

Profiles & Reviews

Sunlighten Sauna at Serenity Springs Massage

By Tammy Beilstein
Guest Writer

Serenity Springs Massage and Bodywork, located at 15 St. Andrews Road, Suite 6, in Valley Springs, is pleased to announce that it has added a Sunlighten Far Infrared Sauna to its client services. Serenity Springs owner Marlene Waid presently holds certificates in Athletic Training/Sports Medicine, Swedish, Pregnancy and Postpartum, Hot Stone, Advanced Practitioner and Chair massage.

Marlene feels the addition of this new equipment will endow exceptional benefits to her clients. Serenity Springs patron Bruce Hess said, "I have used the sauna now for 30 days and have lost 11 pounds. And my friends have noticed!" According to Waid, use of an infrared sauna is shown to provide:

A. Weight Loss: Studies have shown that 30-minute sauna sessions can burn upwards of 600 calories and regular use may be an effective means of cardiovascular conditioning akin to regular exercise.

B. Detoxification: The leading sauna detoxification principle suggests that common illnesses are caused by the buildup of toxic substances in the body. Ridding the body of these toxins through a natural sauna detox may help prevent future illness and increase overall health and vitality.

C. Pain Relief: Infrared sauna heat works by penetrating joints, muscles and tissues, increasing circulation and speeding oxygen flow.

D. Blood Pressure Reduction: Studies have concluded that far infrared sauna therapy is both safe and effective at improving clinical symptoms and cardiac function. Infrared sauna treatments improved impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol.

E. Improved Circulation: The elevation in body temperature from infrared sauna use produces an increase in blood flow that mirrors the benefits of a passive cardiovascular workout. The increased peripheral circulation reduces inflammation, decreases pain and speeds healing, all important steps in helping the body recover from strenuous activity and strengthen the immune system.

"We now have SO sound in the infrared sauna," said Waid. "The SO sound system uses amplified audio signals for sound and vibrational therapy." Over the past several years, SO Sound Solution™ technology has been used in both exploratory trials and in practice at several medical facilities. User testimonials include individuals experiencing significant relief from chronic pain, stress, fatigue and acute

Dunsmuir Scottish Dancers featured in Arts Council Concert in Angels Camp

Scottish history will be danced on stage, Sunday, March 27, beginning at 3:00pm, at the Bret Harte High School Theater. This performance is the last of five of the Ovations 2011 performing arts series of the Calaveras Arts Council. The dance performance will illustrate four centuries of tradition from lively country dance reels and Highland dances, step dances, as well as elegant strathspeys. Dancing to live fiddle, piano, bagpipe and recorder, the Scottish history of war, freedom, superstition and oppression unfolds and is the subjects that inspire the various dances.

The Dunsmuir Scottish Dancers hail from the Bay Area and perform at many Highland Games, Celtic Festivals, and ethnic dance festivals throughout the U.S. Known throughout North America and Europe and Scotland, Ron Wallace, director, is the lead instructor of Scottish Dance. When he is not instructing, Ron is a masterful bag pipe player. All tickets are for assigned seating. Adults are \$25; youth under 18 years old are \$10. Advance online orders can be made at www.calaverasarts.org or by calling 1-800-595-4849.

Call the Calaveras County Arts Council at 209-754-1774 if you have additional questions. The Calaveras County Arts Council is grateful to the grants received this season from the California Arts Council, the National Endowment for the Arts, and the California Department of Justice. Visit www.calaverasarts.org to find out about many more events being planned throughout the year in celebration of our 30th anniversary.

pain, faster recovery from back or neck injury, and even a reduction in symptoms associated with Autistic disorders, PTSD and Parkinson's disease. You are encouraged to experience the infrared sauna for yourself. To learn more about Serenity Springs Massage and Bodywork, please call Marlene Waid at 209-772-0550, or visit www.valleyspringsmassage.com. Serenity Springs Massage may also be found on Facebook.



Nedra Russ was raised around music, from her brothers bands to singing in church and daily with her father. Nedra's songs come from a place of wisdom and hard earned experience.

Nedra picked up a harmonica at an early age and just has never put it down since. However, her serious studies started in 2009 studying with the world's best Howard Levy, David Barrette, and Joe Filisko, opening Nedra to the depth and range of this small instrument.

Nedra is a member of SPAH and attends the conventions to learn and grow more. A student of SLS singing, Nedra donates time to the local youth in West Point, CA to teach signing and performance skills and has won 2010 Teammagic award.

Standing only 4 foot, 10 inches tall, she surprises her audience with the large voice and dynamic harmonica; people say she talks to their soul. Having a life changing event in 1992 has changed her perception on everything. Living disabled has made daily life more difficult; however, creating and playing

music seems to make the pain much more bearable. Nedra performs at night clubs, wine rooms, coffee houses, park shows, art and wine shows. Genres: Blues/Country Rock/Roots. Combining all of the artistic skills Nedra has opens lots of doors and opportunities to play and show her Art. She also does private parties, and fundraisers. Listen to Nedra play at www.reverbNation.com/venue/988773&id=A413190_7925278_30661796#/nedraruss.



Cast of the Broadway Sacramento presentation of the national tour of "9 TO 5 – THE MUSICAL" at the Community Center Theater. Photo by Joan Marcus

9 to 5 at California Musical Theater

By James E. Roberts
Staff Writer

I wanted to like this show; I really did. I liked the movie on which it was based; I enjoy Dolly Parton's music. I thought that the lead performers in this production were fine actors and singers, and the set worked well enough. I even enjoyed the addition of a new character that wasn't in the movie, Joe the Accountant.

The chorus of singers and dancers performed admirably. The dialog was crisp and clear, with some lines and jokes that weren't in the movie and that added to the experience. If only I could have understood the lyrics. I know that I've complained about this before, but really! What is it with the shows in the Broadway Series the past couple years that they can't keep the orchestra from drowning out the singers?

While that usually happens occasionally during a show, 9 to 5 had an orchestra that managed to drown out the entire cast, chorus and all, for most of each song, the only exceptions being the songs "Backwoods Barbie," "Let Love Grow," and "Get Out and Stay Out." Even the title song, "9 to 5," was difficult to follow.

It's a pity really, because Dolly Parton is a fine song writer, and the new lyrics to the title song would have been nice to hear. Certainly the songs take the place of some of the dialog from the movie, and they must

serve to advance the plot, but if I hadn't seen the movie and already known what was going on I might have been confused. As it is I was just frustrated.

As to the show itself, 9 to 5 is based on the popular 1980 movie comedy of the same name, which starred Lily Tomlin, Dolly Parton, Jane Fonda, and Dabney Coleman. It tells the story of three office workers and their nasty, sexist boss.

This stage version has Dee Hoty as Violet Newstead, the woman who trains all the men who get the promotions that she deserves, Diana DeGarmo as Doralee Rhodes, the curvaceous southern charmer who must endure her boss's endless advances because she needs the job, Mamie Parris as Judy Bernly, recently divorced and nervously entering the workplace out of hard necessity, and Joseph Mahowald as Franklin Hart, Jr., their egotistical boss.

If you like the movie version of 9 to 5 you should appreciate the casting of the four principal performers. They are different interpretations of the same roles, and given that much of the dialog from the movie is found in the play (Patricia Resnick, who wrote the book for the show also wrote the screen story and co-wrote the screenplay), these actors bring a welcome freshness and immediacy to their roles that can only work on stage.

The songs are mostly up-tempo, and the lyrics, when you can hear them, clever and interesting. Everyone gets a chance to shine, with Mahowald and some of the men delighting in macho dominance in "Here for

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