



At the Table

Eatz & Biz News

by Elena Chronis
elenachronis@yahoo.com

Helena Gustavsson Giese

West Sonoma County Private Chef & Mixologist

chef@helenaskitchen.com • 707/865-6060 • www.helenaskitchen.com

Sitting across from Chef Helena, noshing on one of my favorite swedish treats she is telling me that she is packing up and visiting her native homeland with her husband this holiday season. Growing up in Sweden, she is looking forward to cooking a traditional smorgasborg side by side with her mother just like she did when growing up.

I first met Helena when she owned Charizma Wine Lounge/Restaurant in Guerneville a few years back. I enjoyed her meals and service with

a swedish touch. Through the years I have followed her everywhere for a taste or two.

Nowadays, you can find her at the **Blue Heron** featuring an artisan cocktail every Monday. Check out her monthly "FlavorArt" meals at **Old World Winery** in Fulton, CA. Occasionally Helena caters private parties and shares her recipes and stories on her website/blog.

After connecting with local winemakers in Sonoma County, she will as a guest chef in 2012 set up a series of Winemaker dinners beginning in January though May at the Blue Heron in Duncan Mills. Interesting, affordable, fun and casual. You will have a chance to enjoy a four course meal with 4 pours of wine with a variety of small local (6) winemakers.

You may have seen Helena in a lot of different places in the last few years, notably on the "Cooking Channel" where she competed in the final four contestants for the Casique Authentico food competition hosted by hispanic Food Network Chef Aaron Sanchez.

Keep your eyes open for Helena, the future looks bright.

WineMaker Dinners at the Blue Heron: 1/27: Wild Hog; 2/14: Hart's Desire; 2/23: Harvest Moon; 3/16: Bohemian Wines; 4/20: Old World; 5/14: Moshin



Major Book Launches at Occidental

By Andrea Van Dyke
Occidental Center for the Arts (OCA) has scored a major writer for its monthly book launching series!

On Sunday, January 29, Sere Prince Halverson will introduce her debut novel, "The Underside of Joy".

The object of an international bidding war, the novel is set in Northern California. Inspired in part by Occidental, it tells the story of two women set on a collision course when both claim to be the mother of two children. So far Harper Collins has placed the novel with publishers in the US, Italy, Brazil, Spain, Germany and Holland.

The Launch event begins at 4:00 pm and will include a reading by Halverson along with the traditional book signing and an opportunity to meet the author. The event is free and refreshments will be available. Twenty-five percent of the book's sales during its Launch will be donated to OCA.

The Occidental Center for the Arts is located at 3850 Doris Murphy Court in Occidental (Bohemian Hwy at Graton Rd) For more information, call 707-865-2388, the Center at 707- 874-9392 or visit OCA online at www.occidentalcenterforthearts.com.



Authentic Thai Cuisine

Quality Dining in our freshly remodeled space
Veggie & Vegan Friendly!

2 for One Tuesday!

Buy 1 entrée- get the 2nd for FREE
(equal or lesser value - good with this ad only)

Both the Owner & Chef are from Thailand...so you KNOW it's Authentic!

707-526-3939

525 4th St (upstairs) Downtown Santa Rosa



Hikuni Sushi & Hibachi Steakhouse
707-539-9188
www.hikuni.com

limited Time Offer
ALL-YOU-CAN-EAT
SUSHI AND SUSHI ROLLS
\$15.95
OVER 40 ITEMS

Not valid with other offers, discount or holidays.

*** 4100 Montgomery Drive Ste C**
Corner of Montgomery & Summerfield

Free Hibachi Entrée

Buy One Hibachi Entrée Get 2nd Hibachi Entrée Free Up To \$15 Dollars
Equal Or Less Of Value.

Not valid with other offers, discounts or holidays.

Offer Expires Jan 31, 2012

Bring in Natural Healing Sunlight for Better Health

By David Hopkins

Ever wonder why it seems you get so much more done in summer than in winter?

Natural daylight improves performance. Test scores for students in classrooms lit by natural light were 20-26% higher than their peers in less well-lighted classrooms.. We think more clearly; have more energy and stamina and just plain feel better about ourselves when exposed to natural light..

Natural light is mother nature's anti-depressant. We have all experienced "the winter blues" at one time or another. When the days get shorter and the skies are gray, we just don't have the same energy. We escape from the cold and huddle up inside our dark houses and become "cave dwellers".



When deprived of sunlight, our brains produce a chemical called serotonin. This is what makes us sleepy, lethargic and depressed. Natural light suppresses production of serotonin, making us feel happier and more energetic.

Natural light reduces

pain, improves and speeds healing. Recently it has been discovered that patients heal faster and feel better in sunny rooms. Studies have shown that patients on the bright side of the hospital recovered faster and took less pain medication than those on the darker side.

Make natural light part of your healthy lifestyles. It's as important to your health as proper diet and exercise - learn more at www.SOCOSUN.com.