

# THE PEARL JAM

GUANGZHOU. HONG KONG. SHENZHEN.  
*Your official guide to life in southern China and beyond*



Discover the green and eco-friendly future of China at Crosswaters Ecolodge & Spa in Huizhou! (continued on page 9)

Beat the heat this month with a thrilling rafting trip down the Huang Teng Gorge! The CLO will be organizing a trip on July 13th, details TBA in a later issue/email.



ISSUE II 7.02.2013

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### *Happy Fourth of July!*

Celebrating U.S. holidays abroad is the best excuse to branch out from tradition and create a whole new series of unique memories. No grill or steaks this holiday? Enjoy locally grown produce at the Crosswaters Ecolodge in Huizhou... or better yet, head to nationally renowned hot pot restaurant *Haidilao* this weekend for a savory experience and one-of-a-kind noodle-pulling performances. One-up a nighttime fireworks show with an adrenaline rush as you paddle against currents in the Huang Teng Gorge in Qingyuan on the 13<sup>th</sup>. Explore your choice of concerts this coming weekend or head to Hong Kong for an extended holiday getaway. All in all, Guangzhou offers just the right mix of foreign flare and familiar flavors to ensure that your experience in China is nothing less than unforgettable. And, as always, *The Pearl Jam* invites frequent contributions and suggestions from readers! -JR

## CONGRATULATIONS TO THE U.S. CONSULATE 2013 DRAGON BOAT TEAM!!!



*From bottom left to right: (Rain) Xiwei Liu, (Julia) Liping Zhou, (Alex) Guohui Liang, (Jon) Junqiang Tan, (Mary) Minyi Li, Nathan Kato-Wallace, Monica Sendor, Laura Sullivan, Steven Brault, (John) Jianming He, (Crystal) Shan Yu, Megan Wright (Team Captain), Phoebe Galt, Fareed Abdullah, Sean Keith, Dylan Galt, Michael Lacyk, Francoise Baramdyka, (Webb) Wei Zhao, Nick Tadic, James Turk, and David Schroeder.*

*Present but not in the photo:  
(Manty) Min Zhao (Team Cheerer), Jocelyn Dolby (behind the lens), Ted Danowitz,  
Jack Pan and Jason Kung.*

THANKS!



## ON SAFETY LIFTING

As part of our preparation to move to the new consulate compound, the HU wants to share some information on how to properly lift an object. Reasons why we need to properly lift an object are for safety, eases body movement, and it conserves energy.

Lifting an object is a whole body activity. You will need your mind to focus on the task. Your senses specially eyes so you can watch for environmental hazards. Strong abdominal muscles will help you keep your balance and protect the back. Your large thigh muscles will be used to prevent back injury. Feet will bring you to your destination.

Here's how to lift an object safely:

1. Assess the weight of the object. Call for help if it's too heavy for you.
2. Have a good clear plan.
3. Get your body close to the object.
4. Stand with your feet wide apart, toes pointing out slightly. This gives you a good base foundation.
5. Squat down slowly and in control. **DO NOT BEND YOUR HIPS. BEND YOUR KNEES.**
6. Get a firm grip of the object.
7. Lift slowly and in control using your big thigh muscles.
8. Use your feet to turn your body as a whole unit to the desired direction. **DO NOT TWIST YOUR BODY.**

Other healthy tips for the move:

1. Get some good night sleep the night before the move.
2. Eat a good healthy breakfast.
3. Wear comfortable clothes and shoes.
4. Stay hydrated during the move day. Have a bottle of water on hand.
5. Take short breaks.
6. Manage your time well to minimize stress. Don't let stress manage you.
7. Stay focused while performing the task.

Let's all be safe when we move to our new offices!  
Stay healthy and be safe!

Glynda Calpo, RN



# GUANGZHOU NIGHTLIFE

## Independence Day PARTY at The Brews!

July 4<sup>th</sup> 6pm-1am

www.thebrew-china.com



## Quiz/Trivia Night @ The Tavern Sports Bar

July 3<sup>rd</sup>, 9pm-11pm

Poly 108, 6 Huajiu Lu, Zhujiang New Town

## EVENTS ON TAP

### “Adam Richards LIVE every Tuesday night”

Originally from Canada, Adam Richards is gaining quite a following in Guangzhou as he performs guitar and sings every Tuesday night at “Rebel Rebel” café. Starting at 9pm, you can enjoy drink specials and live music that won’t disappoint.

Now until July 12<sup>th</sup>  
Every Tuesday, 9pm  
Address:  
42 Tiyu Dong Lu, Tianhe District

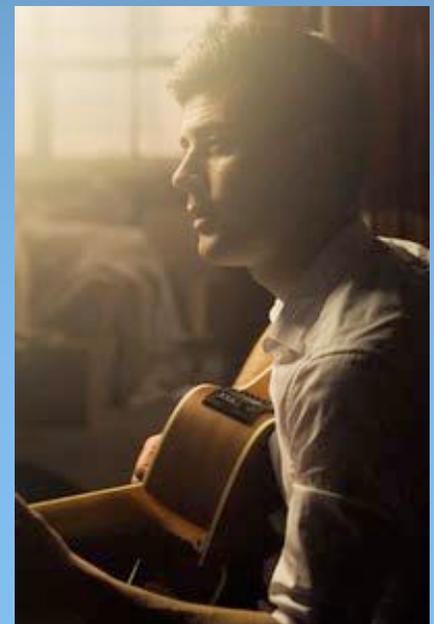
广州天河区体育东路42号

### “From Russia with Love”

July 6<sup>th</sup> 9pm

Hooley’s Irish Pub  
2 Tian He Bei Lu

Russian Standard Vodka launch party. First 80 people receive a Russian Standard welcome drink. Event will feature two live bands: Bolt Action of Shenzhen supported by a Russian band who will give out free tasters all night. Raffle for bottles of vodka, T-Shirts, and more!



## GUANGZHOU SPORTS



Purchase athletic equipment, including free weights, yoga mats, athletic gear, stationary bikes, treadmills and more at:

Tianhe Sports Arena, outside ground floor

Address: 广州天河区体育中心体育场首层康体商城



Open Badminton Arena

Tianhe Sports Arena

9am-10pm

22 courts; 35 RMB/hour

Tae Kwon Do Instruction

Tianhe Sports Arena, 2<sup>nd</sup> floor

Those interested may call 38796060 to inquire about specific times or visit the front desk of the sports arena.



Unfortunately, spectator sporting events only occur about once every month or two in Guangzhou, but The Pearl Jam will do its best to bring you updates on sports whenever possible!

## GUANGZHOU CULTURE



### Secrets of the Kitchen: Do you want to be the next Masterchef?

Grand Hyatt Hotel in Guangzhou is offering professional cooking classes beginning July 6<sup>th</sup>, from 2:30-6:30pm.

12 Zhujiang West Road, Pearl River New City, Tian He



### Guangzhou National Orchestra

July 12<sup>th</sup>, 8:00pm at the Xinghai Concert Hall  
33 Qingbo Rd. Yuexiu, Guangzhou

Prices: 80, 100, 120, 180, 280 RMB  
For tickets, call 4006-228-228

[www.concerthall.com.cn](http://www.concerthall.com.cn)

[www.ticket-easy.cn](http://www.ticket-easy.cn)



### The Shanghai Dance Troupe presents: "Stage Sisters"

July 5<sup>th</sup>-6<sup>th</sup>, 8:00pm at the Guangzhou Opera House

Ticket prices: 80, 180, 280, 380, 480 RMB

Buy tickets online at:

<http://www.gzdiy.org/> (EN)

# GUANGZHOU IN VOGUE



## BBC CONCERT ORCHESTRA “A NIGHT AT THE PROMS”

July 21<sup>st</sup>, 8:00 pm Xinghai Concert Hall  
Prices: 280, 480, 680, 880, 1080, 1280

[http://en.piao.com.cn/guangzhou/ticket\\_1325.html](http://en.piao.com.cn/guangzhou/ticket_1325.html)

*The BBC Concert Orchestra is a British orchestra based in London, one of the British Broadcasting Corporation's five radio orchestras. With around fifty players, it is the only one of the five that is not a full-scale symphony orchestra. The BBC Concert Orchestra is the BBC's most popular ensemble, playing a mixture of classical music, light music and popular numbers. It is the resident orchestra of the world's longest running live music program.*

**PROGRAMME:**

1. Sibelius - Finlandia
2. Coates - Knightsbridge March
3. Faure - Elegy; Soloist: JULIAN LLOYD WEBBER
4. Gounod- Romeo et Juliette - "Je veux vivre"
5. Delibes - Les Filles de Cadix; VALENTINA NAFORNITA
6. Bridge - Scherzetto; Soloist: JULIAN LLOYD WEBBER
7. Vaughan Williams - Fantasia on Greensleeves
8. Liszt - Hungarian Rhapsody No. 2.
9. Malcolm Arnold - English Dances Set 1
10. Verdi Rigoletto (Gilda) - 'Caro nome'
11. Dvorak Rusalka (Rusalka) - 'Song to the Moon' VALENTINA NAFORNITA
12. Lloyd Webber - Music of the Night Soloist: JULIAN LLOYD WEBBER
13. Saint-Saens - The Swan from Carnival of the Animals Soloist: JULIAN LLOYD WEBBER
14. Wood - Hornpipe from British Sea Songs
15. Parry - Jerusalem
16. Arne - 'Rule Britannia' VALENTINA NAFORNITA
17. Elgar - Pomp and Circumstance March No 1 in D 'Land of Hope and Glory'

## UNNATURAL II: ARCHITECTURE & MODERN ART

Life with Nature; Nature by Design

June 30<sup>th</sup> - July 16<sup>th</sup>  
Open Monday-Sunday, 10am-7pm

5 Nonglinxia Road, Yida Building, Level G, "Fei Gallery"  
农林下路5号亿达大厦G层扉艺廊

Directions: Take #1 subway line to "Dongshan"  
stop (东山), exit C.

Visit [www.feigallery.com](http://www.feigallery.com) for more information.



# Hong Kong SPOTLIGHT



## ROMEO AND JULIET BY GENEVA BALLET

July 19<sup>th</sup>-July 20<sup>th</sup>: 8:15pm

July 21<sup>st</sup>: 2:30 pm

Grand Theater, Hong Kong Cultural Centre

Tickets: \$160, 260, 360, 460 HKD

[www.lcsd.gov.hk/CE/CulturalService/Programme/en/dance/program\\_251.html](http://www.lcsd.gov.hk/CE/CulturalService/Programme/en/dance/program_251.html)

## LAN KWAI FONG BEER AND MUSIC FEST

July 13<sup>th</sup>: 1pm-1am

July 14<sup>th</sup>: 1pm-10pm

D'Aguilar Street

(Lan Kwai Fong and Wo On Lane)

This fest will indulge you with over 100 world-famous beer brands, including an unlimited supply from participating bars, restaurants and over 70 street booths. Live music, games, competitions and fabulous performances will entertain you from 1 pm through late into the evening.

Free admission.



## CHINESE OPERA FESTIVAL

June 20<sup>th</sup>-July 28<sup>th</sup>

Website: [www.cof.gov.hk/](http://www.cof.gov.hk/)

Purchase tickets online (prices and location vary):

[www.urbtix.cityline.com.hk](http://www.urbtix.cityline.com.hk)



## HONG KONG NORTH PHILHARMONIC ORCHESTRA 20<sup>TH</sup> ANNIVERSARY PERFORMANCE

July 8, 2013, 8:00 pm

[www.hknpo.org.hk/](http://www.hknpo.org.hk/)

Purchase tickets online:

[www.urbtix.cityline.com.hk](http://www.urbtix.cityline.com.hk)

\$100-120 HKD

Venue: Hong Kong Cultural Centre Concert Hall

## FAMILY OUTING REVIEW:

### CROSSWATERS ECOLOGDE & SPA, HUIZHOU



Want to escape all smog and traffic to relax in an eco-friendly nature resort this 4<sup>th</sup> of July? Built in 2007, Huizhou's [Crosswaters Ecolodge](#) boasts an elegant feng-shui savvy architecture that highlights the beauty of southern China's natural bamboo, clay, stone, and marble resources. According to h-m design, Crosswaters Ecolodge has won several international "oscar" for its planning and design while its gardens are planted with all native species. Serving only locally grown produce, the ecolodge is located in the Nankunshan Nature Reserve in Central Guangdong Province, a reserve that is home to over two thousand species of plants and

animals. The gorgeous riverfront villas mix local traditions and Western comforts, offering the perfect option for you and your family to indulge in this holiday weekend.

If a spa and lodge is not your idea of an adventurous weekend, Nankun Mountain National Forest Park offers a range of other options with its roaring waterfalls, winding mountain trails, pine forests, and tranquil lakes. Once at the park, one can also enjoy local farm food from Nankun Mountain, including Guanyin vegetables, Shankeng fish (those that swim in mountain ponds), Huxu (beard chicken), bamboo shoots, Hakka sweet wine, and more.

Getting to Crosswaters Ecolodge at Nankun Mountain National Forest Park, Huizhou (南昆山森林公园)  
Address: 355 Provincial Rd, Longmen, Huizhou (Guangdong)

By car: Depart from Guangzhou, drive for about 120 kilometers and you will reach Nankun Mountain. If you pass Zengcheng and Paitan Town, you will enter the mountainous region from the west side. If you pass Zengcheng, Zhengguo and Yonghe, then you will enter the region from the east side.

\*Google maps offers specific directions.



For more information, please visit:

- 1) [www.crosswaters.net.cn](http://www.crosswaters.net.cn)
- 2) [www.edsaplan.com/en/node/651](http://www.edsaplan.com/en/node/651)
- 3) <http://h-m-design.com/eco-architecture-crosswaters-ecolodge>
- 4) [www.gz.gov.cn/publicfiles/business/htmlfiles/gzgooven/s56](http://www.gz.gov.cn/publicfiles/business/htmlfiles/gzgooven/s56)



# Kid's Korner

## Learn Chinese!

The "4<sup>th</sup> of July" is also known as *Independence Day*, or the day July 4<sup>th</sup>, 1776, when the United States adopted the "Declaration of Independence" and became a separate country from Great Britain. In Chinese, "Independence Day" is translated "Du li ri" (*doo-lee-rur*) Your voice should rise when you say "doo", like you're asking a question. "Lee" and "Rur" are both falling tones, so your voice should start high and end low.

**Practice writing characters!**

独立日 = Independence Day

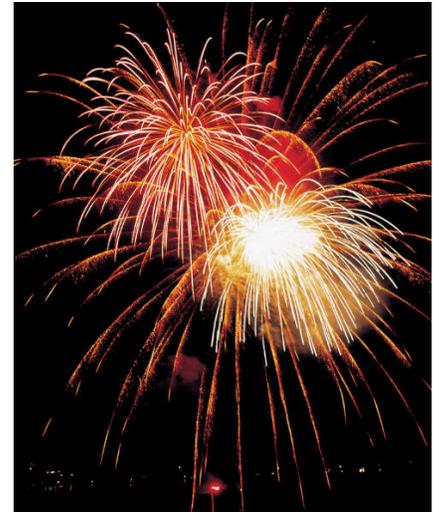
独 (single)

立 (to set up or establish)

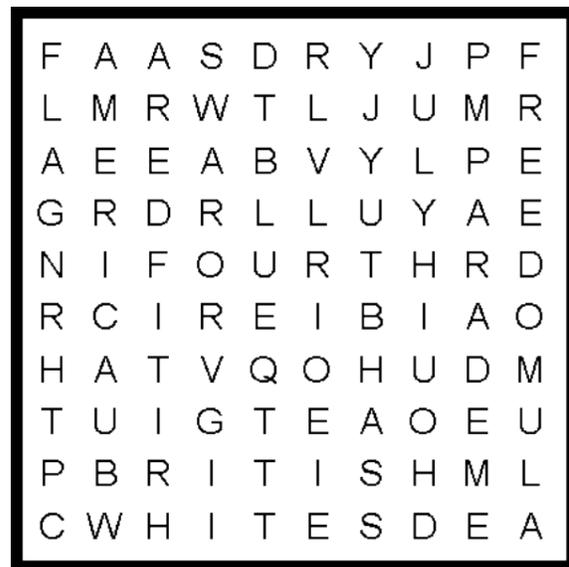
日 (day)

## Did You Know?

Other countries have their own "independence days" too! In 1949 (64 years ago) China established the "People's Republic of China", which is what China's official name is today. Previously, China did not have one system of governance, but two groups of people (called "political parties") with different ideas about how to run the country. The Chinese celebrate their National Day on October 1st.



## WORD SEARCH



AMERICA  
BLUE  
FLAG  
FOURTH  
FREEDOM  
JULY

PARADE  
RED  
TEA  
WAR  
WHITE  
BRITISH

# HOW EXPATS CELEBRATE THE 4<sup>TH</sup> AROUND THE WORLD...



Last year, the Guardian did an article asking American expats how they celebrate the 4<sup>th</sup> of July abroad... the following are quotes from some responses they collected, along with a few fun traditions we've heard about as well.

*"Two years ago I attended the German-American Summer Fest, which is a week long festival that includes karaoke, fireworks, rides, great food and drink and live entertainment. It definitely hit the spot." –Ted, Germany*



*"I definitely celebrate the Fourth of July and have made sure to do something every year that I've been abroad. I usually attend a BBQ with friends, cook American style food at home or go out to an American restaurant to hang out with other expats..." –Veronica, UK (five years)*



*"I've integrated rather well and in place of the Fourth of July I celebrate 'Sant Joan' (or the Saint John Festival) with my Catalan friends, which falls on 24 June. All the fireworks of the Fourth of July plus bonfires, beach and plenty of cava (sparkling wine)." – Brian Reedy, Spain (time abroad: seven years)*



*"I tried to make s'mores last year, but lack of graham crackers led to disaster (this is one situation in which Digestives just don't cut it, haha)." -- Abigail Borchert, UK (time abroad: five years)*

*"While I was in South Africa, I decided to round up my students for a good ol' game of American baseball...they had a blast." –Mike, South Africa*





## THE TEA MARKET OF THE SOUTH

There are two main tea markets in Guangzhou that offer the most variety and excellent quality. One, the largest tea market China, known as “The Tea Market of the South”, spans about half a mile in diameter and features street after street of small shops selling everything from intricate tea sets to loose teas to traditional wooden Chinese furniture. While many shops may appear to sell the same types of tea, each seller buys his or her tea leaves from a different source and it’s best to try the tea at numerous vendors before settling on a purchase. Luckily, the vendors at the two markets listed below are not *pianzi*, or cheats, so one should not be worried about being cheated into an expensive purchase. The best strategy is to first try a few cups of tea (vendors will invite you into their shop and let you try a variety for free) before purchasing. As tea can vary dramatically in price (from 15-15,000 RMB per *jin* or 500 grams) it’s also a good idea to

first buy a small amount of different varieties of medium-priced tea leaves to compare flavor and quality before spending too much money. Understanding what constitutes high quality tea always requires a long process of tasting, making comparisons, and researching, but one can definitely find great tea on the one’s first trip to one of the markets listed below.

### 1) Fangcun Market (Tea Market of the South):

508 Fangcun Middle Ave,  
Liwan  
芳村大道中南方茶叶市场

### 2) Panyu Tea Market (smaller market, good option for first trip)

Shaxi Zhen Jinxiu Tea Market  
番禺区沙溪镇锦绣茶叶批发市场

\* Visit shop 茶源居, vendor named 李观福 Li Guan Fu, for excellent pu’er tea!  
Located at Row#3 #15 shop in Panyu Tea Market.

\*For anyone interested in taking a trip to either market listed above, editor Jocelyn Richards will be available to accompany you on July 6<sup>th</sup> or 7<sup>th</sup>.



### RECOGNIZING TYPES OF TEA

- Pu’er tea, or 普洱 *pu’er*, is generally sold in loose, brown leaves or packed into hard blocks or spheres, as shown in the photograph above.
- Green tea, or 绿茶 *lucha*, is perhaps the most familiar kind of tea leaf to the average tea-drinker, and is easily recognized by its somewhat bitter aroma. It is always found loose and is ideally a rich, dark green color before steeped.
- White tea, or 白茶 *baicha*, may look very similar to green tea when dried, though it sometimes takes on a more bluish-grey tint. When steeped, white tea will be a yellowish-brown color.
- Red tea, or 红茶 *hongcha*, is medium-brown in color and found in relatively long, thin pieces when dried. Unlike pu’er it is not pressed into hard blocks but kept loose. Chinese “red tea” is actually what the West refers to as “black tea”, or “English black tea”, including Earl Grey.

## THE LOWDOWN ON STINK IN CHINA:

### TOFU AND DURIAN

Many studies claim that our most vivid memories are triggered by unique smells. Walk through any of Guangzhou's oldest neighborhoods on a hot afternoon and it's likely that you'll catch a whiff or two of something, well, not quite ordinary. Once sewage and other familiar unpleasant scents are ruled out, you can probably assume that you're sharing breathing room with one of the following: "stinky tofu" or durian. Stinky tofu, though not one of Guangzhou's specialties, is worth a try for anyone seeking to eat what the locals eat. Popular primarily among younger Chinese and teens, stinky tofu is a form of fermented tofu prepared by combining various vegetables, meat, mustard greens, and bamboo shoots into a brine that's fermented for as long as several months. It can be eaten cold, steamed, stewed, or most commonly,



fried and is often accompanied by chili sauce. The next time you smell something unbearable, check around for a sign that reads 臭豆腐, and you know you're close.

If the idea of food preparation lasting "several months" makes you queasy, consider tasting a bit of durian. While the fruit's smell sometimes keeps people at bay, its taste is much more agreeable, not to mention that its yellow flesh packs in an unbelievable amount of important nutrients. With high amounts of iron, the fruit has been proven to help people overcome anemia, which can be common among vegetarians or those who seldom eat red meat. Durian contains calcium, potassium, and B&C vitamins to promote healthy bone growth, joints, and younger-looking skin. The fruit also contains high levels of fiber, which can aid in digestion (especially if one's diet lacks whole grains). While durian can be more expensive than other fruits, it's worth buying a small package to enjoy a taste of one of southern China's unique tropical fruits. Finally, it's best to buy durian that's already been sliced, as attempting to cut open a whole durian oneself can prove significantly more challenging than cutting pineapple. Enjoy the scents of Guangzhou!



## 海底捞火锅

### Haidilao Hot Pot

[www.haidilao.com](http://www.haidilao.com)

352 Xingang Zhong Road, Haizhu district: shop #206,  
126 Zhuying Starlight City  
海珠区新港中路352-354号珠影星光城126、206号铺  
Tel: 020 8944 0008/8944 0009

Open 24 hours a day

Getting there: Take subway line 3 or 8 to Kecun Station  
(客村站), then head out of exit D.

On June 6th, Guangzhou opened its first “Haidilao” hot pot restaurant. For those who have traveled to other cities or provinces in China – Beijing, in particular – Haidilao is consistently considered one of the best hot pot restaurants in town, boasting lines of customers waiting for seats every evening. Still, one should not be turned away by the wait, as Haidilao offers free manicures and shoe shining for all customers either before or after the meal. Known for its excellent (and friendly) service, the restaurant offers an elegant environment along with stunning performances. Order “*lamian*” (拉面) or hand-pulled noodles, for example, and one can enjoy a (free) 2-minute dance featuring thrilling whips and twirls as a professional noodle-puller works his magic.

Hot pot, for those not familiar with the cuisine, features raw cuts of thin meat, veggies, seafood, tofu, noodles and more, which one can then cook in a boiling pot of flavored broth. It’s always a good idea to mix up a small bowl of different spices and sauces, or *liao* 料, which one can then dip all cooked ingredients in before eating. Good *liao* usually consists of hot sauce, sesame butter, peanut butter, garlic, hot

peppers, or whatever other tastes strike your fancy. There are also complimentary peanuts, salty snacks, and fresh fruit and veggies available next to the line of *liao* ingredients. At about 100 RMB a head, Haidilao offers an enticing experience that will surely have you reminiscing about hot pot upon your return to the States.



Other great hot pot options in GZ:

川国演义 = Chuan Guo Yan Yi

Address: 140 Tiyu East Road, Tianhe  
140号 体育东路, 天河区

渝城味都 = Yu Cheng Wei Du

Address: 419 Huanshi Dong Lu, Yuexiu  
越秀区环市东路419号

<b>JULY 2013</b>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Canada Day	<b>2</b> Language Exchange (7:30-9:30pm, Sleeping Wood Café) 1/F, 21 Guangming Lu, Overseas Chinese Town	<b>3</b> Trivia Night at the Tavern, 9-11pm	<b>4</b> Independence Day U.S. Consulate closed 4 <sup>th</sup> of July party at The Brews! 6pm	<b>5</b> Performance of "Stage Sisters" begin, Guangzhou Opera House p.5	<b>6</b> Learn to be a Masterchef! Classes 2:30-6pm, Grand Hyatt GZ
<b>7</b> Royal Philharmonic Orchestra & Charles Dutoit, Guangzhou Opera House, p.5	<b>8</b>	<b>9</b> Adam Richards performs, Rebel Rebel café 9pm	<b>10</b>	<b>11</b>	<b>12</b> Jay Chou World Tour, 8-10pm, Guangzhou Tianhe Sports Center	<b>13</b> CLO Rafting trip in Qingyuan, Huang Teng Gorge (TBA)
<b>14</b> Bastille Day (France)	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> Fourth Guangzhou Zisha Ceramic Art Cultural Festival of Arts and Crafts, 10am-6pm (China Import and Export Complex)	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> NCC Neighborhood Happy Hour (TBA)	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

*To list upcoming events or request further information including ticket assistance, please send an email to [jocelynrichards@gmail.com](mailto:jocelynrichards@gmail.com)*

## CLASSIFIEDS

**Ayi Available!** Abbie Pilecki will be leaving post at the end of July and will have an Ayi available. Zeng Xincun has worked with numerous consulate families in the past and has been 100% reliable and trustworthy. She can help with housework, shopping, cooking, and is great with kids. She speaks Mandarin and a little bit of English. You can reach Zeng directly at 13660730429 or email Abby at [abbiepilecki82@yahoo.com](mailto:abbiepilecki82@yahoo.com) for more information.

Looking for an Ayi? Please reach out to CLO for a list of available Ayees ☺

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A newly arrived marine is **looking to purchase a laptop** after his crashed recently. Anyone willing to sell an extra computer or those with advice about the best electronics markets in Guangzhou, please contact Ronald Herrera:  
Email: [herrerarm2@state.gov](mailto:herrerarm2@state.gov)  
Cell: 13925110630

## Calling All Contributors

Classifieds:

If you would like to make a listing in *The Pearl Jam* classifieds section, please send all relevant information to:  
[DolbyJB@state.gov](mailto:DolbyJB@state.gov) or  
[jocelynrichards@gmail.com](mailto:jocelynrichards@gmail.com)



*Please feel free to send in your own articles, photographs, comments, and suggestions to: [jocelynrichards@gmail.com](mailto:jocelynrichards@gmail.com)*