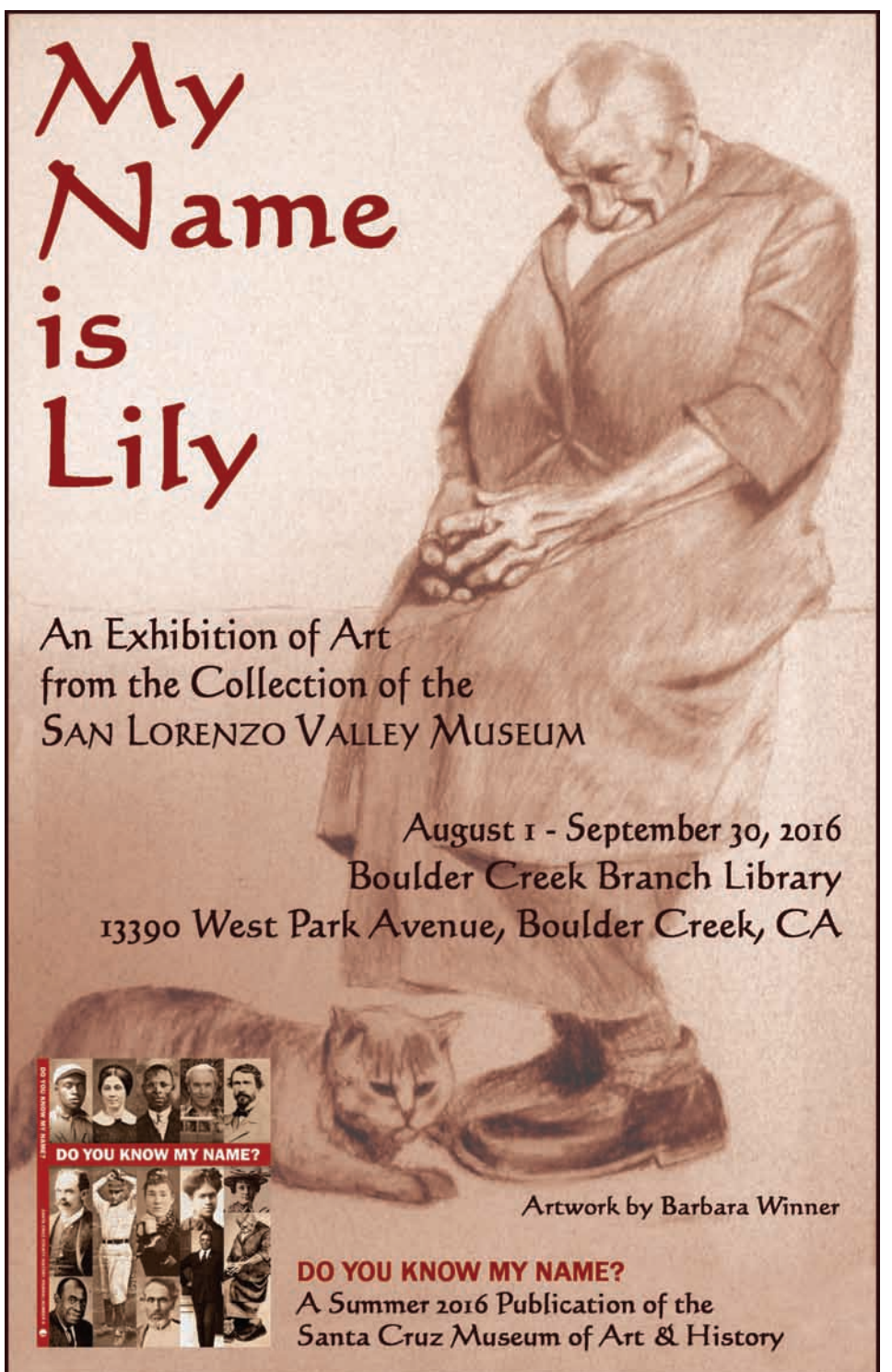
by Marcey Klein BS, CNC

New information about coffee has given many of us the green light to happily drink our morning cups confidently. High antioxidants, blood balancing effects, higher athletic performance, mental acuity, and liver detoxifying effects to name a few. However, we all metabolize coffee differently, especially women, and we all start to metabolize it differently as we age. It may not be the best choice for many of us, and our bodies can start to depend on the caffeine, causing our adrenals to become exhausted and our bodies to become depleted over time. The highly acid substance may also pull minerals from our bones, if we don’t have sufficient minerals in our blood to buffer the PH, leading to kidney stones and bone and cartilage loss.

A better and more balanced beverage of choice is the humble green tea. This beverage helps to balance our PH, contributes to better sleep - as it gives us the relaxing L-theanine amino acid - and it is a powerful anticancer beverage. The anticancer edge it has over coffee comes from the antioxidant, Epigallocatechin gallate (EGCG), known to protect us from breast cancer, prostate cancer, colon, liver, and lung cancer. Think China where the men drink several cups of green tea a day, smoke twice as much as Americans, and actually have fewer lung cancers. This protective antioxidant has also been shown to protect the neurons in our brain against Alzheimer’s, dementia, and Parkinson’s disease. Make sure to drink the green if you want the most out of this antioxidant, as the extra fermentation process to make the black tea lowers EGCG.

If you are worried about the caffeine in green tea, the first 2 minutes of stepping releases all the caffeine, the next few minutes of stepping releases the calming and balancing L-theanine and tannins that act on our gamma-Aminobutyric acid (GABA) neurotransmitter and increase our dopamine and alpha brain waves. Green tea does contain caffeine, but it is balanced out by the calming components it offers, unlike coffee, which is all stimulating. Coffee is all yang, while green tea is yang with a splash of yin to balance it.

So, get energized, nourished, and balanced with this underestimated beverage. There are a myriad of different types of green teas; you can check them all out at New Leaf and start steeping today!



My Name is Lily

An Exhibition of Art from the Collection of the **SAN LORENZO VALLEY MUSEUM**

August 1 - September 30, 2016
Boulder Creek Branch Library
13390 West Park Avenue, Boulder Creek, CA


Artwork by Barbara Winner


DO YOU KNOW MY NAME?
A Summer 2016 Publication of the Santa Cruz Museum of Art & History


Mr. Astrology -September 2016


Thursday, September 22, 2016 at 7:21 AM (PDT) is the fall equinox, also called the autumnal equinox. There are two equinoxes every year, in March and September, when the angle of the Earth's axis is oriented neither away from nor in the direction of the Sun. On this day the Sun's rays shine directly on the equator.


The autumnal equinox occurs when the Sun crosses over the celestial equator from north to south. At this time of the year, day and night hours are evenly balanced. It also signifies the first day of autumn, or fall (September 22-24), in the Gregorian calendar.


 **Leo July 22-Aug. 22** Your ruling planet the Sun squares off with assertive Mars on the 13th. Being patient and willing to compromise will be especially beneficial to your relationships during this aspect. On the 9th Jupiter energizes your 3rd house of communications. Your understanding increases and your ability to disseminate this received information progresses.


 **Virgo Aug. 23-Sept. 22** On the 12th your ruling planet Mercury squares off with warrior Mars. Haste makes waste! The Sun enters your 2nd house of resources on the 22nd. What gives you contentment, your sense of security, and what you attach importance to are emphasized during this period.


 **Libra Sept. 23-Oct. 22** Your ruling planet Venus is in a difficult alignment with Pluto on the 11th. You can progress beyond the strain by clearing up any relationship difficulties. On the 27th Mars enters your 4th house of home and family. Clearing up miscommunications with relatives seems to be important.


 **Scorpio Oct. 23-Nov. 22** On the 6th the Sun harmonizes with your ruling planet Pluto, endowing you with the ability to communicate the depths of your heart. The Moon lights up your 5th house of creativity on the 16th. You may require space to allow you to gain perspective on a current situation.


 **Sagittarius Nov. 23-Dec. 21** The Sun and your ruling planet Jupiter merge together as one on the 26th! You experience an upswing now as your faith in your own effectiveness grows! On the 30th the Moon enters your 11th house of community. This is a more outgoing transit of the Moon, rendering you more sympathetic to the feelings of others in your group.


 **Capricorn Dec. 22-Jan. 20** On the 7th Venus is in a helpful configuration with your ruling planet Saturn. Your energy and effort is rewarded. You can clearly communicate your ideas. Mars races into your 1st house of self on the 27th. You have the dynamism and vitality to bring your dreams into reality!

 **Aquarius Jan. 21-Feb. 19** Gracious Venus faces off with your ruling planet unique Uranus on the 18th. Intimacy issues could rise to the surface during this alignment. On the 16th the receptive Moon enters your 2nd house of resources, introducing a new phase in your financial life.


 **Pisces Feb. 20-March 20** On the 2nd the Sun faces off with your ruling planet Neptune. Vagueness and lack of focus characterize this transit. Jupiter moves into your 8th house of shared resources on the 9th. This points to a significant milestone in your love life. Let your hair down and banish your shyness on this powerful day!

 **Aries March 21-April 20** Your ruling planet Mars forms a beneficial configuration with Uranus on the 17th, giving you the ability to see your creative projects through to completion. On the 16th the Moon illuminates your 12th house of solitude. Take time for reflection. Solitude will help you release tension.

 **Taurus April 21-May 21** On the 19th your ruling planet Venus enters into a harmonious arrangement with warrior Mars. Taking the initiative in close personal interactions feels satisfying during this transit. The Moon lights up your 5th house of creativity on the 1st. People are likely to be drawn to you emotionally, and you are inclined to reciprocate the good feelings!

 **Gemini May 22-June 20** Your ruling planet Mercury teams up with Jupiter on the 2nd. The focus under this influence is favorable for spiritual

growth and expanding the frontiers of your consciousness! On the 23rd Venus enters your 6th house of health and service. You are popular and valued at work during this transit.

 **Cancer June 21-July 21** On the 16th your ruling planet the Moon lights up your 9th house of journeys and higher learning. Your needs under this influence revolve around growth and progress. Mars enters your 7th house of partnership on the 27th. You may require the assistance of another to help complete a task.

Equinox means equal day and night. At this time, the theme of balance is significant. The autumnal equinox signifies the abundance after the summer growing season. Reaping the harvest, gathering together and celebrating are the rewards for labor performed and time spent. This is an occasion to relax and to take pleasure from life at its most fruitful.

While the first day of spring signifies a time of rebirth, the first day of autumn indicates the reappearance of conditions that encourage slowing down, preservation, reflection, and preparation for the future. Have a great month, and always remember: Keep looking to the stars!

Tips for Teens

(And a little help for the rest of us!)

Tips for a Great Back to School Schedule!


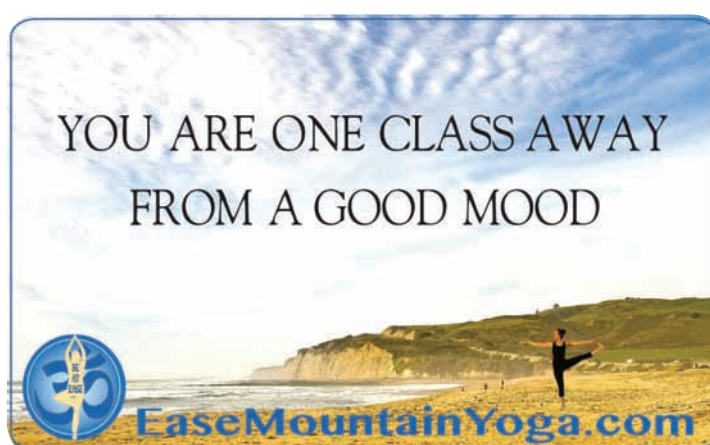
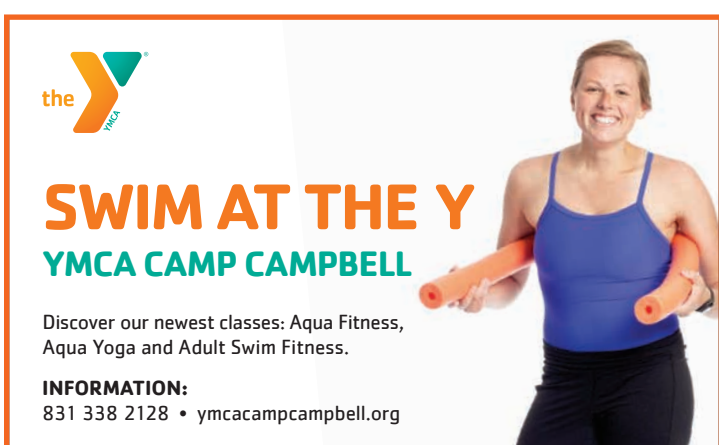
School is about to start up again. A lot of students I know will be going from Elementary to Middle school this year. A very big step with lots of new responsibilities.

1. Set up a weekly calendar system. It doesn't matter if it's paper or electronic. I prefer Google Calendar connected to my email account because I can access it from my phone. And I am NEVER without my phone (unless I misplace it.) The best layout I have found is the column system with the seven days of the week going across the top and the hours of the day going down the left side. This way you can block off chunks of time and see your whole week at a glance.
2. As soon as you get your class schedule, enter your class dates and times and block them off, especially if your schedule is different on different days of the week. (Hello 6th graders going into middle school!)
3. As soon as you get the syllabus for each class, enter the due dates for ALL the upcoming tests and assignments. When you have a big assignment that will take a few months, break it down into smaller chunks like research time, outline time, draft copy and final copy. Count backwards from the due date and schedule it in. I like to use the popup reminder feature, especially for things that I don't really want to do. I tend to conveniently "forget" about things and put them off. This helps remind me.
4. Are you in sports or drama or other extracurricular activities? Enter all your meeting times and any project due dates such as games, performances, school dances, etc.
5. Don't forget to block in your favorite TV shows and other relaxation time. This is important! We all like to play and have fun. Blocking in your favorite activities will help make sure you get to do them and will help you plan around them so you aren't scrambling at the last minute to type a paper.
6. Biggest tip that makes a HUGE difference: Start a new habit to review your calendar every Sunday night. What's coming up for the next week? The next month? What do you need to be on top of? I can't tell you how many crucial things that I would have forgotten about if I didn't check my schedule on a regular basis.

Ask your parents or other adults what their methods are. Keep searching until you find a good method that works for you.

Best wishes for a great and productive school year! Remember, tomorrow is the first day of the rest of your life!

Marnie Defosset
Experiential Life Coach
Certified NLP Practitioner
Marnie.scmbulletin@gmail.com



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FIRE SAFETY CONTINUED

diseases. Clear any dry leaves, needles, or other materials 5 to 10 feet from your authorized campfire location. Be sure to check above the campfire location as well. Only build a fire large enough for cooking and personal warmth. Keep a shovel and bucket of water nearby at all times. Make sure your fire is dead out. Use the "drown, stir, and feel" method. Drown the fire with water, then stir around the fire area with your shovel to wet any remaining embers and ashes. Then feel where the fire use to be with the back of your hand. Repeat if you feel any heat.

Prepare for Wildfires: You never know when fire is going to strike, so have all of the following ready year-round.

Being Prepared: Create a Wildfire Action Plan that includes evacuation plans for your home, family, and pets. Create or restock your Emergency Supply Kit for each person in your household, including pets. Have a Family Communication Plan that includes important evacuation and contact information. Our Emergency Phone Numbers list (available online) with all your family members' cell phone numbers and other important information is a good start.

Evacuation Guide: Evacuate when you are told, don't wait. Everything is replaceable except you, your family, and your pets. Review and check-off your Evacuation Plan Checklist. Put your Emergency Supply Kit in your vehicle. Locate your pets and take them with you.

SOL FESTIVAL CONTINUED

Santana and other Bay Area greats. Sheila E's dad, Pete Escovedo, was playing in Santana's band at the time. So this led us to invite Sheila E. and Katdelic and to ask George Clinton & Parliament Funkadelic. George Clinton is an icon and we feel the chance to share is now - George Clinton turned 75 this year!

JH: I would imagine the variety of music will appeal to all age groups. What have you got for the younger scene?

SW: On Saturday we have Edward Sharpe and the Magnetic Zeros. They headlined Coachella this year and had a sold out show this spring at the Greek theater in Berkeley. They should bring some concert goers to Felton who haven't visited our valley before. And I think folks my age will have a treat in discovering this kind of artist.

JH: It must be an enormous task transforming a quiet mountain meadow into an outdoor good-love-and-vibrations festival space.

SW: Aside from the monetary considerations, there are so many details to contend with. Routing, logistics, travel, backline, staging, etc. Multiply this by every artist timeslot over the course of the weekend and you start to get an idea of the juggling job that is required.

JH: How does the venue at Roaring Camp suit the event, do people just love it?

SW: We love Roaring Camp. It's an amazing space. There is the beautiful meadow, parking, and some infrastructure. Attendees having been glowing about the festival. We have 4.9 stars out of 5. We're working on the missing fraction! Roaring Camp and its director have been supportive: Roaring Camp is keenly interested in supporting economic vitality in the valley.

JH: More people than ever seem to be falling in love with summer festivals and I hear Mountain Sol is attracting more peeps! You guys must be feeling pretty stoked!

SW: We are steadily growing. It's our third year. That's like Wednesday in the festival business. We're trying hard to get to the weekend.

JH: What makes the Sol Fest so wonderful?

SW: Our event is a boutique festival. It's small compared to most music festivals. It's intimate. Everyone is close to the stage. Festival goers feel a direct connection to the artists and to their community. You're not looking at a giant live video screen. You are there and in it.

JH: So this festival is all ages and locally do-able.

SW: Named by many of our fans as "the hometown throw down," it's more like a community party. We see our neighbors and friends there. People are generally kind and thoughtful - watching out for each other. We attract a wide range of guests: Local families, couples, and college-age young adults.

JH: What can festival goers expect from this year's festival as far as good vibes, food, and things to purchase?

SW: In addition to our amazing artist lineup, there will be local food vendors, artists, a kid's area, and of course train rides!

JH: What would you advise people to bring with them?

SW: Bring a hat, refillable water bottles (free filtered water is available), ear plugs for the kids if you're bringing young children, a designated driver...NO drinking and driving! No, no, no! Low back folding chairs and blankets are allowed but please no dogs and no bad attitudes. DO bring smiles, an open heart, and dancing shoes!

JH: I was at last year's festival and had such a relaxing, boogie-filled uplifting time! What makes you the happiest about putting on the Sol Fest?

SW: When folks in the community stop me to tell me what wonderful time they had!

Santa Cruz Mountain Sol Festival
September 17-18, 2016
Roaring Camp Meadows. Felton, California 95018

On Facebook: www.facebook.com/scmsfest
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Art & Music

A look at the local art scene in SLV

The Leftovers – Hashtag: Feelgoodmusic

Another glorious hot summer day under a bright blue sky, bare feet stompin' in the cool grass of a mountain meadow. A sea of sun-browned revelers sway as a human tide among blankets colorfully unfurled. Music festival season is in full swing and on stage: The Leftovers, 'sick' locally grown Santa Cruz Mountains reggae.

It's a groove that gets right into your bones. The bass thick and heavy, with steady snare, powerful skank, and the distinctly playful 'rap rap rap rap' of the timbale. Everyone's moving, bobbing to the rhythm and somehow you know every little thing is gonna be alright.

Guitar player/vocalist, Sean Conner, told me, "We did the Hop N Barley Festival this year – I love day gigs – it's a totally different vibe. We play the bars, attract the nighttime partiers. But in the day you get to jam out a little more, interact with the crowd – it's a different feeling."

Based in the Santa Cruz Mountains, Sean said, "Some of us went to school together at SLVHS. Back then Sean played in a metal band with drummer, Travis Salangsang. Now as The Leftovers they have gigs just about every weekend, sometimes twice a week. "The music, it's so much fun – that's what started it for us – we didn't even think of a band." Then someone said, "Why aren't you guys playing out?" So they decided to give it a shot. "We all just love playing music so much."

"We've been around for about four years now," Sean said. He and Joey Storm (guitar/vocals) are the originating members, and they recently added Travis and Andrew Zook (bass), David Churchill (keyboards/vocals), Greg Del Bene (Percussion), and Vince D'Andrea (saxophone/vocal). "Sometimes we have girls singing with us (Taylor Rae and Sydney Gorham), but this is the core."

Sean said they started off definitely reggae-rock. "Now we're a lot harder to describe. If I had to pick a genre, I'd say reggae, but at the shows we're all over the place. One minute we're playing roots reggae, next we're doing hip hop reggae." They've started calling it "mountain reggae." It's simply "The Leftovers sound."

"We do about half and half, originals and covers that we rotate through. We totally collaborate on new material." Sometimes they draw inspiration from shows they go to. He cites Raging Fire as an influence when he saw them at the Catalyst, and after seeing Boostive at Bocce's Cellar, Sean said "We got back from that show and were just feeling it. We were supposed to be practicing and we wound up just jamming out." They came up with a trippy instrumental with an eerie groove that they named "Frankenstein." In the key of F, of course.

The Leftovers have played just about every music venue in Santa Cruz County including Zelda's (one of Sean's favorites), Moe's Alley (always a great spot), the Crow's Nest, Felton Trout Farm, Henfling's, Don Quixote's, and outdoors at Junction Park and the Santa Cruz Mountains Art, Music and Wine Festival, among others. And Joey and Sean do an acoustic guitar set every other Tuesday night at Pono Bar and Grill in Santa Cruz. "It's sort of a residency there." "We've done well in Santa Cruz...the music is so popular...people seem to want us back."



The shows are really well attended. "Zelda's manager was blown away. First he was shocked, 'Wow, you guys brought so many people!'" Sean admits, "It was so packed it was crazy...you couldn't even walk around. You had to dance - dance where you were standing!" So the manager invited them to play regularly once a month. It's been so packed that now the manager wants them twice a month. "Bar sales were through the roof...he was pumped, we were pumped!" People seem to be seeking the necessary nourishment of positivity...and a guaranteed great time out on the town.

With a stage show that includes their own disco ball and laser light experience, Sean says "It's been getting better and better, there's such good energy."

With day jobs and a blazing performance schedule, they're also somehow finding time to commit their sound to on-demand media. "We're really pushing on recording." They did a self-produced 5-song EP but they really want to get a full length professional album made. They're working on new material with Henry Chadwick at Indigital studios in Santa Cruz. "We grew up with him so we're already super connected – it's really easy to work with him, he's a super awesome guy and a talented musician in his own band. He has a lot of good ideas - it's good to have an outside voice who's been there and done it."

The Leftovers radiate vibrance and positivity like a breath of fresh air. "We just love the music. If you give someone positive energy, they will give it back - it's in our nature. That's our goal with our music is to share the love, that's what it's all about."

Get a taste of The Leftovers at the Scotts Valley Art and Wine Festival on August 21, at the Santa Cruz Mountains Harvest Festival in Boulder Creek on September 24, and at venues throughout Santa Cruz.

The Leftovers Cali roots reggae: #feelgoodmusic | facebook.com/Theleftoversca

SCM CONCERT CALENDAR

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Friday, August 19 @ 8:00 pm

***Red Lite Lit Presents – Nick Jaina and David Williams**

Saturday, August 20 @ 8:00 pm

***Chris Doud + Tom VandenAvond**
Saturday, September 17 @ 8:00 pm

***The True West**

Friday, September 23 @ 8:00 pm

Joe's Bar

13118 Highway 9, Boulder Creek
www.joesbc.com/events.html

Pro Jam - Thursday, August 11 @ 7:00 pm

Brave Mystic - Friday, August 12 @ 8:30 pm

Vito & Frankie-Saturday, August 13 @ 8:30 pm

Pro Jam - Thursday, August 18 @ 7:00 pm

Goovy Judy - Friday, August 19 @ 8:30

Monfongo - Saturday, August 20 @ 8:30

Pro Jam - Thursday, August 25 @ 7:00

Wanda's Birthday Bash-Friday, Aug. 26 @ 8:30

Who's Holding & Take One-Sat.Aug. 27 @ 8:30

Eric Winders & Whiskey-Friday, Sept. 2 @ 8:30

Pig Roast - Saturday, September 10 @ 7:00

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Saturday Sept 10th

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