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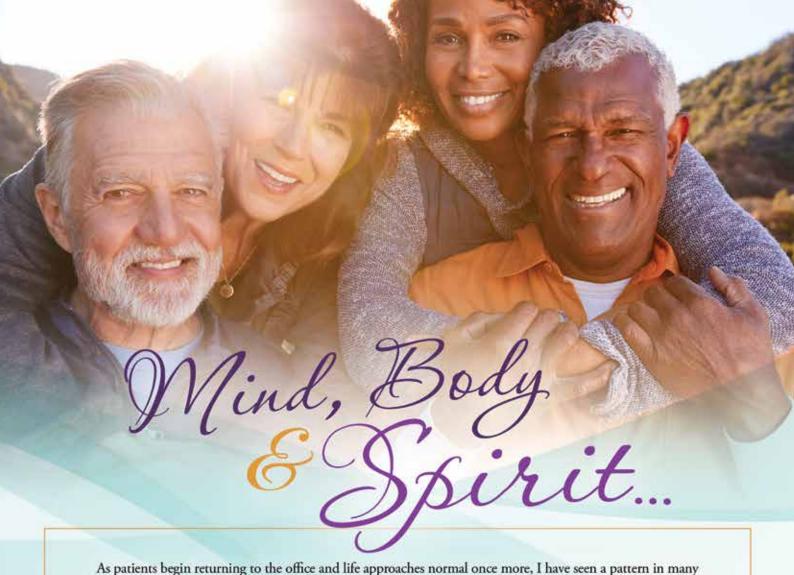


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As patients begin returning to the office and life approaches normal once more, I have seen a pattern in many patients. As a retired 28-year military physician, I know post-traumatic stress, and many patients display parallels. Many facets of our society 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!

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WITHSTANDING THE TEST OF TIME





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INSPIRATIONS

Evonne Shinn: From Homemade Wine to Estate Vintages!

Evonne Shinn and her husband, Matt, have a heritage of farming, and after reserving grapes for homemade goodness, their dream was transformed into reality, thanks to the pandemic. Today, the couple invites oenology aficionados to walk the rows of grapes, glass in hand, and find shelter from the summer heat in the beautiful new tasting room of Block 21 Winery.



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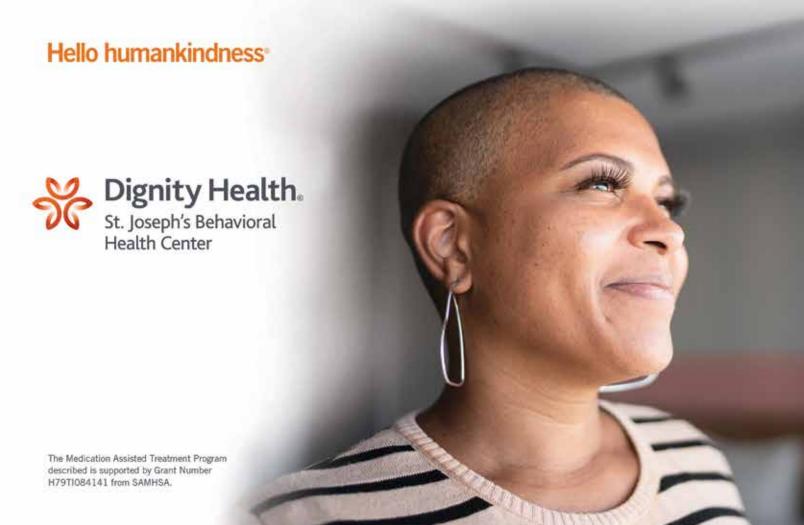
ALENDAR

Community Events

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SUMMER FUN!



t's finally here and there is nothing better than enjoying our warm summer days and the cool Delta breeze. During this part of the year you can find me riding my cruiser bike (it has a wicker basket, of course) with my family through our neighborhood, enjoying a bottle of wine with good friends and gathering fresh produce at the Farmers' Market. Summer is also a time when we celebrate accomplishments: finishing up the school year, picking flowers from the yard that we planted in early spring or simply enjoying a completed project around the house.

Every year our family sits down and makes a "Summer Must-Do List!" We have found it's a great way to plan, and be intentional, by putting in writing how we want to spend quality time with family and friends. Sometimes it's as simple as gathering the neighborhood kids to go get ice cream, or planning a kayaking trip down the Mokelumne River, or a sleepover for the kids and their friends. It's also the time to put the final touches on that vacation we've been planning all year.

In a few short months, summer will come to an end. Before you know it, autumn will be here. So, I challenge you to get out your pen and paper and start your own "Must-Do List." We look forward to summer every year and all the fun that it brings! Join us as we start checking things off!





HAVING A TOUGH TIME **COMING UP WITH IDEAS?**

Here are a few to help you get started:

- · Camp in the backyard
- · String some market lights and have a dinner party in the garden
- · Go hiking in the Sierra Nevada, or keep it simple and hike the Lodi Lake trail
- Try the HERLIFE recipe of the month
- · Make homemade ice cream with fresh, local fruit
- · Golf!
- · Drive up to the Motherlode, go gold panning, explore
- · Volunteer at a local non-profit
- · Read a good book
- · Go wine tasting with friends at a winery you haven't been to before
- · Open a lemonade stand in your front yard

My hope is that you will have a special, one-of-a-kind summer.

Enjoy every moment! ◆



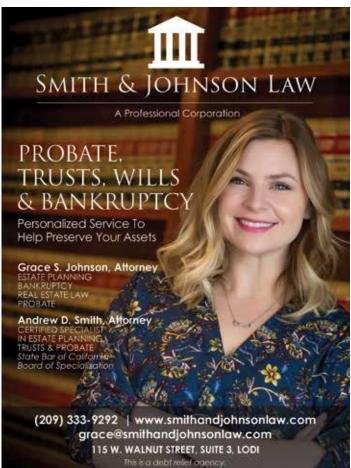
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Evonne Shinn

FROM
HOMEMADE WINE
TO
ESTATE VINTAGES!

BY ANDREA BEAR
PHOTOGRAPHY BY ANN ISHII



s class of '96 Lodi high school sweethearts, Evonne and Matt would attend San Joaquin Delta College to embark on their winemaking journey. Evonne recalls taking an oenology class, the scientific name for wine making, with expert wine maker Lloyd Martel. As they fell in love with the art of wine making, she knew this was just the beginning. As their relationship grew and both continued their education to California State University of Fresno, Evonne majoring in liberal studies and Matt focusing on agricultural business, they would eventually return to Lodi, marry and Matt would carry on the family business of farming.

THEIR HERITAGE

Both are from sixth-generation Lodi farming families, the Shinn and Bechthold lineages, and they've grown everything from watermelons, wheat and grapes to cherries. But for Evonne and Matt, something was missing. "No one in our family had a winery, so that was the goal of ours someday," admits Evonne. In fact, 99 percent of their grapes was sold to other wineries, and they reserved only a small batch for their own winemaking hobby and consumption. Matt would always reserve the "special row of fields" for their homemade use. "We had so much fun making wine," she smiled.

Clearly, the COVID-19 pandemic

changed the pace of life for everyone and, ironically, presented the perfect time for the couple to transition their hobby into a business. "We'd been saving and waiting to build our own place. It was the right time to do this." Matt would bottle their first vintage straight from their property in the 21,000 block of Davis Road, and their journey into the wine making business began.

SIGNIFICANT LIFE EVENT

As one might guess, the name Block 21 winery stems from their address and farming property. But the block of grapes and address weren't the only significance. Two years later, in 2021, on the corking of their first







"We had a dream and we did it, the wines turned out really well and everyone loves it. We took a leap of faith."





vintage, they would also celebrate their 21st to see their dreams come to fruition, she feels wedding anniversary. Everything aligned. the specialness of the family and the vines.

It's a particular love and pleasure for Evonne about estate wine making that she's able to point out on the property where the grapes grow to show her customers. She especially enjoys their 2020 chardonnay as she looks over the river on their property next to the chardonnay vines. In the first year of business, they produced a variety of wines including their 2019 cabernet, zinfandel and rosé. "We farm special rows of our fields and make sure that their production makes really good wine."

FAVORITE AND BEST

A more recent release from Block 21 is their 2021 tempranillo, which has notes of vanilla, oak, whiskey and cherries with hints of pipe tobacco, dried fig and blackberry. They also released a 2021 viognier, which is perfect to serve chilled on a hot summer day. But like any true Lodi native, her favorite always goes back to the zinfandel. "What can I say? I love the zin; I'm a Lodi girl."

Just like the grapes and the generations of family farming, the winery continues to be a family affair. Evonne thinks back to her father-in-law, Steve Shinn, who passed away six years ago of cancer. While he was not able

to see their dreams come to fruition, she feels the specialness of the family and the vines. And to carry that legacy, her mother-in-law, Sharon Shinn, represents him as she plays a special role in the winery. You can often find her on Sundays assisting in the tasting room. "She's the highlight of our winery," Evonne affirmed.

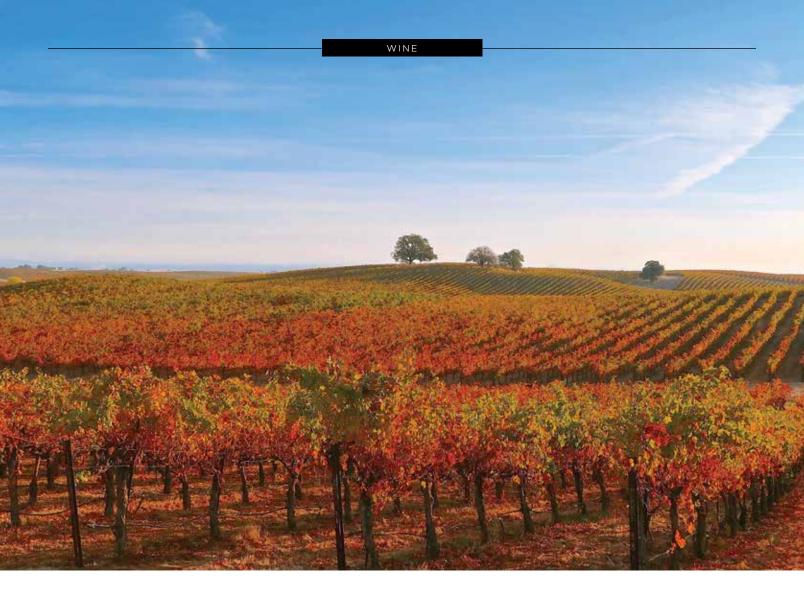
AFFIRMATION, FAITH, FAMILY

Now, as their inaugural year comes to an end, Evonne looks back over their journey in amazement. "We had a dream and we did it, the wines turned out really well and everyone loves it. We took a leap of faith." She admits all the feedback she has received from neighboring wineries and patrons has been beneficial. "It's really special when someone says they love all your wines."

As she looks to the future and offers advice to anyone pursuing their dreams, she acknowledges two things have been the key to her success: family and faith. "You have to love your spouse and the people around you; and lots of prayer." •

For more information about Block 21 Winery, check out their tasting room on 21610 N. Davis Road, Lodi, or go to their website at block21winery.com





LODI NEVER CEASES TO SURPRISE

BY BOB HIGHFILL | PHOTOGRAPHY BY RANDY CAPAROSO

You can see it in their eyes. You can read it on their face. It's that aha! moment when Lodi first-timers suddenly realize they have struck it rich. Where has this been all my life? Fact is, Lodi is the hottest and most interesting wine region in the state, and it's worth exploring.

odi is the largest wine grape-growing appellation in California, with 750 growers tending some 100,000 acres of vines. The region sits smack dab in the middle of California's Central Valley between the San Francisco Bay and the Sierra Nevada, responsible for 20 percent of the state's total wine production. And that's a whole lot of wine, when you consider

California is the world's fourth-leading wine producer.

So, why are wine enthusiasts surprised when they visit Lodi?

Well, for more than a century, Lodi suffered from an identity crisis. Despite its history as a major wine grape-growing region dating to the 1850s and its stature as the engine of California's wine industry, Lodi's grapes went to bulk wine producers and wound up on store shelves with "California" on the label.

But all of that started to change when many farmers, including family-run operations with roots as deep as six generations, expanded their grape-growing business by starting their own labels, crafting wines with their own grapes. That seismic shift and the concerted marketing push from the grower-led Lodi Winegrape Commission, formed in 1991, shined a bright light on the region.

Since the late 1990s, Lodi has exploded from a handful of tasting rooms to close to 75 today. Not only have farmers vertically integrated their businesses, but a new wave of winemakers has staked claims in Lodi, bringing fresh perspectives, ideas, techniques and energy to the landscape.

Lodi has variety. Some 85 wine grape varieties are in commercial production, basking in the appellation's Mediterranean climate marked by warm, dry summers and cool, moist winters. Lodi's soils range from the fine, sandy loam in the Mokelumne River micro-AVA. or American Viticultural Area, home to Lodi's cherished head-pruned, old- and ancient-vine plantings, to more cobbly soils to the north and east side of the appellation.



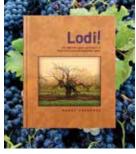


Lodi is forward thinking. In 1991, Lodi's growers and renowned scientists started a grassroots program that would become the Lodi Rules for Sustainable Winegrowing, a set of guidelines growers must follow to ensure their products are grown in a sustainable manner. Lodi Rules growers farm in a way that meets today's needs without compromising the ability of future generations to create their own livelihoods.

Lodi Rules is the first third-party accredited and audited sustainable wine growing program in the country. More than 28,000 acres in Lodi, more than 25,000 acres in other California regions, and more than 665 acres in Israel are Lodi Rules certified. More than 150 wineries bear the Lodi Rules label.

Lodi is authentic. A visit to a tasting room could put you face to face with the grower, winemaker or owner; often, it's the same person. Whether you meet the proprietor or a friendly member of the staff, Lodi's authenticity is evident in its warm welcome and smiles that make you feel at home.

Lodi the place to try new things. No appellation



as diverse as Lodi, home not only to flagship variety zinfandel, but Spanish varieties such as albariño and tempranillo; Italian varieties such as sangiovese; and Bordeaux varieties such as cabernet sauvignon and merlot.

Put it all together-the history, the talent, the innovation-and it's no wonder Wine Enthusiast named little old Lodi the 2015 Wine Region of the Year.

Lodi wines regularly receive Best of Class awards at prestigious competitions worldwide and the appellation's talent also has been recognized. For instance, in 2018, Adam Mettler, Mettler Family Vineyards and Michael David Winery, was named Wine Enthusiast's Winemaker of the Year. This year, Sue Tipton, owner and winemaker at Acquiesce Winery, was named Best Woman Winemaker in the International Women's Wine Competition. And in 2020, Michael David Winery was named Wine Enthusiast's American Winery of the Year. That's just scratching the surface of accolades Lodi has received and richly deserved.

Lodi is a special place with special people. See for yourself. And if you already know, it's time to visit again and see what's new. •



SUE TIPTON AND ACQUIESCE WINERY & VINEYARDS

THE ART OF WORLD-CLASS WHITE WINES

BY ANDREA BEAR | PHOTOGRAPHY BY ANN ISHII

Character, finesse and elegance are words Sue Tipton, 2022 International Woman Winemaker of the Year, uses to describe her world-class wines. And, surprisingly, she's not bragging about vines grown in far-off regions of Spain or Italy but rather on her humble acreage in the Lodi appellation. In recent years, Lodi has been building a name for itself on the international scene, producing and cultivating a unique list of wine varietals that would impress any connoisseur.

ue Tipton is owner and winemaker of Acquiesce Winery & Vineyards, a fully white-wine estate winery in the Lodi appellation. "I believe our success has helped highlight the beautiful white wines of Lodi and we've seen a shift to more white grapes being planted in the Lodi AVA, or American Viticulture Area," Sue said. While not a native of Lodi, she has found the place where she can "acquiesce," or surrender, to the grapes and the perfect climate for her white wines, as the name of her winery suggests.

AN INDUSTRY LEADER

Sue is thrilled to not only to be part of the international notoriety Lodi is starting to gain but also to be included in the handful of women winemakers in a male-dominated industry. Ironically, women make up more than half the number of wine drinkers compared to men in the United States, so knowing a woman's palate is key as a woman winemaker, and she admits she makes the wines suited to her own taste. Sue came into the wine industry later in life, when she and her husband, Rodney, moved to California in 2000. "After we purchased our vineyard home, I began studying wine making," she said. She locked in her passion of winemaking after tasting what she describes as the "best wine of her life." She fell in love with a Châteauneuf du Pape from the Southern Rhône region of France; when she recognized how difficult it was to obtain, she decided to submerge herself into the world of wine making. After visiting the Avignon province where Châteauneuf du Pape is grown, she discovered it made up only 5 percent of the wines of that region. "I realized how rare they were and decided to plant a few acres in our vineyard," she affirmed.

As Sue dug further into the viticulture world, she discovered that making red versus white wines is a different process and noticed that winemakers, when selecting their wine lineup, don't give the same credibility to their whites as reds. "I wanted to focus on the whites and make them right," she said, rather than have "token whites" that would fill up a wine list. But her decision to have an allwhite winery was not supported in the beginning. "A few well-meaning people said that I would never make it with all whites," she acknowledged. Fortunately, she went with her intuition and the decision paid off.



"Carve your own path. Look to the other women in the industry who have blazed the trail."

AFFIRMATION!

In addition to her title as International Woman Winemaker of 2022, she has also won a myriad of awards including three Double Gold medals and a Gold medal at the prestigious International Women's Wine competition. "The decision to focus on white wines only has been key to our winery's success," Sue admits. Many of her whites emulate the traditional Rhône Valley whites, including her 2020 Viognier, which won Best White Wine in the San Francisco Chronicle Wine Competition for its "honeysuckle perfume and tuneful suggestions of peach orchard." It outdistanced 16 other nominated whites for the top honor in the final round of voting.

Yet Sue recognizes she couldn't have achieved this success without support. "Certainly, my husband, Rodney, has been my number one fan and supporter, not only assisting hands-on in the winery but as an operations guru and business advisor with 30 years of corporate managerial experience." She also acknowledges support of other female winemakers such as Heather Pyle Lucas, who was a great help navigating the early years, as well as her current assistant winemaker, Christina Lopez, who brings hands-on winery experience. In addition, the Lodi wine community has been a great support and many people share in her vision to see Lodi wines accelerate on the global stage.



FOR THE FUTURE

And while her wines have brought an eclectic variety to the Lodi region, Sue is still open to endless possibilities to experiment and create new wines. "We're planting a fiveacre parcel this month that consists of two additional acres of Picpoul Blanc, two acres of Cinsaut and one acre of Grenache Gris. We are making several sparkling wines in the méthode champenoise style," she shared excitedly.

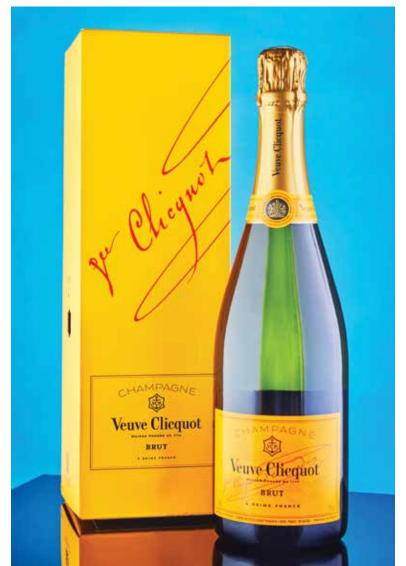
As she looks over her home estate and the 100-year-old barn that has now been converted into a contemporary-style tasting room, Sue Tipton hopes other women winemakers will follow their dreams. "Carve your own path. Look to the other women in the industry who have blazed the trail." ◆

To learn more about Sue Tipton and Acquiesce winery, visit acquiescevineyards.com.

THE VEUVE CLIQUOT: A WOMAN OF RESILIENCE AND STRATEGY

BY MARILYN ISAMINGER

Once upon a time in 18th century France, and indeed in much of the civilized world, a woman's inherited property passed to her husband (or she was passed over in favor of males in the line of succession). What's a 21-year-old woman to do? Accede to societal mores and then devise a way to circumvent them.



arbe-Nicole Ponsardin, born December 16, 1777, was the daughter of an affluent textile industrialist in Reims, France. It was the early years before the French Revolution, and she watched carefully as her father, Ponce Jean Nicolas Philippe Ponsardin, navigated the political climate and allowed his family to escape the ravages of the revolution and the erratic behavior of Napoleon Bonaparte.

Francois Cliquot, son of Philippe Clicquot, also a successful textile manufacturer and competitor of Ponsardin, and Barbe-Nicole married in

1768, the equivalent of an arranged marriage that consolidated the business power and finances of the two companies. According to some accounts, possibly fictional, Barbe-Nicole and Francois were childhood

friends, and so a partnership as well as marital relationship developed. Francois was interested in developing his family's small wine-making business, and Barbe-Nicole was all in as she learned the craft of growing grapes and making wine, bolstered by her family's history. One of her grandmothers had been part of a wine-making operation in years past; it's said she had Le Nez, the extraordinary sense of smell that some vintners are born with. Barbe-Nicole might have inherited this sensitivity!

As the Napoleonic Wars churned on and created havoc

for business in eastern and western Europe, Barbe-Nicole and Francois continued their efforts, until Francois fell ill with what most likely was typhoid and died. Both families were devastated, and Philippe

Cliquot determined to end the wine-making sideline.

"Barbe-Nicole goes to her father-in-law and says, 'I'd like to risk my inheritance, I'd like you to invest the equivalent of an extra million dollars in me running this wine business.' And he says yes," explains Tilar Mazzeo, author of The Widow Clicquot, a 2008 business biography. "It's surprising that he would let a woman who has no business training take this on, and what it speaks to is that Philippe Clicquot was no fool. He understood how very keenly intelligent his daughter-in-law was."

As Veuve, or Widow, Cliquot, Barbe-Nicole agreed to an apprenticeship under the well-known winemaker Alexandre Fourneaux, but after four years the business was floundering. She again approached her father-in-law for financing and he agreed once again. Savvy and forward-thinking, Barbe-Nicole recognized that the wars were ending and, as she had in her cellars what would become known as the legendary vintage of 1811, she gambled that the Russian market was ready for the kind of champagne she made, an extremely sweet champagne containing almost 300 grams of sugar.

Commercial shipping had been severely curtailed during the wars, so she took a huge gamble and smuggled most of the best wine to Amsterdam, and as soon as peace was declared, the bubbly headed to Russia. Tsar Alexander loved it, and the Russian court, the proving ground for the vintage, launched Barbe-Nicole Ponsardin Cliquot into international marketing.

As demand for her champagne grew, she realized the process of fermenting and clarifying the liquid must be refined, improved and accelerated so she could meet the orders flowing in. Champagne is made by adding live yeast and sugar to bottles of white wine, creating secondary fermentation. The yeast digests the sugar, leaving alcohol and carbon dioxide, the bubbles. But then the yeast dies, leaving a bottle of sparkling wine and unappetizing dead yeast in the bottom. The winemaker's solution was to pour the champagne from bottle to bottle to get rid of the yeast, wasting time and bubbles, damaging the wine.

Barbe-Nicole's solution was to upend the way champagne underwent its secondary fermentation. Literally. She turned the bottles upside down into a device used today called a riddling rack, where they were gently rotated and the dead yeast collected in the neck of the bottle. "The invention of riddling allows the mass-production of an artisanal and luxury product, just not at the tiny quantities that they were dealing with before," Tilar Mazzeo explains. "Barbe-Nicole begins exporting wine around the world in large quantities and is known as being one of the great businesswomen of her century."

And she never remarried, although Rebecca Rosenberg, author of a delightful volume of historical fiction, Champagne Widows, hints at a flirtation with her sales manager. According to Rosenberg, Louis Bohne asked her to marry him, but Napoleonic Code was still in place; take a guess what she said. The novel is rich in historical detail and a fun read that brings life to this determined businesswoman. •

SOURCES: smithsonian.com and wikipedia.com.





San Joaquin

A WINNING RECIPE IN SCHOOL AND BEYOND, INCLUDING LODI'S VINEYARDS

BY DON SHALVEY

It was Ben Franklin who noted, "Tell me and I forget. Teach me and I remember. Involve me and I learn." Even though Ben said that about 250 years ago, it wasn't lost on Stephanie Bolton and her colleagues in the Lodi winegrape community.

tudents of all ages are on their own journeys. Whether you're 6 or 60, life is more joyful when discovery is involved; what a journey looks like often begins with a teacher.

That's Stephanie's story. "I owe much of my success to Mrs. Greenwood. I almost didn't get in advanced chemistry and once I did she inspired me. I think our entire class became science majors.

A great teacher inspires all, and that was Mrs. Greenwood."

Growing up in North Carolina, studying chemistry at Wake Forest and earning a PhD in plant science at the University of Georgia, the idea of Stephanie ending up in Lodi seemed improbable, but, then again, Mrs. Greenwood taught Stephanie the joy of new learnings and new places. Or perhaps Mrs. Greenwood was inspired by Dr. Seuss's *Oh the Places You'll Go* and her chemistry class were the joyful recipients of the adventure gene.

In any case, Stephanie credits winejobs. com and the Lodi Rules infographic and traveled west. Now in her fifth year as the director of sustainable winegrowing, Stephanie is her own version of Mrs. Greenwood. Only this time her students aren't high school chemistry seniors but senior growers, colleagues and clients.

"At the Winegrape Commission I have to be well prepared in order to 'over-care' for our clients. My role is to help our farmers achieve so they do their very best for their clients, themselves and their families." She does that by involving and connecting, following Ben Franklin's advice, so to speak. Stephanie believes you're networking or you're not working, so listening and learning from one another, near and far, are the keys to involving and growing as individuals and the wine-growing community.

She's also emulated Mrs. Greenwood in other ways; one of which is to champion her farmers and celebrate the growing list of accomplishments in the Lodi Wine community. She does it with a weekly viticulture blog at lodigrowers.com; with the Wine Enthusiast article "Here's Why Underdog Lodi Grapes are Challenging the Status Quo;" with award-winning grants that celebrate and connect growers and researchers and more.

Stephanie's not the only one who credits teachers with her success. Another proof point is Christina Lopez, only this time her teacher is her mentor and boss, Sue Tipton. Sue's a Lodi winemaker recently named the 2022 Best Woman Winemaker in the International Women's Wine Competition. She's proud of that, but even more proud of Christina and her goal to become a winemaker herself. Sue is also a member of LAIC, or Lodi Appellation Inclusion Collective, and the goal of the organization is to identify and develop diverse talent in the wine industry.

After earning her enology degree from Washington State University, Christina found Sue through LAIC. Sue saw a hardworking and passionate colleague. That led to Sue's mentoring and developing a plan for Christina that includes teaching and involving, à la Ben Franklin, and history is about to be made. As soon as Christina finishes their plan, she'll succeed Sue as the winemaker. Mentors matter and teachers in the workplace are the essence of an industry that thrives.

Teaching is a critical ingredient to success at every age and in every walk of life. We need only look to the vineyards of Lodi to see a bright future for our local youth. •

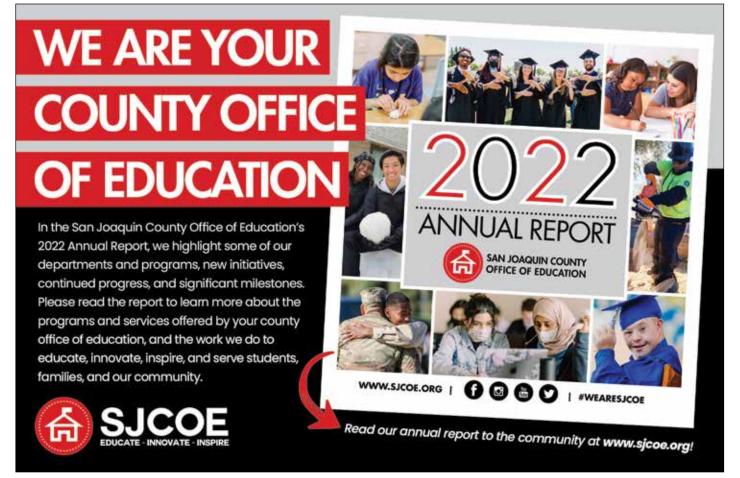
TO LEARN MORE AND SHARE COMMENTS OR OTHER STORY IDEAS:

- · Visit the SJA+ website at sjaplus.org
- · Email me at don@sjaplus.org ◆



Dr. Don Shalvey is the CEO of San Joaquin A+. He is widely recognized as an innovative leader in public education. Don's career includes roles as a teacher and principal, ten years as superintendent in San Carlos, founding both California's first charter school and Aspire Public Schools, and 11 years as a deputy director for K-12 education at the Bill & Melinda Gates Foundation. Dr. Shalvey is a frequent advisor to policy makers and school system leaders. The prestigious Ashoka Foundation recognized Don as a Fellow for his outstanding work as a social entrepreneur. Don brings a half-century of experience to the boards he serves, including his role as a Regent at the University of Pacific, the oldest chartered university in California. Don earned an EdD in educational leadership and administration from the University of Southern California, an EdM in counseling and guidance from Gonzaga University and a BA from LaSalle University.

DON@SJAPLUS.ORG | SJAPLUS.ORG





RUBY ECHEVERRIA

BY HERLIFE STAFF

With their eyes set on a trip to Disneyland, Ruby and James Echeverria wanted to raise a few extra dollars for the much-anticipated trip, and they thought a lemonade stand would be the perfect way to augment the travel fund. With their dad, Fausto, they built a custom neighborhood lemonade stand, the perfect place to sell both lemonade and cookies! Ruby and James were pleased with their contribution to the Disneyland trip!

uby had watched her parents, Lynn and Fausto, owners of Ruby's Bakery in Lodi, consistently give back to the community. She saw how the bakery made regular donations of unsold baked goods to Salvation Army and collected toys in December for the Lodi Adopt a Child program. Ruby also recognized that there were families in Lodi in need of help, and she wanted to make a difference by raising money to help kids in her community.

She and her parents dusted off the old lemonade stand and set it up at one of the Coffee and Cars events in the bakery parking lot. Many customers, friends and family came out to support Ruby's hope of helping kids in her community. Spending the day selling lemonade and cookies, Ruby raised much-needed funds for the Hope Outfitters program through Lodi Adopt a Child. This program provides clothing to children in need of new clothes, helping them have success in school. No date has been set for the next lemonade stand, but Ruby is already talking about having one sometime soon! Follow them on social media for the next event date. •

To continue Ruby's good work and receive more information about the Hope Outfitters program through Lodi Adopt a Child, visit lodiadoptachild.org or call 209-333-1056.







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TEAMWORK MAKES THE DREAM WORK!

Celebrating their partners while also raising funds for youth programs, Delta Sculling Center held a dinner event on June 3 at the Stockton Sailing Club. The keynote speaker was Arshay Cooper, author and protagonist in the documentary *A Most Beautiful Thing* based on his memoir.

PHOTOGRAPHY BY HELEN RIPKEN

















HATS AND SUNGLASSES: A SUMMER MUST HAVE!

BY KINDRA LABER

With summer already here and vacation planning in full swing, I am constantly thinking about what fashion looks like this summer and what will end up in my suitcase.



Great Spectacles Sunalasses - Christian Dior



Hat - Bucket



Sunglasses - Celine

ummer fashion in 2022 consists of lots of bold colors, lowrise bottoms, patterned sets, cut outs, platform sandals, sporty sunglasses and all sorts of hats. Think butterflies on everything, asymmetric hemlines and colored sunglasses too! An instant way to add a touch of flair to your outfit, swimsuit or beach cover up is with a great pair of sunglasses and a cute hat, two of my favorite summer accessories!

Sunglasses for the summer are the perfect accessory for any city or beach vacation you are planning. Choose from sporty, cat eyed, oversized and aviators. We're seeing lots of pops of color in sunglasses, and rhinestones are even making a comeback!

This summer season, all sorts of hats are trending. If you don't consider yourself a hat person just yet, trust me; you will find one that fits your style. That might be a fun printed bucket hat to wear with low-rise baggy jeans, a floppy, soft-brimmed hat paired with a long summer dress, a straw Panama hat to wear to the beach, a cute baseball cap for your sporty attire or a cowboy hat for a concert or to wear by the pool! The choices are endless! A hat during the summer is a great way to add to your outfit but also a way to keep your face safe from the sun, especially when it's paired with sunscreen and the



Hat - Hat Attack Sunglasses - Diff Eywear



Theadora Hat - Cienna

perfect pair of sunglasses.

We're fortunate to have so many wonderful boutiques in the area to find the perfect summer accessories! Needless to say, hats and sunglasses will definitely be going in my suitcase for our summer vacay! ◆

(V), Kindra

SUN SAFETY FOR SKIN AND HAIR

BY CATIE WATSON

Growing up in Southern California, my friends and I used to work on our summertime tans as if it were our summertime job. A couple of friends who wanted to keep their suntan year round even had tanning salon memberships.



ow we're learning the hard way that our youthful tans left us with skin that is probably more susceptible to wrinkling and premature aging. Even worse, we could be among the one

in five Americans who will develop skin cancer at some point in their lifetime.

Any dermatologist will tell you that the effects of sun damage are cumulative over a person's lifetime, meaning it's never too late for sun protection. I love sunshine too much to give it up, so now I pay attention to the advice of experts when it comes to safeguarding my

skin and hair from the sun's harmful rays.

Ultraviolet rays are the enemy when it comes to sun exposure. The Skin Cancer Foundation warns about two types of ultraviolet rays: UVB (short-wave) rays and UVA

(long-wave) rays. While UVB rays are known to be the cause of sunburn and skin cancer, there is growing evidence that UVA rays, which have more energy and penetrate the skin more deeply, have the potential to cause long-term damage in terms of skin aging and eye damage. And everyone, regardless of race, ethnicity or skin tone, can be affected, so this advice is universal.

Besides staying out of the sun altogether, the best way to protect your skin from damaging UV rays is through the correct application of sunscreen. This means applying a "golf ball-size" amount of sunscreen when you're going to be out in the sun, and then reapplying it every 90 minutes. UV rays can penetrate cloud cover, so it's important to use sunscreen even on overcast days. Be aware that geography has an impact on sun exposure, with greater UV exposure closer to the equator and at higher altitudes, so increase the amount of sunscreen you use if you live in or travel to these locations.

Covering up is another way to protect your skin from the sun. Any type of clothing will lower UV exposure, but if you're taking part in an outdoor activity such as gardening, biking or running on a regular basis, you may want to invest in clothing designed to provide maximum sun protection. According to outdoor retailer REI, nylon and nylon-polyester blends are better than natural fibers such as cotton when it comes to sun protection.

When shopping for protective clothing, look for a UPF, or Ultraviolet Protection Factor, rating on the label. This indicates that special dyes and fabric treatments have been used to disrupt or absorb UV rays. As with the SPF rating on sunscreen, a higher UPF rating on clothing indicates better protection. While a typical white cotton T-shirt has a rating in the UPF5 range, protective clothing is available with ratings of UPF50 and higher.

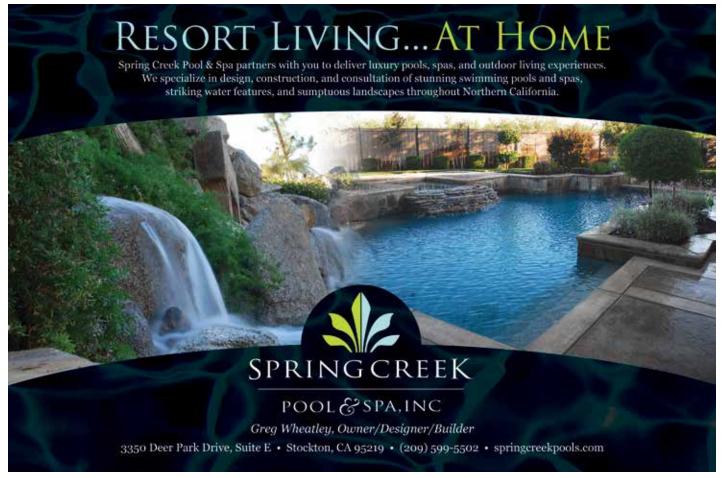
Don't forget about your hair when it comes to sun protection. Prolonged UV exposure can damage the cuticle of the hair, which is the outermost layer of the hair shaft. The cuticle protects the hair and provides strength. When it's damaged, hair can become thin, dry, brittle, broken, discolored and frizzy. Like tanned skin, sun-bleached hair is actually damaged. Hair that has been treated with hair irons, hot curlers, dryers and hair lightening or straightening products may already have a compromised cuticle, making it even more vulnerable to sun damage.

You can protect your hair by avoiding the most intense rays of the sun, but you can't apply sunscreen to your hair. Instead, the best form of protection is to cover your hair with a hat or umbrella. The best hats for UV protection have a brim at least four inches wide that will shade the face and neck and cover the scalp and hair. The Cleveland Clinic also recommends using a conditioner that's formulated for your hair type to help fight cuticle damage.

Here's a final word for parents. Children probably spend more time outdoors than any other segment of the population. This is the time in life when many people receive the type of serious sunburn that is a precursor to skin cancer in later life. This is why parents need to both protect and educate their children when it comes to sun exposure. Here's a simple ABC reminder. "A" stands for Away, meaning stay out of the sun as much as possible from 11:00 a.m. until 3:00 p.m., when UV rays are most intense. "B" stands for Block, which means use sunscreen with a high SPF factor and reapply as needed. "C" stands for Cover up when the sun is most intense with clothing, UV protection sunglasses and a hat.

Come to think of it, this is a great reminder for all of us who spend time in the sun! ◆

SOURCES: my.clevelandclinic.org, skincancer.org, rei.com and webmd.org.





LODI CYCLERY

EVERYTHING THE CYCLING ENTHUSIAST NEEDS!

BY HERLIFE STAFF | PHOTOGRAPHY BY SYDNEY SPURGEON

Family bike trips to local farmers markets, a ride around Lodi Lake, along the levees, a vigorous ride to the foothills with the bike club, or a casual ride to your favorite ice cream shop, biking is great for your personal health and the environment as well. With gas prices continuing to soar, it's the perfect time to think about an alternative solution. Take a trip to Lodi Cyclery, located in the busy and popular neighborhood at the juncture of N. Ham and Lockeford Streets in Lodi, California.

hether your current bike needs a bit of sprucing up or you are excited to find a brand new, shiny bike, the friendly staff at this local shop, all of who are so crazy about biking, are eager to find the perfect ride for every level of interest. They serve all types of

cyclists including new and veteran riders, road and mountain aficionados, recreation and transportation cyclists. They have bicycles with wicker baskets, serious racing bikes, and everything in between. They sell products from the best bicycle brands in the world. You can also ride in style; their apparel

shop will have you looking your best as you cycle through town or up that hill.

Owner Brian Shirk is a family man and triathlete, and he enjoys bringing people into the sport of biking. "When I am not working, you can find me in a pool, on a bike or in running shoes. I like to encourage people to

get outside and get active. Jump on your bike or take a walk. The important thing is to keep active. And we want to help you with that."

The folks at Lodi Cyclery can also help you find new places to explore. They have partnered with Ride Spot (check it out on their website), where you can discover great local bike routes and get directions to a variety of routes that range from strolling through town to serious trips up into the foothills. After your ride, you can share your experience and photos so others can also enjoy your journey!

"I wanna go fast" is Brian's favorite quote. A bike can provide you with endless miles of fun with your family and friends. Whether you stroll through town or challenge your riding buddies to a race to go fast, hop on your bike and enjoy the freedom of the beautiful outdoors. •

Check out Lodi Cyclery, 312 N. Ham Lane, Lodi, California, 209-365-7433.







MARINA NARVARTE

BY HERLIFE STAFF

Marina Castillo Narvarte, originally from Manila, Philippines, is director of membership at Lodi Chamber of Commerce. She has lived in California since June 2012; this month, she shares what she appreciates about our community.

HLM: What do you love most about Lodi?

MN: What I have loved most about living here are the opportunities that are available whether it's traveling, family time, learning the different cultures, and the amazing business ventures only California has to offer.

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

MN: I serve because I believe that even one small act of kindness will create the biggest impact.

HLM: What sparks joy in your life?

MN: The moments that really spark joy in my life are the connections I am able to build through my work. It is in knowing that I served the community I live in; it is all the smiles and connections being shared every day and the impact of building relationships that remind me I live a pretty good life.

HLM: How do you spend time away from work?

MN: When I am not investing my time in my business ventures, I really like to spend time outside gardening, completing self-care through spa activities and learning about different international cultures.

HLM: Top three goals on your bucket list?

MN: 1. Being able to travel and see as much of the world as possible.

2. See my siblings and I have successful careers and happy and healthy lives. 3. Be able to swim in the ocean freely!

HLM: What accomplishment are you most proud of?

MN: No matter the task, whether big or small, I am able to conquer it. Whatever the need is, I will find a way to ensure it is fulfilled.

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

MN: The event that not only impacted my life but my family's was when I donated my kidney to my eldest daughter. It was in that moment that we learned to accept what life had to offer us fearlessly, be resilient in the face of adversity and that there was strength in our faith.

HLM: What's your favorite quote?

MN: "You are the decider of your life. No matter what anyone says or do, everything is ultimately up to you. It is your name and your legacy depends on your actions today." - Marina Narvarte

HLM: What are you reading today?

MN: The Coming Jobs War by Jim Clifton.

HLM: What's your favorite dessert?

MN: I would have to stick to my Filipino heritage and say that my favorite food is a sweet, warm and decadent soy pearl boba dessert called taho. It was a dessert that I grew up with and that I always enjoy. •





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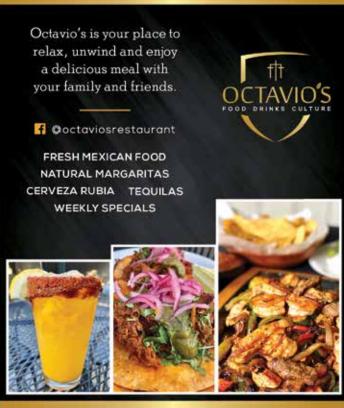
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PEACH BLUEBERRY RICOTTA CROSTATA

RECIPE BY LAUREN LANE | LAUREN-LANE.COM



INGREDIENTS

Pie dough (your favorite recipe) 1 cup full-fat ricotta 2 tablespoons honey 3 peaches, sliced 1 cup blueberries 4 vanilla wafers, crushed 1/4 cup jam, your choice, to glaze the top 1 egg, whisked

DIRECTIONS

Combine the ricotta and honey. Roll the dough into a rectangle (or any shape) and transfer to a parchment-lined sheet pan. Combine the ricotta and honey and spread it on the dough, leaving a one and a half-inch border. Sprinkle the crumbled cookie pieces over the ricotta and honey. Arrange the peach slices and add the blueberries in between the slices. Fold the edges of the pie dough and be sure to crimp the corners tight. Melt the jam in the microwave for a few seconds and brush the heated jam on top of the berries. It will make the berries shiny and pretty! Brush the pie crust with egg wash. Bake crostata at 375 in the lower third of the oven for about 50-60 minutes. The time will depend on the thickness of your dough and oven. You will know the crostata is ready when the crust is golden brown and the fruit filling is bubbling at the edges. Serve warm or at room temperature. •

TIPS...

 $oldsymbol{1}$. It is best to eat this crostata fresh baked. It will last for 3 days in the refrigerator. Reheat the crostata in a 300-degree oven for 15-25 minutes until it's warm in the center and crust is crisp again.

 $\mathbf{2}:$ The crumbled cookies keep the juices in the crostata!

3: Substitute cream cheese or goat cheese for the ricotta.

4: You can also switch out the fruit to whatever is in season.

THE NUTRITION OF ANCIENT GRAINS

BY PATTY COOK

One of my favorite breakfasts as a child was oatmeal. It still is; I've evolved from using prepackaged instant oats, the ones you can zap in a microwave in just 30 seconds, to steel-cut Irish oats that require a good half hour of slow simmering on the stove.



convenience / he quick-cooking grains such as oats and rice means they'll always have a place in the pantry. However, whole grains have had a place in pantries since ancient times. These grains must sometimes be soaked, much like beans, and often take longer to cook. They also deliver more nutrition than their quick-cooking cousins. Let's explore eight

grains that have been a source of nutrition for hundreds, or even thousands, of years, with a look at nutritional value of each one.

Bulgur wheat is the main component of tabbouleh, an Arabic dish that dates back about 4,000 years. It's the perfect blend of grains, greens and healthy fats that's considered part of a healthy diet. This savory summer salad blends bulgur with olive oil, lemon juice, herbs, spices and vegetables, then it's chilled to let the flavors meld. Bulgur is high in fiber, at about 18 grams per serving. It is also a source of manganese, niacin, iron and vitamin B6.

Quinoa is a popular "new" ancient grain. Grown in South America, quinoa provides complete protein; it contains all nine essential amino acids and is gluten and cholesterol free. Said to promote a healthy immune system, quinoa provides 8 grams of protein per serving, fiber, riboflavin, thiamin and niacin. It also delivers 20 percent of the daily requirements for iron and phosphorus, together with 9 percent of potassium and 2 per-

cent of calcium.

Barley is an ancient grain most familiar to Americans as an ingredient in soups and stews. With origins in Ethiopia and Southwest Asia, barley is thought to enhance immune properties as well as improve metabolism. This grain is high in fiber, B vitamins, iron, copper, manganese and selenium. It's also low in calories and has less starch than pasta or rice. When you're

cooking with barley, you'll find it absorbs a lot of liquid, so pay attention to cooking directions. Barley should be rinsed well before cooking, and requires at least three cups of liquid for every cup of barley.

Polenta is an Italian grain made from ground corn. Polenta can be used in the same way as corn meal—boiled, baked, fried or grilled. This grain delivers more protein than a large egg, at about eight grams per serving, and is high in vitamins A and C. Polenta made from whole-grain corn is rich in minerals such as iron, thiamin, zinc, phosphorus and magnesium.

Farro is also known as an Italian grain, but it was used in bread baking in ancient Egypt. This dense grain is also known as Emmer wheat. It's high in fiber and protein as well as niacin, magnesium and zinc. It can be cooked as a side dish and used in soups and salads.

Spelt is a grain similar to farro in many ways. It dates back to medieval times, and although it is a member of the wheat family, people with wheat intolerance issues are sometimes able to tolerate spelt. This is another grain that is high in fiber, protein, magnesium, zinc and iron. It can be used as a side dish, in pasta and as a substitute for wheat flour in most recipes.

Kamut is a grain that dates back to ancient Egypt and Asia. It's about two or three times the size of common wheat and has more protein and amino acids than common wheat. It is also high in essential fatty acids, the kind that help reduce "bad" cholesterol (LDL) and increase "good" cholesterol (HDL). In addition to being an excellent complex carbohydrate, kamut is a good source of thiamin, niacin, folate, riboflavin, vitamin B6, vitamin E, phosphorus, magnesium and zinc. This is a grain that is best when soaked in water prior to cooking, much like dried beans.

Moving from one of the largest grains to one of the smallest, we have teff, the seed of an Ethiopian grass. Ethiopian restaurants use teff to make injera bread, the spongy flatbread that accompanies stews. Uncooked teff can replace grains and seeds in baking. It can also be used to thicken soups and stews. This nutritious grain is made up mostly of bran and germ and is practically gluten free. Teff is high in protein and fiber and delivers nutrients including calcium, thiamin and iron.

If any of these grains are new to you, look for them at grocery or specialty food stores. Try something new and enjoy meals with more diverse carbohydrates. These foods will deliver quality nutrition that home cooks have served up for thousands of years. •

SOURCES: coreperformance.com, exploratorium.edu and sunnylandmills.com.





CENTRAL VALLEY ASIAN-AMERICAN CHAMBER OF COMMERCE

The 2022 Community Recognition Awards Dinner was held on May 26 at China Palace Restaurant, Stockton. Honorees included: The Kings Card Club, Business of the Year; Tim Ulmer, Community Service Champion; Stockton Symphony Association, Arts & Culture Champion; Greens Nutrition, Health & Wellness Champion; ASIASA, SJDC Education Champion; and Animal Protection League, Non-Profit Champion. •

PHOTOGRAPHY BY HELEN RIPKEN















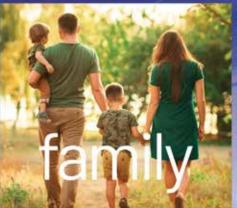




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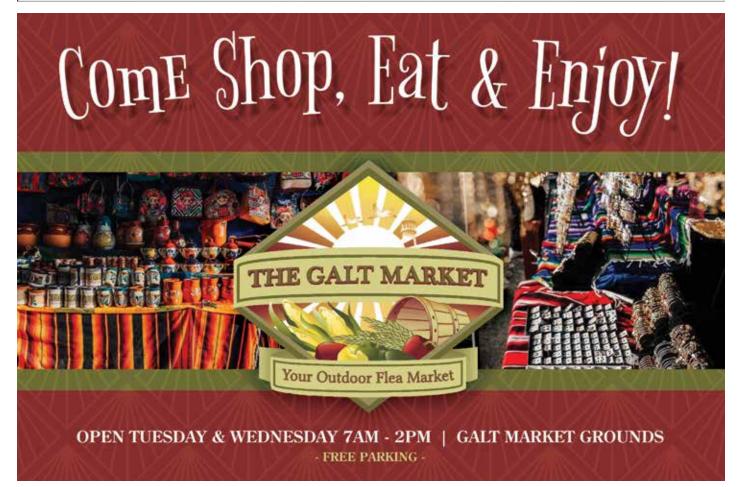
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EDIBLE DELIGHT FROM MY HERB GARDEN

BY LAURIE EAGER | PHOTOGRAPHY BY LAURIE EAGER

ur herb bed is my favorite spot in the garden. I love the heady scent as I work the soil, the way they magically reappear each spring and their delicious flavors. In my book, they are second only to a perfectly vine-ripened tomato in terms of garden payoff. The sunniest spot on our hill is home to a happy tangle of perennial herbs of rosemary, sage, thyme, oregano, mint, tarragon and lavender. We add in annuals such as basil, parsley and cilantro by sowing seeds. The cilantro bolts quickly when the weather warms up but it often self-sows and it's the first to appear after winter. Mint can be in-

vasive so I plant this in a separate box. Poppies and bachelor buttons have managed to pop up in the mix and add paint box colors. Bees are constantly buzzing and butterflies are frequent visitors. Such joy!

I love to pick herbs early in the morning when their fragrant oils are at their peak. They benefit from frequent harvesting, so once a week I cut a basketful and bring them in to wash. While I'm in the garden I grab a few snippets of whatever is blooming—lavender, poppies, sweet peas, chive blossoms, nasturtiums, even the celery or arugula that has gone to flower. I rinse off the dust, shake them

dry and place bundles of them in a couple of plastic drink cups filled with water. I hide these in a ceramic planter next to my stove and no two arrangements are ever alike. This saves me a trip out to the garden when I need herbs to cook with and brings me a smile every time I walk into my kitchen. I change the water a couple of times during the week and then compost whatever is left at the end and start again.

With a miniature herb garden such as this at your fingertips, it's easy to instantly elevate everyday cooking. Snip some chives into your morning scrambled eggs. Shred a few basil leaves onto your BLT at lunch. Crumble thyme leaves into melted butter and brush on grilled corn on the cob. Fry up a few sage leaves in butter to top roasted cubes of butternut squash. Chop some oregano into store-bought pasta sauce and you'll swear it's from scratch. Use a rosemary stem to skewer chicken kabobs for the barbecue. The possibilities are endless! Once you experience the flavor punch of fresh herbs, you'll find it hard to go back to the dry jars at the grocery store.

Herbs grow prolifically in our sunny San Joaquin climate and soon you will find yourself with an abundance. I love to take a charming bouquet of herbs and flowers as a hostess gift when we are invited to dinner. When the basil is knee-high, I make pesto to freeze.

I also dry herbs for future use. I tie them in small bundles and hang them in a cool, dry place. Alternatively, I can speed up the process by spreading washed herbs on cookie sheets and drying them for a couple of hours in a low oven. When the herbs are completely dry, I crumble them and store them in small glass jars. Tied up with a pretty ribbon, these make sweet gifts as well. Open up one mid-winter and I am instantly transported back to the warm, relaxing days of summertime.

If you don't have a garden, herbs are easy to grow in a pot in sunny location. They don't mind if you forget to water for a few days and the foliage and flowers are a delight on the patio, or in the window box. For a small

> investment of time and money, these little garden treasures pay big rewards. •



in sunny location. They don't mind if you forget to water for a few days and the foliage and flowers are a delight on the patio, or in the window box.



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.



BY KATHLEEN JENNISON | PHOTOGRAPHY BY CAROLINE'S PHOTOGRAPHY

Give your outdoor room, also known as the patio, summer hang out central, the place to be, the same design attention as the inside of your house with these five outdoor room ideas. Make your outdoor room so wondrously inviting you'll want to live in it! Read on for more details on how to select all the elements you'll need to make your patio the most used "room" of the house.



DITCH THOSE HARD PLASTIC CHAIRS

Include sofas, coffee tables, side tables and ottomans. It is easy to plop a table, four chairs and umbrella on the patio, but you need to incorporate some of the same elements you would in any other living space of your house. With outdoor fabrics, you can have lots of comfy seating.

DRESS IT UP!

And don't forget a few accessories to make your outdoor room feel inviting. Add toss pillows, vases, pots and even outdoor lamps. This is the best way to personalize your outdoor furniture and add your unique style.

MAKE IT FUN WITH COLOR!

Don't be afraid to use bright colors for your outdoor room ideas. It is less intimidating than inside decor and it makes your backyard the chicest hangout in town.

DON'T FORGET THE FLOORING

Fill every bit of your outdoor room and don't forget to include an area rug to ground and define the area. Outdoor rugs are relatively inexpensive and easy to clean; just take a garden hose to it and you are good to go.

ADD LIGHTING FOR MAJOR DRAMA

String some lights under the patio cover or install some up lights along the fence for drama. A super-easy way to add ambiance is with candles. Use lanterns to house them. With

outdoor lighting, you'll be sure to enjoy your lush outdoor room after the sun goes down.

You can incorporate these five outdoor room ideas right away and start planning the greatest Labor Day party ever to show off all your outdoor room ideas.

If you need any help with your patio, the designers at KTJ Design Co are full of outdoor room ideas that will knock your socks off, plus, we offer an outdoor furniture line that is top notch! ◆







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





Peed for Speed EVELYN MORSE SKINNER RACED LAKE TAHOE

STORY AND HOLT TRACTOR PHOTOS COURTESY OF THE SAN JOAQUIN HISTORICAL MUSEUM

Summer vacations are a cherished American tradition, and for many in California and in San Joaquin County, it's a time of the year for families and friends to go boating on the many waterways and lakes that bless our region. For the entirety of San Joaquin County's history, folks have recreated with leisurely rides on the water. One of San Joaquin County's most famous boaters was a hard-charging lady of renown, Evelyn Skinner.

velyn Morse Skinner was born On November 3, 1888, in Stockton, California, to parents E.E. and Florence Morse. She married J. Carroll Skinner in 1918, and together they were a highly regarded couple in Stockton society. Evelyn was an outgoing person. As a teenager she had been a star on Stockton Y.M.C.A. women's basketball team, and as an adult she became famous across California

for her exploits in a favored pastime: boat racing.

In 1925 her parents purchased a Stephens Brothers "26" model boat, modeled after the "spud" boats used by Delta potato farmers such as George Shima. The Morse boat was named the Florence M II. Made of teak, with two cockpits, the Morse and Skinner families would take the boat to Lake Tahoe every summer, where Evelyn would







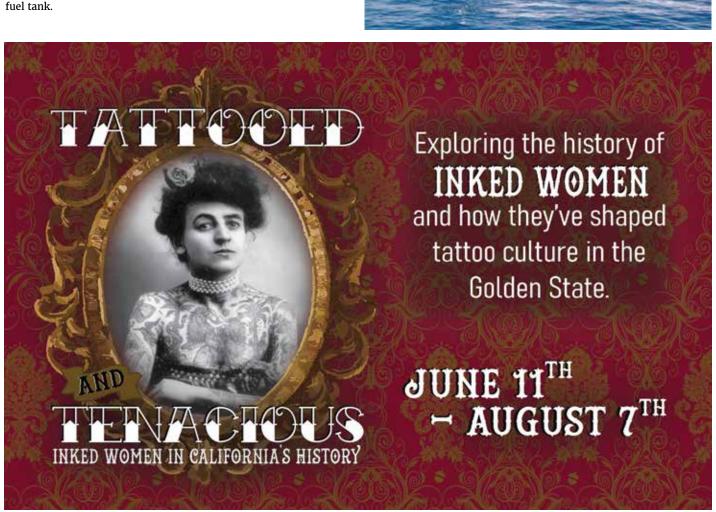
Evelyn Morse raced well into her 60s, remaining a local celebrity in boating circles.

Evelyn Morse raced well into her 60s, remaining a local celebrity in boating circles. She passed away in 1964, just weeks after her husband. Interested in learning more about this region's history of pleasure boating, or about the Morse/Skinner family? The original Florence M II boat can be viewed at the San Joaquin County Historical Museum, along with its towing car, Kerosene Kate. ◆

Visit sanjoaquinhistory.org today for more information!

enter into races hosted by the Tahoe Powerboat Club, now the Tahoe Yacht Club, typically at their July 4 event, Bang and Go Back.

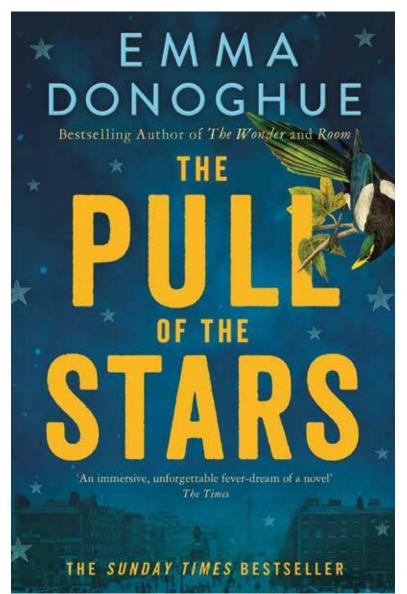
Evelyn was a star, winning over a dozen trophies in a 30-year time frame, including first place trophies in 1927, 1932, 1933, 1934 and 1942. After the 1927 race, the Oakland Tribune remarked that she "finished 300 yards ahead of her nearest competitor." Evelyn was so competitive, in fact, that she had her original Scripps F6 engine replaced with a Chrysler Crown engine in the early 1940s, so as to continue staying formidable in competition against newer boats. The new engine had 8 cylinders and required modifications to the fuel tank.



THE PULL OF THE STARS BY EMMA DONOGHUE

REVIEW BY LINDA R. PRICE

The Pull of the Stars by Emma Donoghue is a novel about three horrendous days in the life of a maternity ward nurse in Dublin during the flu pandemic of 1918. The pull of the stars refers to the Italian phrase "influenza delle stelle," the influence of the stars.



edieval Italians believed that our illnesses were governed by the heavens. Before you decide that you are totally uninterested in this type of novel, let me assure you that the novel will

surprise you as it slowly pulls you into the world of the Spanish flu and early maternity ward nurses who were trying to care for their patients using the latest techniques of the day.

Nurse Julia Power is left in charge of the maternity ward with three patients who have the flu when her supervisor, Matron, falls ill with the flu. Nurse Power is a well-trained nurse; she has three diplomas—one from a technical school, one from the hospital and one in her area of specialty, midwifery. She should be able to cope, and however tempo—

rary, acting ward nurse is a good promotion. Yet as one crisis after another assails her, she pleads for help only to be told there is none, and she's asked, "You only have three patients?"

Nevertheless, Nurse Power is sent a young girl, a runner, who is straight off the streets, or so it appears, untrained and uneducated.

Bridie Sweeney assures Nurse Power that yes, she has had the flu. Bridie proves to be a life-saver as she runs errands and helps Nurse Power with innumerable gross and demeaning tasks needed to care for their patients who struggle with childbirth while suffering the ravages of the Spanish flu.

As the day progresses, Bridie shares a little of her life with Nurse Power, revealing that she lives in a home for the unadopted children of unwed mothers. The humiliating details reveal the wretched lives of these women and their children in Catholic Ireland. Nurse Power is shocked at the unchristian attitude of the sisters and priests. She believes that Bridie, uneducated though she is, has great potential as a future nurse.

Bridie provides the only comic relief in the novel. Bridie's naiveté and her street smarts are a perfect foil for the rigid structure of hospitals. Her innocent-seeming misdirection of the coppers when they come to arrest Dr. Lynn is priceless.

An orderly, Groyne, is particularly dislikeable character. He constantly gets on everyone's nerves with his off-tune singing and his laconic euphemisms for those who died. He constantly talks down to the nurses because he can't accept any woman "set over him."

Yet it's Groyne who informs Nurse Power that Dr. Lynn, the rebel doctor, has arrived on the maternity ward to help out. Because of the Great War, doctors were scarce, so the hospital was happy to receive Dr. Lynn even if she was a rebel and a woman. Since Dr. Lynn is a general doctor, Nurse Power is at first skeptical of her training in obstetrics.

Dr. Lynn proves to be exactly what is needed in this crisis; she's cool and calm with a no-nonsense attitude. In a shocking breach of protocol, Dr. Lynn authorizes Nurse Power to give her patients whiskey, chloroform or morphine as needed. "You seem awfully capable," she says. The strain of covering too many wards with too few doctors called for old rules to be broken and new ones established.

In the words of the author, The Pull of the Stars is a work of fiction held together by facts. Dr. Kathleen Lynn was a doctor who was vice president of Sinn Féin executive and its director of public health. She worked for many years as a tireless advocate of public health issues including nutrition, housing and sanitation.

The novel tells the story of Dublin during the worst of the Spanish flu pandemic that killed more than 50 million people worldwide during 1918 and 1919, according to The Centers for Disease Control. The influenza viruses were not discovered until the invention of the electron microscope in 1933, and the first influenza vaccine was developed in 1938. Donoghue wrote her book before the COVID-19 pandemic began and delivered her final draft in March 2020 just as the pandemic began in earnest.

The parallels between the two events are eerily similar. Doctors and nurses are overwhelmed by an enemy they have never met before. The medical workers are pushed to exhaustion. Barely trained medical workers are pressed into service because no one else was available. Hospitals are overflowing with patients. Mortality is extremely high. Fear of catching the disease is everywhere, and no one knows how to avoid it.

This is not a romantic novel for a cozy weekend, but I believe it will draw you into the story and demonstrate how, once again, history repeats itself. •



IT'S A PAWTY!

ool Cats & Barking Dogs, a benefit for the Stockton Animal Shelter, was held at Villa Angelica in Stockton on May 12. Guests enjoyed a reception on the patio that included refreshments, live music and a silent auction, followed by dinner. Alexis Ruhl presented Cathy and Bob Lagorio with the 2022 Golden Paw Award. •

PHOTOGRAPHY BY HELEN RIPKEN





















FOLLOWER ENGAGEMENT TIPS

rands prioritize authentic engagement over follower count and potential clients value relationships over numbers. Let's look at five effective strategies for improving your engagement on social media.

WAYS TO ENGAGE

- 1. Turn on post notifications for five to ten trending/popular accounts within your niche and aim to be one of the first to engage with their content. Bonus tip: meaningful comments with eight or more words have a better chance of getting pinned, increasing your visibility to their followers.
- 2. Go live to open up a dialogue with your followers, offering them valuable information or commentary on shared interests. Also, make sure to routinely tune in to live videos from accounts within your niche and ask relevant questions or give feedback for host and their viewers.
- 3. Head to most recent posts from hashtags you consistently use (related to your content) and engage with them 15 minutes prior to posting and 15 minutes after.
- 4. Support others; take a few minutes each day to view stories from accounts you follow and share them to your own story one to three times weekly. Be sure to @tag them.
- 5. Acknowledge users who engage consistently with your content by reaching out to them via dm, just to say hi, thank you or ask a question to initiate a conversation. •



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.

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BY HERLIFE STAFF PHOTOGRAPHY BY SYDNEY SPURGEON

HLM: What's your full name?

A: Betty Lenzi

HLM: Tell us about yourself.

A: I'm very loving, a bit frazzled at times, but overall, I'm really sweet.

HLM: What's your favorite vacation spot?

A: My ideal vacation spot is my grandparents' yard. I look forward to my parents' departure so I can relax in their lush garden by the pool waterfall.

HLM: When you get to go with your family, what do you like best?

A: I enjoy riding on the dash of the van, listening to classic rock, while my mom takes the kids to school. What a thrill!

HLM: Your best play spot?

A: The back living room of the house. I love hiding under the furniture and playing keep away with my owners.

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

A: Eating sweet treats of any kind. Pears, apples, bananas, dried fruit, you name it!

HLM: Where do you go for pampering?

A: I enjoy a day at the spa in my kitchen sink. My favorite treatment is a pedicure.

HLM: Are you ever a naughty bunny?

A: Yes, it was fun but one day I took a bite off of every piece of fruit that my mom had purchased from the store. She didn't like it much...



HLM: What's your bunny obsession?

A: I am obsessed with being cuddled in bed or while watching a movie.

HLM: What's your favorite treat?

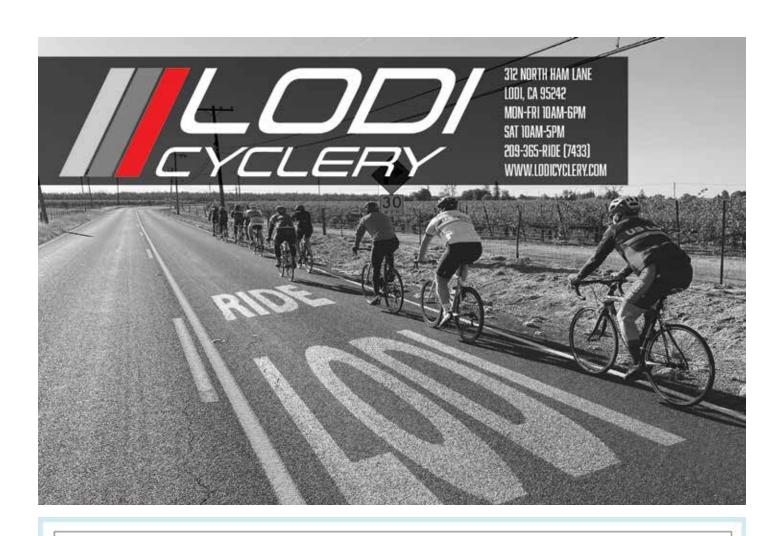
A: Hands down, pears

HLM: Where were you born?

A: Fresno, California

HLM: Who are your human parents?

A: Teo and Noelle Lenzi ◆













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.



CHILDREN / FAMILIES / SENIORS

sydneyspurgeonphoto@icloud.com www.sydneyspurgeon.com



WEDNESDAYS THROUGH AUGUST 18

Concerts in the Park

Victory Park, Stockton

4TH WEDNESDAY NIGHT THROUGH AUGUST

Lodi Music in the Park

Hutchins Street Square, Lodi

EVERY THURSDAY THROUGH AUGUST

Lodi Farmers Market

Downtown Lodi

Info: lodichamber.com

THROUGHOUT THE SUMMER

Live Music & Wine TastingContact your favorite wineries for details

JULY 21

JULY 16

Bare Ranch, Lodi

Info: lmhfoundation.org

Stockton Cruise Night

Midtown Stockton

JULY 4

4th of July Parade

Downtown Stockton

Info: visitstockton.org

JULY 11

46th Annual NAIFA Central Valley Golf Tournament

Stockton Golf & Country Club

Benefiting Stockton Emergency Food Bank **Info:** stocktonfoodbank.org

37th Annual Summerfest

Lodi Memorial Hospital Foundation

Elkhorn Golf Club Info: mhsmemorial.com

AUGUST 5

AUGUST 6
Taste of the Delta

Golf Tournament

9th Annual Misty Holt Singh

Village West Marina & Resort

Info: tasteofthedelta.com

AUGUST 13

Moonlight Gala

American Cancer Society

Info: 209-405-4798

AUGUST 20

Sip & Stroll

Hospice of San Joaquin

Info: 209-957-3888 ◆

Go to your local Visitor's Bureau website for more events throughout San Joaquin County.





35 ANNUAL MOUNLIGHT Gala



AN AMERICAN CANCER SOCIETY EVENT

SATURDAY

PRIVATE ESTATE

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 Cala.

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 apportunities, call 209.405.4798 or email Janelle. Wilkinson@cancer.org.

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Learn more at dignityhealth.org/stockton/maternity.

Hello humankindness





Mercedes-Benz of Stockton is proud to feature Tuyet Tran, our fabulous Finance Director.

Tuyet began working with Mercedes-Benz of Stockton fourteen years ago by making phone calls in the Business Development Center and even sold vehicles for a time before finding her favorite position in finance. She especially enjoys finalizing transactions and completing the sales process by handing over the vehicle documents to each satisfied customer. Tuyet's love of travel and desire for safety are primary reasons she chose to purchase a GLE. No matter how far she drives, Tuyet knows that her Mercedes-Benz will protect her and her family which includes two young children. Her children are constantly using the voice command technology to change stations and play with the ambient lighting. Thanks, Tuyet, for your service in our Finance Department and for driving as your children say, "the coolest looking mom car."

Vehicle featured: 2022 AMG GLE 53 Coupe



Mercedes-Benz of Stockton 10777 Trinity Parkway Stockton, CA 95219

