

WEST COUNTY • THE RIVER • CLOVERDALE
GEYSERVILLE • HEALDSBURG • SEBASTOPOL

Towns

WINDSOR • SANTA ROSA • ROHNERT PARK
SONOMA VALLEY • NAPA VALLEY • PETALUMA

MARK YOUR CALENDARS: MARCH 12-19

OCCIDENTAL, MARCH 12

Slavic music: The Yale Slavic Chorus, a performance group of young women undergraduates from Yale University, perform 5-7 p.m. Sunday at Occidental Center for the Arts, 3850 Doris Murphy Court. Admission is \$15. 707-874-9392. occidental-centerforthearts.com.

GUERNEVILLE, MARCH 14

Give Back Tuesday: Enjoy a sumptuous buffet and wide variety of raffle prizes 6-8 p.m. Tuesday at Rainbow Cattle Co., 16220 Main St. Suggested donation is \$5. Proceeds benefit Food for Thought, a local nonprofit grassroots organization that has fed hungry people for 30 years. 707-869-0206.

PETALUMA, MARCH 14

Pints for Paws: Drink famous Lagunitas beer to save the lives of orphaned baby wild animals 5:30 p.m. Tuesday at Lagunitas Brewing Co., 1280 N. McDowell Blvd. Admission is \$15 or \$5 for kids. Features live music by local band Unbalanced, Mexican food and a silent raffle. scwildlifescue.org.

ROHNERT PARK, MARCH 14

Art exhibit: Sonoma County Library Art Exhibit 2017 features the works of 10 Sonoma County artists noon-6 p.m. Tuesday at Rohnert Park-Cotati Library, 6250 Lynne Conde Way. Free. Exhibit runs through March 18. 707-584-9121.

ROHNERT PARK, MARCH 14

Student concert: The band, strings and chorus of Windsor High School and Windsor Middle School perform 7 p.m. Tuesday at Sonoma State University Green Music Center Weill Hall, 1801 E Cotati Ave. Free reserve tickets at gmc.sonoma.edu/K_12_Performances. Lobby opens 6 p.m., concert hall opens 6:30 p.m.

WINDSOR, MARCH 14

Book discussion: Discuss Roz Chast's poignant and humorous memoir about her aging parents, "Can't We Talk About Something More Pleasant?" 2:20-3:30 p.m. Tuesday at Windsor Regional Library, 9291 Old Redwood Highway. Limited copies available at the front desk. 707-838-1020.

HEALDSBURG, MARCH 15-18

Book sale: Friends of Healdsburg Library holds a book sale 10 a.m.-6 p.m. Wednesday-Friday and 10 a.m.-3 p.m. Saturday at Healdsburg Regional Library, 139 Piper St. Annual membership costs \$5 at the door. sonomacounty.libcal.com/event/3179113?hs.

CLOVERDALE, MARCH 16

Americana Night: The Cahoots perform 7:30-9:30 p.m. Thursday at Cloverdale Arts Alliance, 204 N. Cloverdale Blvd. Admission is \$20 at the door or at cloverdaleartsalliance.org. Doors open 7 p.m. 707-894-4410.

SANTA ROSA, MARCH 16

"Living in Common": Peter Coyote, Roland Jacopetti and others discuss communal living in the 1960s 6-8 p.m. Thursday at History Museum of Sonoma County, 425 Seventh St. Admission is \$15. sonomacountymuseum.org.

CLOVERDALE, MARCH 17

Build Club: Build Club provides materials such as Legos, K-Nex and Cubelets 4-5 p.m. Friday at Cloverdale Library, 401 N. Cloverdale Blvd. Free. For ages 4 and up. 707-894-5271.

HEALDSBURG, MARCH 17

Drink for the Dogs: Brothers Keane's fourth annual Drink for the Dogs features Irish folk music by Terry Savastano noon-3 p.m. and 6-9 p.m. Friday at Healdsburg Bar and Grill, 245 Healdsburg Ave. Free admission. Proceeds benefit the Green



Tippi Hedren in Alfred Hitchcock's "The Birds."

BODEGA BAY, MARCH 18

Hitchcock films: The fifth annual Hitchcock Film Festival screens "The Birds" and "Rear Window" 3-10 p.m. Saturday at Bodega Bay Grange Hall, 1370 Bodega Ave. Admission is \$10 per film, \$18 for both or \$5 for children under 12 at bodegabayhitchcock.brownpapertickets.com.

MONTE RIO, MARCH 18

"The Birds": Rio Theater resurrects Alfred Hitchcock's "The Birds," starring Tippi Hedren and many recognizable Bodega landmarks, 7:30 p.m. at 20396 Bohemian Highway. 707-520-4075.

Dog Rescue Project. 707-433-3333.

PETALUMA, MARCH 17

Live music: Americana and folk bands Royal Jelly Jive and The Oakland Strokes perform 6:30 p.m. Friday at The Big Easy, 128 American Alley. Admission is \$15. bigeasy-petaluma.com.

PETALUMA, MARCH 17

Women's History reception: Women's History Month exhibit "Honoring Trailblazing Women in Labor and Business" opens with a reception 6:30 p.m. Thursday at Petaluma Historical Library and Museum, 20 Fourth St. Admission is \$15 in advance or \$20 at the door. petalumamuseum.com.

SONOMA, MARCH 17

Poetry evening: Enjoy an evening of poetry, including the form and function

of haiku, with Michael Sheffield 4-5 p.m. Friday at Sonoma Valley Regional Library, 755 W. Napa St. Free. 707-996-5217. sonom-alibrary.org.

ROHNERT PARK, MARCH 17-APRIL 9

Comedy play: Nathan Sanders' Southern Gothic comedy "The Sugar Bean Sisters" tells a quirky story of romance, murder and alien abduction. Shows are performed at 8 p.m. Fridays and Saturdays and 2 p.m. on Sundays at Spreckels Theatre Co., 5409 Snyder Lane. Admission is \$16-26. Show runs through April 9. 707-588-3400.

CLOVERDALE, MARCH 18

Artists' reception: New art exhibition "Marinate" opens with an artists' reception 5-7:30 p.m. Saturday at Cloverdale Arts Alliance Gallery, 204 N. Cloverdale Blvd.

707-894-4410.

CLOVERDALE, MARCH 18

Open mic: Join the open mic 7 p.m. Saturday at Cloverdale Performing Arts Center, 209 N. Cloverdale Blvd. Free; donations accepted. Sign up no later than 5 p.m. Thursday at 707-508-8339 or at yaveguzman@yahoo.com. cloverdaleperformingarts.org.

COTATI, MARCH 18

Spring cleaning: "Spring Clean Your Environment Physically and Energetically" features physical cleaning from 4-6 p.m., a potluck dinner 6-7 p.m. and energetic cleaning 7-9 p.m. Saturday at Songbird Community Healing Center, 8297 Old Redwood Highway. \$10-20. Drop-ins welcome until 7 p.m. 707-795-2398.

GLEN ELLEN, MARCH 18

Mindful walk: Explore the practice of walking meditation 9:30-10:30 a.m. Saturday at Jack London State Historic Park, 2400 London Ranch Road. Admission is \$15 and includes parking. An optional hike extends until 1 p.m. 707-938-5216. jacklondonpark.com

GUERNEVILLE, MARCH 18

Wildflower hike: Floral expert Peter Warner highlights the scenery of flowering plants 9 a.m.-5 p.m. Saturday at Austin State Recreation Area, 17000 Armstrong Woods Road. Admission is \$20. stewardscr.org.

HEALDSBURG, MARCH 18

Pet first aid: Sonoma Humane hosts a pet first aid and CPR workshop 9 a.m.-1 p.m. Saturday at Healdsburg Center, 555 Westside Road. Admission is \$65 and includes workbook and certificate of completion. Registration required at sonomahumane.org/registration.

SANTA ROSA, MARCH 18

Lemony Snicket: Meet

Lemony Snicket, the author of "A Series of Unfortunate Events" 2-4 p.m. Saturday at Charles M. Schulz Museum, 2301 Hardies Lane. Free with museum admission. schulzmuseum.org.

SANTA ROSA, MARCH 18

Genealogy: Genealogist Madeline Yanov demonstrates how to find elusive ancestors at Family History noon Saturday at Santa Rosa Finley Center, 2060 West College Ave. Free. Sponsored by the Sonoma County Genealogical Society. scgsonline.org.

SONOMA, MARCH 18

Choral music: Sonoma Valley Chorale's "Music of the Night," 7:30 p.m. Saturday at Church of Jesus Christ of Latter Day Saints, 16280 La Grama. \$22, with student and senior tickets priced at \$18 and \$12 for children under age 11. sonomavalleychorale.org.

WINDSOR, MARCH 18

Yoga class: Transfer your posture through yoga class 10:30 a.m.-12:20 p.m. Saturday at Windsor Regional Library, 9291 Old Redwood Highway No. 100. Register at 707-838-1020 or at the front desk.

WINDSOR, MARCH 18

Hang Out Cafe: Kids ages 9-12 learn how nutrition affects the brain and muscles 2-3 p.m. Saturday at Windsor Regional Library Forum Room, 9291 Old Redwood Highway No. 100. Limited to 12. Register online or in person. 707-838-1020.

SONOMA, MARCH 19

Ugly Tattoo Contest: Compete for prizes and cheer for the best of the worst at the Ugly Tattoo Contest 6-9 p.m. Sunday at Burgers and Vine, 400 First St. E. Free. Live music by Half People. 707-938-3000. facebook.com/sonomatat-gallery.

DANCE

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four, five and six," as a couple dozen youths follow their lead, smiling and laughing as they glide along the dance floor.

It's not the easiest dance to learn, but with a few lessons to master basic steps, teens have enough foundation to enjoy the fun of West Coast swing.

"I am so addicted to it," said Andy Kamin, 56. "Moving your body to music is timeless."

The semi-retired couple, with two accomplished teen dancers of their own, started Santa Rosa Teen Dance to share their love of dancing and offer kids a fun, affordable and engaging night out.

Their 17-year-old daughter, Caroline, is in the Art Quest dance program at Santa Rosa High School, and their 19-year-old son Austin, a freshman at Whitman College in Washington, also has been dancing for years.

Austin was a freshman at Summerfield Waldorf School in Santa Rosa when he mentioned to his parents that a physics teacher was teaching a West Coast swing class at school. The teacher was a good sport, but with minimal experience in the dance form.

The Kamins stepped up to help out, discovering that even kids with little interest in dance were having fun, some of them signing up for additional lessons through a local dance studio.

"We kind of saw this enthusiasm among kids who are dancing," said Alicia Kamin.

She and her husband could find few opportunities for social dancing for middle school and high school kids around Santa Rosa, despite the abundance of dance options for adults.

Their first five dances, held the third Saturday of the month,



Husband and wife dancers Andy and Alicia Kamin, shown dancing at Oddfellows Hall in Santa Rosa last month, started Santa Rosa Teen Dance to share their love of dancing with youths.

"The people here are just the sweetest, kindest people. It's really fun to interact with people face-to-face. You actually get to know the person you're dancing with."

CARTER HOWE, high school sophomore has been to every Santa Rosa Teen Dance so far

have averaged about 40 teens, with room and enthusiasm for many more. The Kamins know several West Coast swing instructors among "the best of the best" who occasionally help with lessons.

Once teens are briefed in West Coast swing, the floor opens to social dancing. Dancers from 12 to 17 are free to dance whatever they'd like, although the Kamins are available to guide the kids in West Coast swing moves.

Both Andy and Alicia Kamin will partner with dancers who might want to practice a bit more before dancing with their peers.

"There's tons of improvisation. It's a lead-follow dance," Alicia Kamin said. "Kids come out and they don't really care (if their steps aren't perfect)."

The mood is relaxed, with high-energy pop tunes from artists like Maroon 5, Pitbull and Jason Derulo enticing kids to get moving.

"This is what fires kids up when they go to school dances," Andy Kamin said.

While their playlist is contemporary, the Kamins will blend in a few tunes from their own teen years — Earth, Wind and Fire, for one — and will switch things up to include an occasional nightclub two-step, cha-cha or East Coast swing.

The mix produces a fun night out for 15-year-old Carter Howe of Santa Rosa, a sophomore at

Credo High School in Rohnert Park. He's been to every Santa Rosa Teen Dance so far, recently bringing along a few friends.

"The people here are just the sweetest, kindest people," he said. "It's really fun to interact with people face-to-face. You actually get to know the person you're dancing with."

Carter is among several teens who take lessons through Nordquist Dance Studio, a program that's been teaching social dancing for youth for more than 30 years in Santa Rosa. The kids attend Santa Rosa Teen Dance as another opportunity to dance with friends and meet new people.

The Kamins emphasize that all levels of dancers are welcome, and urge the kids to mix and mingle throughout the night.

While West Coast swing is a partner dance, teens don't need to bring a partner. There's always someone new to partner with throughout the night.

The Kamins are hopeful the dances will continue to grow, maybe bringing in a few kids intrigued by TV's "So You Think You Can Dance" or even "Dancing with the Stars."

"It's a place to really enjoy themselves," Alicia Kamin said.

The next Santa Rosa Teen Dance is from 7 to 10 p.m. Saturday in the Lodge Room at the Santa Rosa Veterans Memorial Building, 1351 Maple Ave. Admission is \$5 and includes West Coast swing lessons from 7 to 7:45 p.m., followed by social dancing.

Youth from 12 to 17 are welcome; no experience is necessary. For more information, visit facebook.com/events/243721079420405/.

Contact Towns Correspondent Dianne Reber Hart at sonomatowns@gmail.com.

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