

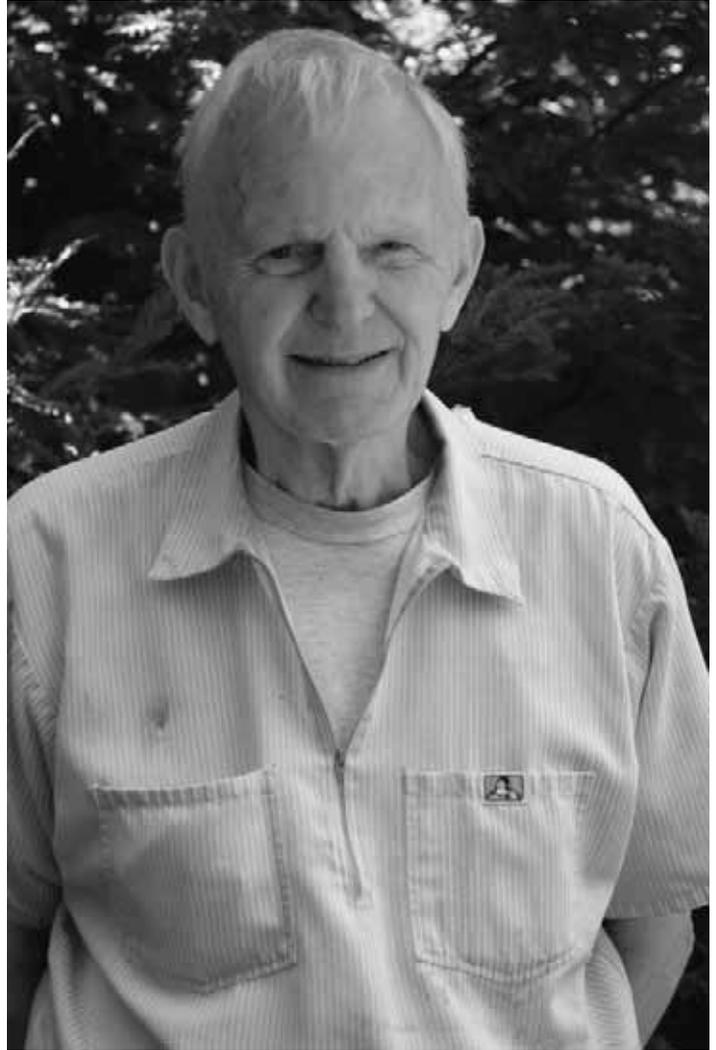
**Chocolate: Food of the Gods
with Richard Balch**

Sketches 5

Monday, October 6, 2008, 7:00 p.m.
Gualala Arts Center

Richard Balch will give a talk on the history of chocolate on Monday, October 6 at 7:00 p.m. He became interested in chocolate a few years ago when he encountered an article describing the rich history of and ample health benefits of the cocoa plant. The health benefits of cocoa are backed up by research at the medical library at Sutter Medical Center in Santa Rosa. Richard's discussion will include a description of what the "percent" indicates on chocolate packaging, as well as samples of some of the most common types available.

Richard is a physician who practiced in Stockton for nearly 30 years. He is a graduate of USC School of Medicine and a resident at UCLA.



Tickets are still available for the Tristan Codas on September 26

Doors open at 7:00 p.m.

Reserve your seats today.

Online tickets at GualalaArts.org, or call Brownpaper Tickets 24/7 (800) 838-3006, or stop by Gualala Arts Center or Dolphin Gallery for cash or check purchases.