



Traci Levine, a massage therapist and yoga instructor at The Folded Leaf, goes into extended triangle pose in her hourlong yoga flow at Haddad Riverfront Park as part of FestivALL. CRAIG CUNNINGHAM/DAILY MAIL

Yoga for the people

Instructor Traci Levine offers introductory lessons as part of FestivALL activities

By ANDREA LANNOM
DAILY MAIL STAFF

Traci Levine, an instructor and massage therapist at The Folded Leaf, says she likes to bring yoga to people.

And this weekend, she will continue to do just that in two outdoor sessions of basic Hatha Flow yoga. This type of class moves slowly, allowing people to take a few breaths before moving from pose to pose.

"This is for all experience levels," Levine said. "It won't be so fast that you will feel lost."

Last Sunday marked the first time Levine taught an outdoor yoga class. Her next classes are scheduled for 9:30 a.m. Saturday and Sunday at Haddad Riverfront Park. These classes are free and will last about an hour.

"I just like to bring yoga to people," Levine said. "I like to represent our studio and it's fun to teach in a totally different location."

Levine teaches three classes at the Charleston studio — basic

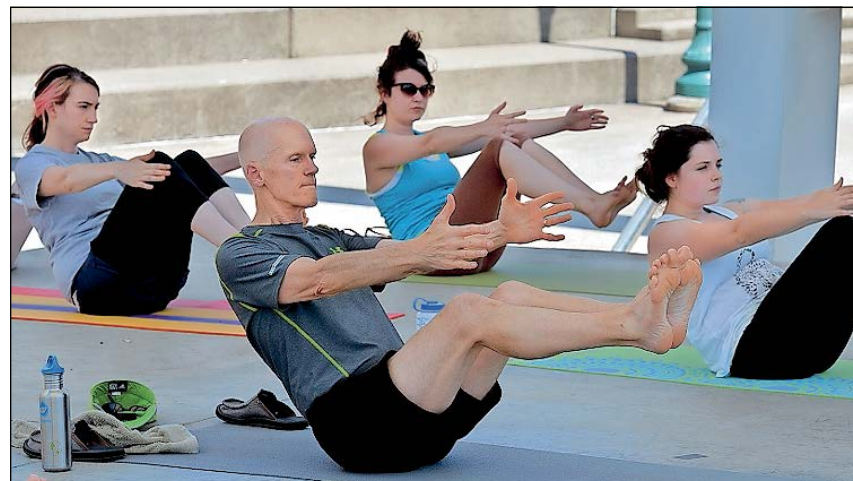
Hatha, Yin Deep Stretch Yoga, which is a slower class concentrating on a designated area of the body in each session, and Yin Express.

Participants should bring water, towels and a yoga mat. However, Levine said she will bring some mats and props from the studio for those who don't have their own.

Yoga in the Park is just one of the outdoor activities during this year's FestivALL. Brittany Javins, FestivALL co-director, said the goal is to bring people outside to enjoy the warm weather and to bring attention to areas in which people may not be familiar.

"We are taking advantage of the summertime and getting outside," she said. "We are putting things in unique places to bring attention to our city."

Javins mentioned several other outdoor activities taking place, such as the Dance in Davis Park. On Saturday from 1 to 1:30 p.m., Carli Mareneck and performers from Trillium Performing Arts Collective will present "He's Gone," which tells the story of a person leaving his body and entering the "great beyond" along with explor-



Bruce Turner, 66, of Charleston shows off paripurna navasana, or boat pose, in a yoga class, which was offered for free at Haddad Riverfront Park as part of FestivALL.



Rebecca Wheeler, 58, of Charleston, gets into a modified side plank pose. She attended her first yoga class last Saturday.

ing the heartbreak of those left behind.

The Capitol Street Art Fair also will take place Saturday and Sunday. More than 95 artists will display and sell their works.

Art Fair hours are 10 a.m. to 6 p.m. Saturday, and 11 a.m. to 5 p.m. Sunday. It is held on Capitol

■ Turn to YOGA/2D

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Missing cat found to be a wallflower

Sweetie is the cat who came home.

After eight months.

She was grateful. And hungry. And swore never to pull a stunt like this again.

You see, she hid many months ago in a house we are having renovated. The rest of us don't live there yet. Sweetie was supposed to be just visiting.

Sweetie is a long, skinny cat with big eyes. Her eyes are expressive. Most of the time, they express that she is freaked out.

So when we took her to visit her new home, she hid in a crawl space, a drop ceiling, a nook, a cranny or a crack in space and time.

And she emerged only under cover of night to eat the food or lap the water that we left for her.

Gently calling her name — "Sweetie! Sweeeeeeetie!" — produced no response.

When the crew arrived for home renovations, she went even deeper into her undisclosed location. Loud conversations, boots and banging sent her nerves soaring. And fresh holes in walls opened up as hiding opportunities.

As the weeks went by, there was almost no sign of Sweetie.

With all the traffic in and out of the home, with doors opening all the time, we assumed she had streaked out for freedom.

Oh, Sweetie, where are you?

Sweetie originally came to our home as the subject of begging by our youngest girl. Sweetie the Kitten had been spotted during a trip to the animal shelter.

Her big ears, little body and, yes, freaked-out eyes inspired our youngest to write a list of reasons the cat should come to live in our home.

The promises listed have never been kept, but the cat became family.

Personally, I like her. She's really weird.

She has this obsession with water that activates if you are shaving or brushing your teeth. If you are showering, she sits and stares. Then she licks the droplets.

The longer Sweetie remained missing at the new house, the more certain we felt that we'd never reunite with our wild-eyed, water-obsessed cat.

One day last week, though, my wife — we'll call her "Karen" — was checking out the progress on our house and heard a meow.

This seemed impossible since Sweetie had definitely lit out for the territories.

As the meows continued, Karen investigated and discovered something pretty disheartening. Sweetie had wound up behind a new wall.

Meow.

Fortunately, there was an air vent, which was swiftly unscrewed and pushed aside. With some cat food as a motivating force, Sweetie crept forward and was pulled out by the nape of her neck.

Her white paws and tummy were quite dusty.

Without any delay, she came home to our current house, where she has picked right back up with her regular water obsessions. The gray dust is giving way to her natural white.

Sweetie is the cat who got lost inside our own home.

We are glad to have her back.



Sweetie spent eight months hiding in a home in the midst of renovation, eventually winding up behind a new wall before being coaxed out with food.

Energetic Agent 23 Skidoo slides into street fair

By MEGAN KENNEDY
DAILY MAIL STAFF

He's a man of many names who has toured the United States and beyond, soothing the growing pains of childhood for his young audience of listeners.

Secret Agent 23 Skidoo, also known as "Cactus," writes, performs and improvises music geared toward children and their families, tackling social anxieties some kids may face.

Donning trademark purple suits, he and other members of his crew will perform in front of the Kanawha County Public Library on Capitol Street at the Children's Art Fair at the children's stage at noon and 3 p.m. Saturday, and 1 and 3 p.m. Sunday.

FestivALL has had its eye on Agent 23 for about three years, and is pleased to have nailed down the popular musician, said Larry Groce, co-director of FestivALL.

"He's a high-quality, high-energy act that I think will engage the kids," he said.

Self-described as positive, surrealist and hip-hop, Agent 23 said he wants his music to inspire children to "never lose their sense of wonder."

"Every life on earth is unique and is a unique adventure," he said, wanting children to "be proud of who they are."

"These days, there's a narrow idea of hip-hop," Agent 23 said. "People see it as materialistic or super-hard," but it doesn't have to be that way, he said.

Agent 23's music style fits well into the overall message of FestivALL for children, said Groce, as it's the festival's goal to spark imagination and understanding that it's "a good world out there."

Based in California, Agent 23 has toured the country, with a following to back him. In December, he was nominated for a Grammy for his album "The Perfect Quirk."

Along with Agent 23's good rapport, Groce said the musician's nomination "certainly helped" the



COURTESY PHOTO

Secret Agent 23 Skidoo writes, performs and improvises music geared toward children and their families. FestivALL organizers have had their eyes on the performer for a few years and are happy to have him entertain this weekend.

festival's decision to book him for Sunday's slot.

The Sunday show kicks off his two-month East Coast tour, which will lead him into Canada.

He's looking forward to the Charleston performance.

■ Turn to SKIDOO/2D