

calendar of events

PLEIN AIR WATERCOLOR

Cerro Coso Community College is now accepting registrations for a Plein Air Watercolor Workshop in Bishop through the College's Office of Community Education. The class is open to the public.

Plein Air Watercolor Workshop will meet Monday – Friday, July 15-19 in the Lake Sabrina Parking Lot from 9 a.m. to noon.

Under the instruction of Carol Montgomery, students will work independently on their own paintings in an outdoor (plein air) setting. Topics will include the right choice of brushes, paints, and papers for optimum results in watercolor painting, the use of various size brushes, and how to lay out a palette and mix colors. Students will learn to paint clouds, water, rocks, trees, and mountains and will explore various watercolor techniques.

This course does NOT award college credit. A Community Education fee of \$40 will be charged.

Complete registration and course information is available on the web at <http://www.cerrocoso.edu/communityed> or contact Joann Clark, Community Education Manager at 760.384.6208 or at Joann.Clark@cerrocoso.edu.

A WORKSHOP TO RUN WITH EASE

This Saturday, July 6 from 9 a.m.-1:30 p.m. check out ChiRunning at Snowcreek Athletic Club.

ChiRunning is one of the world's most advanced running programs, allowing you to run much more efficiently and with much less chance of injury. By focusing first on posture, a proper lean, and relaxed limbs, ChiRunning puts gravity in your favor, and joints flow like the wind, with much less impact on the ground. Snowcreek's T'ai-chi instructor, Andy Selters, is a Senior ChiRunning instructor. The method helped him recover from a near-fatal spine injury to now run long distances with ease.

ChiRunning is a full-body makeover of your running form. You learn to:

- * Run from your center, using gravity to your advantage
- * Accelerate and run longer distances by relaxing more
- * Reduce the impact on your joints
- * Build a stronger core and better posture
- * Experience the magic of running that is relaxed and fluid

Most people find that with ChiRunning they run faster and farther, with less effort!

Check out www.chirunning.com Workshop Cost: \$100 for Snowcreek members, \$125 for non-members.

TOWN STUFF

Saturday, July 6/cont.

Pack a picnic, grab a rod and hit one of the many lakes and rivers. No fishing license required.

Summer of Stewardship, "Skip Harvey Clean Up Day." Join Base Camp Café, Brian's Bikes and Eastside Velo to clean up the Uptown/Downtown mountain bike trail zone and the Earthquake Fault picnic area! 8:30 a.m. to 1:30 p.m. Meet at the Earthquake Fault Trailhead. Info: mltpa.org or friendsoftheinyo.org Call 760.873.6500 or 760.934.3154

Cat & Kitten Adoption Day from 11:30 a.m.-2:30 p.m. Cats and kittens from the Big Pine Animal Shelter will be in Bishop at Bonifide Dog Training Facility, 162 W. Line St. (1/2 block West of Main St.).

Bodie Benefit Concert featuring David John and the Comstock Cowboys. Held at the Bridgeport Barns & Terrace, from 7:30-10 p.m., doors open at 6:30 p.m. Info: www.bodiefoundation.org or 760.647.6564.

Sunday, July 7/

Dive-in-Movies @ Bishop City Park.

Come to the city park and enjoy a family movie while you cool off in the city pool! \$5 per person. May bring one small flotation device.

Gaylor & Granite Lakes (Yosemite)

Hike starts at Tioga Pass. No dogs. Meet 8 a.m. ML Union Bank. Leaders: Mary K 760.934.0355) [mkn@npgcable.com](mailto:mkp@npgcable.com), Dick and Joanne 760.709.5050, rhinn@skidmore.edu

Monday, July 8/

Tennis Camps for Kids at Snowcreek Athletic Club.

Monday-Thursday 11 a.m. – 3:30 p.m. Afternoon swim and lunch included. Weekly price \$195 members/\$215 Non-members.

AT THE MOVIES

Minaret Cinemas

Despicable Me 2 (PG): Despicable always merits a sequel!

Lone Ranger (PG-13): Johnny Depp as Tonto, and some dude named Arnie Hammer as the Lone Ranger.

Info: www.mammothlakesmovies.com or call 760.934.3131.

Note: Daily matinees start this week!

ON DVD & BLU-RAY

Take 2 Video ... in the Rite Aid/Do-It Center Mall 760.924.8124

6 Souls (R): A female forensic psychiatrist named Cara Harding (Julianne Moore) discovers that all of her patient's multiple personalities are murder victims.

Upside Down (PG-13): Adam (Jim Sturgess) and Eden (Kirsten Dunst) fell in love as teens. Ten years after a forced separation, Adam sets out on a dangerous quest to reconnect with his love.

Coming July 9: *The Host, Dead Man Down, and Admission*

TOWN STUFF

Contact Russ @ 760.709.1737.

Town of Mammoth Strategic Planning Sessions to set priorities for the coming fiscal year. Today from 2:30-5 p.m. and on July 9 from 3-5 p.m. Location: Suite Z

Mono County Budget Town Hall meeting. Provide input to shape the County's priorities @ Crowley Lake Community Center, 6-8 p.m. These Town Hall meetings will be held throughout the County through July 18.

Tuesday, July 9/

Mammoth Chamber Mixer hosted by the Village Neighborhood Company outdoors in the Village on the evening from 5 - 7 p.m.

Mono County Budget Town Hall meeting. Provide input to shape the County's priorities @ Bridgeport Memorial Hall, 6-8 p.m. These Town Hall meetings will be held throughout the County through July 18.

Valentine Reserve Walks and Talks kick off today. Dates and times for the walks are available at vesr.ucnrs.org. Reservations are required, with a \$15 suggested donation per person. Info: Leslie Dawson, 760.935.4356 or ldawson@msi.ucsb.edu

Wednesday, July 10/

Footloose Sports Women's Road Rides meet weekly @ Whitmore Pool. Check Footloose's Facebook page for time.

Eastern Sierra Land Trust's Brown Bag Lunch Series, Archaeology in the Owens Valley: Exploring Local Cultural Resources, from noon-1 p.m. @ the ESLT Garden, 176 Home St. in Bishop. Info: 760.873.4554.

Eastern Sierra Junior Livestock Show @ Tri County Fairgrounds in Bishop. Auction is July 13 at 6 p.m.

EAGLE JAM CONCERT

Double Eagle Resort and Spa owner Connie Black, says it is "a community event."

Connie is talking about a Double Eagle Resort tradition since the year 2000, the Eagle Jam Concert being held July 11 at 4 p.m. at the Resort on the beautiful June Lake Loop. Just 17 miles north of Mammoth is the June Lake Loop, Double Eagle is set in the Canyon under Carson Peak and Horse-tail Falls, the free concert takes place on the grass with views that can only be described as spectacular. This four star resort is home to a FREE concert each year, this year Jelly Bread "Tahoe's band of the year" will be performing. The Eagle Landing Restaurant will be serving a full bar and have their barbecue specials available for purchase with some of the best Ribs and Tri Tip in the Eastern Sierras. More information call Double Eagle Resort at 760.648.7004 x 1.

MAMMOTH FOOD AND WINE

Festivities at the Mammoth Food & Wine Experience, July 5-7, presented by Honda, begin at 11 a.m. Friday morning with the "Best-of-the-Best Burger Battle" featuring three LA Chefs and Mammoth's own Matt Toomey battling out to be crowned "Best Burger of the MFWE 2013" at the Edison Pavilion at the College (100 College Parkway). Deciding are attendees and a prestigious panel of judges that includes two local Olympians – Deena Kastor and Johnny Teller. Four more seminars follow including two by local Chefs Jason Hoeltzel (CJs Grill) and Brandon Brocia (Bleu Handcrafted Foods), as well as "Iron Chef America" Competitor Chef Jason Knibb (La Jolla) and last year's winner of "Best Dish," Team Bakersfield Culinary College with Chef Suzanne Davis. In the evening choose from among a Wine Walk in the Village at Mammoth (followed by fireworks after dark) or a Genuine Argentine Asado dinner in the Blue Sky Bowl (Two other featured dinners sold-out).

Saturday starts bright and early with seminars from 11 a.m. to 3 p.m. — including Chef Bruce Kalman, winner of the March 31 episode of "Chopped," "One Hour Wine Expert" with Chris Collins of Well Oiled Wine. Co. and Chef Fred; plus more!

At 4:30 p.m. the Grand Tasting begins with 30 wineries pouring 120+ wines.

To buy tickets to any and all of the festivities in support of higher education and the arts in the Eastern Sierra, visit mammothfoodandwine.org or call 760.934.3781