

AFTER FIVE

THE NORTH STATE MAGAZINE

AUGUST 2020 / 33rd Year / No. 10

THE NEWS, ARTS & ENTERTAINMENT MONTHLY

ON THE COVER

PASSIONS IN PLAY

One year ago, Megan Rapinoe was on top of the world. She'd led the U.S. Women's National Soccer team to its second straight World Cup title, scoring two goals in a key semifinal and giving the world the viral moment with 'The Pose' after netting one shot. But it wasn't all celebration for Rapinoe. In this After Five interview the Redding native talks soccer, politics and family. See page 7

TAKE A HIKE

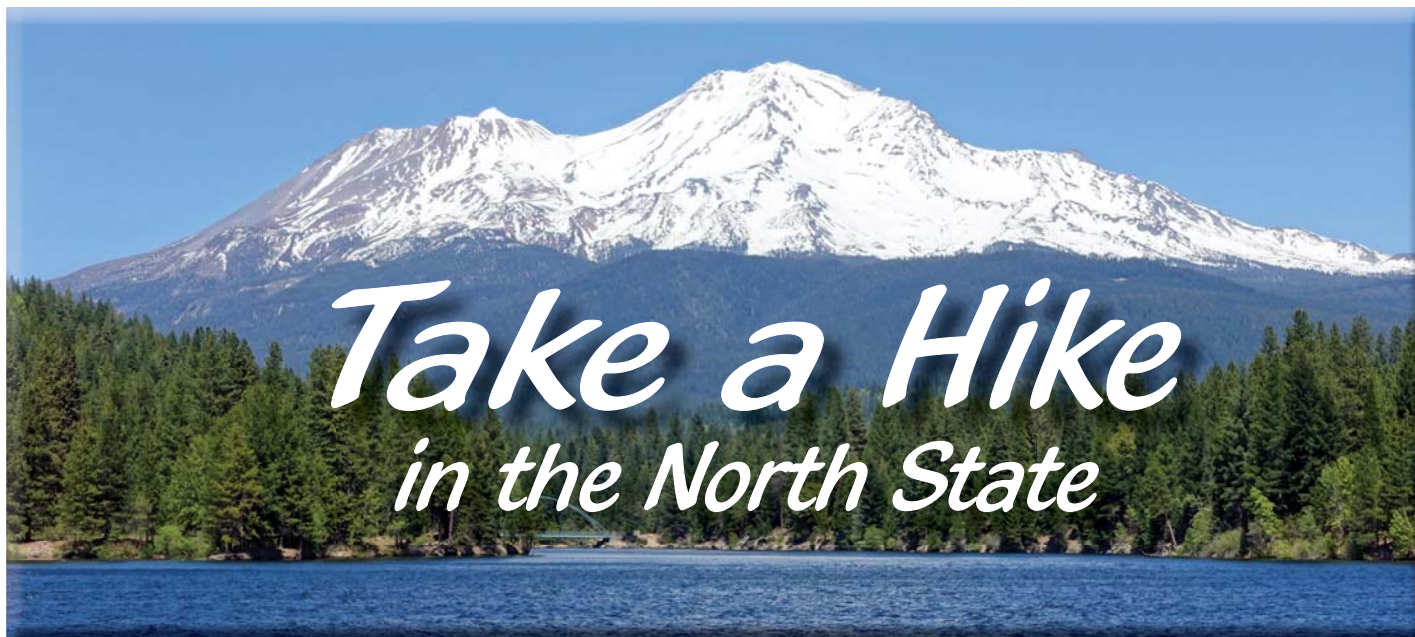
After being cooped up inside, we're all itching to get outdoors and enjoy the beauty of nature. Here is a prime selection of north state trails, some easy, some more challenging, that let you explore the wilder areas; these trails generally have enough room to allow adequate physical distancing. See page 2



NEW SLIPPERS

Columnist Carrie Classon was reading the news one morning and the takeaway for her was that she was going to be wearing slippers for a while. She looked down at her worn house shoes and gave in to the inevitable. She ordered new slippers. See page 6





The complete Lake Siskiyou Trail trail forms a 7.6-mile loop around the lake.

PHOTO / John Soares

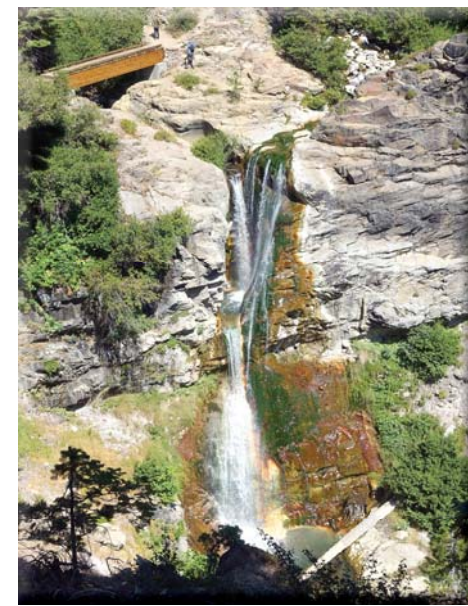


PHOTO / John Soares

Mill Creek Falls in Lassen Volcanic National Park.

Prime selection of trails that generally allow for safer physical distancing

Reprinted from the 2020 North State Visitors Guide: www.northstate.news. All of the hikes described here usually have enough room on or beside the trail to allow a minimum distance of six feet from other hikers.

By John Soares

After being cooped up inside, we're all itching to get outdoors and enjoy the beauty of nature.

Here is a prime selection of north state trails, some easy, some more challenging, that let you explore the wilder areas; these trails generally have enough room to allow adequate physical distancing.

You'll find both lower-elevation and higher-elevation trails below. The lower elevation trails (near Redding and the city of Mount Shasta) get very hot in summer, so do them early to mid-morning or in the evening before sunset. The high trails in the mountains can have patches of snow well into July. Contact the governing agency before you do your hike; you'll get the latest trail conditions, plus info about weather and maps.

Dogs: Many of the trails described here allow dogs and are so noted. Always bring a leash.

Anderson River Park

Anderson harbors a hidden gem for hikers. An easy mile-long paved loop travels beside the banks of the Sacramento River, and also among broad valley oaks and tall cottonwood trees. Dirt roads and paths branch off the paved loop to let you explore nearby ponds and access secluded spots on the river bank.

From I-5 in Anderson, take exit 668 and get on Balls Ferry Road. Head northeast 0.5 mile and then turn left onto Stingy Lane. After 0.2 mile, turn right onto Rupert Road and continue another 0.7 mile to enter Anderson River Park. Park in the large lot near the Kiddieland playground and the KC Grove Amphitheater.

More information: City of Anderson Community Services, 530-378-6656. Dogs allowed.

Sundial Bridge and



Turtle Bay, Redding

First walk across Redding's famous landmark, the stunning Sundial Bridge, where you can stop in the center and watch the Sacramento River rushing below. Next see plants from a variety of Mediterranean climates across the globe in McConnell Arboretum and Botanical Gardens. Top off the excursion with an easy 1.5-mile walk on the Arboretum Loop Trail.

To find the parking area, take I-5 exit 678 and drive west on Highway 44. Take exit 1, go right, and then right again.

More information: City of Redding Parks and Recreation, 530-225-4095. Dogs allowed.

Spring Hill Trail, Mount Shasta

A favorite with locals, this moderate route leaves from the north side of town to gain 600 feet of elevation over 1.4 miles on an old dirt road to the top of Spring Hill. Along the route you'll pass under stately sugar pines with their footlong cones, and you'll get full views of looming Mt. Shasta.

The summit features a 360-degree vista that includes Black Butte to the north, Mount Eddy to the west, and Castle Crags to the south.

If coming from the south, take I-5 exit 738, drive east on Lake Street and turn left at the light onto Mt. Shasta Boulevard. Go 1.1 miles, turn right onto Ski Village Drive, and then immediately turn left on a small road that quickly leads to the trailhead. From the north, take exit 740 and then go 0.4 mile to turn left onto Ski Village Drive.

More information: Mount Shasta Trail Association, mountshastatrailassociation.org. Dogs are allowed.

Lake Siskiyou Trail, Mount Shasta

This easy hike is best on a warm summer day. Walk the broad path under ponderosa pines and black oaks, pausing to admire views of Mt. Shasta and Mt. Eddy towering above the deep-blue waters of the lake. When the mood strikes, find one of the many side paths down to the shoreline and take a leisurely swim in the cool waters, which warm up nicely by early July.

The complete trail forms a 7.6-mile loop around the lake, but the south-shore segment is best. From the parking area, walk toward the lake and turn left on either the first or second trail (they join after 0.4 mile). Wander westerly past coves and vistas for 1.5 miles until you reach the edge of Lake Siskiyou Resort.

To find the trailhead, take I-5 exit 738, go west 0.2 mile and then turn left on South Old Stage Road. Go straight onto W.A. Barr Road at 0.5 mile, cross Box Canyon Dam, and then, 2.8 miles from the freeway, turn into the large parking lot on the right, opposite Castle Lake Road.

More information: Siskiyou County Flood Control & Water Conservation District, 530-842-8220. Dogs allowed.

Seven Lakes Basin gap, west of Mount Shasta

Want to walk on the famous Pacific Crest Trail? Then do the moderate 2.4-mile hike along the PCT to the gap above Seven Lakes Basin.

As you move along the high-mountain ridge, you'll alternately gaze west at the rocky peaks of the Trinity Alps Wilderness, and east at the broad bulk of snow-capped Mt. Shasta. The hike ends at the gap above Seven Lakes Basin, where you'll see several lakes below, plus Castle Crags to the east and distant Lassen Peak far to the southeast.

To find the trailhead, take I-5 exit 738 in Mount Shasta. Go west 0.2 mile and then turn left on South Old Stage Road. Go straight onto W.A. Barr Road at 0.5 mile. Pass Lake Siskiyou and curve west as the road becomes Forest Road 26. Continue on this paved road to reach Gumboot Saddle and the Gumboot Trailhead, 18.3 miles from I-5.

More information: Mount Shasta Ranger Station, 530-926-4511. Dogs allowed.

Deadfall Lakes and Mount Eddy via the Pacific Crest Trail, west of Mount Shasta

With its summer wildflower displays, beautiful alpine lakes, and mountain vistas, this hike ranks as one of the best in Northern California, and it's popular with both day hikers and backpackers.

The first 2.7 miles to Middle Deadfall Lake are moderate with only modest elevation gain, but you'll need to be a strong hiker for the steep climb over the last 2.3 miles to the top of Mount Eddy, at 9025 feet (and 2250 feet of total elevation gain from the trailhead).

The summit panorama includes Mt. Shasta, the Trinity Divide mountains, and the Trinity Alps. You'll be happy whether you choose the moderate option or the strenuous option.

Note: if you think there are too many cars at the trailhead, cross the road and hike west on the PCT (northbound), the opposite direction of Deadfall Lakes: you'll get both beautiful vistas and solitude.

To find the trailhead, take I-5 exit 751 (Edgewood), get to the west side of the freeway, and turn right. Drive .3 mile and then turn left onto Stewart Springs Road. Go 4.0 miles on Stewart Springs Road and then climb right up paved Road 17 (Parks Creek Road) for another 9.3 miles to the large trailhead on the left at Parks Creek Saddle.

More information: Mount Shasta Ranger Station, 530-926-4511. Dogs allowed.

Lassen Peak Lassen Volcanic National Park

At 10,457 feet, Lassen Peak crowns Lassen Volcanic National Park and is by far the most prominent summit in upper Northern California, save Mt. Shasta. Gain the summit on the challenging 2.5-mile climb. It's 2000 feet of elevation gain, but the wide trail ascends at a steady rate.

- Please see Page 4

Visit Weaverville and Trinity County

Plenty of safe and fun social distancing activities to be found in this cool mountain area of the north state

Trinity County Brewing Co.

- Cold Beer
- Hot Food
- Family Friendly

(530) 423-4114
301 Main St., Weaverville
(west end of town)

trinitycountybrewing.com

Outdoor activity with your social bubble
- Courtesy of Trinity River Rafting

(530) 623-3033
splash@trinityriverrafting.com

trinityriverrafting.com

CROCKETTS
UP NORTH
CONFECTIONARY & MERCANTILE
crockettssupnorth.com

Up North Mercantile
Offering unique goods for adventure folk, hiking folk, teaching folk, rustic folk, drinking folk, law folk... ALL FOLKS!!

(530) 777-8140
480 Main St. Weaverville

We eat what we want, then we sell the rest.

Merchants Mall

Over 35 Vendors
Over 6,000 Sq. Ft.

(530) 623-2475

- Antiques & Collectibles
- New Toys • Gifts
- Unusual Items
- Jewelry • Furniture
- ...and much, much more!

Mon.-Sat. 10am-6pm
Open Sundays Noon-4pm

1400 Main Street, Weaverville

Come explore the heart of Trinity County

WEAVERVILLE is surrounded by the Weaver Basin Trail system, world class mountain biking, a historic district listed on the National Registry of Historic Places. Shop antiques, visit art galleries and specialty shops, get a scoop of ice cream, check out the new brewery (with food), or order from one of the many restaurants.

Weaverville welcomes you and reminds you while visiting to please be safe and follow Covid-19 guidelines.

weavervilleca.org

Art Mecca

Specialty Shops

Cooler Weather

Trail System Hub

Mountain Biking

Golf Course

LARGE POOL

Lakeview Terrace Resort
Cabin Rentals & RV Park

In Beautiful Trinity County

OPEN YEAR ROUND

- 1 to 5 bedroom fully appointed cabins
- 31 RV sites - full hookup 30 and 50 AMP
- Large groups welcome
- Animals are welcome in select cabins

(530) 778-3803
9001 Trinity Dam Blvd., Lewiston, CA

www.TheLakeviewTerraceResort.com

ART CRUISE

First Saturday in WEAVERVILLE

- Meet the artist during the opening Aug. 1st from 5-8pm
- Many businesses open
- Check out the Art Venues throughout August
- Next Art Cruise Sept. 5th

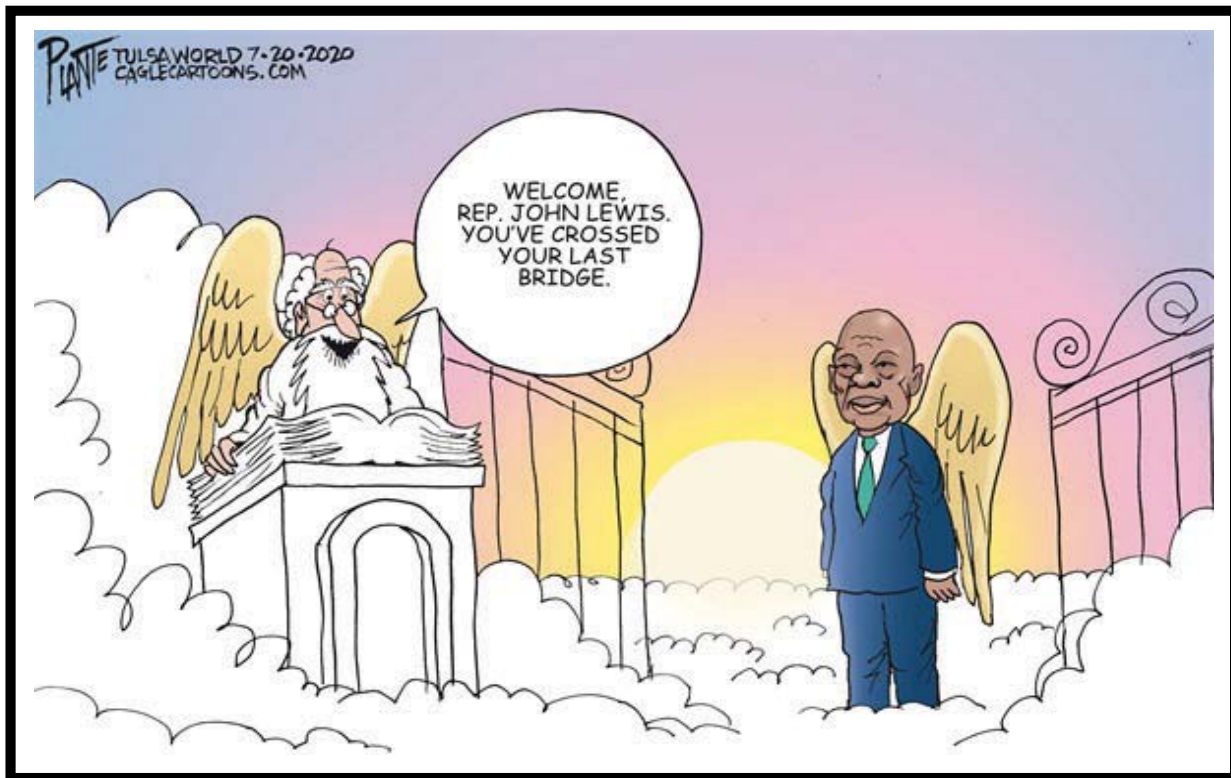
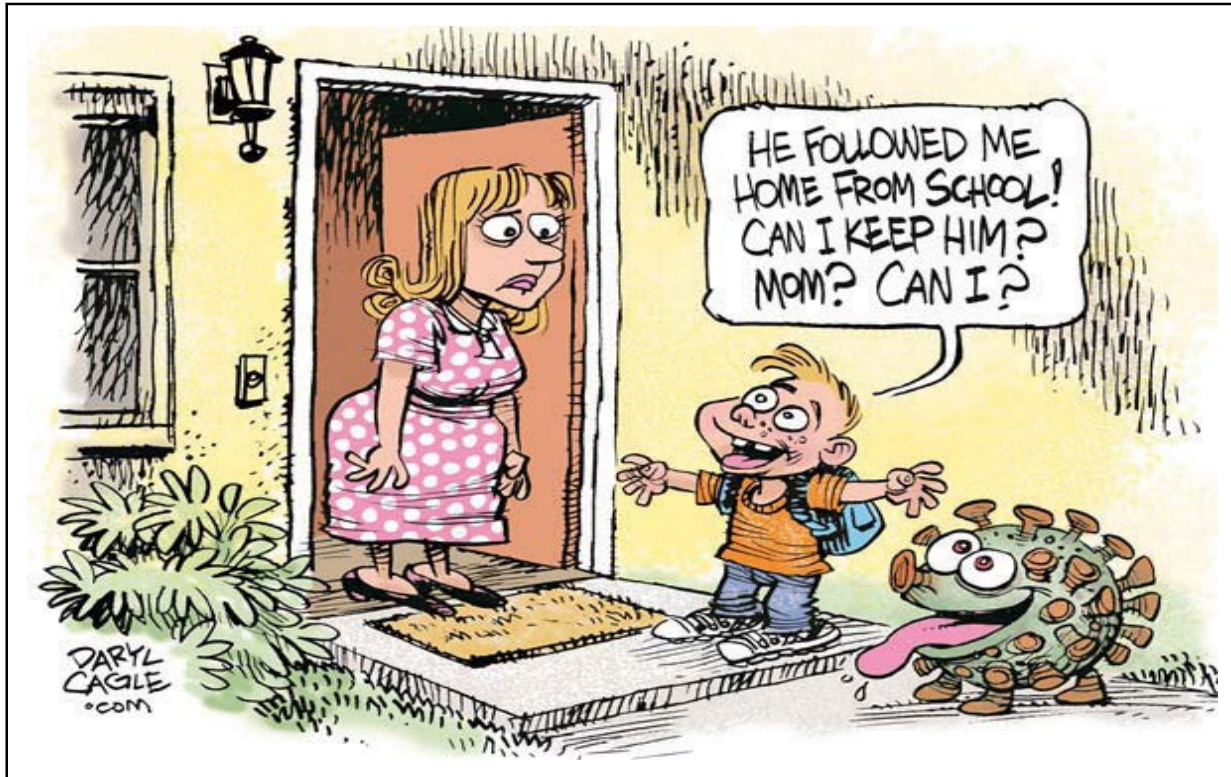
A Trinity County Arts Council event

Gold Rush Jewelers
All About Feathers
Hand-fabricated jewelry by Jean Lam

WILDLIFE ART by Richard "Skip" Schmidt
Main Street Gallery

Highland Art Center - Featuring the inspiring works of Marjo Wilson
"Rivers and Roads of Northern California"
Her layered acrylic and watercolor washes create a soulful, mysterious and compelling experience.

- Continued from page 2



Be in good shape and bring warm clothes, food, and plenty of water. From the summit you'll win both bragging rights and a top-of-the-world view: nearby is the chaotic lava field created by the 1914-1921 eruptions, and beyond the vista encompasses much of Northern California, including all of Lassen Volcanic National Park, distant Mt. Shasta, the Sacramento Valley, and mountain upon mountain stretching to the far horizons.

The trailhead is on the park highway 12 miles north of the junction of Highways 36 and 89, and 22 miles southeast of the junction of Highways 44 and 89.

More information: Lassen Volcanic National Park, 530-595-4480. No dogs allowed. Park entrance fee.

Mill Creek Falls - Lassen Volcanic National Park

Love waterfalls? Then you'll love Mill Creek Falls, where two streams meet at the top and then plunge 80 feet down a multihued cliff to crash on the rocks below. The best part? Most park visitors choose more popular paths, leaving this one for the knowing few.

The trail begins near the Kohm Yah-mah-nee Visitor Center and Southwest Campground and undulates gently for 1.6 miles through forest and past clearings strewn with wildflowers before arriving at the waterfall.

Find the trailhead near the Kohm Yah-mah-nee Visitor Center beside the park highway, 6 miles north of the junction of CA Highways 36 and 89, and 28 miles southeast of the junction of CA Highways 44 and 89.

More information: Lassen Volcanic National Park, 530-595-4480. No dogs allowed. Park entrance fee.

About John Soares

John is the author of *Day Hiking: Mount Shasta, Lassen & Trinity Alps Regions* and *100 Classic Hikes: Northern California*, fourth edition, which cover all the best trails in the North State. Get details plus info about his favorite trails at NorthernCaliforniaHikingTrails.com.



AFTER FIVE
The North State Magazine

After Five is published monthly for the communities in the north state and southern Oregon. Founded October 28, 1986. Advertising policies: The subject matter, form, size, wording, illustrations and typography are subject to the approval of After Five. Because a product is advertised in After Five does not necessarily mean we endorse its use. Display advertising rates and more detailed explanation of our ad policies are available on request. The entire contents of After Five are copyright 2020 by After Five. Mailed subscriptions are \$50 per year. Editorial portions of the magazine may be reprinted by non-profit organizations. All other reproductions require the express written consent of the publisher. After Five welcomes editorial contributions, suggestions and story ideas from its readers. After Five is not responsible for unsolicited manuscripts. Manuscripts or materials unaccompanied by a stamped, self-addressed envelope will not be returned. Space is offered for short announcements and calendar events on a regular basis. Readers should submit calendar items between the 1st and the 15th of the month preceding the month of publication. No phone call submissions; email or regular mail only.

AFTER FIVE

General Manager/Editor: Ron Harrington
 Publisher: Craig Harrington
 P.O. Box 492905, Redding, California 96049
 Telephone (530) 275-1716 • FAX (530) 645-1776
ON THE WEB after5online.com
Advertising (530) 275-1716 • FAX 645-1776
 email: advertising@after5online.com
Editorial 275-1716 • FAX 645-1776 or 303-1528
 email: editorial@after5online.com
calendar@after5online.com



California Newspaper Publishers Association

AFTER FIVE IS A MEMBER OF:
CALIFORNIA FIRST AMENDMENT COALITION
 TO PROMOTE AND DEFEND THE PEOPLE'S RIGHT TO KNOW

How to keep a watchful eye on an aging parent

Dear Savvy Senior,

Can you recommend any services or technology that help me monitor my elderly mother who lives alone? Since the coronavirus pandemic started last March, my sister and I have noticed that my mom's health has slipped a bit, so we would like to find something that helps us keep tabs on her when we're not around.

- Concerned Daughter



By Jim Miller

Dear Concerned

Depending on how closely you want to monitor your mother, and what she's comfortable with as well, there are check-in call services along with some new monitoring technology devices you can turn to for help. Here are several to consider.

Check-In Calls

If you just want a simple check to make sure your mom is OK every day, consider signing her up with a daily check-in call service program. These are telephone reassurance programs run by police or sheriff's departments in hundreds of counties across the country and are usually provided free of charge.

Here's how they work. A computer automated phone system would call your mom at a designated time each day to check-in. If she answers, the system would assume everything is

OK. But if she didn't pick up or if the call goes to voice mail after repeated tries, you (or her other designee) would get a notification call. If you are not reachable, calls are then made to backup people who've also agreed to check on your mom if necessary.

The fallback is if no one can be reached, the police or other emergency services personnel will be dispatched to her home.

To find out if this service is available in your mom's community, call her local police department's nonemergency number. If it's not offered, there are other organizations or companies you can turn to that provide similar services.

One that I love that's completely free to use is Mon Ani (monami.io, 650-267-2474), which offers a volunteer phone

bank that provides phone or video calls daily, weekly or anything in between. The volunteer will connect with your mom, provide companionship and make sure everything is OK. And, they'll let you know if they detect a problem.

Monitoring Technology

Technology also offers a variety of new ways to help you keep an eye on your mom when you can't be there.

One nifty new option is the Electronic Caregiver's (electroniccaregiver.com) "Premier" product, which is a wearable wrist device that provides activity monitoring, a 24/7 emergency help button, medication reminders and a GPS locator so you can determine your mom's whereabouts when she's away from home.

It's also linked to a family caregiver app to keep you and other loved ones in the loop. The device is free with a monthly subscription that costs \$40 to \$60 a month, depending on the level of monitoring.

If your mom is primarily homebound, another option to consider is a sensor-monitoring system like Caregiver Smart Solutions (caregiversmartsolutions.com). This uses small sensors (not cameras) placed in key areas of your mom's home to track her activities – everything from whether she used the coffee pot to how much she's watching TV – and will let you know if something out of the ordinary is happening. For instance, if she went to the bathroom and didn't leave, it could indicate a fall or other emergency.

You can also check up on her patterns anytime you want through the system's website or app. And for additional protection, it offers emergency call buttons that can be placed around the house. Caregiver Smart Solutions starts at \$99 for their activity sensors, plus a \$29 monthly service fee.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



**Shasta County's
Price Value
Leader**

the Queen of Dragons

(530) 276-9771

5044 Shasta Dam Blvd., Shasta Lake
Shasta Lake's Premier Dispensary Experience

Open Every Day - 10am to 7pm

www.QueenOfDragons.com

We are open and taking the recommended precautions

Or Call for Delivery

Delivery Now Available To...

Shasta, Tehama & Butte Counties

See Weedmaps Menu

Delivery Phone Number

(530) 490-1088

THE BEADMAN

You must go to The Beadman

- New Faïres and Dragons Figurines
- Himalayan Salt Lamps
- Wind Chimes • Candles
- Nepal Bags • Incense
- Local Native Jewelry and Gifts
- Metaphysical Specimens, Herbs, Crystal Grids
- Sarongs & Baja Blankets
- Boho Clothing
- Sterling Silver Jewelry
- Wildlife & Other Wall Art
- Stone & Glass Beads
- DB & Hex Beads
- Seed Beads 6/0 to 15/0
- Bead Classes, Tools & Supplies
- So much more!



STONE & CRYSTAL BEADS

TIE-DYE DRESSES & CLOTHING

Always a Large Selection of Crystal Sun Catchers!

Stay Safe and thank you for supporting small businesses



Basic Jewelry Repair
Senior Discount
BEAD CLASSES AVAILABLE

Receive our events, coupons and specials via email before they happen. Send an email to beadmannews@gmail.com to get on our list.

Tues-Sat 10-5 • Sun Noon-5

2619 Park Marina Drive
Redding • 243-8808

COUPON

20% Off

YOUR ENTIRE PURCHASE

TAKE AN EXTRA 5% OFF IF YOU PAY BY CASH

Good thru 08/31/2020

Limit one coupon per customer, per day. No layaways. Not valid with any other offers or special sales. A5

New Slippers

By CARRIE CLASSON

I've worn out a pair of slippers.

To be fair, I wear slippers quite a bit under normal circumstances, but over the past four months my slipper use has exceeded previous records.

I was reading the news one morning (I imagine you know what that's like). The takeaway for me was that I was going to be wearing slippers for a while. I looked down at my slippers and gave in to the inevitable. I ordered new slippers.

I've actually forgotten what shoes I own. I looked in my closet and it seemed kind of quaint. I had different shoes for different outfits! I had shoes with heels! I had boots of several varieties — even a pair of red boots! They are now stacked up neatly in my closet. I haven't worn anything on my feet but hiking boots and slippers in months.

My husband, Peter, and I have Alexa, the Amazon device that amuses us and annoys us in equal measure. I like her because I can ask questions when I'm baking.

"Alexa! How many tablespoons in one-third cup?" "Alexa! When does the sun set tonight?" I can ask questions and play music with sticky hands and this seems to me one of the great advances in civilization made in the last century.

Peter is less sure. He quarrels with Alexa. He asks things in a way she cannot answer and when she says, "I'm not sure I understand your question," Peter takes it personally.

"She's a machine," I remind Peter.

"She's not an intelligent machine!" Peter replies.

Yesterday, Alexa was flashing away like crazy. This, I have learned, means she has something to say.

"Alexa! Do you have a notification?"

"I have one notification." I waited with bated breath. (There really isn't a lot going on at our house right now.)

"The notification is for Carrie: Your slipper has been delivered."

"Oh my gosh! My slipper has been delivered!" I felt like Cinderella. I immediately went out and fetched the box from the stoop. I discovered that Alexa spoke the truth. In fact, it was even better than she said. Two slippers had been delivered — one for each foot!

Since March, the only clothing I have purchased is two pairs of stretchy pants and a nightgown. I've been living in stretchy pants. New slippers were a very big deal.

I am amazed by how little I have thought about clothes over the past one-third of a year. I miss wearing shoes but now, glancing into my closet, I wonder how many of them I'll want to wear again once the opportunity presents itself.

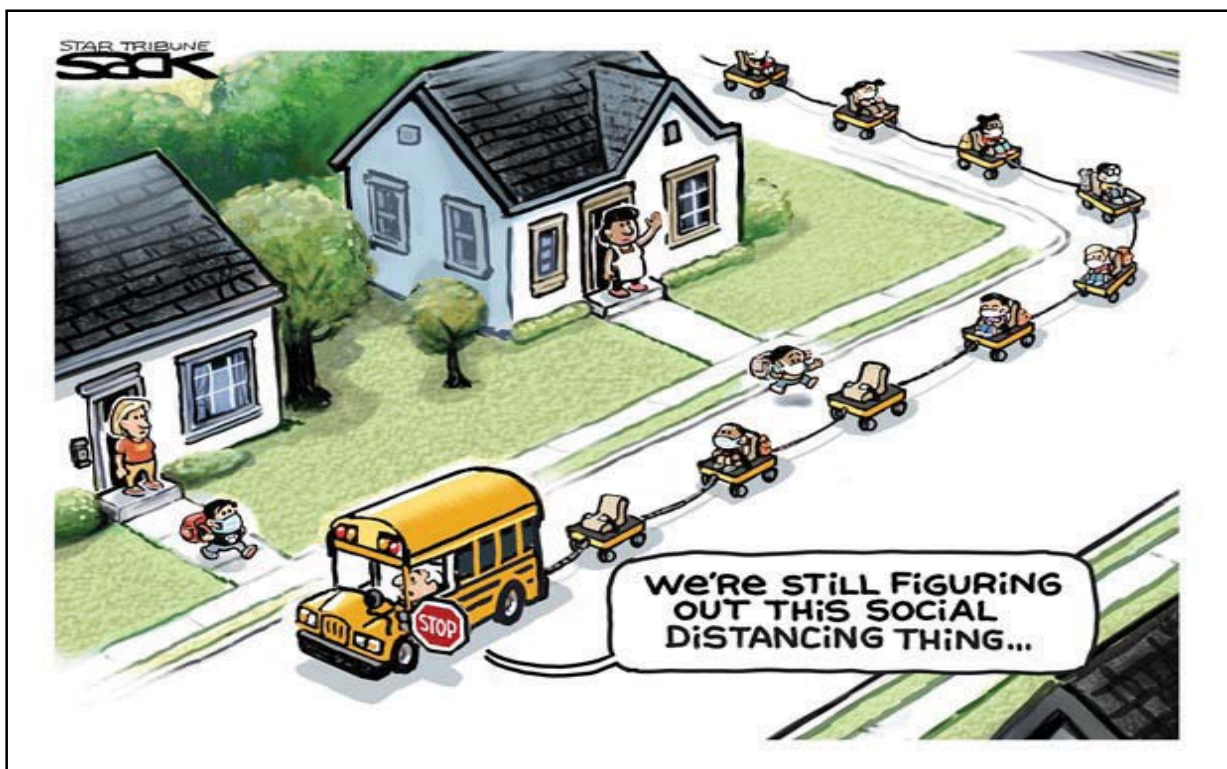
It seems to me a lot has changed in four months and a lot of these changes have happened inside of me.

I have a much greater appreciation for all the things I miss. I miss sharing experiences and having people I can laugh with. I miss chatting with my 90-year-old gal pal in church. I miss sitting with a group of strangers in a theater when the lights dim.

I'd be happy to wear my stretchy pants and new slippers everywhere if I could get together with friends for an evening of fun.

I modeled my new slippers for Peter. He pretended to be impressed. (A marriage relies on a little good-natured acting from time to time.)

I'm going to keep all my shoes, although I think I might have to dust them pretty soon. I'm holding out hope that, someday, I might have the occasion to wear a pair of red boots — probably with a pair of stretchy pants.



Carrie Classon's memoir, "Blue Yarn," was released in 2019. Learn more at CarrieClasson.com

AFTER FIVE INTERVIEW:

Megan Rapinoe

Ahead of her book 'One Life' set to be released this fall, the Redding native talks soccer, politics and family

By Aaron Williams

One year ago, Megan Rapinoe was on top of the world. She'd led the U.S. Women's National Soccer team to its second straight World Cup title, scoring two goals in a key semifinal and giving the world the viral moment with "The Pose" after netting one shot. After hoisting the trophy, winning both the Golden Boot as the leading scorer and Golden Ball as the tournament's best player, Rapinoe and the team partied like rock stars with a ticker tape parade down New York City's Avenue of Heroes.

But it wasn't all celebration for Rapinoe during the World Cup as she found herself in the eye of several controversies during the tournament – first with comments about President Trump and again about her stance on the equal pay disparity between the men's and women's teams.

But controversy isn't anything new to Rapinoe, nor is it something the Redding native shies away from.

Growing up in one of the more

conservative areas of the state, the Foothill High School graduate said she's proud of where she was raised. But her politics differ from many in her hometown – including her parents.

After graduating from Foothill in the early 2000s, Rapinoe and twin Rachael, who played club soccer in Elk Grove rather than for the Cougars, played for the University of Portland. She helped the Pilots to an undefeated season and national championship in her freshman year.

The second overall pick in the 2009 Women's Professional Soccer draft, Rapinoe played for the Chicago Red Stars in addition to playing overseas.

In 2012, Rapinoe helped the United States' women's soccer team earn gold in London, an indescribable moment for her, she said, to not only play in the Olympics but medal with her family in the stands.

It was also 2012 where Rapinoe came out as gay and has remained at the forefront of LGBTQ+ issues.

She's been dating WNBA superstar

Sue Bird for several years and the pair is considered a "power couple" in not only the gay community, but in the sporting world as well.

And while her star rose on the international stage – as well as the accolades in her hometown with a Megan Rapinoe Day in Redding in September – her unapologetic passion for social issues led her into the crosshairs of conservative critics. In 2016, she took a knee during the National Anthem in support of former San Francisco 49ers quarterback Colin Kaepernick, who'd done the same to raise awareness on the issue of systemic racism in America.

Undaunted, she kept playing, kept speaking out and used her platform to highlight issues near to her.

During the 2019 World Cup, while playing perhaps the best soccer of her career, she faced two separate controversies. The first was her stance, along with her teammates, that they shouldn't be paid nearly three times less than what their male counterparts receive.

The second was a response to a reporter asking if she was going to visit the White House and President Trump should the USWNT win the World Cup, to which she famously - or infamously – responded: "I'm not going to the fucking White House."

During the pandemic, Rapinoe and Bird have laid low, working on staying fit, preparing for Bird's WNBA season and the release of Rapinoe's book "One Life."

And if one thing is certain, it's that Rapinoe has squeezed a ton into her "One Life" already.

Aaron Williams, a frequent contributor to After Five Magazine who has interviewed members of the band America, Five For Fighting, Los Lobos and Robert Cray, conducted the interview with Rapinoe. Williams is the national editor at MaxPreps, a high school sports website, in addition to being one of the founders of ShastaCountySports.com, which focuses on local preps sports.

COVER PHOTO / Nikolaj Barbanell

After Five: So you're a teenager attending Foothill in the early 2000s. Did you ever imagine in your wildest dreams you'd be a global icon for not only your soccer ability but your stances on social issues?

Rapinoe: Well, I did grow up wanting to be Michael Jordan, so I guess I still have a little ways to go.

No, not at all. I feel like I've never really approached life that way. I've always taken it as it comes. Of course, I have goals - lofty goals - and always imagined it. But I did always want to be a superstar athlete in some way.

After Five: Talk about soccer back in your youth. You didn't play for Foothill, opting to play club. Did you

have any idea way back then that you had what was necessary to play at the elite, global level?

Rapinoe: Midway through high school I started to figure it out a little bit. Growing up, I was never even the best player in my own house. I didn't think about it too much until we started playing out of town on a travelling team.

You know, we were the best players on our team, but we weren't on the best team and we weren't the best team in the state and we weren't on the best team in the country. I had my fair share of losses, so I kind of took it in stride. I think midway through high school, letters from colleges started coming in, and late in high school I got pulled



PHOTO / Jose Breton - Pics Action / Shutterstock.com

"We've had some heated Christmases and heated conversations, but we love each other... there's no way to repay or appropriately quantify how important my parents have been in my career and continue to be, even off the field as well. They put me in this position to chase my dreams and be this successful."



PHOTO / Gordon Donovan / Shutterstock.com

"All the fanfare, all the hype, I revel in those moments. I love it. I don't train my whole life and do all this hard work to not enjoy those moments...I love packed stadiums and getting to perform and entertain at that level. I think a lot of us older players on the team feel the same way..."



PHOTO / Lev Radin / Shutterstock.com

"I don't need you to totally understand what everything means to be me and you don't have to. You just have to believe me. I just believed Kap. It's as simple as that." - Rapinoe on being one of the first athletes to take a knee during the national anthem in solidarity with former San Francisco 49ers quarterback Colin Kaepernick.

in with the youth national team. That's when it started becoming apparent that this could, potentially, go further than college and (I could) make a career out of it.

After Five: Was that the dream – being able to see how far you could take it or were you just taking the next step?

Rapinoe: A little bit of both. I think growing up you love sports and just want to play. I think late middle school and into high school it was 'OK, I think we (she and twin sister Rachael) can go to college and get a scholarship and have college paid for.' We were both on the state team and in the Olympic development program and you take kind of these marker steps moving up. We were able to go to one of the best colleges in the country for soccer and it kind of became clear then that I'm on a path that's leading me toward elite soccer. As a player, I think you always aspire to the highest level.

After Five: As with a lot of elite players from the North State, traveling outside the area to compete is essential. Talk about the support you received from your parents in those early years.

Rapinoe: There's no way to quantify the importance and the sacrifice my parents have made in my life. It's not hyperbole to say I wouldn't be here without the commitment and without that sacrifice, both time-wise and financially. All the days and nights we spent driving and hotels, and how hard my parents worked to provide that for my sister and I. I really feel that all the success that I have and have had in my career is my family's success because everyone sacrificed.

We're the youngest of all the kids, but it feels like every time I do something on the field, if I'm successful or win a trophy, it really does feel like all of our success – especially being from Redding, where there wasn't really competitive soccer. We had to travel a lot and it was a huge commitment on behalf of my parents. Also a belief in the dream. When we were younger, we knew we loved playing the game and never had to be motivated. But for them to have that vision and make the commitment early on to see how far we could take this was instrumental.

There's no way to repay or appropriately quantify how important my parents have been in my career and continue to be, even off the field as well. They put me in this position to chase my dreams and be this successful.

After Five: How much did the U.S. Women's Soccer Team that won the 1999 FIFA World Cup influence your love of the game?

Rapinoe: I think in the same way I talk about my parents being an unquantifiable influence to my career, it's the same thing with the '99 team. I went to the '99 World Cup and watched all those games. They taught us how to dream, how to be successful, how to win, how to win on and off the field and the importance of that. That's a thread that goes through anyone who has played on the national team and it will go on forever. There is no blueprint before that team. There is no team like that, specifically for women's soccer, but also for a 13- or 14-year-old kid and



PHOTO / Jose Breton - Pics Action / Shutterstock.com

Rapinoe and Alex Morgan celebrate after winning the 2019 FIFA Women's World Cup France Final match between USA and The Netherlands at Stade de Lyon on July 7, 2019 in Lyon, France.

being at those games or watching it on TV. You can't understate the importance of Mia Hamm and Brandi Chastain and Julie Foudy and Kristine Lilly and Briana Scurry and Michelle Akers. Without them there's no Carli (Lloyd), no Abby (Wambach), no Alex (Morgan), there's no me. They were everything.

After Five: You mentioned them, but how does it feel to have your name mentioned alongside some of those greats – Chastain, Foudy, Akers, Hamm?

Rapinoe: It's crazy. Not only are a lot of those players my good friends, but they're mentors, people I look up to, my idols. And to know I've been able to carve out a special and unique place on that list is pretty amazing. To be from Redding, to grow up where I did and no one from Redding has ever played on the national team except me, I hold that really dear in my heart. It's an ode to all those players who blazed the trail and set the stage for someone like me to not only play the way I play, but to do the things off the field. I don't think I'm able to do that without those players doing the same thing in some form or fashion many years before I did.

After Five: So you start getting college offers and go to the University of Portland with twin sister Rachael. What was that experience like?

Rapinoe: I think the University of Portland was the first college we visited and our mom *made* us go visit. We were like 'We don't want to go there' and she was like 'Whatever, you're going to make the visit.' And we loved it right from the very beginning. It felt like home and a place we needed to be.

Rachael and I are so close to this day. She's my best friend in everything. So being able to experience not only being successful in college, but moving away and growing up together and sort of finding ourselves separately, but in the same space, and being able to share all that together is incredible. We don't live in the same city anymore, but eventually we will find our way back to each other because I hate being away from her and I think she feels the

same way. I probably annoy her more than she annoys me, but I think that's because I'm the younger sister. We are so close to this day.

After Five: After college, you start playing professionally and your arc really takes off at the 2012 London Olympics, where the U.S. won gold.

Rapinoe: I'm a huge Olympics fan and I always have been. I vividly remember '96 when it was hosted in Atlanta, watching the women's soccer team, watching the women's basketball team, you know, watching Michael Johnson coming around the curve on the 200 with gold chains bouncing around his neck. So to be able to not only represent my country, but to have my family there and actually win it was just unbelievable. It's really quite bizarre and unreal to have a childhood dream, like a bona fide childhood dream, come true. I still really don't know how to think about it. It was such an incredible experience.

After Five: How does winning gold in London in 2012 compare to back-to-back World Cup victories?

Rapinoe: They're very different. The World Cup is special because it's all about your sport. It seems like the whole world stops and revolves around just you for a minute, which is nice because women's sports don't usually get that much attention. Obviously, to win back-to-back is ridiculous and so incredible. Honestly, I'll take any kind of championship or gold medal, any time. I'm lucky enough to have been in the right spot for a number of them.

After Five: In 2015 you win the World Cup, but tear your ACL. Did you ever feel your career was in jeopardy, or were you determined to come back as strong or stronger?

Rapinoe: I never really felt my career was in jeopardy, but I'm also not stupid. I was 31 or 30 at the time, but I didn't really think 'Is this the end?' I just told myself I was going to rehab and felt I was going to be OK. Modern medicine is incredible and modern sports science is amazing.

After Five: Describe the feeling

of 2019 – the pressure to repeat, the pressure as an elder stateswoman of the game to compete at an elite level and balancing those pressures with the joy of playing a game you love.

Rapinoe: To be on the U.S.

Women's National Team is to be in the pressure cooker all the time. (Even if) it's a friendly game that literally means nothing, we put that pressure on ourselves whether it's a practice or a game or whatever it may be. I feel like we do equip ourselves pretty well because we are so crazy and constantly trying to perform our best.

Now, going into the World Cup, I'm 33 going on 34, I turned 34 during the World Cup, and then we heaped a whole bunch more (pressure) on ourselves by filing a lawsuit against the Federation for pay discrimination and gender discrimination a couple months prior. Obviously, we're the reigning champs, so we also have that target on our back, although we're the U.S. so we always have a target.

But all the fanfare, all the hype, I revel in those moments. I love it. I don't train my whole life and do all this hard work to not enjoy those moments. I live for the bigger moments. I love packed stadiums and getting to perform and entertain at that level. I think a lot of us older players on the team feel the same way and I think we bring a sense of joy and excitement and fun and ease that allows the rest of the team to really enjoy it.

I felt this past summer was the most enjoyable time I've had on the national team. The younger players were doing so well, as were the older players. Everyone was really close. I think we were playing for so much more and I think we could all feel it. It was this special once-in-a-lifetime experience and movement that we were at the center of. To date, that was probably the most special month of my life. I'm so grateful to play on this team and be around these players and represent the U.S. like we do. And the way we choose to represent the U.S. is something really special.

After Five: So "The Pose" after scoring against France. Was it spontaneous?

Rapinoe: I had done it one time before, but it was kind of spontaneous...I mean I always have a lot of things bouncing around in my head. We've always talked about celebrations and really, we've got a lot of time on our hands, sitting in the locker room, pre-game. We really have a fun-loving, creative, cheeky team. Alex (Morgan) and I are always talking about celebrations we can do. We always try to rally each other and see what we can come up with. So it was sort of bouncing around there. Obviously, everything that happened before that game, before the quarterfinals, being, umm, attacked on Twitter by the President of the United States, it felt like more. We're playing France in France in this iconic stadium and it was just this insane moment that we were a part of. It was just something that felt like it could capture all of the emotion that I was feeling at that time.

After Five: We see men in soccer and other sports like football with crazy

celebrations, but women are often criticized for it. Was there backlash for The Pose? Did you care?

Rapinoe: There definitely was backlash and we definitely did not care. The Tea Cup (Alex Morgan's celebration against England) was like next-level trolling and so funny. I feel like to me it's really obvious. We don't treat men and women athletes the same. We don't give the same license for expression. We don't allow women to be their full selves. We don't get to say how good we are or express how good we are, where the men get full license to express themselves in whatever way they want. But our team doesn't subscribe to that. We look to each other for guidance and to each other for acceptance.

So we look around and are like 'yeah, that's funny' and 'yeah, let's do that.' That's kind of our guide for each other, and in the process I think we've expanded people's view of what a female athlete is and what they can be.

I think first and foremost, we approach the game the right way, we approach our craft the right way and we play the game the right way. We're honest and earnest. We respect our opponents and the game. We always try to push the game forward and leave it better. But in the process, we're going to have fun with it. This is a game, ultimately, and it should be fun. Alex scoring a goal against one of our fiercest rivals and then taking the thing they value most in their culture, Tea Time, and making a joke out of it is funny. And so I feel we know exactly what buttons we're pushing and we're pushing them purposefully. We're trying to represent female athletes in what we could and should be and not just what we're seen as. We're not seen enough. We know what we put into it, each and every day, the hard work we put into it. We see each other grinding and how much goes into it. We take that full weight of responsibility and want to show everyone how beautiful this game is.

After Five: Describe the celebration after winning a second straight World Cup.

Rapinoe: In a way, relief, because we were expected to win all the time. I've never, as a national team player, walked into a game as an underdog. Ever. And I never will. That's the expectation, so in a way it's like, 'thank God we didn't fail.'

The celebration was so much more. I think this team was a realization of its full self as a collective, but as well as each individual. We had so much fun and reveled in it. We enjoyed every drop of it. This win felt so far beyond the confines of the 23 players, the coaches and staff or soccer community. Going through that parade in New York, it felt like everyone had won. It felt like everyone's parade. It wasn't just us celebrating on the floats. Everybody was celebrating this team of fierce women and advocates and badass athletes and women taking on more than just themselves. And it was just the dopest party ever for like six straight days. We gave ourselves permission to just let loose and be on top of the world



PHOTO / Lev Radin / Shutterstock.com

Rapinoe (15) of USA controls ball during SheBelieves Cup game against Spain earlier this year on March 8 at Red Bull Arena in Harrison, New Jersey. USA won 1-0.

for as many days as the world would let us be on top.

After Five: You also were at the front of some controversy surrounding your stance that you wouldn't go to the White House. Was that the first time you'd really stepped out into that social justice spokesperson type role. Was it something you'd been wanting to do and the winning allowed you the platform for it?

Rapinoe: It definitely wasn't the first time. I've been pretty involved in social justice for a while. I came out as gay in 2012, obviously, and kneeled with Colin Kaepernick in 2016 and have just been full in since then.

You know (the controversy surrounding the White House comments) came about because we were the favorites and people were asking 'If you win, will you go to the White House?' And we have a very controversial president who I've made very public, and many players on the team have made public, that we're not in support of him and, in fact, are in stark opposition to him. Pretty much everything he says is against what we are as human beings and as a team. I just sort of plainly said 'I'm not going, I'm not fucking going.' 'I don't want to go.' If there was a genuine conversation to be had then we can talk about that. But we've worked so hard as a team to build this platform and build on what other players have left for us and to talk about a lot of issues and social justice issues and the issue of women in football (soccer) and women's pay equity - and Trump just wants a photo op. He just wants to bring the team in and get a photo and it's like 'No, you're not going to co-opt what we work for and what we fight for every day.' That kind of felt like second nature to me, to be honest. I speak my mind very freely, but I'm willing to defend it and talk about things I'm passionate about and use my platform.

What I didn't know is someone was

sitting on that clip and released it the day before the biggest game of the tournament. But I was like, I said it and I meant it. I don't think we would've gotten a genuine invite anyway, but just to pre-empt any confusion, we weren't going.

After Five: Does your political stance make it a little uncomfortable at Thanksgiving dinner? Your parents are on the opposite side of the political spectrum from you.

Rapinoe: We talk about it. If you know me and know my parents, we don't shy away from it all that much. I'm from a very conservative area, most of my family members are pretty conservative or traditionally conservative. But, that's America. I mean that's where I'm from and I don't try to pretend I'm from anywhere else. I'm from Redding, California and that's who raised me and who made me. We may disagree on a lot of things, and we've had some heated Christmases and heated conversations, but we love each other and want to have that dialogue and are open to that. That's something that's really important to us as a family. I think that's something we're losing in this country is that willingness to engage. Obviously, we're getting very divisive and polar opposite, but we always try to have those conversations and meet each other with love. If you believe in something I don't believe in, then we'll have a conversation. It's made for some interesting family dinners for sure.

After Five: You came out in 2012. I've spoken with fellow Redding native Ryan O'Callaghan, who also came out after his NFL career about being gay and is from the North State. He's been critical of the culture in the North State. How do you reconcile being proud of a hometown that honored you with Megan Rapinoe Day while also knowing a lot of residents probably sit on the other side of the fence from your political and social viewpoints.

Rapinoe: I just try to hit it head on. I'm not from anywhere else. I'm proud of where I'm from, the people that raised me and my friends and people I went to school with. Good people, loving people. We may be on (opposing sides) of an issue, but I'm always wanting and willing to have that conversation.

You know, personally, I feel that the GOP politics don't really take care of people where I'm from. I think we should all have access to health care. We should have access to mental health care and access to affordable housing. I think that you shouldn't have to work two and three jobs just to make ends meet. I don't think that's right. So I'll have those conversations. I want to talk about those things. But I don't see myself in opposition to where I'm from. (It's just) we might have different views on things.

I love my family and where I'm from. We may have some disagreements and have disagreed on things, but that's a good thing. We're a diverse country and I hope I can bring a different viewpoint than some of those have in Redding.

After Five: In addition to LGBTQ issues, you've been at the forefront for equal pay for the women's team. How important is that to you and doesn't it seem odd that it's the type of thing we're talking about in the year 2020?

Rapinoe: In a granular, cellular level it's important to me. That's how we signal to people that we value them in our society, basically. Money is our currency and how we value things. I think it's also a respect thing. I work just as hard as anyone else who plays professional soccer and should be compensated accordingly.

While I'm disheartened that we're still talking about it in 2020, I can't say that I'm totally shocked. As events (in 2020) have unfolded with the pandemic and civil rights and the protests over George Floyd, you know the system in America was set up and designed on the exploitation of people, specifically

black people in their enslavement, and of women. Women didn't always have the right to vote in this country, black people didn't always have the right to vote in this country, didn't have the right to work and didn't even have the right to be. Those are long entrenched systems in our country that have been our values, that have become our norms, our biases, our privileges. I wish that it would go quicker and that we could make progress more quickly, but that's why we have to keep the pedal down and keep our focus and our energy to keep fighting that. These systems are long-entrenched. The more we pull back the layers and push and the more persistent we are the quicker it will go. I'm saddened by it, I wish it wasn't this way, but I'm not totally shocked. That's the reality right now.

After Five: We saw the Black Lives Matter protests explode despite being in the middle of a pandemic. You've been supportive of Colin Kaepernick's protests long before most realized what he was protesting. How hard was it to take a knee in 2016 and how big of a watershed moment is the BLM movement for this country and why should people get involved and be part of that change?

Rapinoe: For me personally, it wasn't a difficult decision. We came through 2014 with the Ferguson (Missouri) protests for the killing of Michael Brown. We have a long history of protest in this country because we have a long history of oppression in this country. We can start in 2014 in Ferguson, leading into the summer of 2016, which was especially violent with a lot of murders caught on video with, like, five high-profile murders. There (were police officers shot) in Dallas and Louisiana. Through that summer you have the WNBA players who are protesting and Kaepernick happened late that summer.

I think being a gay female athlete I knew what it was to stand in front of the flag and not have it protect all my rights, not be able to get married, not be able to have all my rights fulfilled under the law. So in a small way, I could understand what that was. I asked people to be an ally. I don't need you to totally understand what everything means to be me and you don't have to. You just have to believe me. I just believed Kap. It's as simple as that. I can see with my own two eyes what's happening in our country and with our history of oppression, slavery and Jim Crow and I can see it's still happening today and I just thought it was a step I could take in support. I want to talk about it and maybe if I do it other athletes will want to do it and maybe we can have this sweeping movement.

I was hoping in 2016 for what we're seeing now in 2020. The decision was not difficult, but obviously the aftermath was. The backlash was swift and very aggressive and disheartening in a lot of ways. It was sad to see America at large respond with that kind of hatred and vitriol for Colin and people who supported him. I think people are starting to really understand now that it's all of our responsibility to make the world a better place in whatever

way you can. I'm an athlete and have the distinct honor and privilege of representing the United States of America a lot of the time, and if I'm going to do that then I'm going to represent everyone in America. That's my platform - and it's a really big platform - so that's what I decided to do.

I think now what we're seeing is so much bigger. I think the pandemic really exposed a lot of the lies that the Republican Party tells people or that the status quo tells people. You know we found \$2 trillion really quick for health care and unemployment. And, yes, we're going to have to pay for it, but we shouldn't be as rich as we are and as successful as we are as a nation and have this level of homelessness and sickness. And we shouldn't have the deaths that we have had due to COVID-19.

People started to understand a little, but the chief problem was racial injustice in this country and that's what our country was founded upon and we've yet to have a real reckoning. There's inequality everywhere and in many ways people are seeing this moment as a way to dramatically re-imagine our country. We don't have to live in a country where you don't have health care. You don't have to live in a country where you don't have a job. You don't have to live in a country that has the rates of incarceration that we do, the murder rates that we do, and the lack of mental health care where people aren't safe and happy. We don't need to live in a country like that. We can choose a better way. I think society at large is hopefully having a reckoning with itself and therefore motivating people to demand better - a better future for us all.

After Five: What have you been doing during the past few months during the pandemic? Where are you and Sue holed up? What color is the hair?

Rapinoe: The hair is back to pink now. I was able to get it done, so that's nice. It was really dark and now I'm back to the classic pink and very happy about it.

We got stuck on the East Coast and back in Seattle a little bit. Sue's team (the WNBA's Seattle Storm) is getting ready to go in the bubble and I'm joining her in Florida in the bubble. It seems crazy to go to Florida, but there's an actual bubble and from what I hear it's quite safe, so we're going to spend a couple of months down there (while she's) playing the WNBA season.

After Five: You and Sue are a true power couple. For you two, it's probably just life. But for millions of people, a famous, gay couple at the peak of their sporting profession is inspirational. How do you manage life, fame and a relationship?

Rapinoe: It seems very normal to us. Neither of us really think we're all that famous. We're pretty low key. But we do understand the importance of our relationship and how different it is and what kind of role models we can be. I think we both take that on with joy. I think we like being role models and setting that good example, especially for kids. We have so many people reach out to both of us and say how much our story has impacted them in a positive

way and that's an incredible gift that keeps on giving.

It is kind of funny because there's Sue and there's Megan and then there's Sue and Megan. We're still trying to navigate that. We try to take it all in stride and we don't really take ourselves too seriously. It's been good to spend time together, despite all this craziness. Honestly, this is probably the most time I've spent at home since I was in high school. To be able to spend most of that time together, we feel lucky. (We're) staying in shape and doing what we can to stay at the top of our game and plot for what's next.

After Five: You played basketball in high school, but she was a state champion. How much would Sue have to spot you for you to win a one-on-one game?

Rapinoe: Aww, god. If we're playing to 10, she'd probably have to spot me 10. We've played one-on-one and it's ugly. It's bad. I'm a good athlete and I love basketball. I can play a little bit of basketball, but I'm like 'Damn, you're really good.' There's a whole 'nother level 20 levels above me. I was doing some training with her and because of social distancing we couldn't be around anyone and I was helping out and it was a real humbling experience for me. I did not love it.

After Five: That being said, could she compete with you out on the soccer field?

Rapinoe: You know, she's pretty good. She was good in high school. I think she was a better soccer player

in high school than I was a basketball player - I mean my size doesn't bode well for me. Sue's whole game is about court vision and passing and being so much smarter than anyone else out there. I think if she had been a center midfielder or a 10 (an attacking midfielder) she might've made a run at it with the national team.

After Five: What do you have planned for the future when/if this pandemic finally ends, and is there another World Cup run?

Rapinoe: I hope there is another World Cup run in me. I'm trying to keep it together and I'm still enjoying it and enjoying the team, so I want to keep that going. It's interesting now because everything is on hold.

I have my book ("One Life") coming out in the fall. That's a fun project. I spent part of the last year getting into the nitty-gritty on that. All kinds of political aspirations, not necessarily running for office, but to get involved. I think politics is made to feel overwhelming and not cool. But it's really about engaging with you whether you're engaging with it. So you may as well get involved and have your voice heard. And I want to continue to grow women's sports in a different way, like how we tell stories about female athletes and why we don't know that much about them. I'm pretty interested in media and content production.

I continue to enjoy this ride. I feel lucky to do the things I do and have the freedoms to do what I want. I'm just taking it as it comes.



LEAVE IT TO

Drive-Thru Service Available

NATURE

Where You Always Come First

Featuring the First and Only Drive-Thru Service for Cannabis in the North State

We're taking all safety precautions. We ask that you do so as well. If you are not feeling well, we encourage you to please use our drive-thru.

Located right off Interstate 5 next to Rite Aid in the City of Shasta Lake, 5340 Shasta Dam Blvd. / Hwy 151

LARGEST SELECTION IN SHASTA COUNTY

Compassionate Pricing

530.691.7199

www.leaveit2nature.com

See Our Menu at leaveit2nature.com

C10-0000411-LIC

Local Cravings Restaurant Guide



Thank You
for Sticking With Us!

OUTSIDE DINING, TAKEOUT and DELIVERY

Dining Guide Map on page 14. Check restaurant websites and social media for the latest information on hours and services.



Outdoor Seating and Takeout Available

Located inside the Best Western PLUS.

Open 7am-9pm



2018 Winner



111 Morgan Way, Mt. Shasta, CA ♦ (530) 926-3101 ♦ coopersbargrill.com



Old Fashioned Country Breakfast and Lunch (both served All Day) Nightly Dinner Specials

(530) 238-8088
20766 Lakeshore Drive, Lakehead, CA
Summer Hours - Every Day 7am-3pm and 5pm-8pm

We Have Pizza



But First...

COFFEE DRINKS

including Lattes & Mochas

Across from the Shell Station (Exit 702) Off Interstate 5 Look for the "RESTAURANT" sign on top of the building



PIZZA FACTORY

- Outside Dining
- Delivery
- Takeout
- Curbside

Pizza * Salads * Pasta * Sandwiches * Wings * Calzones



To Order: Call (530) 275-4455 or online at shasta-lake.pizzafactory.com or use the Pizza Factory App
Menu available online

Delivery within 5 mile radius: Shasta Lake, Mountain Gate, Bridge Bay & North Redding
Open Every Day 11am-10pm

4432 Shasta Dam Blvd., Shasta Lake • shasta-lake.pizzafactory.com

Check our Facebook page for up-to-date hours & services including patio dining



granzellas.com

All of our Menu Items Can Be Enjoyed in One of Three Distinctive & Unique Venues or Prepared for Takeout

451 6th St. ★ Williams, CA

THREE DINING CONCEPTS UNDER ONE ROOF

Family Restaurant ★ Sports Lounge ★ Deli & Bakery



RESTAURANT & SPORTS LOUNGE
530-473-5583



GIFT SHOP
530-473-5244



DELICATESSEN & BAKERY
530-473-5496



FAMILY OWNED SINCE 1933

LIM'S CAFÉ, which began in 1933, has been owned and operated by late owner Peter Lim's daughters Bonnie, Jeannie and Pat (left to right) since 1993. Lim's has an extensive Chinese menu, along with a full American menu including their popular Fish & Chips, Chicken Fried Steak and Chop Sirloin Burgers (very flavorful!) Lim's also serves *A Great Breakfast*, with combos starting at under \$8. They also serve lunch (with daily lunch specials) and dinner.

Orders To Go, Curbside and Delivery Available
Currently Open Until 8pm Every Day of the Week

Complete Chinese & American Menu
592 North Market St., Redding
241-9747 or 243-2991

Lim's CAFE
Cocktails, Beer and Wine

LOW & SLOW SMOKED Prime Rib, Tri Tip, Chicken, Sausage, and our Famous 14 Hr. Smoked Brisket

Order ahead on our website or with our App - <https://oldmilleatery.appvbiz>



OLD MILL EATERY & SMOKEHOUSE
OPEN 7 DAYS A WEEK FOR BREAKFAST, LUNCH & DINNER

Outside Dining, Takeout, Curbside or Delivery
Delivery from I-5 O'Brien Exit #695 in the north, to Cottonwood in the south

Current Hours: Sun.-Thurs. 7am-7pm
Fri. & Sat. 7am-8pm

4132 Shasta Dam Blvd. Shasta Lake
To order by phone (530) 275-0515 • Catering

DINING & CAMPING FULL FAMILY RESORT
www.shastacamping.com
BAR & RESTAURANT *OPEN TO THE PUBLIC*

Stay safe and check our website and social media pages, including Facebook, for dining and other updated information this summer at Lakeshore.

Patio View



Award-winning **CHEF NORM** is back for the season

Restaurant & Lounge: **530-238-2004**
Office & Reservations: **530-238-2003**
20483 Lakeshore Dr. • Lakehead (I-5 Exit 702)

Dinner Specials

Voted The North State's Best Salads and Lunch

Treat Yourself to The City's Best

Cheesecakes Unlimited
RESTAURANT AND BAR Est. 1991

Thank you for your continued support during these challenging times. It is very much appreciated.


We're going to take a short vacation from Aug. 1-9 to recharge. Back to serve you again beginning Monday, Aug. 10

Takeout and Delivery (through Entree Express)
Check our Facebook Page for the latest on Hours and Dining Options

www.cheesecakesunlimited.net



1135 Pine St., Redding (530) 224-1775



DUNSMUIR BREWERY WORKS
est. 2009

- * Open for Lunch & Dinner
- * Daily Menu Specials
- * Families Welcome
- * Outside Dining Available (Dog Friendly)

Pub Fare with a Flair
Micro Brewery & Restaurant

 dunsmuirbreweryworks.com (530) 235-1900

5701 Dunsmuir Ave. in Historic Downtown Dunsmuir



RESTAURANT
Food & Drink

Call (530) 275.1716 or email SLB@shasta.com for information about advertising in After Five's Dining Guide for August and September

Summer dining



1. **CAMP SHASTA**
20766 Lakeshore Dr.
Lakehead 238-8088
2. **CHEESECAKES UNLIMITED & CAFÉ**
1135 Pine St., #113
Redding 224-1775
3. **DUNSMUIR BREWERY WORKS**
5701 Dunsmuir Ave.
Dunsmuir 235-1900
4. **GRANZELLA'S**
451 6th Street
Williams
Restaurant: 473-5583
Deli: 473-5496
5. **LAKESHORE INN & RV**
20483 Lakeshore Drive
Lakehead 238-2004
6. **LIM'S CAFÉ**
592 North Market St.
Redding 241-9747 / 243-2991
7. **OLD MILL EATERY & SMOKEHOUSE**
4132 Shasta Dam Blvd.
Shasta Lake 275-0515
8. **PIZZA FACTORY**
4432 Shasta Dam Blvd.
Shasta Lake 275-4455
9. **TREE HOUSE RESTAURANT/ COOPER'S BAR & GRILL**
In the Best Western Plus
111 Morgan Way
Mt. Shasta 926-3101

LET'S SUPPORT
Our Local **RESTAURANTS**

Note: Map not to scale

Drawing by Debi Hammond
www.creatinghappy.net

NEWS of the WEIRD

Commuters in Berlin, Germany, are required to wear masks on public transportation, and are subject to fines if they don't.

Despite that, reports Deutsche Welle, so many people wear their masks incorrectly (covering the mouth but not the nose) that Berlin's transport company, BVG, is now suggesting that riders skip deodorant when they're getting ready for the day, in hopes that the body odor on crowded trains will keep those masks in place.

"Given that so many people think they can wear their masks under their noses, we're getting tough," read a bright yellow posting on Twitter. "The BVG is calling for a general deodorant waiver. So now do you still want to have your nose out?"

Farm families in Botswana living beside the Chobe River have long battled herds of elephants that often pass through their fields at night, trampling crops as they move toward the river.

Barking dogs and fences have failed to stop the elephants, the BBC reported, but farmers are having remarkable success with a new weapon: disco lights.

Scientists from Elephants Without Borders placed solar-powered strobe lights that flash color patterns along the sides of fields elephants are known to walk through, frightening the elephants away.

One farmer reported that before he had lights, "I had more elephants raid ... but in these two seasons with lights I have harvested successfully."

A man attempting to elude police in a stolen Toyota Land Cruiser in Newberg, Oregon, crashed into a woman driving a Buick Regal that had been reported stolen three weeks before, giving police a two-fer.

Newberg-Dundee police said they arrested the driver of the Toyota, Randy Lee Cooper, 27, and then found the driver of the Buick, Kristin Nicole Begue, 25, to be under the influence of intoxicants and arrested her, too, KOIN reported. Neither driver was injured.

Liberty County (Georgia) sheriff's officers who found a body lying next to a railroad track in Allenhurst followed protocol by covering the body with a sheet and waiting for the coroner.

When the coroner arrived, detectives looked for injuries



Kevin Nicks, 55, of Chipping Norton, Oxfordshire, England, was up to the challenge when he was invited to a racing event for unconventional vehicles at Elvington Airfield in North Yorks. Using parts lying around his house, Nicks mounted a Honda moped engine to the back of a wheelbarrow that recorded top speeds of 36 mph. "No wheelbarrow has flown down at the speeds I was going," Nicks boasted to the Daily Star. "It's thrilling and absolutely bonkers to drive it." This isn't the first time Nicks has motorized gardening equipment. He's also the owner of the world's fastest shed, which can reach speeds of 100 mph. "I like being creative and thinking out of the box," he said.

and quickly discovered the body was a female sex doll.

WSAV reported that the doll was fully clothed and was anatomically correct. Officials think they may have been victims of a prank.

Wendy Wein, 51, of South Rockwood, Michigan, was arrested after offering an undercover state trooper \$5,000 to kill her ex-husband and giving him money for travel expenses, WXYZ reported.

Wein met the trooper after allegedly visiting the fake website rentahitman.com, where she completed a form requesting a consultation and named

her ex-husband as the target.

The owner of the website contacted Michigan State Police, who sent the undercover officer.

"I'm very surprised that someone thought this website was a true website," said state police spokesman Lt. Brian Oleksyk.

The website owner said over the last 15 years he's been contacted a number of times by people wanting someone killed, and he turns all of those requests over to law enforcement.

Iceland is offering a stressed-out world a unique

way to blow off some steam, reports Sky News – scream therapy.

The country's tourist board is inviting people worldwide to record their screams to be played over loudspeakers in one of seven remote locations.

"You've been through a lot this year," says the project website, "and it looks like you need the perfect place to let your frustrations out. Somewhere big, vast and untouched. It looks like you need Iceland."

Psychotherapist Zoe Aston approves: "Using a scream as a way to release pent-up emotion allows you to ... reclaim

the power that is inside you." Iceland has suffered relatively little during the COVID-19 pandemic, with 1,905 cases of the disease and 10 lives lost.

What started as a report of a naked man running down a road hitting cars in Owensboro, Kentucky, soon turned into a home burglary in progress, reports WFIE.

Daviess County Sheriff's deputies said they arrived at the home around 1:30 a.m. to find John Stefanopoulos, 41, standing inside, naked and covered with mud and blood.

Authorities said the suspect rushed the officers while repeatedly telling them he had used "mushrooms with Jesus and that they were playing a virtual reality video game together." Stefanopoulos was eventually tased and taken into custody.

Andrea Balbi, president of the Gondola Association in Venice, Italy, announced that the organization is reducing the maximum capacity allowed on the iconic boats from six persons to five, CNN reported.

The change comes not because of social distancing, but because "over the last 10 years or so, tourists weigh more," Balbi said.

He noted that heavier loads often mean the boats take on water, which makes it harder for the gondoliers to navigate in heavy traffic.

"Going forward with over half a ton of meat on board is dangerous," remarked Raoul Roveratto, president of an association for substitute gondoliers.

Officers from the Somerset County (Maine) Sheriff's Department and the Maine Drug Enforcement Agency searched the apartment of Jessica Hutchins, 36, looking for drugs, which they found, according to Sheriff Dale Lancaster.

"We also got an alligator out of her home," he told the Morning Sentinel. The 2-foot-long gator was being kept in Rubbermaid tubs, but, Lancaster said, having an alligator in Maine is illegal without proper permits.

Officers seized a total of \$12,000 worth of drugs along with the alligator, and Hutchins and several accomplices were charged with a number of drug-related crimes. The gator was removed by the Maine Warden Service.

After Five / August 2020 / Page 15

THE BACK PAGE

September
Deadline
Wednesday
August 19

(530) 275.1716 • (530) 725.0925

When it comes
to your to-do
list, put your
future first



To find out how to get your financial goals on track, contact your Edward Jones financial advisor today

Christopher R. Mayer
Financial Advisor

351 Northpoint Dr., Ste. D
Redding, CA 96003
(530) 246-1800

edwardjones.com



Member SIPC
ETY-1403A-A

Edward Jones
MAKING SENSE OF INVESTING



Pick Up The Latest
Real Estate and
Recreation Guide
**upstateCA
destinations**

Available at some
of your favorite
locations in the
north state,
or online at
northstate.news

Specials - 7 Days a Week



Serving both recreational and medical customers
Now offering you four ways to shop

- Home delivery
- Online - express pickup
- Curbside
- Traditional in-store

Visit 530cannabis.org for more details

OPEN 7 DAYS A WEEK - 9AM-8PM

BCC license C10-0000114-LIC

1550 Locust Ave., Shasta Lake • (530) 275-0420
One mile West of I-5 - Exit 685, corner of Locust & Shasta Dam Blvd./Hwy 151

SYNERGY

Redding's first state licensed
**cannabis
retailer!**

Now offering you four ways
to shop

- Home delivery
- Online - express pickup
- Curbside
- Traditional in-store

Open 7 Days from 9am-8pm

Conveniently located at
345 Hemsted Drive
in central Redding
(Just West of Interstate 5 - Exit 678)

530.722.0420

Visit synergy-redding.com
for more details

BCC license C10-0000535-LIC

synergy-redding.com