KEEPING WOMEN CONNECTED

**SPOTLIGHT** A Garden Club Insider

**BEAUTY** Beauty from Your Pantry

RESORT LIVING

Spring Creek Pool & Spa

> DETTRAKENO INSIDE OUT LIGHTING & DÉCOR Lighting up the Central Valley

AUGUST 2022

#### HOME & GARDEN ISSUE



## When Our Communities Thrive, We All Thrive!

Giving back to our community means giving back to the people we serve on a daily basis.

Our employees have volunteered **2,189** combined hours in community service, supporting **48** different organizations within San Joaquin County.<sup>1</sup> Donated over **\$228 thousand** to **101** different organizations, invested over **\$15 million**, and provided more than **\$41 million** in community development loans.<sup>1</sup>

Engaged in the communities we serve by having employees actively serving as board members for 68 local organizations.



Visit one of our convenient branch locations today!



1 The above CRA calculations per category reflect an aggregation in San Joaquin County only since 1/1/2021.

©2022 Farmers & Merchants Bank of Central California. All rights reserved. MSR 8883 6/2022.











Reservations recommended. & Walk-ins welcome.

All ages welcome.

Must be 10+ years old to throw.



25%OFF MON-THUR Use Code: HLMAUG

Trivia Every Tuesday Evening

277 Lincoln Center (next to Limitless Escape Games) • 209-594-0429

limitlessaxes.com

As patients begin returning to the office and life approaches normal once more, I have seen a pattern in many patients. As a retired 28-year military physician, I know **post-traumatic stress**, and many patients display parallels. Many facets of our society have become distant, distracted and defensive. People are tired, experiencing new pains and sometimes just unhappy. Subsequently, I found the need to engage my patients differently. You go to see your physician to discuss a problem, but that's just the access point. *What else has happened in personal life, work life and all the other aspects that define you? Is the passion still there? How have you handled chronic pain? How are you sleeping? Has all the play in your life disappeared?* If the answer to any of these questions is YES, then you need more than the typical 15 min appointment. You need to have **mind, body and spirit engagement**. If you want to discuss greater health, pain reduction or rejuvenation, let's start a conversation. The idea of "Mind, Body & Spirit: The Whole Person" may not be for you. However, if you want some new ideas about becoming whole, reach out!

sirit.

Mind, Body

Come in during August and get 15% OFF\* initial engagement for: BOTOX • VARICOSE VEIN EVALUATION • PRP/STEM CELL FOR HAIR GROWTH • MICRONEEDLING THE O SHOT PROCEDURE • CHRONIC JOINT PAIN • REJUVENATION & so much more!



- Ezell Askew Jr., MD -610 S. FAIRMONT AVE. • LODI CA 95240 • P: 209-224-5236 • F: 209-625-8096

www.airsclinic.com

\*Offer expires August 31st

#### A Strong Vision for the Future – A Great Respect for the Past – CELEBRATING 155 YEARS –



#### The History of Bank of Stockton's Eberhardt Leadership Continues

The Eberhardt family has been an integral part of Bank of Stockton's growth and solid management since 1927 when R.L. Eberhardt, previously an examiner for the California State Banking Department, was hired into Management, becoming the bank's 6th President in 1949. His leadership spanned 36 years and included the building of the bank's Headquarters' Office at Miner and San Joaquin in Stockton, then known as the most modern banking facility in the state, that continues to serve as the main office today, R.L.'s eldest son, R.M. (Bob) Eberhardt, assumed the office of President after his father's death in 1963. Having worked at the bank since 1956, he continued the growth of the bank by establishing a branch network. of 7 locations. He was extremely involved in the community and a philanthropist to many nonprofits. Bob was succeeded at death in 1994 by his younger brother, Douglass. Douglass maintained a strong commitment to customer service and brought the latest banking technologies to customers. Under his watchful eye, the bank grew to 19 branches and assets of \$2.4 billion. Douglass' son, Douglass II (Doug), began working at the bank in 1986. After graduating from college, he went to work for Bank of New York, returning to Stockton in early 1994 to work for his uncle and eventually his father. Doug II was appointed

President in 2015, while his father remained CEO and Chairman, until 2018, when his father passed, and the Board appointed him President, CEO and Chairman. Under his tenure, Bank of Stockton has grown to \$4.8 billion in assets and maintained its commitment to banking technologies as well as investing in the communities it serves with new branch builds in Pine Grove, Sanora, and a second location in Lodi. Mary-Elizabeth Eberhardt, daughter of the late R.M. Eberhardt, works closely with Doug II and serves as Vice President, Director of Community Banking, overseeing the branch network of retail loans and deposits. She previously worked at Security Pacific National Bank before returning to Bank of Stockton in 1983. Mary-Elizabeth serves as Vice-Chair of the bank's Board of Directors and is heavily involved in the community.

Doug II and Mary-Elizabeth are proud to continue the solid growth, service and community involvement firmly established over the past 100 years of Eberhardt family leadership. A younger generation of Eberhardts is already in the ranks,

learning banking from the ground up. Opened two years after the end of the Civil War, Bank of Stockton has grown to 20 branches in 16 cities spanning 9 contiguous counties and looks forward to serving you for all of your banking needs.

BANK OF STOCKTON

Branches located in Stockton, Angels Camp, Brentwood, Elk Grove, Fairfield, Lodi, Manteca, Modesto, Napa, Oakdale, Pine Grove, Rio Vista, Ripon, Sonora, Tracy, and Turlock



#### 13 INSPIRATIONS Deitra Kenoly: A Light Brightly Shining

Family, community and service are concepts Deitra Kenoly has embraced since childhood. Starting a business during the pandemic, in retirement from her first career, was a risk, yet the resultant blessings have multiplied exponentially.



28 SASSY PLANTS



32 community spotlight



**46** NAG TALES 8 WELCOME This Garden Called Life

18 SPARK JOY! Emma Shackelford

20 scene and be seen Pixie Woods Wine Tasting

22 scene and be seen Celebrating 50 Years

24 COMMUNITY SPOTLIGHT Greg Wheatley, Spring Creek Pool & Spa, Inc. and Spring Creek Outdoor Living, Inc. Creating Resort Living at Hom

28 SASSY PLANTS Outdoor Spaces

**30 DESIGN TRENDS** *Kitchen Transformation: Dated to Modern* 

32 COMMUNITY SPOTLIGHT A Garden Club Insider

35 I LOVE MY COMMUNITY Julie Morehouse

**36** LOOKING BACK The Italian Gardeners: A Tradition of Cultivation and Community

38 HEALTH Feel the Burn: Chair-Friendly Exercises **40 SCENE AND BE SEEN** Hospice of San Joaquin Anniversary Gala

**42 BEAUTY** Beauty from Your Pantry

45 RECIPE Strawberry Salad

**46** wag tales Murph

48 PETS FOR PEOPLE Vaccines for Dogs: A 100-Year History of Success

48 LOOKING BACK A Need for Speed: Evelyn Morse Skinner Raced Lake Tahoe

50 BOOK REVIEW False Witness by Karin Slaughter

51 THE SOCIAL SCENE Content Strategies for Service-Based Businesses

52 scene and be seen Goodtable

54 SASS SAYS Summer in Style

**56 CALENDAR** *Community Events* 

## L Happenings AT LINCOLN CENTER

### THE RETURN OF THE KILLER DUELING PLANOS

OCTOBER 1 9-5PM

SIDEWALK SALE

## THE SUMMIT BAND OCTOBER 21 | 6-9PM

SUNDAY NOVEMBER 13 | 11AM-5PM



Cincoln Center Benjamin Holt Drive at Pacific Ave., Stockton | lincolncentershops.com | 🖪 🕲

## THIS GARDEN CALLED LIFE

ometimes you just have to start with a clean slate, and that is exactly what we did four years ago when we took out all but two shrubs in our backyard, replaced the soil and started what has become my passion, my place of rest and relaxation, and time with God. This garden has taught me discipline, flexibility (sometimes plants just don't like where they've been planted - so I move, and move again. It has become the reward at the end of the day, to relax and enjoy a refreshing glass of iced tea, with



i, with

lemon and fresh mint from the garden, of course.

The secret? Plant perennials. Our region is perfect for planting perennials that will come back year after year. Even annuals, such as petunias and alyssum, come back each season. And over the past few years, we planted a ton of perennials—like ten house payments worth! But guess what?

After four years, I think I've run out of dirt! No more room for plants!

The beds are overflowing with gladiolas peeking through the gerbera daisies, lobelia and alyssum. The Scottish moss between stepping stones fights the sun to stay vibrant and full, the hydrangeas are lush in the shade garden, and the wine barrels are overflowing with geraniums, rich colored dahlias and petunias.

It's true. I've run out of room for planting. The weeds are even scarce; there's not a lot of sunlight to encourage them.

flect as I stroll through the garden on cool, quiet mornings. For years it has kept me grounded in this hectic world. And today, it brings me peace.

Who knew that four years ago a clean slate would become a garden overflowing with color and beauty? Who knew that this summer, the summer of 2022, was the season that we would just need the garden to be there to enjoy?

I know Who knew. He prepared us well. We are thankful to just sit and rest, ponder and reflect, watch the hummingbirds savor the nectar, hoping to catch a glimpse of the stealthy alligator lizard, and be thankful for our family, friends, Creator and life. And pull those few ugly weeds. God willing, our garden called life will be weed free very soon.

Blessings to you and yours in the many seasons of life! They are all precious.

CARRIE SASS

Except this weed that just popped into our lives. Cancer. A time-crunching, soul-searching, body-changing ugly weed that insists on popping up through our glorious garden of life. It's a new season for my husband, Tim, and me, as we have both been diagnosed, he with prostate cancer, and me with breast cancer. Certainly, something we didn't expect.

And yet, I realize that God has been preparing us for this season with discipline, patience, flexibility, snail-stomping grit and persistence. Daily I pray and re-

## We're Here for Healthy Beginnings!

San Joaquin General Hospital and Clinic services are eager to assist expecting mothers through all stages of pregnancy. Our services include:

- Bilingual Prenatal and Postnatal Education
- OB Physicians and Midwives on Staff
  - Level III Neonatal Intensive Care Unit
  - Breastfeeding Support Counseling

Before, During & After Pregnancy, We're Here for You!







500 W. Hospital Rd. | French Camp, CA 95231 | 209.468.6000 | www.sjgeneral.org

Download Our App:







The estimate fair market value of each ticket is \$35.00. Sip & Stroll is restricted to guests 21 years of age or older.

> To purchase tickets, please visit our website www.hospicesj.org or call (209) 957-3888

#### PROBATE, TRUSTS, WILLS & Bankruptcy

Personalized Service To Help Preserve Your Assets

Grace S. Johnson Attorney ESTATE PLANNING BANKRUPTCY REAL ESTATE LAW PROBATE Andrew D. Smith Attorney Certified Specialist IN ESTATE PLANNING TRUSTS & PROBATE State Bar of California Board of Specialization

Smith & Johnson Law

A Professional Corporation

(209) 333-9292 | www.smithandjohnsonlaw.com grace@smithandjohnsonlaw.com 115 W. WALNUT STREET, SUITE 3, LODI This is a debt refet gagency.



PUBLISHERS AND EDITORS-IN-CHIEF Carrie Sass carrie@herlifemagazine.com

> Anna Sass anna@herlifemagazine.com

> > EDITOR Marilyn Isaminger

ART DIRECTOR Elana Bell

GRAPHIC DESIGNER Casey Olson

ACCOUNT EXECUTIVE Monica LoBue monica@herlifemagazine.com

#### CONTRIBUTING AUTHORS

Andrea Bear, Carol Burns, Tracci Dare, Laurie Eager, Rebecca Flansburg, Marilyn Isaminger, Kathleen Jennison, Lauren Lane, Laura Leiva, Phillip Merlo, Mary Raffetto, Tina V. Savas

#### CONTRIBUTING PHOTOGRAPHERS

Caroline's Photography, Laurie Eager, Ann Ishii, Lauren Lane, Helen Ripken, Sydney Spurgeon, Steffi R. Photography

#### CONTACT HERLIFE® MAGAZINE

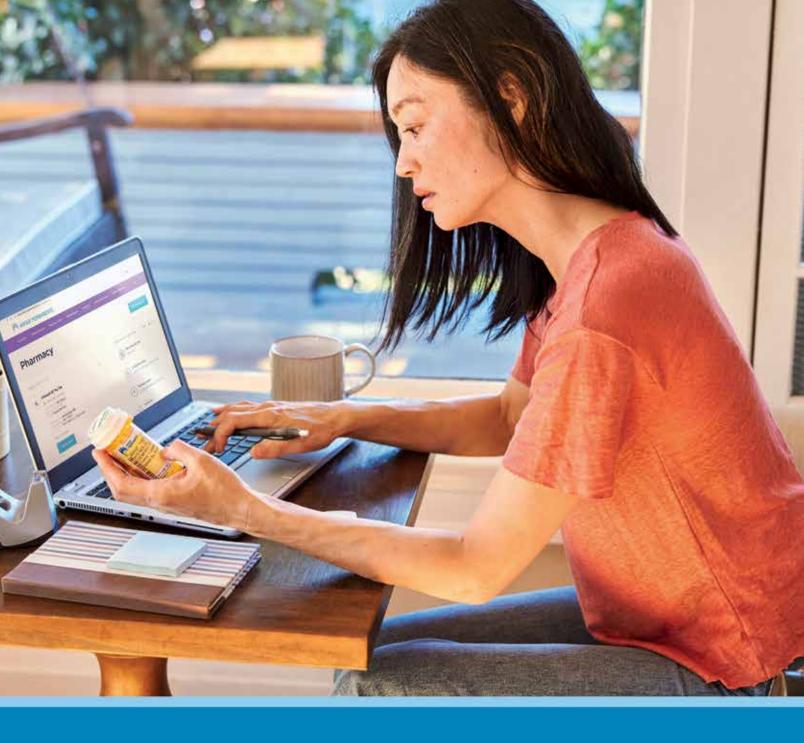
628 Lincoln Center Stockton, CA 95207 209-475-8896

#### SUBSCRIPTIONS

Complimentary digital subscriptions are available by registering on our website https://www.herlifemagazine.com/centralvalley/

#### TO ADVERTISE IN HERLIFE PLEASE CALL 209-475-8896 OR EMAIL CVINFO@HERLIFEMAGAZINE.COM

HERLIFE® Magazine of Central Valley is operated locally by Sass Publishing, Inc, an independently owned and operated franchisee of HERLIFE Magazine, LLC. To reach national headquarters, call 913-402-6994. ©2022 by HERLIFE® Magazine. All rights reserved. Although some parts of this publication may be reproduced and reprinted, we require that prior permission be obtained in writing. HERLIFE® Magazine is owned by Sass Publishing, Inc and is a free publication distributed locally and is supported by our advertisers. It is available in selected specialty stores, doctor and dental offices, medical spas, hair and nail salons, tanning salons, public libraries and numerous other high traffic locations. Please call for a location near you or if you would like copies placed at your business. We do not necessarily endorse the views expressed in the articles and advertisements, nor are we responsible for the products and services advertised. We welcome your ideas, articles and feedback.



#### THE CARE YOU NEED, THE WAY YOU WANT IT.

Health care should be hassle-free. At Kaiser Permanente, it is. With connected teams and flexible ways to access care, it's easy to get the support you need to stay healthy — when and where you need it.



#### kp.org/centralvalley

## **TIRED OF NEGATIVE NEWS?**

When you advertise in *HERLIFE*, you are not only promoting **your** business, **you** become part of the solution to combat negative news.

In every issue of *HERLIFE* we tell **positive, uplifting, good news** stories about San Joaquin County.

Our mission is to continually raise the image of our region – because our region is worth it.

## Let's do this together! JOIN US...BE THE POSITIVE. HERLIFE

Contact carrie@herlifemagazine.com or anna@herlifemagazine.com for more information.



The Beauty of Your Home Comes to Life With Great Lighting!

Stop in and check out our Unique Quality Indoor and Outdoor Selections

New in Store... Table Lamps, Fountains, Garden Art and Canvas Art!

 6231 PACIFIC AVE., SUITE 4, STOCKTON
 (209) 451-1815 • INSIDEOUTLIGHTINGANDDECOR.COM HOURS TUES.-FRI. 10-5, SATURDAY 10-3



## Deitra Kenoly A Light Brightly Shining

#### BY ANDREA BEAR | PHOTOGRAPHY BY ANN ISHII

Retirement is hardly dim for Deitra Kenoly. A businesswoman, wife, grandmother, great-grandmother and lifelong Stockton influencer, Deitra is lighting up the Central Valley with Inside Out Lighting & Décor, an interior lighting and home decor store in the heart of Stockton, California.







past president of the Greater Stockton Chamber of Commerce, she retired in 2020 from The Record as president and publisher, a career spanning over 39 years, but Deitra has no plans of slowing down. "I have more life behind me than ahead of me, so I'm going to do what I want to do," she said as she looked around her 1,250-squarefoot showroom affectionately, admiring the picture of her late grandmother, Essie Wyatt Hearns, who serves as her maven of inspiration. With the opening of Inside Out on February, 24, 2021, intentionally on the birthday of her grandmother, she has used her past business experience as well as family support to give back to the same community. "I wanted to be of service to people in a different way," she explained.

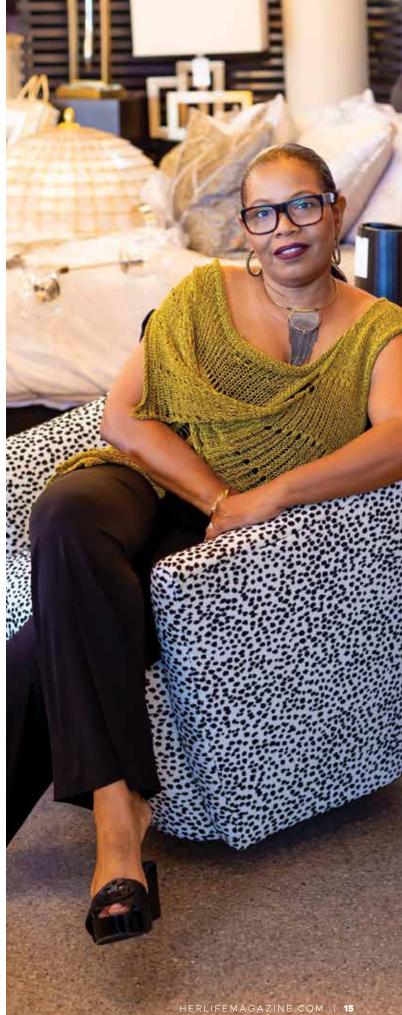
Her decision to open a home lighting store also stemmed from the desire to encourage citizens to shop local. "Stockton is too large a city to not have a specialty lighting



store," Deitra asserted. Recognizing that small businesses were on the decline and fueled by the closing of other lighting stores such as The Light House and Classic Lighting, she noticed many in her community often leave town to shop elsewhere. As a lifelong Stocktonian, she wants to see her hometown thrive and celebrate its fullness. "I love this city; I think it's rich in so many ways."

#### FAMILY, BLESSINGS AND SERVICE

Part of her love of Stockton and the Central Valley goes back to her family's history. Deitra's grandparents moved to Stockton from Dallas, Texas, in the 1940s to provide a better life for their family. Having a strong foundation in the Pentecostal faith, her mother, Mary Jean Kennard, who raised her and her siblings as a single parent, encouraged her children to be the best they could be in every aspect of their lives, especially in service to others. It was common for Deitra and her family to volunteer, feed the homeless, minister at prisons, prepare food baskets for families in need, even have a family member play Secret Santa to children who were without during Christmas.





She learned at an early age that family and community were pivotal aspects of her life, so much that the expression "we were blessed to be a blessing" is a significant phrase for her; it means that money and material goods are not the blessing but rather the family unit. In fact, Deitra admits she didn't have a lot of those material goods, but that didn't deter her happiness. "We didn't have a lot but we had each other, and that is far greater than anything material."

And her blessings have been generous. Deitra's family continues to grow. "I am the eldest of six children, as well as the eldest of more than 100 grand-, great-grand and great-great grandchildren," she says proudly. Holding true to the idea that family is a blessing, she and her family create opportunities to serve as well as celebrate in order to come together. One tradition that her grandmother, Essie, established was gathering on Memorial Day to visit the graves of their loved ones, followed with a barbeque and celebration. This coincidentally was more significant than she realized when her grandmother passed away on May, 28, 2007, on Memorial Day. "Her influence reminded us that this is what we were supposed to be doing as a family," Deitra said about her grandmother.

Her family recently celebrated the 80th birthday of her mother, with more than 100 relatives and friends in attendance. While the size of her family is grand, it's the service and integrity that many of her relatives share. She proudly recognizes many of her relatives chose careers in the service fields, such as healthcare, education, professional athletes, public safety/corrections, coaching, technology and pastoring, to name a few. These professions are all ways of giving back to their community.

So, when it came to her own service and the opening of Inside Out, family continued to give of themselves. Deitra's husband, Quincy, a former electrician, has been her biggest support, serving as the installer, hanging fixtures and designing the ceiling layout in her showroom. Her daughter, Krishan, comes in to help in the store from time to time, while her son, Quincy, and extended family were paramount in organizing space during her opening.

#### LIGHTING HER PASSION OF DESIGN

While family has certainly shared a key role in service, Deitra's grandmother was the one who played the most pivotal role. Her grandmother's example helped foster her own passion to pursue design, and like her family's various ways of giving back, she wanted to use her abilities to help others. The opening of Inside Out was no dim idea but a concept in the works for over 20 years. "I've always been complimented on my dress and home, so it made sense to share that love of design by opening up the store during retirement, where I could put my talents to use," she smiled.

Deitra prides herself on giving her customers the very best service. From flush mount to hanging fixtures, she's helped customers select unique and conversational pieces. But her store is not limited to lighting;



you can find anything from wall art to indoor and outdoor furniture. Her showroom floor provides an array of reimagined pieces to help accentuate any style of home. Even though she favors a contemporary design, her bravura is to assist customers find the right fit for their own style. "I want my customers to look back a few months and say I made the right decision," she said with confidence. And while she admits she has no formal training in design, perception is what matters most. "I don't claim to have experience. You just have to have a good business sense, great sense of style and you have to have a great eye, something my grandmother taught me."

#### LIGHT IN DARKNESS

Opening Inside Out Lighting & Décor in the peak of the pandemic came with some risk. While many small businesses found they could not maintain their livelihood, Deitra felt it was the perfect time to open even if the decision was unpopular. "People thought I was crazy because I opened during the pandemic, but I took a chance," she smiled. It was a chance that paid off. Unlike other small businesses, the home furnishing industry saw sales increase. She paid attention to the fact that people were confined to their homes and that's when they started doing self-improvement projects. "Home businesses didn't suffer at all, because people remodeled, and redecorated and did different things, and it shows because people responded."

As she continues to bring a shining aesthetic to the Stockton community, she attributes part of her purpose to faith in God and her family. Her grandmother's influence also encouraged that family should always stick together, and that same idea should carry over to community. As she looks to the future, she encourages others to follow their dreams and create more for their community, especially when it comes to shopping local. "Do your research, find a void and fill it."  $\blacklozenge$ 

Visit Inside Out Lighting & Decor 6231 Pacific Ave. #4, Stockton, California, or visit insideoutlightinganddecor.com.

## EMMA SHACKELFORD

## MORE THAN A BABYSITTER AT LODI HOUSE

BRIGHTLY

SPARK JOY!

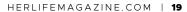
#### BY HERLIFE STAFF

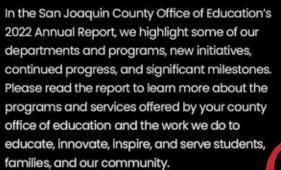
For several years, Emma Shackelford had been volunteering at Lodi House, a safe haven for homeless women and children. One of the directors at Lodi House noticed the sincere compassion within Emma and encouraged her to become involved in working with the children who call Lodi House their home. During the regular meetings that the sheltered women attend, Emma is now the volunteer to watch the children so their moms can stay focused on their meetings.

his act of service is not only fueling the souls of the moms and children but also providing meaning for Emma. When volunteering, she enjoys seeing the joy on the children's faces while playing a game, engaged in activities

or when they simply have a conversation and share something exciting that's going on in their lives. For Emma, this opportunity to give back reminds her that we are all created equal and deserve to live a wonderful life. Emma is currently a senior at Tokay High School, and after high school she plans to attend college and become a child life specialist. •

To continue Emma's good work and receive more information about the Lodi House, visit lodihouse.org or call 209-334-6346.





## WE ARE YOUR **COUNTY OFFICE** OF EDUCATION

www.saintmaryshighschool.org

THE CATHOLIC HIGH SCHOOL ONLY IN SAN JOAQUIN COUNTY

pipedreamsk8co.com // 209-329-6223 🚯 🞯

ANNUAL REPORT

Read our annual report to the community at www.sjcoe.org!

WWW.SJCOE.ORG

SAN JOAQUIN COUNTY OFFICE OF EDUCATION

B C | #WEARESJCOE





STUDENT: TEACHER RATIO

OF STUDENTS RECEIVE FINANCIAL

AVERAGE CLASS SIZE

AID OR SCHOLARSHIPS

PRIVATE HIGH SCHOOL

IN SAN JOAQUIN COUNTY

15:1

52%

VOTED

#1

21

#### PIXIE WOODS WINE TASTING

Guests strolled through the Enchanted Forest of Pixie Woods at this premiere Wine and Beer Tasting event held on June 17. Wine, scrumptious hors d'oeuvres and live music created a beautiful ambiance for an enjoyable evening. This almost always sold-out event has been dazzling guests for 35 years! ◆

PHOTOGRAPHY BY HELEN RIPKEN





















# Feeling lost and overwhelmed?

Let us help you regain control and take your life back. At St. Joseph's Behavioral Health Center, we are committed to providing compassionate, quality care, in an environment that fosters communication, trust, and personal growth. Our inpatient and outpatient programs are dedicated to helping those we serve to achieve their goals and improve their quality of life. In addition, we have a Medication-Assisted Treatment Program designed to meet the needs of adults who are uninsured or underinsured with a history of opioid or stimulant use dependency. Whether you need assistance dealing with depression, anxiety, or substance dependency, or are seeking counseling, we can help.

Learn more at dignityhealth.org/stockton/behavioralhealth.

#### Hello humankindness



The Medication Assisted Treatment Program described is supported by Grant Number H79TI084141 from SAMHSA.

#### CELEBRATING 50 YEARS

On June 25, San Joaquin County Hispanic Chamber of Commerce celebrated their 50th anniversary, honoring a half-century of dedication to the business community. Held at the Commanders House at the Port of Stockton, Legacy Award recipients were honored and included Paul Guerrero, Julian Canete, Andrew Ysiano, Jim Molina, Jose R. Rodriguez and Senator Susan Talamantes Eggman. •

PHOTOGRAPHY BY HELEN RIPKEN



















## RESORT LIVING...AT HOME

## SPRINGCREEK

POOL & SPA, INC Greg Wheatley, Owner/Designer/Builder 3350 Deer Park Drive, Suite E • Stockton, CA 95219 • (209) 599-5502 • springcreekpools.com

2



CALL PACIFIC SHREDDING TODAY AT (209) 231-8846 TO LEARN MORE.

#### **DROP OFF SHREDDING**

We offer three convenient drop off shredding locations in Sacramento, Stockton, and Modesto. \$45 minimum includes 7 boxes with each additional box costing \$6 each.

#### **SEAL N' SHRED BAGS**

Pacific Shredding's Seal N' Shred bags contain a separate layer of security print, ensuring all your confidential information stays private until the time of shredding. *No minimum required.* 

#### **FIRST FRIDAYS AT LINCOLN CENTER**

Every First Friday of the month from 9am to 11am, Pacific Shredding will be located near the Big L in Stockton to collect and securely shred your documents. *No minimum required.* \$10 per bankers box.

All of Pacific Shredding's shredding and recycling processes are environmentally friendly and AAA Certified by the National Association of Information Destruction (NAID) to ensure privacy

You won't find a more secure and sustainable paper shredding solution!



#### GREG WHEATLEY, SPRING CREEK POOL & SPA, INC., AND SPRING CREEK OUTDOOR LIVING, INC.

Creating Resort Living at Home

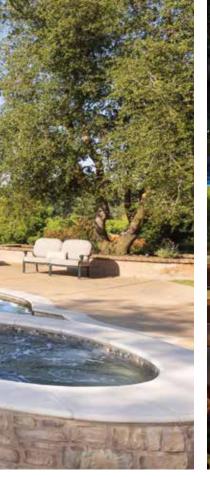
BY MARY RAFFETTO PHOTOGRAPHY BY CAROLINE'S PHOTOGRAPHY

You may not know Greg Wheatley, but you've probably seen his work. Greg is the owner of Spring Creek Pool & Spa and Spring Creek Outdoor Living, both award-winning, premiere, commercial and residential building firms specializing in custom pools, spas, water features, outdoor kitchens, sumptuous landscapes and so much more. In fact, with over a thousand projects completed in Northern California over the past 18 years, you might say Spring Creek is everywhere.

#### **CALMING LUXURY**

At the entrance to Lodi's Oak Farm Vineyards, a Spring Creek reflection pool makes a gorgeous first impression, beckoning visitors to come in and enjoy the idyllic surroundings. Not far from the popular winery, Greg's team worked more magic at Papapavlo's Mediterranean Bistro & Bar, upping the ambience with outdoor fire tables and a beautiful water feature enhancing the mood with both sight and sound. At The Spa at Wine & Roses, visitors and hotel guests enjoy the deep relaxation of soaking in the hot outdoor spa while a gentle waterfall meanders, burbling beside them; all are Spring Creek creations designed to wash cares away.

"I have always enjoyed construction, and I especially like anything to do with water," said Greg. "Growing up in Lodi, swimming with friends on the Mokelumne River, enjoying sports on our Delta waterways and beach time along the California Coast have always been special to me, so pool construction was a natural fit." Greg graduated from University of the Pacific's Eberhardt School of Business with a concentration in entrepreneurship and holds a



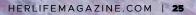


certificate in construction management from University of California, Davis.

#### FROM VISION TO REALITY

Greg's involvement with every project begins with the customer. He explained, "I love collaborating with my clients to transform their existing space or taking a raw piece of land and developing it into a special retreat that they will enjoy for years to come." He described that process further. "During the design phase, clients propose their ideas and I pick up on themes that are important to them. I enjoy expanding from there and taking it to the next level, offering enhanced options and bringing their vision to life."

The design phase is only the beginning, and Greg stays totally hands on for every phase of all projects. "This really is key and requires my daily management to ensure that the designs are executed in the field. The sophistication of our process is unique and includes my personal supervision of







"Outdoor living was trending even before COVID, but in the past two years people are even more eager to create high-end spaces in their own backyards."



each stage of the project, at inspections, and allows for an ultra-smooth process and result," he affirmed and credited his team. "I am blessed to have an extremely talented and artistic team of professionals. I value their expertise, and we have worked together for decades. The high level of craftsmanship and attention to detail are apparent in all of our final projects. Diligence, hard work and dedication always make the difference."

#### SOURCES OF INSPIRATION

Greg clearly loves what he does, and that love is fueled by what he calls his true passion, his faith and family. "My Christian



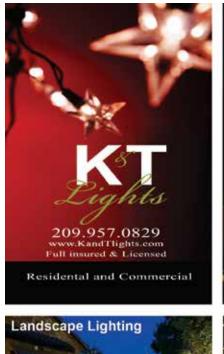


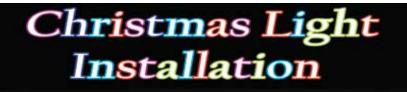
faith drives and sustains me, and I am grateful for so many things. I attribute much of my success to the support of Sabrina, my loving and beautiful wife of almost 25 years, who is always by my side, contributing her excellence, experience and abilities to our shared aspirations. Being a husband, and father to our three sons, Darien, Weston and Brooks, has been my greatest accomplishment. These days, I see our sons now going after their own passions with the same enthusiasm that we have tried to model for them, and it truly warms my heart."

With quality family time in mind, Greg describes the trend and his company's tag line, Resort Living at Home. He explained, "Outdoor living was trending even before COVID, but in the past two years people are even more eager to create high-end spaces in their own backyards." These spaces include many of the latest and most popular options from a long list: fireplaces, fire pits, fire bowls, outdoor kitchens, pizza ovens, shade structures, pavilions, televisions, surround sound, umbrellas with drink holders, in-pool chaise lounges, infinity edge, rim flow pools, lazy rivers, gunite slides that look like natural rock, swim-in grottos, putting greens, bocce courts, LED color lighting, water misters, solar, travertine coping and synthetic grass. Greg added, "We are also seeing growth in the commercial sector, as we construct and service many commercial water features, pools, ponds and lakes all over the Bay Area."

Maybe you're dreaming of building an oasis, need a staycation or want to create your own version of resort living. Whatever you call it, if it seems like the sky's the limit, then you've definitely got the right idea.  $\blacklozenge$ 

To learn more, visit Spring Creek Pool & Spa, Inc./Spring Creek Outdoor Living, Inc., at springcreekpools.com and call 209-599-5502





Making rooflines look fantastic and your landscaping come alive!









## Thoughtfully Sourced Comforts









EST. 1998 | 209-956-9250 | CRPORTERHOME@GMAIL.COM | 429 LINCOLN CENTER | STOCKTON, CA 95207 Monday - Friday 10:30am - 5:30pm | Saturday 11:00am - 5:00pm | Sundaya CLOSED



Outdoor Spaces BY LAURIE EAGER | PHOTOGRAPHY BY LAURIE EAGER

here is something magical about the way the flicker of firelight draws people in. Perhaps embedded in our DNA is the knowledge that equates fire with warmth, nourishment and community. Light a fire pit in your backyard and you will see what I mean. A fire pit adds a beautiful and functional element to any outdoor space. It is the perfect place to enjoy a cup of coffee on a chilly morning, gather with friends for a glass of wine at sunset or roast marshmallows with the kids. It extends the time we are able to enjoy the least-used "room" of our homes, the patio, spending nights cuddling up around the warmth of the dancing flames.

There are fire pits to fit every style and budget, from a simple, portable wood-burning vessel to an elaborate, permanent one built of

stone or bricks with piped-in propane. When choosing which one is right for you, there are a few things to consider. Where is a suitable, safe location for the fire pit? Free-standing or built in? Do you want to burn wood or opt for instant ignition with propane or natural gas? How many people do you want to accommodate? And what material works well with the aesthetics of your home? You can find a wide variety of ready-to-light fire pits in home stores and catalogs. Home improvement stores carry lots of kits to construct one yourself, or you can engage the services of a landscape contractor to install one. No matter which fire pit you choose, the irresistible ambient glow will make home feel like a resort!

Another way to add fun is to bring a little slice of Italy to your





#### EASY PEACH-PROSCIUTTO-BURRATA GRILLED PIZZA

Start with store-bought naan bread and drizzle with olive oil. Top with slivered prosciutto, fresh peach slices, grilled in advance if you like, burrata cheese and chopped walnuts. Put in a hot pizza oven or on a pizza stone on your grill for 6–7 minutes to crisp the crust and melt the cheese. Remove and top with torn basil and balsamic glaze.

There are fire pits to fit every style and budget, from a simple, portable wood-burning vessel to an elaborate, permanent one built of stone or bricks with piped-in propane.

garden entertaining with an outdoor pizza oven. Like fire pits, they can be portable or built in, and the sky is the limit on design options. In recent years, there has been an explosion of pizza oven models available that use propane, wood or pellets to create pizzas at home that rival your favorite restaurant. Make a batch of pizza dough, or buy premade dough or crusts. Assemble an array of sliced veggies and fruit, cheese, meats and fresh herbs. Add a couple of sauce options. Cooking dinner becomes the entertainment as your family and guests assemble their own toppings and slide their pizza into the oven to bake to crisp perfection. A portable pizza oven can be used on an outdoor countertop or small side table. Or the built-in pizza oven can take center stage and set the tone for your entire backyard. Put on some music, plug in the market lights, and transform your backyard into the place everyone wants to gather and linger long into the evening. ◆



Laurie Eager is the author and illustrator of In Papa's Garden. A seeker of beauty every day, she works part time as an interior designer, loves adventure travel, all things French and dark chocolate. She lives in Stockton with her husband, Steve, and can be found most mornings enjoying a cup of coffee and the first rays of sunshine in their abundant vegetable garden.

## **KITCHEN TRANSFORMATION** DATED TO MODERN

#### BY KATHLEEN JENNISON | PHOTOGRAPHY BY CAROLINE'S PHOTOGRAPHY

DESIGN TRENDS

This Sun West Lodi Kitchen renovation started with a client referral, which we love! Jon, the homeowner, had researched interior designers and spoken with his neighbors, Don and Amy. We had just completed a project for the couple, and they gave us rave reviews. Jon was impressed with our work and gave us a call. Here's how the transformation happened...

#### THE MEN OF THE HOUSE

Jon and his sons, Trevor and Jack, needed an updated kitchen. Their pristine old kitchen was no longer functional for the three of them. It was cut off from the living room with a layout that was difficult for two cooks to navigate. They wanted a modern kitchen.

I was impressed at their detailed description of their needs and focused attention to our advice. Jack is interested in construction, and he paid particular attention to the CAD drawings and offered to do the demolition.

#### BEFORE: A DARK CRAMPED KITCHEN

The kitchen was a dark space with a few small windows off to the side and a wall between the kitchen and living room. So, we designed a space full of natural light with an open flow that could accommodate more than one chef at a time.

Our challenge was to determine if we

could remove the shared living room and kitchen wall. A quick review by our engineer confirmed with the proper support beams, it was possible. Next, we needed to design a layout that allowed for function and flow by opening the space.

Another challenge was adding more natural sunlight, which meant reconfiguring the windows. This was a simple fix by closing off windows in the nook area and adding three large picture windows.

#### **OPEN, MODERN KITCHEN REVEAL**

Let's talk about these gorgeous finishes and appliances. The cabinets are walnut with a bourbon stain and slim Shaker profile. The countertops are quartz in a suede finish. We installed state-of-the-art stainless-steel appliances and cheeky subway tiles with a dimensional pattern.

A long bank of full-height cabinets takes the place of the walk-in pantry, and a new bank of dish drawers under the new windows allows for additional storage. A tall pull-out pantry next to the refrigerator makes finding the food sundries easy.

The island/dining table is especially clever, with a sink, dishwasher, trash pullout and one cabinet with rollout drawers perfect for towels and plastic wraps. On the front of the island is a drop-down table with four custom seats.



Under the induction cooktop are pullout utensil cabinets, spice drawers and pot drawers. It's so important to have a place for everything and everything in its place. Jon doesn't like clutter, so he's happy with all the storage for specific kitchen items.

The pantry between the kitchen and dining room became a butler's pantry and the passage from the kitchen to the dining room. The butler's pantry has a wine chiller and extra cabinets for beverage serving. We closed off the previous opening to the dining room to allow for a wall to put the cooktop and double ovens. Moving the sink to the new extra-large island makes the workflow more efficient.

#### HAPPY CLIENTS, GORGEOUS KITCHEN

Although we're always careful not to



start a project until we have all the parts and pieces in our warehouse, the supply chain events of 2021 caught us off guard. We completed the entire kitchen, but the wall ovens were delayed for ten months! The sweet gentlemen of the house were so gracious and never complained. They even joked that the big rectangular cavity was the perfect spot to store dirty dish towels! It tore me up to not deliver as promised, but this beautiful kitchen was definitely worth the wait.

I hope this kitchen inspired you to start your kitchen renovation. Let us support you in your next project. ◆



Breathtaking kitchens, show-stopping master suites, and swoon-worthy living rooms are all in a day's work for Certified Interior Designer Kathleen Jennison. She specializes in helping creative, stylish homeowners take their spaces from basic and bland to beautiful, functional and truly unique. Starting with a brand-new home? Kathleen and her team will take away the stress, worry and decision overload and help you make first-rate selections every step of the way. Remodeling your existing place? She's got you covered there, too; her award-winning combination of wisdom, experience and fabulous taste will turn your big vision into reality while saving you from costly mistakes. With her extensive credentials, including a bachelor's degree in interior design and business administration, and stunning portfolio of past projects, Kathleen Jennison is the accomplished designer you've been looking for.

404 N. HARRISON | STOCKTON, CA 95203 | 209.915.0442 | KATHLEEN@KATHLEENJENNISON.COM



# ARDEN CLUB NSIDER

#### BY CAROL BURNS

"My people" will not their heads in agreement hearing this personal reveal: I don't just dip my toes into something new, I immerse myself completely. Joining the Stockton Garden Club last fall was no exception. aura Fortune, my good friend, neighbor and the club's president, shared some struggles she was encountering in reviving this 96-year-old garden club, together with exciting plans she was hoping to implement. After hearing the club's mission statement to promote gardening, floral design, civic beautification, environmental responsibility and the exchange of information and ideas, I was on board. So, I joined and months later took on the challenges of vice president and speaker coordinator.

As it happened with many other clubs, COVID's no-congregating rules took their toll, especially ours, with a majority of members over 70, many lacking technological know-how. That was about to change! Our club membership has grown by over 15 in just a few months.

I discovered we are not a stand-alone club but are a 501(c)(3) non-profit under an umbrella of parent garden clubs that guide, assist, offer resources, symposiums and a myriad of opportunities. We are members of

11

**Our club hosts** knowledgeable speakers on a variety of topics at our monthly meetings and offers tours of nurseries, botanical gardens and other members' gardens. We are implementing more handson activities, including civic involvement, and we're currently creating a nationally recognized habitat garden with native plant species, drawing numerous pollinators and providing bird sanctuaries.

the Valley Lode District, the California Garden Clubs, Inc., and the National Garden Clubs, Inc., over 165,000 members strong.

Again, I immediately enrolled in the Landscape Design Consultant school. Other schools include Environmental Studies, Flower Shows, International Outreach and Gardening. Not only did I learn about creating beautiful and functional landscapes; I also learned about the critical impacts design has on water resources, habitats and food for birds, butterflies and bugs.

I'd always learned gardening working side by side with my husband, an experienced gardener. By joining the garden club, streams of new information opened on gardening techniques, native plants, watering techniques, soil treatment and more. Did you know plants absorb CO2 and soil stores it? Have you heard of no-till gardening? Or interesting facts, such as only 4 percent of all bees actually make honey; solitary bees build nests in the soil or hollow plant stems; bees can't see red; honey bees have five eyes. Most butterflies live only two weeks and need to feed and lay eggs on specific native plants; pests can control bad pests. I learned why you should leave your leaves on your flower beds; there are 325 to 340 species of hummingbirds with only 15 types in the United States; and a flock of hummingbirds is called a bouquet!

Isn't it fascinating that when we learn something new, we realize we've just scratched the surface?

I've always believed if you want to enjoy life, take chances, don't hold onto old ways, be open to learning new things, listen to others share their passion, share yours, dig deeper into an interesting topic, show up, volunteer, and help each other. Joining a local garden club offers all those opportunities and more.



Our club hosts knowledgeable speakers on a variety of topics at our monthly meetings and offers tours of nurseries, botanical gardens and other members' gardens. We are implementing more hands-on



activities, including civic involvement, and we're currently creating a nationally recognized habitat garden with native plant species, drawing numerous pollinators and providing bird sanctuaries. We're active in the Penny Pines California Reforestation program and have installed three Blue Star markers as a tribute to those who have served in the Armed Forces.

We're encouraging members to bring a friend because, like me, many hesitate to come into a new situation unless they know someone there.

Wander through your garden and ask yourself, "What creative solutions, passions and knowledge can I share?" Then come share them at our next meeting. You already know someone there!  $\blacklozenge$ 

To learn more about Stockton Garden Club, contact Laura Fortune, 209 244-0460, and visit stocktongardenclub.com.



Carol Burns, a retired administrator, florist and small business owner, is learning to self-care more. She cherishes hugs and belly laughs from her five grandchildren, gardening with her husband, is an obsessive list maker, prefers days at home to traveling, still dreams of restoring an old stone cottage on the banks of a mountain river, loves doing research and is eager to learn how to paint with watercolors.

homesbyshannonstallings.com

WHO YOU'RE IN BUSINESS WITH MATTERS. KELLER WILLIAMS REALTY

SHANNON STALLINGS REALTOR® DRE# 01886771



As an agent who's an expert in this local area, I bring a wealth of knowledge and expertise about buying and selling real estate. It's not the same everywhere, so you need someone you can trust!

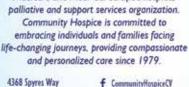
I am eager to serve you.

GIVE ME A CALL!!

209.694.5441







Modesto, CA 95356 209.578.6300 2431 W. March Lane Suite 100 Stockton, CA 95207 209.477.6300 CommunityHospice(V
 CommunityHospice
 CommunityHospice

HospiceReart

hospiceheart.org



Hospice

Palliative Care

Pediatric Care

Alexander Cohen Hospice House

Hope Counseling Community Grief and Mental Health Support Services

Camp Erin<sup>®</sup> of the Central Valley

Community Education

Hope Chest Thrift Stores

#### Let their smiles shine like never before.

Your family's oral health is so much more than meets the eye. Keep them happy and healthy with quality preventive, cosmetic and restorative care from the experienced dental team at Suzuki DMD and Associates.

#### Advanced Care includes:

- ·One-year-old exams
- Sleep apnea treatment
   TMD treatment
- Tooth whitening
   Dental implants
- TMD treatment
   Sedation options
- Oral cancer screenings

Reserve a lifetime of healthy smiles for your family. Call 209.334.0630 to book your appointment today!



## New Patient

\$150 toward restorative or cosmetic dental care when you move forward with treatment.

Did you know? Schedule baby's first dental visit at 12 months. Ask Dr. Suzuki about a comprehensive well-smile exam for your little one.

Sedation comfort available with IV sedation

> Ask about monthly payment options

Evening appointments available

801 South Ham Lane, Suite L. | Lodi, CA 95242 | 209.334.0630 | suzukidmd.com/smile



## JULIE MOREHOUSE

#### BY HERLIFE STAFF

Julie Morehouse, a native of Stockton, California, is the owner of In Season Market and Nursery. This month, in our Home Décor and Garden issue, she shares what she appreciates about our community.

#### HLM: What do you love most about Stockton?

JM: I have lived here since early childhood. What I love most are the people, the neighborhoods and old houses and the history of Stockton.

#### HLM: How is your heart inspired to serve the community?

JM: I'm inspired to serve the seniors in our community. They have so many stories and experiences to share.

#### HLM: What sparks joy in your life?

JM: I find joy in seeing things grow, traveling, meeting new people and observing how people interact with one another.

#### HLM: Top three goals on your bucket list?

JM: I want to see Stonehenge, study geology and learn to play the drums.

#### HLM: What accomplishment are you most proud of?

JM: After losing my "big" job in 2008, I went back to college and earned my AS degree in horticulture and graduated with high honors!

#### HLM: What event has had the greatest impact on your life?

JM: After I lost my job, I was asked to volunteer teaching a garden class with a seniors program at Delta College. That was 13 years ago. I am still teaching and have made hundreds of friends and connections.

#### HLM: What's your favorite quote?

JM: From Dave Matthews, talking about dealing with reviews and critics of his art and music. "Once you show it to someone, it doesn't belong to you anymore."

#### HLM: What are you reading today?

JM: The Well-Gardened Mind by Sue Stuart-Smith and Flight Behavior by Barbara Kingsolver.

#### HLM: What's your favorite food?

JM: My son's smoked salmon! •

LOOKING BACK





The Italian Gardeners

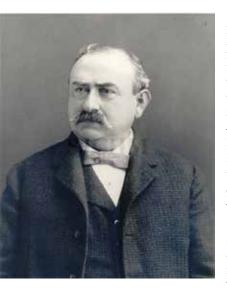
## A TRADITION OF CULTIVATION AND COMMUNITY

#### STORY BY PHILLIP MERLO | PHOTOS COURTESY OF THE SAN JOAQUIN COUNTY HISTORICAL MUSEUM

Stockton and San Joaquin County have been called home by countless migrant communities in their history. German, Dutch, Scottish, Irish, Chinese, Portuguese, African-American, Basque, Japanese, Punjabi, Filipino, Lebanese, Greek, Armenian, Mexican, Vietnamese, Hmong, Lao, Thai, Mien, Afghan, Pakistani, Russian, Assyrian, Samoan, Ghanaian, Nigerian and Arab communities have all called our region home, not to mention the indigenous Yokuts and Miwok peoples who have occupied this land for centuries. One diaspora community that has left a sizable imprint on the regional landscape is the Italians; since the 1880s, Genovese, Lucchese, Piedmontese and Lombard Italian families have moved to the area in and around Stockton, looking to pursue the American dream. The Italian Gardener's Society has been an integral part of our Italian community for over a century.

rom the beginning, the Italian community looked to organize to improve community welfare. In the 1890s and 1900s, many Italian immigrants worked as truck gardeners, small-acreage family farmers with diverse plots full of vegetables and fruit that could be sold out of a truck at the Stockton Grower's Market. The farms were the backbone of the local grocery business; records from the County Historical Museum and newspaper accounts from the 1890s show Italian, Japanese and Portuguese truck farmers selling arugula, asparagus, basil, beans of all kinds, beets, bell peppers, broccoli, Brussel sprouts, cabbage, cantaloupe, carrots, cauliflower, celery, cucumbers, eggplants, lentils, lettuce, onions, oregano, parsley, parsnip, peas, radishes, rhubarb, tomatoes, turnips, spinach, squash, strawberries, watermelons and zucchini.

These farms required sweat equity, as entire families would put in



long hours of labor to ensure that produce made it to the market. Profits were not always high, and times could be lean. Sensing a need for community support, grocery store owner Gaetano Alegretti decided to organize the Italian truck farmers of South and East Stockton, and thus in 1902 the Societa Italiana dei Gardinieri, or the Italian Gardeners Club, as it was then called, was formed.

The Italian Gardeners Society provided mutual aid assistance to truck farmers, including health care and funeral benefits, the occasional loan and

community event assistance. The organization helped start the San Joaquin Marketing Association to better advocate for small farmers, which allowed local Italian farms to expand into the San Francisco and Los Angeles produce markets. The hard work put in by both the organization and its members led to the opening of an Italian Consulate in Stockton in the 1920s, as well as to commendations by the governor of California and various dignitaries in 1927.

In addition to economic support, the Italian Gardeners held annual picnics in Micke Grove Park and hosted a float or procession in



most annual parades in the Stockton area. Throughout the 1920s, the society competed vigorously to win awards at the annual Fourth of July parades in downtown Stockton, as well as at the San Joaquin County Fair. The community elected an annual queen, who was feted at the annual picnics. As an organizing force, the Italian Gardeners Society is often credited as helping to provide structure and a community gathering hub for the Italian communities of San Joaquin County.

The organization still exists today as a 120-year-old grand dame of community organizations in Stockton.  $\blacklozenge$ 



# FEEL THE BURN: CHAIR-FRIENDLY EXERCISES

### BY REBECCA FLANSBURG

Being at your desk all day, plowing through work and growing your business, is a good sign. It means you're busy, have clients who need you and income that pays the bills.



nyone who works in an office, at home or otherwise, knows that spending a great deal of time sitting in a chair is part of being a working professional. However, studies have shown that too much sedentary time can wreak havoc on our physical well-being and possibly even shorten our lives. sitting down. It's no wonder so many people suffer from a stiff, sore neck and an aching back at the end of the day.

Whether your office is in a multi-story building or your home, it's not uncommon to find yourself hunched over a computer with terrible posture for hours on end. Despite that fact, chair-sitters can still get a healthy dose of ex-

According to the *National Post*, the average American office worker spends their day sitting for eight to ten hours. Business owners or employees working in an office five days a week, 48 weeks a year, can expect to spend around 1,700 to 1,800 hours a year, sitting. To put it in other terms, 1,200 hours is equal to 70 days and nights ercise by thinking outside the box. Setting aside a handful of minutes a day to work on posture and overall health is time well spent.

So push away from your desk, put the phone on mute and mark yourself "do not disturb" while you experiment with the following office chair exercises to strengthen your body and clear your mind.

# **UPPER BODY**

**Neck Rolls:** Much of our daily tension is carried right between our shoulder blades and, without even realizing it, we physically hold onto our stress in subtle ways. Several times throughout your work day, make a conscious effort to pause, release your shoulders from your ears, unclench your jaw and remove your tongue from the roof of your mouth. Your body will thank you for it.

Now roll your shoulders forward slowly to the count of ten and repeat going the opposite way. For good measure, take a deep breath in to count of seven. Then blow that same breath out to the count of seven. These simple steps repeated throughout the day will keep arms and shoulders from tensing up and stress headaches at bay.

**Arm Circles:** As you sit on your office chair, or any other chair that will keep your back straight and feet planted on the floor, touch your shoulders with your fingers. Without moving any other part of your body, roll your arms backward continuously in a circular motion. Make 40 arm circles and then switch and roll your shoulders and arms the opposite way to the count of 40.

### LOWER BODY

**Standing Leg Lifts:** Begin by standing behind a chair with your right leg slightly in front of the left, holding onto the back of the chair for balance. Keeping your back straight and leaning slightly forward, lift your left foot a few inches off the floor or as high as you comfortably can, squeezing the buttocks as you do this. Lower your leg back down and repeat the movement eight to ten times. Switch sides to work the other leg and do another set of eight to ten repetitions.

**Squats:** Holding the back of a chair, stand with legs a little wider than shoulder width apart, with your toes pointed slightly outward. Bend your knees and lower yourself straight down, making sure your legs are wide enough apart so that your knees do not extend beyond your toes. Return to the starting position by pushing through your heels as you come back up. Repeat ten times at a slow pace.

### HAND HEALTH

In a world of scrolling and clicking, our finger joints and tendons can take a beating. Don't forget to set aside some time to flex your fingers and stretch those muscles and joints as well. Stretching exercises for hands can include making the "OK" sign with finger and thumb and holding that stretch to the count of ten with every finger on each hand. Even squeezing a stress ball several times a day will keep fingers and joints limber.

### PRACTICE THE RULE OF TEN

Stretches and exercises are great for keeping our bodies limber and keeping our circulation flowing, but there is no replacement for good old-fashioned movement. When you know you will be spending long periods sitting, practice the rule of ten; for every hour you sit, get up and take a walk for at least ten minutes. Use that time to take a walk or burn some calories walking up and down the stairs. ◆

**SOURCES:** millersatwork.com, nationalpost.com, polk-fl.net and workingmother.com.



Add a little Sass! to your next campaign PUBLIC RELATIONS EVENT PLANNING COMMUNITY ENGAGEMENT ADVERTISING & MARKETING CORPORATE BRANDING BUSINESS COLLATERAL MEDIA STRATEGIES SOCIAL MEDIA MANAGEMENT GRAPHIC & WEB DESIGN PUBLICATIONS ... AND OH, SO MUCH MORE!

🚯 💿 628 Lincoln Center, Stockton | sasspr.com | 209.957.7277

### SCENE & BE SEEN

# HOSPICE OF SAN JOAQUIN ANNIVERSARY GALA

On a beautiful evening at Villa Angelica, community members gathered on June 24 for Hospice of San Joaquin's 42nd anniversary gala. The evening included the butterfly release in memory and honor of loved ones, a silent auction, a delicious dinner and engaging program. •

PHOTOGRAPHY BY HELEN RIPKEN



















# 26TH ANNUAL IRONSTONE CONCOURS d'ELEGANCE

Photo Credit Ron Kimball and Mike Subocz





# SATURDAY SEPTEMBER 24, 2022

# 9:00 AM - 4:00 PM

IRONSTONE VINEYARDS, MURPHYS, CALIFORNIA (209)269-6950 IRONSTONECONCOURS.COM

> \$25 PER ADULT: \$45 PER COUPLE OR FAMILY CHILDREN 14 AND UNDER ADMITTED FREE

BENEFITS 4-H, FFA AND CALIFORNIA STATE FAIR SCHOLARSHIPS

# BEAUTY FROM YOUR PANTRY

### BY LAURA LEIVA

Have you ever looked at the ingredient list for your favorite beauty treatments and been hard pressed to pronounce them, let alone begin to know what they do? While some ingredients come with a fancy, scientific name yet perform simple and important functions, the truth is that many products are filled with ingredients and chemicals that are best avoided.



a beauty treatment at home using natural and pure ingredients? Look no further than the pantry and refrigerator! Chances are a number of basic staples in the kitchen are all you need to hydrate hair, moisturize and brighten skin, and even reduce the appearance of fine lines and wrinkles. Sound too good to be

to do

minimal space in your house. Here are some of the most common ingredients that do a marvelous job at doubling as beauty treatments.

# COFFEE

How often do you empty out the coffee or espresso grounds from the coffee machine each morning? Stop! Save the grounds and use them as an exfoliant for the skin! Coffee, while it has some

true? It's not; these everyday ingredients contain nutrients, such as vitamins, minerals and amino acids, which work to hydrate skin and encourage cell turnover.

With these natural beauty products, you can get a purer form of the nutrient from food in the pantry, plus it's economical and takes up amazing physiological effects when we consume it, also has beneficial perks when rubbed into the skin. The grounds gently slough away dry skin cells from the entire body and the caffeine content boosts circulation; it also provides a temporary tightening effect, which reduces the appearance of cellulite. Each morning, add used coffee grounds to a small jar filled with a nourishing oil, such as coconut or avocado oil, and then use it daily in the shower.

# COCONUT OIL

Truth be told, coconut oil is the antidote for nearly everything in terms of beauty treatments. Use it as a deep conditioner for your hair; rub it into dry cuticles throughout the day to hydrate and nourish nails; apply it to dry elbows and knees for a powerful moisturizer and even consume it as a part of your daily diet! Use melted coconut oil (leave it outside of the refrigerator) as a weekly hair mask; massage it into the scalp for an extra-soothing treatment and then rinse with your favorite shampoo. When you're done with your shower, rub a thin layer into towel-dried skin to lock in hydration for a healthy glow.

# **TURMERIC**

This wonderful spice is a powerful antioxidant, so it makes perfect sense that you would want to use it on your skin. Turmeric features more than 300 different antioxidants and it was used as a beauty treatment in ancient cultures. It works to purify skin and reduce a number of skin ailments, such as acne, oily and dry skin, wrinkles and stretch marks. Create a simple turmeric face mask to fight back against dry skin and wrinkles by combining only a pinch of the spice with an egg white, two drops of oil, either olive or avocado oil, and a squeeze of fresh lemon; mix it together and then apply it to the skin. Once it dries, wipe it away with warm water and use your favorite moisturizer.

# MAYONNAISE

Yes, you read that correctly. This popular sandwich spread also works well as a beauty treatment, especially if you use an organic or homemade version. Egg yolks, one of the primary ingredients in mayonnaise, contain nutritional and hydrating properties that work well to moisturize skin and hair. Use mayonnaise as a deep-conditioning hair treatment, facial mask (especially when it's chilled from sitting in the refrigerator!), or massage the product into nails and cuticles for a strengthening treatment.

# EGGS

If applying mayonnaise to your skin or hair sounds too frightful, you can also use eggs in a variety of beauty treatments. Egg whites are beneficial for tightening the skin and smoothing pores, while the entire egg, when added to a face mask with mashed avocado, banana and a few drops of olive oil, deeply hydrates and nourishes skin and hair. Have you been out in the sun too long? Soothe and calm skin by combining shredded fresh carrot with a few drops of pure aloe gel, followed with one egg white. Apply the concoction to the sunburned area and allow it to set for 15 minutes before rinsing with cool water.

These are just some of the most common ingredients that may also be used for beauty treatments. Any number of fruits, vegetables and dairy products, which contain beneficial lactic acid, can help soften and nourish skin. The next time you take a look at the ingredients in your favorite beauty product, consider switching it with something more natural! •

**SOURCES:** coveteur.com and realsimple.com.



SOY CANDLES | BATH & BODY | HOME DECOR



We are a one-stop gift shop and home decor store voted the Best in Lodi 2022!

fragrantfarmhouse.com 14075 E Highway 88 Lockeford, CA HOURS: Tues, 10-21 Wed, Thurs & Sat, 10-5 Fri, 10-61 Sun & Mon, closed



Octavio's is your place to relax, unwind and enjoy a delicious meal with your family and friends.

f Ooctaviosrestaurant

FRESH MEXICAN FOOD NATURAL MARGARITAS CERVEZA RUBIA TEQUILAS WEEKLY SPECIALS





Lincoln Center Stockton 501 N. Lincoln Center Stockton, Ca 95207 209-477-6133 www.papapavlos.com Outstanding selection of fresh seafood, steaks, pasta and more with an amazing wine list! Open everyday 11 am-9 pm Until 10 pm Friday & Saturday

papavlos

Papas Plaza Lodi 217 N. School Street Lodi, Ca 95240 209-625-8677



# **STRAWBERRY SALAD**

RECIPE BY LAUREN LANE | LAUREN-LANE.COM



# INGREDIENTS

DRESSING: 1 tablespoon balsamic vinegar 2 teaspoons strawberry (or other flavor) jam <sup>1</sup>/<sub>4</sub> teaspoon Dijon mustard (optional) 1 tablespoon cup chopped shallot (optional) <sup>1</sup>/<sub>4</sub> teaspoon of kosher salt <sup>1</sup>/<sub>4</sub> teaspoon of pepper, or to taste 3 tablespoons extra-virgin olive oil (Cervasi recommended) Place vinegar, jam, Dijon mustard, shallot, salt and pepper in a large bowl or jar, then whisk in the olive oil. SALAD: 1 pint (2 cups) strawberries, halved 5-6 cups chopped spinach or greens of choice. <sup>1</sup>/<sub>3</sub> cup or more of gorgonzola, feta, blue or goat cheese <sup>1</sup>/<sub>2</sub> -1 avocado, sliced

<sup>1</sup>/<sub>3</sub> cup pecans, pine nuts or walnuts (optional)

# DIRECTIONS

Place the strawberries and spinach in a serving bowl and drizzle with dressing. Toss and top salad with cheese, avocado and nuts if using. Add more balsamic, oil or salt and pepper as needed for your taste.  $\blacklozenge$ 

# STRAWBERRY PARFAIT - GREAT FOR COOKING WITH KIDS

**1 :** Toss 1 quart of hulled and quartered strawberries with 3 teaspoons sugar in a large bowl and let sit for 5 to 30 minutes.

**2**: Crush 10 cookies (gingersnap, graham cracker or any other cookie) in a zip bag.

**3**: Sprinkle a layer of cookie crumbs in the bottom of a glass or parfait glass.

**4 :** Top with a layer of Greek yogurt and then a layer of berries.

**5 :** Repeat process. Sprinkle the top layer with more cookie crumbs, berries or whipped cream.

# MURPH

### BY HERLIFE STAFF Photography by sydney spurgeon

HLM: What's your full name? A: Murphy Brown Armstrong

*HLM: Tell us about yourself.* A: I'm confident, happy, extremely friendly.

### HLM: What's your favorite vacation spot?

A: Half Moon Bay, because I get to sleep in my pawrents' motorhome!

### HLM: And when you get to go along?

A: I love to run on the beach and when I'm sleepy I can take a nap in my bed or the sand.

### HLM: Your best play spot?

A: I like Lake Lodi and walking along the canals by my home.

# HLM: We all have guilty pleasures; what's yours?

A: A puppichino from a local coffee spot or even better the crumbs in the bottom of a bag of chips that I've snuck... **HLM: Where do you go for pampering?** A: Aunt Brandy's house because I can sleep on her bed and she takes me for long walks.

### HLM: Are you ever a naughty pup?

A: I love jumping in my dad's garden or sneaking into the trash at work. Sometimes I knock the whole thing over!

### HLM: What's your canine obsession?

A: Treats, walking, swimming! Oh, wait and my dad.

### HLM: What's your favorite treat?

A: Freeze dried chicken breast and people food.

### HLM: What else should we know about you?

A: I am extremely friendly, I love people and dogs, I really love riding in the car with my pawrents. But I would really like everyone to know that afternoon speed is a REAL thing.

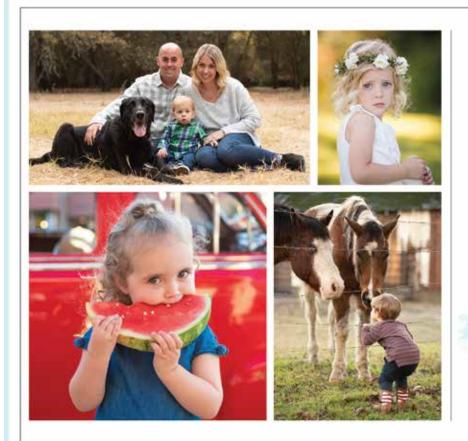


# HLM: Where were you born?

A: No idea, top secret! I'm very lucky to have my humans.

HLM: Who are your human parents? A: Mark & Teresa Armstrong ◆







I am Sydney Spurgeon a full time maternity, newborn, children, senior and family photographer based in Stockton, California. I am a 2019 graduate of the Rocky Mountain School of Photography Professional Intensive Program. As your photographer I am also a storyteller and artist dedicated to capturing memorable moments for your family.

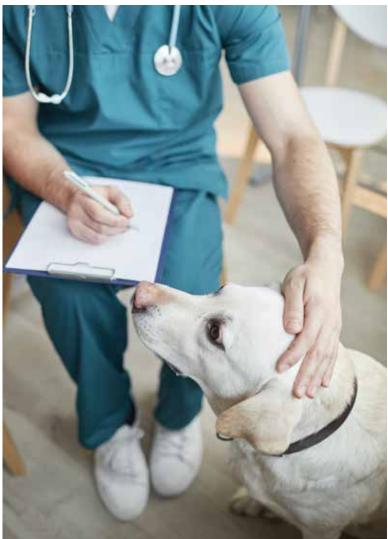
sydney spurgeon TRAIT PHOTOGRAPHER

CHILDREN / FAMILIES / SENIORS

sydneyspurgeonphoto@icloud.com www.sydneyspurgeon.com

# VACCINES FOR DOGS: A 100-YEAR HISTORY OF SUCCESS BY TINA V. SAVAS

Most dog owners know the drill. You bring home your sweet little puppy or a shelter dog and head to your vet for its first vet check. Part of that includes getting one or more vaccines to help prevent serious diseases and even death. However, the matter of vaccinating your pet is more controversial and complicated than it would seem at first glance.



he first vaccine for dogs was the rabies vaccine, first tested on dogs before it was tried on humans in 1885. But it took until the 1920s before rabies vaccines, now required by law in most localities, became available to prevent the disease in dogs.

In 1923, a combination vaccine, now called the distemper vaccine, was introduced to protect against the common canine diseases of

distemper, parvovirus and hepatitis. These are called core, or essential, vaccines, the standard vaccines that most veterinarians want dogs to receive. Newer vaccines, called non-core vaccines, can be recommended depending on geographic location and a dog's lifestyle.

events, sometimes called vaccine allergies. However, these reactions happen with only about 1 percent of vaccinated dogs. Despite the fact that dogs have been getting safely vaccinated for 100 years, this movement is growing. In 2017, a bill was filed in the Connecticut legislature

ral approach point out that among certain breeds, such as Maltese, Boston terriers, pugs, chihuahuas, miniature pinschers and dachshunds, there's an increased rate of vaccine-associated

While most vets urge

dog parents to vaccinate their

dogs, there is some opposition

from people resisting canine

and human vaccinations and

who want to choose other ways

to prevent and treat disease.

Those advocating the natu-

adverse

that would have allowed veterinarians to dilute the rabies vaccine dose for smaller dogs even though vaccine efficacy is not determined by a dog's body weight.

So, what happens if your dog gets one of the diseases that the essential core vaccines can help prevent?

Distemper is spread by contact with bodily fluid droplets. It has a mortality rate of 50 percent, 80 percent in puppies. If a dog survives, it can cause long-lasting seizures and chronic severe pneumonia. First symptoms are watery eyes, coughing, loss of appetite and lethargy.

Dogs with parvovirus exhibit gastrointestinal symptoms including diarrhea and vomiting. It can, in some cases, suppress the immune system and can be fatal. It is spread when a dog swallows even a tiny amount of feces. A dog can become sick by just licking its feet after walking on contaminated sidewalks.

Like hepatitis in humans, infectious canine hepatitis, or ICH, targets a dog's liver and can also affect a dog's lungs, kidneys, spleen and the lining of blood vessels. Symptoms can range from a mild fever to death. It is usually spread when a dog consumes bodily discharges from other dogs. Some dogs will need care for kidney and eye problems for the rest of their lives.

Non-core vaccines are sometimes recommended for dogs depending on their chance of exposure. There are a number of these vaccine, so talk to your veterinarian to find out what's right for your dog.

Infectious tracheobronchitis, often referred to as kennel cough, can be caused by one or more infectious agents and can range from a mild cold-like disease to serious pneumonia. Symptoms include a dry

hacking cough. Kennel cough can be treated with rest and, in some cases, antibiotics. Most kennels require this vaccine for boarding dogs.

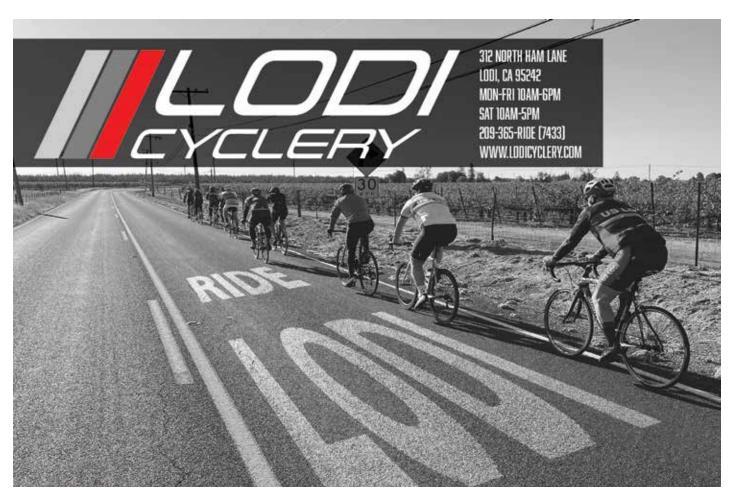
Lyme disease, spread by the deer tick, is very common is some parts of the United States, particularly the Northeast, the Upper Midwest and the Pacific coast. Lyme disease is treatable, but if untreated it can lead to serious heart and brain conditions. No matter your geographic location, if your dog has been walking in the woods or grassy areas, check for ticks, including inside the ears, and remove the tick as soon as possible. Topical flea and tick preparations can also help protect your dog.

Leptospirosis is a bacterial infection more common in dogs that live in humid areas with standing water, but in recent years it's been seen increasingly in urban areas. It is often spread by rodents, including city rats. This can be a serious but treatable illness that can ultimately affect a dog's kidneys, liver, brain, lungs and heart. Look for symptoms such as lethargy and lack of appetite. It can spread to humans.

Other non-core vaccines your vet might recommend are those for canine influenza, a respiratory illness found all over the country, and canine coronavirus, not related to human COVID. Corona infects a dog's intestinal tract and is found mostly in the American South.

So, why vaccinate your fuzzy best friend? Because you love your pup and want to keep it healthy and happy. Talk to your vet and decide what's best for your dog. ◆

**SOURCES:** akc.com, petmd.com and aspca.org.



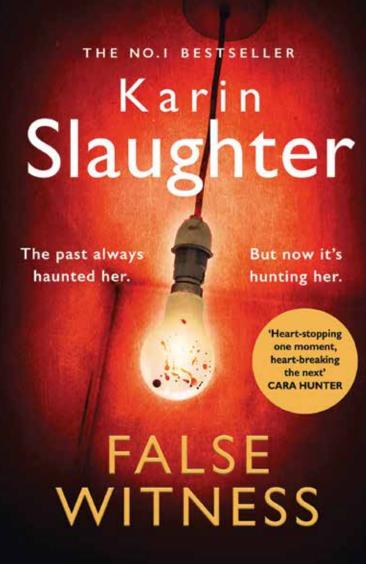
# **FALSE WITNESS** BY KARIN SLAUGHTER

### REVIEW BY MARILYN ISAMINGER

"Karin Slaughter's False Witness is a twisty, searingly contemporary mystery steeped in a dark past, and she weaves a story that catches your breath and keeps you gasping and guessing until the end."

riter Stacy Abrams' note on the book jacket sums up False Witness, categorized as mystery-crime thriller, perfectly. I discovered Slaughter's work about 15 years ago and have sped through the majority of her works during many late-night, can't-put-down sessions. She doesn't avoid the gruesome details of family/ crime/psychological trauma. Her writing's realism about the nastier, pathological sides of human nature have prevented me from presenting her books in HERLIFE. But here goes.

False Witness is a present-day compelling picture of trauma and life in the year 2021in the greater Atlanta, Georgia, area, where Slaughter lives and where many of her novels are set. The story is told alternating the historical and present-day realities of attorney Leigh Collier and her younger sister, Callie. The pressures of keeping her family safe as she practices law during COVID are overwhelming her;



Callie continues to self-medicate following a gymnastics injury as a teenager.

We meet Callie in 1998 as the babysitter to Trevor Waleski, son of Linda and Buddy Waleski, a timid, odd child whose energy reminds her of a "coiled spring." Callie's one of a succession of babysitters accused rapist. It's followed by a call from Cole Bradley, the attorney who started the huge firm. "I've got a delicate matter that requires your immediate attention. The client asked for you specifically. He's waiting in my office as we speak; his name is Andrew Tenant. I trust you've heard of him."

that Trevor's behaviors have driven away. She's putting a batch of cookies in the oven. "Trevor suddenly appeared behind her like a serial killer. He threw his arms around her, saying, 'I love you.'" Warning number one, on the first page.

Leigh Collier, chapter two, is watching her 16-year-old daughter, Maddy, in her private school's play. She and Maddy's father, Walter Collier, were divorced, but during lockdown they had ended up back together as a family. Now, Walter and Maddy live in the suburbs where he can practice his legal profession from home. Leigh practices defense law at a large and legendary law firm in the city and lives in their urban condo; she still has to go to the office, meet with clients, go to the courthouse and conduct trials. Before the play concludes, Leigh receives a text from Octavia, a fellow attorney, who forwards a link to a news story about an Leigh recognizes the name of the accused rapist from the article. "I'll be there in 30 minutes." The client had fired Octavia two days before with no explanation; just two hours ago, she was directed to forward her case files to the firm, attention Leigh Collier. How did he know her name? Bradley hadn't even known it until that night.

Bradley meets her in the elevator and briefs her, asking, "How do you feel about rape?" He ushers her into his extravagant personal meeting space to meet the client, his mother, Linda, and his girlfriend, Sid. Mother and son clearly thought Leigh knew them. "Hello, Harleigh, it's been a long time," said Andrew Tenant. "I thought you'd forgotten all about me," Harleigh. Only one person still called her by that name.

She has one week, an angst- and guilt-ridden period, to get ready for trial. During that time, she plumbs the depth of the last 20 years of her family dysfunction, her history with Andrew Trevor Tenant, her tangled relationship with her sister, while preparing to defend a client she strongly suspects is guilty of this charge and probably others.

Callie and Leigh are close, and the novel is as much about her life and behavior as a junkie as Leigh's life as a high-priced attorney. It's a lurid portrait, but Callie is intelligent and has survived the hard streets of Atlanta following stints in juvie and a couple of times she successfully negotiated rehab. That's a teaser. Look for it.

Put away your prejudices and put on a thick skin as you read False Witness. The action is fast, twistingly thrilling, and, as usual, Slaughter's characterizations are full of depth. If you're not familiar with her already, my advice is to start with *Triptych* and *Blindsighted* and work your way through until they meet. The stand-alone novels are just as arresting.

Karin Slaughter's work has been published in 120 countries and has sold more than 35 million copies, including the Grant County and Will Trent series, the Edgar-nominated *Cop Town* and four stand-alone novels. She is the founder of the Save the Libraries project, a nonprofit established to support libraries and literary programming. *Pieces of Her* is in production with Netflix, and the Grant County and Will Trent books are in development for television.  $\blacklozenge$ 

# CONTENT STRATEGIES FOR SERVICE-BASED BUSINESSES

roviding valuable content by offering tips or insight gives your clients a reason to follow and interact with you. Here are ten content ideas to get you started.

# HOW TO

Suggest three easy-to-follow steps to achieve a desired result.

# **AVOID THIS**

Share a common mistake your clients or viewers may be making and provide an alternative or solution.

# **GET PERSONAL**

Share the story of how you got started or why you do what you do.

# TUTORIAL

Show how to perform a specific task within your niche that authentically highlights the benefits of your product or service.

### **TRADE UP**

Exchange THAT (habit/product/service) for THIS one.

### IN THE KNOW

Share advice you wish someone had shared with you when you first started or advice someone did share that has been most beneficial.

# **MYTH BUSTER**

Discuss misconceptions in your niche versus the facts.

# A TO Z

Share an inspirational client success story or transformation.

## **INSTAGRAM VS. REALITY**

Give a peek into a "day in the life" of your business, a client's struggle with their journey, mistakes, comical bloopers, etc. Life isn't perfect so keep it real with your followers and stay relatable.

### ASK ME ANYTHING

Open up a dialogue for questions. You can do this on a LIVE or simply a question

box on your stories. Just be sure to take the time to genuinely reply. ◆

Tracci Dare, social media creator, influencer and coach, authors The "Social" Scene for HERLIFE Magazine, sharing strategies for your social media growth. Follow her on Instagram @daringdarlingbold where she shares lifestyle, fashion, home and wine. Need social media help or want to know more? Email her at tddconcepts@gmail.com.

@DARINGDARLINGBOLD | TDDCONCEPTS@GMAIL.COM

# GOODTABLE

**F**riday evening, June 23, Lodi chefs and restaurateurs gathered to prepare and serve hors d'oeuvres, a delicious dinner and dessert for the first Lodi farm-to-fork event, Goodtable, produced by United Way of San Joaquin and held at the Lodi Veterans Plaza. The event raised much-needed funds for Lodi non-profit organizations. ◆





















# WEBER POINT **SEPTEMBER 17, 2022** @ CENTER STREET & MINER AVENUE - STOCKTON

oprating 25 Years

FREE FAMILY FUN!

10:00am=3:00pm PARADE AT 10:00am

КИЕØ

**KID'S FUN & GAMES** LIVE MUSIC . CLOWNS FOOD • STORYTELLING PUBLISHED AUTHORS **USED BOOK SALE** 





ACEN

SATELLITE

Sass!events



of San Joaquin



STOCKTON



PACIFIC





Human Services Agency \* San Joaquin General Hospital San Joaquin A+ Republic Services \* LDA Partners \* Stockton Unified School District StocktonRecycles.com + San Joaquin County Office of Education City of Stockton - Municipal Utilities Departme

SPONSORS AS OF JULY 29, 2022

FAMILYDAYATTHEPARK.COM FOR MORE INFORMATION + 209-957-7277 OR INFO@SASSPR.COM

O



We are throwing out a few ideas to add some joy to finish off your summer in style. Just a few simple things to help you keep exploring, relaxing and savoring.



Get out on the Delta and experience eclectic restaurants,

marinas and 2,000 miles of waterways, and enjoy boating,

fishing and beautiful sunsets. Inland, explore Lodi Lake and the

Mokelumne River, where kayaking tours are oh-so-popular.



# FRESH FRUIT

There is nothing better than a beautiful bowl of cherries, or a freshly picked peach. Fruit stands (with freshly baked fruit pies) and farmers markets are scattered

throughout the county. Get out and taste your way through our county! It's one of our great benefits of living here.

# PETUNIAS IN A POT

Petunias love our hot summer days! Vibrant purples, pinks, yellows, and magentas add that pop of color to any outdoor space. Look for a beautiful decorative cement pot and experiment with the many varieties. If they get too leggy, just pinch them back.







# JUST CHILLIN'

Grab your Corkcicle and fill it up with a nice Chardonnay, Rose or Albarino (my favorite!). This adorable, insulated cup will keep your glass of wine cool while you're out in the yard picking flowers, chatting with friends, or chilling by the pool. ◆

# ANNUAL

AN AMERICAN CANCER SOCIETY EVENT

SATURDAY AUGUST 13, 2022

# PRIVATE ESTATE IN STOCKTON CALIFORNIA

MIGUEL VILLAPUDUA - COUNTY SUPERVISOR CHAIR

6:00-7:00PM CHAMPAGNE & HORS D'OEUVRES 7:00-10:00PM DINNER, PROGRAM, AUCTION & DANCING TICKETS \$175 PER PERSON | \$2,000 PER TABLE OF 10 | RSVP BY JULY 23, 2022

Please save the date for an elegant evening under the summer stars at the 35th Annual Moonlight Gala. We will honor local cancer survivors while raising funds to help the American Cancer Society attack cancer from every angle. For tickets sponsorship, and volunteer opportunities, call 209,405,4798 or email Janelle, Wilkinson@cancerorg. MoonlightGala.org | (f) /ACSMoonlightGalaStockton | cancer.org | 1.800.227.2345

HARNEYIAN

PRESENTING SPONSOR IN-SHAPE®









JOIN US!

Dignity Health St. Joseph's Medical Center





# GET OUT AND ENJOY COMMUNITY EVENTS

# WEDNESDAYS THROUGH AUGUST 18 Concerts in the Park Victory Park

# EVERY THURSDAY THRU AUGUST Lodi Farmers Market

5:00-8:00pm, Downtown Lodi Info: lodichamber.com

# THROUGHOUT THE SUMMER

*Live Music and Winetasting* Contact your favorite wineries for details

# AUGUST 2 2nd Annual National Night Out Block Party

222 E. Weber, Downtown Stockton Info: stocktonca.gov

# AUGUST 5 9th Annual Misty Holt Singh Golf Tournament

Elkhorn Golf Club Info: mhsmemorial.com

# AUGUST 6

Taste of the Delta Village West Marina & Resort Info: tasteofthedelta.com

# AUGUST 13 35th Annual Moonlight Gala American Cancer Society Info: moonlightgala.org

# AUGUST 13 & 14

Stockton Garlic Festival San Joaquin Fairgrounds Info: 916-370-3647

# AUGUST 13 & 14 StocktonCON 2022

Stockton Arena Info: stocktoncon.com

# AUGUST 20 Hospice of San Joaquin Moonlight Sip & Stroll

Heron Drive, Brookside, Stockton Info: hospicesj.org AUGUST 24 Lodi Music in the Park 6:00pm, Hutchins Street Square

# AUGUST 25

Annual Summer Diversity Mixer Lindley House - Port of Stockton Info: schamber@stocktonchamber.org

# AUGUST 27

Stockton Jazz Festival Weber Point Event Center Info: smaent.com

# AUGUST 27 5th Annual Support Stockton Police Ball

Brookside Golf & Country Club Info: supportspf.com

# AUGUST 28

# 13th Annual Bathtub Boat Race

10:00am, Lewis Park, free
Lifejackets required
Info: visitstockton.org ◆

# - SAVE THE DATE -

# **SEPTEMBER 3 - 5**

Stockton Community POW WOW

University of the Pacific Info: pacific.edu

# **SEPTEMBER 9**

One Eighty 20-Year Anniversary Wine & Roses, Lodi

Info: 180lodi.org/rose-garden-gala

# SEPTEMBER 17 The Record's Literacy and Book Fair

# Family Day at the Park

Weber Point - Stockton Info: Familydayatthepark.com

# **SEPTEMBER 23**

Fall Fiesta Children's Museum of Stockton Info: mariannevprieto@gmail.com

# **SEPTEMBER 24**

Ironstone Concours d'Elegance Ironstone Vineyards - Murphys Info: ironstoneconcours.com

# **SEPTEMBER 24**

# 2nd Annual Golf Tournament

Lodi Animal Services Foundation Info: thelasf.org

# SEPTEMBER 27 33rd Annual Golf Tournament San Joaquin County Office of Education Foundation Brookside Country Club Info: eortiz@sjcoe.net

SEPTEMBER 30 7th Annual Fully Booked: A Fundraiser to Support the Write Place The Write Place Info: 209-298-2078

# PROTECT OUR DONATIONS!!

ONLY LEAVE DONATED ITEMS when the ROLL UP DOOR IS OPEN and an official GOODWILL TEAM MEMBER is PRESENT





Thank You! For store donation hours go to Goodwill-sjv.org



# **Book Our Photo Booth!**

# Corporate // Event // Birthdays // Showers // Weddings // Graduations

# www.AnnIshiiPhotography.com



# Everyone loves being valued, including us.

Delivering the best care with humankindness has always been our top priority. St. Joseph's Medical Center has been named in the 2022 Fortune/ Merative 100 Top Hospitals list for surpassing national benchmarks in clinical outcomes, operational efficiency, and patient experience. You can continue to expect outstanding care from us — your esteem only strengthens our commitment.

Learn more at dignityhealth.org/stockton.

# Hello humankindness







# The office women who keep the engines running at Mercedes-Benz of Stockton.

Denisa Hammond has a thirteen year background working with MB of Stockton. She began in the Call Center, then as a DMV Clerk before joining the Business Office.

"I've been married for 23 years and have a son who is a first responder. My daughter would like to follow in his path and go to EMT school. I love working for MB of Stockton because it is family owned and we are treated like family. I enjoy what I do and I love the people I work with."

Robin Atkins started with MB of Stockton in 1990 as the DMV Contract Clerk and Human Resource Director. In 1998 she was promoted to Business Manager.

"I have been married for thirty-three years. Our two daughters are both in graduate school and the first college graduates from our family. I like to camp, wine taste, and travel. Mr. Berberian, his family and our manager, Brian Martucci, are awesome to work for. Our beautiful dealership and employee team make working here a pleasure.\*

Christina Cochran has been with MB Stockton for twenty-two years. She began her career here as a Receptionist and is currently the Human Resource Director and also the Business Office Manager.

"I am a wife, mother of two adult sons and grandmother to a beautiful granddaughter. I like working at the center of the dealership helping all employees. I am happy to be part of this company that treats me like family; it is an extension of my own family. That is something I am most proud of?

Kayla Molina has been with MB of Stockton for eight years. She works as a new Car Contract Clerk, DMV Clerk, and in the **Business Office.** 

"I enjoy what I do and love the people I work with. I met my husband here and enjoy raising three beautiful children together. I am blessed to be part of the MB of Stockton family."

Karla Serrano has been with MB of Stockton for seven years. She began her career here as a Receptionist and now is in the Accounts Payable and Receivable Department.

"I appreciate the work flexibility I have as a wife of a firefighter and new mother. My managers and coworkers are helpful and positive."



Mercedes-Benz of Stockton



10777 Trinity Parkway, Stockton, CA 95219

BofStockton.com

Follow us on social: (f) (

