

LECTURE: "AGE-PROOF YOUR BRAIN" WITH ARLENE TAYLOR

Monday, July 23 at 7 p.m.



This Gualala Arts lecture by Arlene Taylor will be an overview of brain function and the functional layers with strategies that can help retard brain aging.

If you ask Arlene Taylor what she does in life that absolutely energizes her, she will likely reply, "I'm a brain-function specialist, and I help people thrive!" She incorporates cutting-edge brain-function research into her empowering seminars, highlighting strategies that, when practically applied, can help people be more successful by design.

A recipient of the American Medal of Honor for Brain-Function Education (American Biographical Institute Inc, 2002), Taylor holds earned doctorates in Health and Human Services and in Clinical Pastoral Counseling. In 1989 the Loma Linda University Nursing Alumni Association selected Taylor as Alumna of the year. She has life membership in the National Registry of Who's Who, 2000 edition. A member of the National Speakers Association, Taylor is listed with the Professional Speakers Bureau International.

You can access her web site at www.arlenetaylor.org for descriptions of seminars, Taylor-on-the-Brain Bulletins, SynapSez® newsletter, Selected Brain Facts, Frequently Asked Questions, lecture schedules, and more. A \$5 donation is requested for this lecture.

BAR-B-QUE DINNER AND MARIA MULDAUR CONCERT FOR ONE NIGHT

Saturday, June 30 at 6 and 7:30 p.m.

The Gualala Arts Culinary Guild is going to make it easy to get a great dinner before the June 30th Maria Muldaur concert. They are offering a Bluesiana Bar-B-Que in the picnic area of Gualala Arts Center at 6 p.m. Not only will you get great food, but everyone who buys dinner tickets in advance also gets to save their seats early for the 7:30 concert.

Dinner will be pork ribs basted in tangy secret sauce accompanied by Jim Grenwelge's famous baked beans. You also get creamy coleslaw and perfect potato salad. They'll even throw in some good old-fashioned cornbread. You get all of this for \$10 if you buy your dinner ticket early or \$12 for you late comers. We suggest you purchase in advance as there might not be any tickets left that day.

To get into the Bluesiana mood there will be a bar serving Southern Comfort – the drink of choice for singer Janis Joplin, and for those of you roaring in on your bikes there will be Jack Daniels Mint Juleps. We can't promise hot summer nights on the coast, but a beer and iced tea always taste good with bar-b-que.

So pull up a chair, roll up your sleeves, and dig in to a good ol' down home meal before listening to Maria Muldaur with her Red Hot Bluesiana Band. Maria is famous for her 1974 platinum award winning song "Midnight at the Oasis" and but also does jazz, gospel and swing. The San Francisco Chronicle says, "She can sing circles around the young thrushes who dominate today's pop charts."

Gualala Arts, in association with Fred Adler (KTDE 100.5 FM), is presenting the concert on Saturday, June 30, at 7:30 p.m. – one night only. Tickets are on sale at Gualala Arts Center office, 884-1138 (Visa/MC). Tickets are \$30 in advance or \$35 day of concert. Tickets are really going fast, don't be left out!



IN SUPPORT OF LOCAL MUSICIANS

For many years the program for live entertainment for Art in the Redwoods was mostly filled by out-of-towners, and we have had some great acts. However, in the meantime, the number of local performers and their levels of professionalism have grown so high, we are this year presenting area musicians on both days with the exception of the White Hackle Pipe Band from Sacramento – those bagpipers and drummers, in costume, who put on such a great show. Not only are we glad to be able to showcase our friends and neighbors, but we are hoping you, as a visitor to Art in the Redwoods on August 18 and 19, will be thrilled and amazed to discover the talents lurking in our woods.

Last year the Mendonoma Idol, won by Keelyn O'Brien, was one of the most exciting nights in the Coleman Auditorium. With the adoration and excitement, these singers reached new heights of entertainment and joy. What a gift our community gave these budding musicians! How marvelous the way they repay us with their talented performances. Do plan to attend this year's Mendonoma Idol on Saturday, September 29 at 7 p.m. Tickets are now available.