



# Central Coast Sonata

Exposition  
Edition



KEEPING YOU IN TUNE WITH THE ACTIVITIES AND EVENTS OF THE CENTRAL COAST SECTION OF CMEA

Vol. XXIV Opus. I

California Music Educators Association • Central Coast Section

Fall, 2013

*From the Podium of Drew Lewis*  
CCS President




## Benefits of Membership in NAFME

Submitted by Jon Christian  
CCS Membership Data Base Manager

Greetings! I write this hoping that you all are off to a great start in your school year. This is the beginning of my second year as your Central Coast President and my eighth teaching at Kirby School in Santa Cruz. As you may already know, I am incredibly excited to kick off this school year, meet new music educators, and reconnect with those who have been a part of CMEA for a while now. I am so grateful for the mentors who invited me to participate in CMEA along the central coast early in my career because the collegiality among teachers in this section has been a great help to me, and my students. I can also accredit CMEA for much musical growth in my students because of the educational opportunities this organization has provided. In addition, I love seeing my students connect and befriend other music students from different schools. I have seen these friendships grow and continue as they enter college. These are some reasons why I ask that if you have not been as involved in this association of teachers as you would like to be, I encourage you to show up and try out something new. Getting involved in this section can be a huge benefit to you and your students.

Perhaps the best and most enjoyable of part of being a music educator is teaching music to students. Having to go it alone, as many do, can produce feelings of isolation if you have no on campus colleagues in your field. Fortunately, NAFME and CMEA are vehicles which offer opportunities to get together through the events they offer. In addition, they provide educational resources, support and advocacy for music education.

Whether or not you are an active participant in the events sponsored by NAFME, CMEA, or  
*(See Membership on Page 2)*

### I want to highlight just a few ways you can get connected with CCS this year:

*Our annual Fall Dinner on September 28th at 6PM is a great way to meet other teachers from across the section. This year we are having the dinner at Bittersweet Bistro in Aptos, CA. Prices for meals vary from \$7 to \$30 to fit the size of any budget. This is a cool way to talk and bounce ideas off other teachers.*

*We have three honors weekends this year. Please check out the CCS calendar and website to learn more about these events. I have already begun telling my students about the great opportunities to make music together with other students from all over the section. As a member of CMEA your students can participate in these events. The format is slightly different from what it was last year. The middle school honor band and orchestra will meet January 23-25 in Pacific Grove. The middle school and high school choirs will meet in Salinas*

*(See Podium page 3)*

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*(Membership from Page 1)*

CCS, maintaining an active membership in these organizations is a small investment that helps fund their efforts on behalf of music education. At the state (CMEA) or the national level (NAfME) these are our organizations that are able to use a portion of the dues we pay to provide active global support through resources they are able to provide and through advocacy.

NAfME publishes two magazines you automatically receive in the mail. **Teaching Music** and the **Music Educators Journal**. These are both published six times a year. In addition, **CMEA Magazine** is published four times a year. The **CCS Sonata** is published three times a year. I recommend that you visit the two links below to see what else is available through NAfME.

<http://musiced.nafme.org/about/membership-tour/association-activities/>

<http://musiced.nafme.org/about/membership-tour/memberships-and-features/>

In August I had the privilege of attending the two day State Board meeting representing CCS. Our CMEA Executive Board and all of the members of the full board are superb and their dedication to the causes of music education is impressive. On the second day of the meeting, Michael Butera, Executive Director and CEO of NAfME, led a full day with us working on the implementation of the CMEA Strategic Plan. He is a talented and extraordinary leader. One of the goals for CMEA this year is to increase our state membership by 10%. October is the membership drive month for CMEA. CCS will be participating to increase our membership relative to our size. If you are not a member or your membership is expired, we hope you join our professional music educators organization. The larger our membership, the more financial resources there will be available to support teachers and to influence actions by Congress and our State Legislature which will benefit music education.

After a few rough years financially, CMEA has restructured some of its operating procedures and is back on firmer financial footing. At this August meeting of the entire board they were able to designate \$16,000 to hire a lobbyist to advocate for music education in Sacramento.

When you join or renew your membership in NAfME you are automatically a member of your state organization. Your membership is for one year from the date of purchase. The annual dues for a California membership for a Full Active Membership is \$135. NAfME retains \$89 and CMEA receives \$46. The table below shows the distribution of funds for the various membership categories.

MEMBERSHIP TYPE	NAfME SHARE	CMEA SHARE	TOTAL FEES
Full Active FA	\$89.00	\$46.00	\$135.00
Retired RM	\$45.00	\$18.00	\$63.00
Collegiate CM	\$27.00	\$5.00	\$32.00
Introductory 1ST	\$45.00	\$21.00	\$66.00

A recent change at NAfME is that all memberships are being processed through their website. [www.nafme.org](http://www.nafme.org). You can join, renew, or update your contact information, particularly if you have changed jobs. Near the top of the home page there are three yellow buttons which will direct you to the proper page. If you are already a member (current or expired) choose login. Once logged in, there is a dark grey strip at the top of the page. If you need to change your information, click **My Account** at the upper right of the grey strip. From there choose **Manage Profile**. Change whatever needs updating and then scroll to the bottom of the page to the **Save Changes** button. Click to save. Should you need more personal help, you can call membership services and talk to a real person. 800-336-3768 x 213. If you want to renew your membership and are logged in, click the red letters that say **PURCHASE OR RENEW MEMBERSHIP**.

As CCS Data Base Manager and Membership Chair for CCS, I am happy to also help and to make changes to your local information. I encourage you to keep your NAfME membership current. It is a small investment in supporting those who actively work to support all music educators.

(Podium from page 1)

*from January 30-February 1. Finally, the high school band and orchestra will meet in Aptos from February 6-8. Please encourage your students to audition, and let us know if you are able to volunteer in any way to make these events happen.*

*Our board and other volunteers also work to provide several festival opportunities for you and your students. There are three solo and ensemble festivals this year. One will be held in Morro Bay on November 16 with the other two at Pacific Grove (Instrumental) and Monte Vista Christian (Vocal) on April 12. Our choral festival is open to any school choir on March 8 in Aptos, while the large group instrumental festival is happening in Santa Cruz on April 26.*

These are a few of the ways in which I hope the California Music Educators Association can help support the teaching you do at your schools. Please consider if you can step up your involvement this year. The more we put into building this community together, the better things will be for us and our students.

I am always available via email if you have any questions at [dlewis@kirby.org](mailto:dlewis@kirby.org). If you're in Santa Cruz and want to meet for a cup of coffee as well, I'm down. Let's make 2013-2014 a great year for our students in the central coast!

## 2013–2014 HONOR GROUP FORMAT

### Three Honors Concerts

Middle School  
Honor Band and Honor Orchestra  
January 25, 2014  
Pacific Grove Middle School

Middle School & High School  
Honor Choirs  
February 1, 2014  
Salinas High School

High School  
Honor Band and Honor Orchestra  
February 8, 2014  
Cabrillo College

## STATE AWARDS NOMINATIONS

Any CMEA member can nominate.

For a list of awards go to: <http://www.calmusiced.com/index.php/cmea/55-state-awards>

To nominate a candidate for a state award, please email CMEA Administrative Coordinator Trish Adams at [cmea@calmusiced.com](mailto:cmea@calmusiced.com) with the candidate's name, email address and/or street address and the award name that you believe the candidate is worthy of receiving. Sending your nominee(s) name(s) ASAP will give your candidate(s) more time to complete the required tasks. Trish Adams must receive the required paperwork from the candidates by October 1.

## CENTRAL COAST SECTION AWARDS

Outstanding Teacher and Administrator

Write a narrative on your nominee.

CCS Board votes on section nominations.

Submit by: Email, Mail or fax to: Drew Lewis

Georgiana Bruce Kirby School

425 Encinal St., Santa Cruz, CA 95060

Email: [dlewis@kirby.org](mailto:dlewis@kirby.org) • Fax: 831-423-0679

**Deadline for CCS Nominations: October 9, 2013**

## CCS Calendar 2013–2014

Date	Event	Location	Time
Aug. 24	Board Retreat	Monte Vista Christian	all Day
Sep. 5	Sonata Articles Due	jonchristian41@gmail.com	
Sep. 15	Nominations for State Awards	dlewis@kirby.or)	
<b>Sep. 28</b>	<b>Board Meeting</b>	<b>Bittersweet Bistro, Aptos</b>	<b>5:00 pm</b>
Sep. 28	CCS General Meeting & Dinner	Bittersweet Bistro, Aptos	6:00 pm
<b>Oct. 9</b>	<b>Board Meeting</b>	<b>PGMS</b>	<b>4:30 pm</b>
Oct. 23	MS Honor Choir CD's Due		
Oct. 27	MS Honor Choir Listening Session	Stevenson Carmel Campus	
Oct. 29	HS Honor Choir Auditions	Monterey H. S., Cathy Findley	
Oct. 30	HS Honor Choir Auditions	Kirby, Drew Lewis	
Oct. 30	MS Honor Band/Orchestra CD's Due;		
Nov. 1	Solo Ensemble Festival I	Festival I forms due, Colleen Wall	
Nov. 2	MS Honor Band/Orchestra	Listening Session at Stevenson Carmel	
<b>Nov. 13</b>	<b>Board Meeting</b>	<b>Kirby School</b>	<b>4:30 pm</b>
Nov. 15	Sonata Articles Due	jonchristian41@gmail.com	
Nov. 16	Solo Ensemble Festival I	Morro Bay	
Nov. 20	Deadline for mailing	MS Instrumental and MS/HS Choir Music	
Nov. 20	HS Honor Band/Orch CD's Due		
Nov. 23	HS Honor Band/Orch.	Listening Session, Stevenson, Carmel Campus	
Dec. 11	Deadline for mailing HS Instrumental Music		
	No December board meeting		
<b>Jan. 8</b>	<b>Board Meeting</b>	<b>Gonzales High School</b>	<b>4:30 pm</b>
Jan. 10–11	Bay Section Winter Conference	San Jose State University	
Jan 23–25	MS Honor Band and Orchestra	PGMS Site Host: Barbara Priest	
Jan 30–Feb. 1	Honor Choir	Salinas HS, Site Host: Joe Johnson	
Feb. 6–8	HS Honor Band and Orchestra	Cabrillo College, Site Host : TBA	
Feb. 20–23	California All-State Music Education Conference	Fresno, CA	
Mar. 8	CCS Choral Festival	Aptos High, Lindsey Eldred and Mark Bidelman	
<b>Mar. 12</b>	<b>Board Meeting</b>	<b>Cabrillo College</b>	<b>4:30 pm</b>
Mar. 28	Solo Ensemble	Festival II forms due, Colleen Wall	
<b>Apr. 9</b>	<b>Board Meeting</b>	<b>Stevenson, Pebble Beach Campus</b>	<b>4:30 pm</b>
Apr. 12	Solo Ensemble Festival II	Instrumental: PGMS,	
Apr. 12	Solo Ensemble Festival II	Vocal: MVCS	
Apr. 16	Sonata Articles Due	jonchristian41@gmail.com	
April 26	Large Group Inst. Festival	Santa Cruz High School, Christy Latham	
<b>May 7</b>	<b>Board Meeting</b>	<b>Monte Vista Christian School</b>	<b>4:30 pm</b>
<b>May 31</b>	<b>Board Meeting</b>	<b>Monterey Area (Barbara)</b>	<b>5:00 pm</b>
May 31 CCS	General Meeting	Monterey Area (Barbara)	6:00 pm

\* Drop off and mailing information for honor group audition CD's will be included with the materials you receive in the mail from the event chairs, or posted on our website • [www.ccsmusic.org](http://www.ccsmusic.org)

### Sonata Publication Schedule

Edition	Articles Due	Print Date	Label Date	Mail/Upload Date
<b>Exposition</b>	September 5, 2013	September 11, 2013	September 12, 2013	September 13, 2013
<b>Development</b>	November 15, 2013	November 27, 2013	November 28, 2013	November 29, 2013
<b>Recapitulation</b>	April 16, 2014	April 23, 2014	April 24, 2014	April 25, 2014

## CCS Board of Directors 2013–2014

Position	Name	Work Phone	Email
President	Drew Lewis	831-423-0658 x230	<a href="mailto:dlewis@kirby.org">dlewis@kirby.org</a>
President Elect	Willow Manspeaker	831-625-8339	<a href="mailto:wmanspeaker@stevensonschool.org">wmanspeaker@stevensonschool.org</a>
Immediate Past President	Barbara Priest	831-646-6568x333	<a href="mailto:barbarapriest@att.net">barbarapriest@att.net</a>
Secretary	Colleen Wall	805-771-1845 x2305	<a href="mailto:cwall@slcusd.org">cwall@slcusd.org</a>
Treasurer	Adam Penrose	831-768-6158	<a href="mailto:adampenrose@mvcs.org">adampenrose@mvcs.org</a>
Member 1	Chris West	831-626-5200	<a href="mailto:cwest@stevensonschool.org">cwest@stevensonschool.org</a>
Member 2	Cathy Findley	831-392-3861	<a href="mailto:cfindley@mpusd.k12.ca.us">cfindley@mpusd.k12.ca.us</a>
Member 3	Tony Dehner	831-768-6154	<a href="mailto:tonydehner@mvcs.org">tonydehner@mvcs.org</a>
Member 3	Brian Parker	831-675-2495x241	<a href="mailto:bparker@gonzales.k12.ca.us">bparker@gonzales.k12.ca.us</a>
Member 5	Adam Petrocelli	831-625-8300	<a href="mailto:apetrocelli@stevensonschool.org">apetrocelli@stevensonschool.org</a>
Member 6	Diane Gehling	831-443-7212x452	<a href="mailto:dgehling@santaritaschools.org">dgehling@santaritaschools.org</a>
Special Representative	Jon Christian	831-335-3565	<a href="mailto:jonchristian41@gmail.com">jonchristian41@gmail.com</a>
Special Representative	Mark Bidelman	831-588-0789	<a href="mailto:markbidelman@gmail.com">markbidelman@gmail.com</a>

## CCS Event Coordinators 2013–2014

Event/Project	Coordinator	Work Phone	Email
M. S. Honor Band/Orch Host	Barbara Priest	831-646-6568 x333	<a href="mailto:barbarapriest@att.net">barbarapriest@att.net</a>
M. S. Honor Band	Diane Gehling	831-443-7212 x452	<a href="mailto:dgehling@santaritaschools.org">dgehling@santaritaschools.org</a>
M. S. Honor Orchestra	Chris West	831-626-5200	<a href="mailto:cwest@stevensonschool.org">cwest@stevensonschool.org</a>
Honor Choir Site Host	Joe Johnson	831-796-7411	<a href="mailto:joe.johnson@salinasuhdsd.org">joe.johnson@salinasuhdsd.org</a>
H. S. Honor Choir	Tony Dehner	831-768-6154	<a href="mailto:tonydehner@mvcs.org">tonydehner@mvcs.org</a>
M. S. Honor Choir	Colleen Wall	805-771-1845 x2305	<a href="mailto:cwall@slcusd.org">cwall@slcusd.org</a>
H. S. Honor Band/Orch Host	Mark Bidelman	831-588-0789	<a href="mailto:markbidelman@gmail.com">markbidelman@gmail.com</a>
H. S. Honor Band	Adam Petrocelli	831-625-8300	<a href="mailto:adampetrocelli@me.com">adampetrocelli@me.com</a>
H. S. Honor Orchestra	Lara Levy	831-392-3801	<a href="mailto:llevy@mpusd.k12.ca.us">llevy@mpusd.k12.ca.us</a>
Choral Festival	Lindsey Eldred	831-688-6565	<a href="mailto:llmeldred@gmail.com">llmeldred@gmail.com</a>
	Mark Bidelman	831-588-0789	<a href="mailto:markbidelman@gmail.com">markbidelman@gmail.com</a>
Large Group Inst. Festival	Christy Latham	831-429-3947	<a href="mailto:clatham@sccs.net">clatham@sccs.net</a>
Solo Ensemble Festivals	Colleen Wall	805-771-1845 x2305	<a href="mailto:cwall@slcusd.org">cwall@slcusd.org</a>
Data Base Manager	Jon Christian	831-335-3565	<a href="mailto:jonchristian41@gmail.com">jonchristian41@gmail.com</a>
Newsletter Editor	Jon Christian	831-335-3565	<a href="mailto:jonchristian41@gmail.com">jonchristian41@gmail.com</a>
Medals Chair	Adam Penrose	831-768-6158	<a href="mailto:adampenrose@mvcs.org">adampenrose@mvcs.org</a>
Library Manager	Mark Bidelman	831-588-0789	<a href="mailto:markbidelman@gmail.com">markbidelman@gmail.com</a>

# Teacher's Prose for Teaching Pros

A FORUM FOR SHARING IDEAS AND TECHNIQUES USEFUL TO MUSIC EDUCATION PROFESSIONALS

## Noise Induced Hearing Loss

*A subject of importance to all who teach, perform, and enjoy listening to music. Presented by Jon Christian*

This article is a reprint from winter edition of Sonata in 2008.

We live in a world where sound is abundant. Music teachers may spend as many as 4-5 hours a day in a rehearsal setting at school. Do you tutor students outside of school hours? Do you teach privately? Do you perform professionally? Maybe you are a church choir director. If you add on portable music players using ear buds, cell phones with blue tooth listening devices, video games, your favorite TV shows, and car audio system, this means that your ears don't get much rest or time to recover. Although listening to music is a positive, pleasant, and desirable activity, too much sound, particularly above 85dB can have a negative effect on your hearing.

Perhaps you are not doing all of the activities listed above, but we should pay attention to our daily exposure. Thanks to the efforts of audiologists, otolaryngologists, and interested people in the music field, a lot of time is being focused on informing us about noise-induced hearing loss (NIHL). Both safety and hearing health professionals agree that the maximum safe level of sound exposure at 85dB in an 8 hour period or 40 hours per week. Exposure beyond this is considered a risk for NIHL. The chart below shows the various sound levels and the allowable exposure time per day.

### SAFE SOUND LEVELS

The National Institute for Occupational Safety and Health (NIOSH) guidelines are stated in terms of the maximum time that you can safely be exposed to different time-weighted averages (TWAs) of sound pressure on a daily basis.

TWA Decibel Levels	Max. Exposure
85 dB	8 hours
88 dB	4 hours
91 dB	2 hours
94 dB	1 hour
97 dB	30 minutes
100 dB	15 minutes
103 dB	7-1/2 minutes
106 dB	3-3/4 minutes

Exposure to 115+ dB or greater may pose a serious health risk.

<http://www.hei.org>

It has been a while ago, but the MENC Journal published an article by Dr. Kris Chesky, one of the educators at the college level, who has taken up the cause of educating college students on hearing health. Dr. Chesky is Co-founder and Director of Education and Research, Texas Center for Music and Medicine, University of North Texas, Denton, Texas. They run a program called the UNT Model. Dr. Chesky had an unpleasant experience of overexposure to sound and suffers from hearing loss as a result. He was a music major and played his trumpet most of the day and went out and played at night in clubs. **"My educators were uninformed and unaware. It was not part of the educational culture,"** Chesky said. **"If I had known, I would have avoided sounds that hurt—snare drums, horns. I would have given my ears more rest after loud exposure. Especially as a music performer, I would have turned down the sound."**

The levels in the chart to the left suppose that exposure is a uniform sound level that might be found in an occupation where machines are constantly in operation. What you can observe in this chart is that for every 3 dB increase, the safe exposure time is decreased by 50%. In a music rehearsal the levels are variable. There are times when the level will exceed 85 dB by quite a bit and times when only verbal instructions may be heard, a level of about 60 dB.

There are three obvious factors that contribute to noise-induced hearing loss: loudness of the sound, duration of exposure, and distance from the sound source. Two other factors which come into play are the size (cubic ft.) and acoustics of the venue or teaching facility.

### How damage occurs:

Our hearing system is our connection to the sounds of our environment. It detects and differentiates acoustic cues. The brain stores the neural equivalents of these acoustic patterns so that it is easy for us to process and recognize

*(See NIHL on page 7)*

(NIHL from page 6)

both familiar and unfamiliar signals. When we are exposed to excessive sound pressure levels, the sensitive hair like structures of our inner ear can be permanently damaged and hearing loss results. This hearing loss misleads our brain through the loss of audibility (sounds are softer) as well as distortion (loss of clarity) of the information that reaches the brain. Most hearing loss usually occurs in the 3k to 6k Hz range. We are still able to hear sound, but we miss the important details provided by high frequency sounds which are necessary in speech recognition. Although hearing loss can occur by exposure to a brief but intense sound—acoustic trauma—damage usually is the result of excessive exposure over time. You are not likely to be aware of the changes in your hearing in the early stages of hearing loss. Many times the warning signs will disappear. It is usual for your symptoms to go away within 16-48 hours after exposure to sounds that may be causing damage.

#### Events worth noticing:

##### WARNING SIGNS:

Temporary threshold shift (temp. hearing loss)  
Ear discomfort after exposure  
Ringing or buzzing sensation in the ears  
Difficulty hearing in noise

##### EVIDENCE OF OVER-EXPOSURE:

Tinnitus or head noise  
High frequency hearing loss  
Hypersensitivity  
Loss of sensitivity

Do you think you or your students may be at risk?

#### Here are some steps you can take:

- Purchase two easily affordable meters for collecting sound readings.

#### Radio Shack sound level meter.

**Model: 33-2055, \$49.99**

Use this sound level meter's wide-range sound capture to precisely measure area noise in specific places. It reads from 50 to 126dB SPL (sound pressure levels).

#### Etymotic Research

**ER-200 Personal Noise Dosimeter, \$149.00**

The ER-200 has two modes of operation: Normal Mode measures and displays noise dose continuously for up to 16 hours, and Quick Check measures noise for two minutes, then calculates and displays the estimated dose per hour. This is an instrument that you can use to monitor your exposure over time. It also will warn you when you have reached 50% of your safe dose for the day.

- Have your hearing checked by an audiologist so that you can get a baseline established for reference in further yearly tests. While you are at the audiologist, ask about musicians ear plugs. Custom ear plugs can be made specifically to fit your ears and accept special filters to best accommodate your specific needs.
- Perhaps giving your ears a break might be more important than that extra rehearsal you said you could do at lunch. Make it a point to give your ears a rest period. Actually plan for quiet time.

During the last two years of my teaching career I experienced ear discomfort caused by inadequate air space (cubic feet) in my teaching station. I am fortunate in that I only have mild tinnitus. I could have had consequences which were much worse. There is much more detail to be explored on this subject and many experts in the field are working to provide useful information. Searching the internet for "NIHL hearing" should provide a variety sites. Happy searching and I hope you will be encouraged to do your own study on this subject and check out your current teaching environment.



West Cliff Drive, Santa Cruz

## Solo and Ensemble Festivals: Taking Instruction and Experience to another Level

Submitted by Colleen Wall, CCS Secretary and Solo & Ensemble Chair

Many students sign up for Band, Orchestra, or Choir because they want the experience of playing and singing with other musicians. These groups provide a safe environment for learning and growing in the performing arts. Large ensembles help students to develop listening skills with regard to intonation and tone quality, awareness of balance and blend, rhythmic accuracy, musical interpretation, watching the conductor, and a chance to improve as an individual musician within the cushion of other players and singers.

As with any field of study, some students will want to take the instructional experience to another level, and Solo/Ensemble Festivals can meet that need. Participation requires students to prepare one piece as a solo performer, or with a small group, which helps them to discover their musicianship in a different way. It is a chance for them to step out and develop more confidence with individual skills and performance experience. It is the type of experience that brings them back to the larger ensemble with a stronger sense of contribution and value.

This year CCS is providing two Solo/Ensemble Festival opportunities. One is in the fall, November 16th, in Morro Bay. It is early in the year, but it can be a great kick-start for some students who are ready for a new challenge. The second festival is April 12th, with vocal entries at Monte Vista Christian and instrumental entries at Pacific Grove MS. Entries are due two weeks prior to each event.

Forms and additional information, including appropriate literature guidelines, are available on the CCS website. If you have any questions, please feel free to call or email: Colleen Wall – [cwall@slcUSD.org](mailto:cwall@slcUSD.org) or (805) 704-2497.

Please encourage your students to participate. It takes additional time and effort, but it is worth it! They will have a positive learning experience and you will gain a stronger musician and performer in your ensemble.

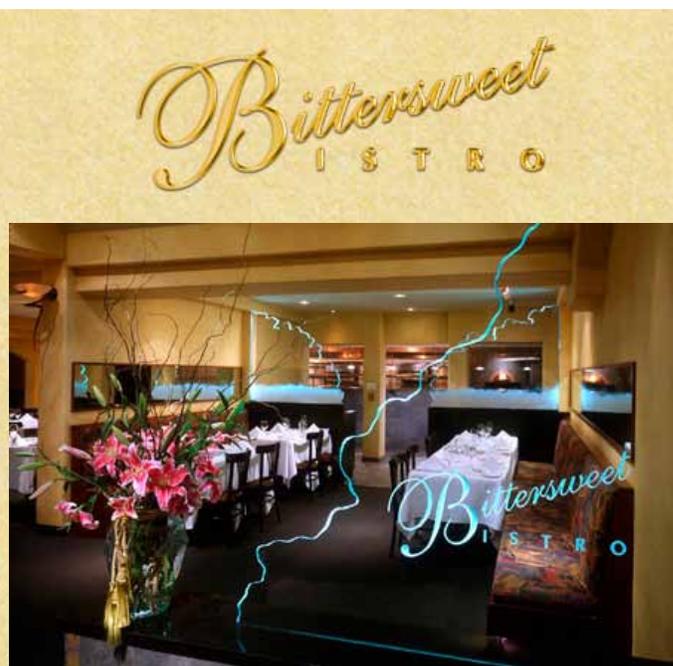
# CMEA-CCS Board of Directors Invites you to the Fall Dinner and General Meeting September 28, 2013, 6pm

### AGENDA

5:00pm-6:00pm	CCS Board Meeting
6:00pm-8:00pm	Dinner and General Meeting

RSVP by May 27, 2013, to Mark Bidelman  
Email: [markbidelman@gmail.com](mailto:markbidelman@gmail.com)

<http://www.bittersweetbistro.com/menus.html>



### From San Francisco/San Jose/Santa Cruz:

Take Highway 17 South to Highway 1 South. Take Rio Del Mar exit, turn right at stop sign onto Rio Del Mar Blvd. and right again just past Arco station.

### From Monterey/Carmel/Watsonville:

Take Highway 1 North to Rio Del Mar exit. Turn left at stop sign onto Rio Del Mar Blvd. Then turn right just past Arco station.