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INSPIRATIONS

Carrie Sass and Anna Sass: Sharing the Stories of Our Community

For Carrie Sass and Anna Sass, community is everything, falling just behind faith and family. With deep background as the SASS! Public Relations team leaders, these energetic women are adding more depth; on January 1, 2022, they became the Publishers and Editors-in-Chief of *HERLIFE* Magazine.



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WRITING A NEW STORY

are thankful for life, for our families, the relationships that we have, and the communities we live and work in. The people we meet, the stories they tell and the fascinating talents of so many inspire us to write, chronicle and share, because sometimes the voices fade away without being celebrated. We hope, as we have taken on this new venture, that we can capture the heartbeat, the passion and the essence of the individuals whose stories we tell.

We hope, through this journal of inspiration, to encourage each one of you, our readers, to connect, create relationships with one another and celebrate the uniqueness of the people, business owners, educators and all who generously give back to our

community. We hope it inspires you to repeat, over and over again, these positive stories that are written. And as you read about those who find solutions when solutions need to be found and provide the encouragement to get involved and give back, we hope you too are inspired to keep reaching out.



In this inaugural issue by Sass and Sass we are overwhelmed with the support and encouragement from all our advertisers, not only this month, but moving forward! HERLIFE Magazine would not happen without them, and we are so very thankful that each has been encouraging, enthusiastic and welcoming. All of our advertisers are local, and we know that these past two years have been tough for many. So please support them over, and over and over again!

We are committed to you, our readers, to share these compelling stories that encourage people to get out and enjoy each other and to experience all that life has to offer. So, grab a comfy blanket, snuggle up on the sofa with your favorite hot tea, coffee or a glass of your favorite local wine, and be inspired by the determination

of Beve, the gracious heart of Joan, the whimsy of Lucca the dog, and the thoughtfulness of Emma, a young baker. Page by page. Story by story. Be inspired, connect, experience and enjoy.

Blessings,



CARRIE AND ANNA



We thank former HERLIFE Magazine owners Kimberly Mullen and Dee Yates for their help and guidance in the sale and transition of this publication. What began in early December 2021 was completed in early January 2022. And here we are, two months later with our inaugural issue.

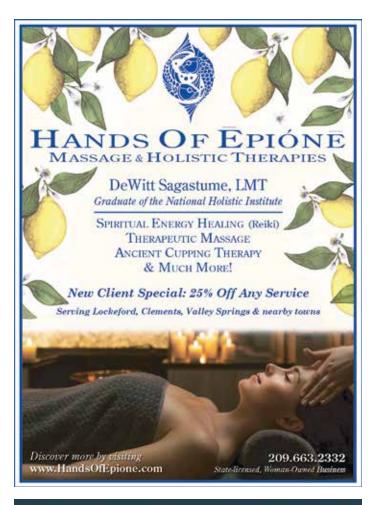
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SHARING THE STORIES OF OUR COMMUNITY

BY HERLIFE STAFF | PHOTOGRAPHY BY ANN ISHII

It just seems like the perfect fit! After years of working in the community, developing relationships, editing and producing publications for clients as well as running a small, successful business dedicated to telling and elevating the stories of their clients, acquiring HERLIFE Magazine just made sense to Carrie Sass and Anna Sass. What a perfect opportunity to add another company to their already busy lives. These two women know it will be challenging, yet so very interesting and so much fun!

-77

he team of Carrie Sass and Anna Sass didn't just happen. The story began 15 years ago when Anna, engaged to Carrie's son, approached Carrie and said, "What do you think about me coming to work for you?" And as they say, the rest is history.

In 2006, at the beginning of the recession, Carrie and Anna started SASS! Public Relations. In the humble beginnings of the venture, they were simply focused on events and marketing for small businesses. "Throughout the years, we have been blessed to work with many amazing and successful businesses throughout Northern California. For the past 13 years we have called Lincoln Center home," related Carrie. "The SASS! office is located at 628 Lincoln Center, Stockton. Bright, colorful and a little bit quirky, our office décor and sassy vibe spark happy comments from those who visit. From the brightly painted Little Free Library outside the front door to the eclectic accent walls in the office, SASS! simply radiates just that-sass."

Carrie and Anna are passionate and committed to building relationships with people throughout the region. "We strive to develop relationships with not only clients, but the community members involved in non-profit organizations, civic leadership and the neighborhoods in which they live," Carrie shared. "Most every decision we make embraces the gift of relationship. It's that important to us."

Together they are members of more than a dozen civic organizations, serving as board and/or committee members. This doesn't include the volunteer hours, number of local product gift baskets donated or attendance at fundraising events. They love serving their community and find ways to help wherever they can.

"Our largest event, the highly popular Record's Literacy and Book Fair Family Day at the Park, draws upwards of 20,000 people," Anna affirmed. "Even when Family Day was a virtual event these We strive to develop relationships with not only clients, but the community members involved in non-profit organizations, civic leadership and the neighborhoods in which they live," Carrie shared. "Most every decision we make embraces the gift of relationship. It's that important to us."

- Carrie



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- And communicate and operate with fairness and respect for all
- · Will operate as a team
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past two years, the popularity and digital engagement was impressive. We're thankful for all the sponsors who continually support Family Day, and this year we're excited to bring it back as a live, in-person event at Weber Point on September 17." Other notable events include Concours d' Elegance, a high-end automobile show at Ironstone Vineyards in Murphys, and Festa Italiana, which celebrates all things Italian. SASS! also organizes a variety of events for clients, ranging from fundraisers to recognition dinners and golf tournaments.

When SASS! Public Relations planned their 15th anniversary celebration, the big community celebration had to be sidelined due to COVID. Seeking another way to celebrate, it was Anna who said, "Let's give back to the community by planning a citywide distribution of new books for Little Free Libraries, or LFLs." And they did just that. Carrie and Anna researched where the LFLs were located, purchased over 700 books, put them into bundles and quietly orchestrated distribution throughout the community. These bundles of books were placed in more than 50 LFLs, including those located at Visionary Home Builders Community Centers, as well as distributed to many school libraries through the San Joaquin County Office of Education.

Carrie and Anna are alike in many ways, yet their personalities are unique and very different from one another, which makes for a perfect blend for their business. Carrie has the creative vision, relishes the details of the atmospherics, and loves connecting and gathering people together. Anna, on the other hand, is extremely organized. "She's the amazing event planner; she has the gift of hospitality, and she's detail oriented," Carrie noted. "I oversee much of the public relations, writing, press releases and publications, while Anna focuses on managing the business and the production of most of the events. We work together on almost every project, with each of us taking the lead on the various aspects for each clients' needs, so that every detail is covered for the many events we produce."

When asked about working with her daughter-in-law, Carrie beamed and replied, "This past year, Anna received the coveted Young Professional Athena Award from the Greater Stockton Chamber of Commerce. It was my most proud moment in my years of business. She is the most genuine, sincere, hardworking person. There is no way I would have succeeded in business without her. She keeps me grounded." Anna has a deep commitment to mentoring teenage girls as well as high school students, a trait that, in part, led to the award. Because of her years working with youth, her life is filled with many wonderful relationships. Both in business and her personal life, Anna is a true leader and mentor and is hospitable and compassionate. She and her husband, Aaron, Carrie's son, reside in Lodi and have two children.

"Our largest event, the highly popular Record's Literacy and Book Fair Family Day at the Park, draws upwards of 20,000 people," Anna affirmed. "Even when Family Day was a virtual event these past two years, the popularity and digital engagement was impressive...this year we're excited to bring it back as a live, in-person event at Weber Point on September 17." - Anna



Carrie is one of Stockton's biggest fans, continuously touting all that is good and wonderful about her community! When not working, Carrie is a passionate gardener, loves relaxing at Shaver Lake and visiting her childhood friends in her hometown of Kingsburg, California. She and her husband, Tim, affectionately known as Sassman, have been married for 44 years. Carrie describes her family as "really, really fun!" In addition to Aaron, they have a daughter, Andi; she and her husband. Nate, have two children and live in Maui, Hawaii.

Blending HERLIFE Magazine into their already established business is the perfect fit, allowing Carrie and Anna the unique opportunity of sharing the stories of the diverse communities, people and events that make up this beautiful region. They believe it's all about relationships, and they will continue to build upon that. •



Our Sincere Gratitude



BEVERLY FITCH McCARTHY FOREVER IN OUR HEARTS

AUGUST 10, 1933-DECEMBER 23, 2021



Beverly Fitch McCarthy's keen intellect, centered perspective, and tireless dedication to worthy causes helped guide the Stockton Symphony's growth and development for half a century. "Beve," as she was called by all who knew her, was the first woman president of the Stockton Symphony Board (1973–77). She served in the same capacity for the Stockton Symphony Alliance and remained a faithful anchor of both boards. But, as we all know, this was only a fraction of her service to the local and wider community—there are very few organizations and causes for which Beve didn't servel Her infectious no-nonsense approach coupled with her ability to connect with people won her widespread respect as a tireless champion for women's rights (she chaired the San Joaquin County Commission on the Status of Women and served as treasurer of NOW), a school board member, a City Council member, a board member for American Association of University Women, and head of the Stockton Opera Associations, Stockton Civic Theatre League, Philomathean Club, and Haggin Museum Department of Travel Auxiliary—and so much more, all of which she balanced with grace and determination. We will miss her dearly.







Her Life. Her Legacy.

BY LORI GILBERT PHOTOGRAPHY BY TIM ULMER AND SHEILA O'KEEFE

hen I think of Beve, I think of her smile. I never saw her without it. She was always upbeat. She always had something interesting to say and attended a lot of events just to learn something new.

Beyond her civic service on the Stockton City Council and Stockton Unified School Board, Beve was as engaged in Stockton as much as anyone I knew. What I most appreciated about her membership in so many organizations was that she was all in. She didn't join in name only.

She'll be most remembered for her work on behalf of women. When she married John McCarthy in 1973, she was all over the map in terms of commitment to causes, and he finally said, "Beve, what is most important to you?" No one had ever asked her that question and she realized working on women's rights was what mattered the most.

Not that she hadn't been doing that already. While a student at UC Berkeley, where she graduated with a degree in physical education, she petitioned the student council to integrate the men's and women's rooting sections at Cal football games.

"The men sat on the 50-yard line and we sat to the left of them," Beve once said "After the halftime show, they'd throw their flash cards and those cards would hit us. So, I went to the student council, and I proposed the men's and women's rooting sections be integrated.



In Remembrance of BEVERLY FITCH MCCARTHY



HAGGINMUSEUM.COM @HAGGINMUSEUM

The Haggin Museum has a long history of strong women from the Haggin family and the artists they collected to the dedicated volunteers and auxiliaries.

We are honored to celebrate Women's History Month and Beverly Fitch McCarthy—an advocate for women and the arts. As a member of many auxiliaries, including the Department of Museum Travel, Beverly was an ambassador of the Haggin. She inspired many and her legacy will live on.









Oh, my God. It's Berkeley. It was a mild earthquake. You'd have thought it was World War III. I got on the front page of the Daily Cal. Of course, now it's integrated, but my motion went down."

Undaunted, Beve kept up the good fight. As a physical education teacher and counselor at Delta College, she started the school's re-entry program. A colleague asked, "Where are they returning from?" Beve understood there were older folks out there who hadn't been to a school in a

while and needed to feel welcome. She also helped establish the child development center, so parents could attend classes and leave their children in a safe place.

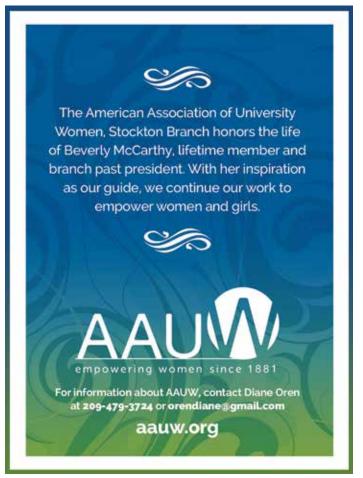
Beve started the Commission on the Status of Women in San Joaquin County and established the Susan B. Anthony Awards to honor achievements of women.

She loved the arts. She organized trips to other museums through the Haggin Museum and was a member of the Opera Guild and supported the Stockton Symphony. She was a loyal member of the Philomathean Club, American Association of University Women and the Good Time Gals, an informal group that got together once a month for an outing.

It took until 2019 for Beve to be honored as Stocktonian of the Year. I asked once about nominating her myself and someone told me she was "too controversial." She'd have loved that. Beve didn't set out to offend anyone with her work. She just had a vision of what was right, and she didn't care if she made waves.

Stockton lost an amazing woman with the passing of Beve. I lost a friend and teacher, someone who showed me what commitment and selflessness look like.

Beve made Stockton, and me, better with her presence. ◆





REMEMBERING BEVE

BY OCCELETTA BRIGGS

I was a friend of Beverly McCarthy for over 35 years and shared many wonderful times, including spending evenings with our husbands in each



other's homes or having lunch with Doug Wilhoit at the Stockton Country Club.

My husband, Bill, and I attended Beve's super birthday party at the Haggin Museum, an event during which she talked about her college years and her life as a feminist. She promised to teach me to play bridge, but whenever we met for my lesson, we got sidetracked by talking about women's rights and the conditions of the world, so I never learned the game.

We spent many hours on the phone, too. Beverly founded the San Joaquin County Commission on the Status of Women in 1974, first named the Women's Council of San Joaquin Commission; she wanted the commission to be recognized by our local city and county officials. That never came to pass, but she worked on making that happen until her death.

I am the longest active person to have served with Beverly on the commission, so I think that gives me some credibility to say that the annual Susan B. Anthony Banquet is not the sole goal of the commission. Beverly envisioned the role of the commission to expand the civil rights of women and we need to embrace her vision and her legacy that will live on through us!



for Our Time









BY KRISTEN BIRTWHISTLE

he passing of Beverly Fitch McCarthy on December 23, 2021, just a day before Christmas Eve, left a void. In so many ways we thought she would live forever. Yet her mentorship of others and institutional launch of women's programs secure continuation of her decades-long vision to equal rights for women. Her life's work still lives in our hearts, minds and hopefully our actions. She is still with us.

Beve was one of the first to publicly call for organized movement and actions on behalf of women. All women in our city.

Inspired by Susan B. Anthony, Alice Paul and the suffragists of the 19th and 20th centuries, she wrapped her convictions boldly in a suffragist's sash of purple and yellow. Before the pandemic took hold, she was planning for a parade, a march to celebrate the 100th anniversary of the 19th Amendment, women gaining the right to vote. That parade never transpired, but women voted in record numbers.

Beve was a rare woman of faith and friendship, of humor, hats and humility; Beve was

Thank You

As a founding supporter of the Women's Center we honor Beverly Fitch McCarthy for her dedication to serving and advocating for women in our community.



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a woman for our time. A critical time. Her sacrifices were shared with grace alongside her family, who danced with her as she worked generously and vigorously to make life a better place for so many and did so without hesitation or conditions. She challenged us, she helped us define our purpose and led authentically.

She passionately bound her love of music, theatre and the arts and sang with her own voice, her own vision. She freely owned feminism, and when she proudly stated, "I am a feminist," you felt the pride she had for her causes, for women. Because they were our causes too. She composed her own symphony of wise determination so that those waves of change could swell, crescendo. Solicit a standing ovation of unified equity for all.

Her smile was infectious, her laugh was gingerly sweet and her will was indominable. She sat within seats of power, of position and rank without pretense and used those moments as vehicles for escalation of transformation, of redirecting the winds. Her pulpits were opportunities for lessons, for remembering the sacrifices of those women who came before us, for being ever vigilant in the face of ceaseless adversity and fervent controversy. Beve did not want women's rights to be an inkblot in our history. A lover of learning, her bond to Philomathean sisterhood was ever present and never broken. Her life's work will become history, archived in a bound and timeless place.

I remember sitting alongside her in her beloved garden at Mac Manor, guarded and protected by the life-sized statue of the goddess, Athena. It's a place where her vision of womankind is not dormant but growing and reaching toward brighter skies, toward constitutional heavens where there is a pen ready to sign the ERA, the Equal Rights Amendment to the Constitution, which states: Equality of rights under the law shall not be denied or abridged by the United States or by any states or by any state on account of sex.

And with our own time on this earth, Beve would insist on keeping that garden growing. Uplifting it, modulating it and refining it so all women might be emboldened and bettered by its earth. •

View Unstoppable Beverly Fitch McCarthy, a video produced by Barbara Daly @Daly Video: https://youtu.be/7AF5nvfLjLo.



UNITED WAY OF SAN JOAQUIN PROUDLY PRESENTS

ELEANOR BY WOMEN UNITED

As an integral part of United Way of San Joaquin County, Eleanor by Women United (EWU), formerly known as the Eleanor Project, is a network committed to creating a powerful, female-driven philanthropic force to address the most critical issues in San Joaquin County. We are a diverse, vibrant affinity group bound together by a powerful sense of belonging - to each other, to our missions, and to our community.

In San Joaquin County, Eleanor by Women United's purpose is to advance the potential of both young and established women. Each year EWU selects a focus project to directly support a cause within our community. This year we have elected to sponsor mental health and wellness programs in local K-8 classrooms. A portion of the funds we raise via sponsors and membership dues will directly impact this work.

For more information about our 2022 focus project, our upcoming March, May, and October events, or to become a member, visit our website at unitedwaysjc.org/ewu. Member's receive free admission to all EWU events, sign up today!









Women United harnesses the power and dedication of women leaders to transform local communities across our county.



By joining EWU, your support will push the cause of this affinity group forward.



To learn more, contact: info@unitedwaysjc.org or call 209,469,6980



AN A+ EYE ON EDUCATION

BY DON SHALVEY

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela's quote is just one of many that celebrate education and the difference it makes in every community. I've had the privilege of working as an educator in the Central Valley since the "summer of love" and I believe teaching is among the most noble and dignified professions.

'm thrilled to partner with Carrie Sass and the HERLIFE Magazine team to provide a regular feature about education in our county. The quality of life in a community is directly affected by the quality of education the community receives and has access to. Think about education as formal-what happens in schools, school systems, community colleges, universities and trade schools-and informal-what we learn through friendship, clubs, sports, hobbies, orga-

nizational affiliations, work and service in our community. Both are critical and essential to all of us.

Our goal is to inform you about education in the county and help you be a better advocate, consumer and champion for education. Knowledge is power. Accurate information and data give everyone a more knowledgeable voice and role in improving and enhancing educational opportunities for all.

This first article provides a summary of what parents and community members are saying about education as we continue to emerge from this pandemic. Last year, San Joaquin A+ commissioned Change Research to survey parents and community leaders throughout



the county. They surveyed in every one of our communities with an emphasis in Stockton, Lodi, Tracy and Manteca, and the responses were important and actionable.

What did we learn? Do our learnings and the survey results match your thinking? Take a look at the survey results that are summarized below. Continue to focus on education and the role it plays for you, your family and our community.

SURVEY RESULTS

As of mid-2021, most parents were ready for schools to be open. The majority of parents (67 percent) in San Joaquin County feel comfortable with their children returning to schools in person. A plurality (47 percent) believe schools have not reopened quickly enough, while 28 percent feel school reopened at the right pace and 25 percent feel schools reopened too quickly.

Parents feel their children need immediate support. Sixty-six percent of parents with school age children are worried their children have fallen behind. And they place a very high priority in the areas of social and emotional support in schools, and one-on-one academic tutoring to help catch children up.



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

Parents want engagement and transparency around federal dollars. Seventy-seven percent of parents say it is important for local stakeholders such as parents and teachers to have a seat at the table in conversations about how money is spent. Questions about transparency and accountability around federal dollars stand out as areas of priority for residents throughout the survey.

San Joaquin County residents are ready for innovation and change. Seventy-two percent of those surveyed think we should use these dollars to drive innovation in schools, to try new and creative approaches to educate students.

Parents are focused on jobs and the future for their children. Parents not only have immediate concerns about getting students back on track but share a strong priority for programs that will create pathways to jobs and more affordable college access. Questions that mentioned programs that prepare students for jobs and careers consistently were ranked near the top priorities throughout the survey. •

TO LEARN MORE AND SHARE COMMENTS OR OTHER STORY IDEAS:

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EMMA MEANS

BY CARRIE SASS

Baking with her Noni is something Emma Means has always loved. When she received new bakeware for Christmas, she had an idea to have a bake sale to raise money for a non-profit. Loving animals, especially her German Shepherd Kaia, Emma decided to donate the money to the Lodi Police K-9 Dogs.

ith support from her family, Emma and Noni began baking. Her mom promoted the bake sale on Facebook, and as the word began to spread, by end of day she had already raised \$350 on Venmo. With signs directing the way and tables filled with Emma's baked goods, along with delectable donations from family and friends, many shoppers, including a Lodi police officer, came to support her. By end of day, Emma raised a total of \$1,750.

The following week, with check in hand, she was greeted at the police station by the chief of police, the head of the K-9s, several officers and, of course, the K-9 unit. They made Emma an honorary member of the Lodi Police K-9 team. ◆

For more information and to continue the good work Emma has started, visit Lodipolicefoundation.org, email info@lodipolicefoundation.org or call 209-200-8580.



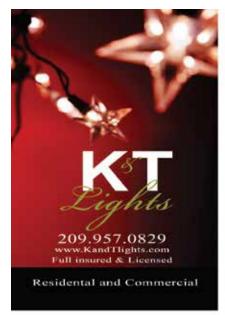


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BEDTIME AND OUR HEART: HOW SLEEP MAKES A DIFFERENCE

BY LISA TARANTO BUTLER

Sleep can make us feel satisfied or silly. Our day can start spectacularly with a full night's rest or begin badly if we had a hard time dealing with the doze devil. Over 70 million Americans suffer from sleep disruption, and many experts say lack of sleep is the most underappreciated health problem today.

little 00 sleep impact daily can function, causing loss of focus, increased risk of weight gain, less production at home and work and generally just making us grumpy. Perhaps more importantly, losing sleep can affect our heart.

According to the Center for Disease Control, adults who sleep fewer than seven hours a night are more likely to have health issues including obesity, asthma

and depression. It's no wonder doctors and researchers continue to tell us to get our shut-eye. Lack of sleep affects the processes that keep our heart and blood vessels healthy, making it difficult for the body to heal and repair. Research shows that sleeping fewer than six hours per night, as opposed to seven to eight hours, could increase a person's risk of atherosclerosis, a condition in which plaque builds up inside the arteries.

BEDTIME MAKES A DIFFERENCE?

We already know that people who don't sleep enough are more likely to get cardiovascular disease, but does our bedtime affect our chances as well?

As adults, we may not think about our bedtime very much, but it can be very important for our heart health. A study published late last year in the European Heart Journal – Digital Health reveals that adults should put just as much emphasis on their own sleep cycles as on their kids'.

Researchers found that going to bed between 10:00 p.m. and 11:00 p.m. local time lowers the risk of developing heart disease compared to any other time of night. People who hit the sack after midnight have a bigger chance of heart-related declines in health. The study also found



that that even bedtimes earlier than 10:00 p.m. increased the risk of cardiovascular disease in adults.

From the results of the study, the researchers shared that deviating from the body's ideal bedtime in the body's 24-hour cycle can be harmful to our heart health. But why would going to sleep after midnight be the riskiest time of night to hit the hay? The study's results showed that diminished exposure to morning light disrupts the

body clock, or circadian rhythm. This, in turn, can put stress on our cardiac system.

THE DATA

Statistically, the study says that people who fell asleep after midnight had a 25 percent higher chance of developing heart disease compared to those who went to bed between 10:00 pm and 10:59 pm, which researchers noted as the bedtime sweet spot. Those going to bed between 11:00 p.m. and midnight had a 12 percent greater risk of developing heart issues. Meanwhile, people with a bedtime earlier than 10:00 p.m. also had a 24 percent higher risk for heart problems than those going to bed after 10:00 p.m.

SLEEP TIMING MORE IMPORTANT FOR WOMEN

When women sleep at wide-ranging times each night, the endocrine system responds to a disruption in circadian rhythm, so the risk of heart health may be more pronounced in women than in men. The experts noted that the gender difference was a "surprising finding" of the research and possibly could be linked to the hormonal impact of menopause or endocrine differences between genders.

Alternatively, researchers also speculate that the older age of

study participants could be a perplexing factor since women's cardiovascular risk increases post-menopause, meaning there may be no measurable difference of the association between women and men. More research is needed, but if findings are confirmed in other studies, sleep timing could become a factor to lowering heart disease.

BACK TO BASICS

To feel rested, most experts agree we should follow the fundamentals: a well-balanced diet, regular exercise and adequate sleep. When it comes to getting our 40 winks, we should take it seriously. Should we adjust our bedtime? Maybe, according to the study, but the CDC offers simple ideas to snooze:

Try to go to bed and wake up at the same time every day, including weekends. Sleep in a dark, quiet place set at a comfortable temperature. Eliminate electronic devices from the bedroom. These can interfere with sleep.

Avoid caffeine, alcohol and large meals before hitting the pillow. Exercise! Physical activity during the day makes it easier to fall asleep that night.

For the best rest ideas, talking with our doctor or healthcare provider can make a world of difference. If you have symptoms of a sleep disorder, a health practitioner specializing in sleep can offer some suggestions for shut-eye, which will keep our heart healthier in the long run, no matter what time we go to bed. •

SOURCES: academic.oup.com, cdc.qov and healthline.com.



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SAN JOAQUIN MEDICAL SOCIETY HOLIDAY PARTY

n December 9, 2021, after nearly two years of canceled events, members of the San Joaquin Medical Society were excited to celebrate the holidays and 2020 Lifetime Achievement Award recipient, Dr. Peter Garbeff. They were honored to be joined by a record of 16 past presidents of SJMS. It was a festive evening of fellowship among friends and colleagues. •

PHOTOGRAPHY BY TIM ULMER



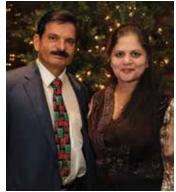






















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10 my community

JOAN SINGSON

BY HERLIFE STAFF | PHOTOGRAPHY BY AR DESIGN

Stockton, California, resident Joan Singson was born and raised in the Philippines. "My family moved around a lot following our father's work as a geologist and mining engineer," she notes.

We talked recently with Joan to learn more about her.

HLM: What's your occupation?

JS: I work for San Joaquin County Clinics, where I serve as the director of population health. That entails a lot of looking into what our patients need and improving health outcomes. But I tend to play out of bounds because I think that truly making an impact on a population of patients, we can't limit ourselves to the individuals in focus. Rather, we have to look at things with a broader lens and figure out how to best address community health needs within the healthcare delivery framework. I see it as community health, because ensuring the health of patients cannot be limited to the exam room. Since February 2020, my work has been mostly focused on COVID mitigation. We have been

part of the initial group that developed strategies to reduce the negative impact of the pandemic. We are in it for the long haul, continuing to work with other county agencies and community stakeholders in ensuring an equitable provision of vaccination and testing services to our community and supporting the work of our public health services department. If we're going to get out of this, we're going to have to do it together.

HLM: How long have you lived here? What do you love most?

JS: I have lived here longer than I lived in my home country. I love it here. I had opportunities to move to other cities, but I chose to stay.

It's geographically ideal for me. There's the delta, and I'm 45 minutes away from nice day hike, fishing locations; and an hour and a half away for a city or coastal getaway; and right in the midst of agricultural heaven. I love our farmers markets, our local vineyards and the variety of food options.

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

JS: This is my community, my home. I've been here long enough to understand that it has its struggles; know that there are a lot of resources to positive outcomes; and build relationships with people who want to make a difference. I have the mind that if there is something I can do to help, I'm in.

HLM: What sparks joy for you?

JS: Someone once told me that my eyes sparkle when I am working with people, helping people.

HLM: What's your free time passion?

JS: Outside of work, my time is best spent in my garden, my hand in the dirt. I'm the person that picks up an earthworm on the sidewalk and throws it back onto the dirt. I love taking short or long hikes, preferably along a river trail, a meadow or up a hill somewhere.

HLM: Top three bucket list qoals?

JS: Throw a big post-pandemic party; explore other countries; and then find a way I could help my community further. Run for office, right?

HLM: Do you have a favorite quote?

JS: Yes, one that I go back to when I start second-guessing myself. My brother and I watched Kung Fu when we were young. I was about nine. I'd be scared of the dark and he would say this thing that Master Po would tell young Grasshopper, "If you plant rice, rice grows. If you plant fear, fear grows." It keeps me going. I think it has relevance in a lot of situations we find ourselves in even today.

HLM: What are you currently reading?

JS: COVID updates from CDC. I am usually too tired by the time I get home and my weekends might as well be weekdays. There was a time I would have three books by my nightstand, a serious book on history, science or politics, a novel, usually a thriller, and something like Terry Prachett. One of my all-time favorites, The Year of Living Biblically, by A.J. Jacobs; it's hilarious! Then there's Confessions of an Economic Hit Man by John Perkins. I loaned it so many times to different people, I lost track of the book. But books are meant to be read, not sit on the shelf. This is definitely one to share.

HLM: Favorite food or dessert?

JS: I have an eclectic taste in food. I'm an adventurous eater, the type who goes to local markets to observe and taste what locals would eat when I travel. I like the small plates type of meals. I'll enjoy appetizers and take home my entrée if I'm not paying attention. I'm the same with desserts. I'll stand in front of the display case at Podesto's and take my sweet time. I'm soft on tiramisu, fruit tarts and crème brûlée. Black coffee to go with, please! ◆







TILLIE LEWIS Queen

STORY AND PHOTOS COURTESY OF SAN JOAQUIN COUNTY HISTORICAL SOCIETY AND MUSEUM

Have you heard about Tillie Lewis, the Tomato Queen? Born to a poor, Jewish immigrant family in Brooklyn in 1901, Tillie was a leading entrepreneur and businesswoman in the United States and maintained her headquarters right here in San Joaquin County.

fter her marriage to a wholesale grocer ended in the mid-1920s, she began a relationship with Italian industrialist Florindo del Gaizo, a tomato baron from Florence. Together, they opened a stock brokerage in Manhattan. After the 1930 Smoot-Hawley

tariff act led to a 50 percent tax on Italian imports, Tillie launched a major domestic cannery venture in Stockton to fill the market niche. After persuading local growers to experiment with San Marzano tomatoes, she convinced Pacific Can Company to build a cannery near the new Port of Stockton in

1935, which she promptly purchased. The Flotill Foods Corporation, co-owned by del Gaizo, was a smashing success. By 1940, San Joaquin County grew more tomatoes than any other county in the United States.

Historical events in the 20th century benefited Tillie's success; Flotill Foods





After persuading local growers to experiment with San Marzano tomatoes, she convinced Pacific Can Company to build a cannery near the new Port of Stockton in 1935, which she promptly purchased.

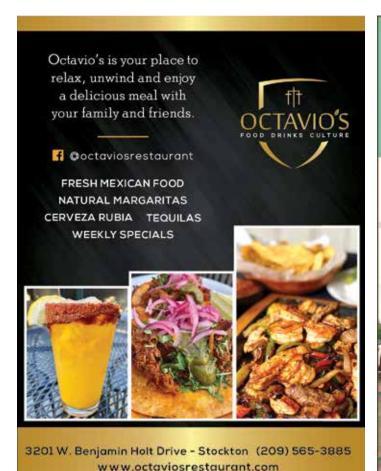
successfully acquired military contracts and became the U.S.'s largest supplier of Army C-rations during WWII and the Korean War. In line with changing trends in health, Tillie stayed ahead of the curve by launching one of the first documented low-calorie diets in Tasti-Diet Foods, which leveraged saccharin and protein to create a sense of fullness. By 1954, the diet had been endorsed by the American Society of Physicians and was available at over 800 grocery outlets around the country. Tillie cultivated a powerful narrative of having struggled with her weight and developing a solution that could be shared publicly.

Perennially innovative, Tillie was a trailblazer in the domain of equal rights in employment practices. Having personally experienced discrimination as a Jewish

woman in New York City, Tillie was one of the first major private employers in California to hire people of color on an equal-pay basis with whites in the 1930s. In 1941, she signed what she called the "first full union contract in the history of agricultural labor in the United States," which allowed her firm to avoid labor strikes for decades.

A true hero in San Joaquin County, Tillie Lewis also was a champion for working people. A dominant fixture in Stockton's public life in the mid-20th century, Tillie is honored today with a theater at San Joaquin Delta College and with Tillie Lewis Drive near the Port of Stockton. To learn more about Tillie, visit her page at the Smithsonian National Museum of American History, today. ♦





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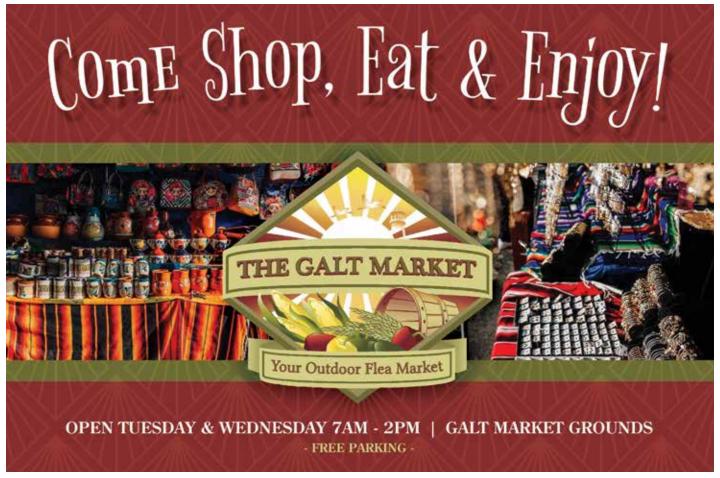
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MELON SALAD WITH FENNEL AND GORGONZOLA

RECIPE & PHOTOS BY LAUREN LANE | LAUREN-LANE.COM



INGREDIENTS

DRESSING

1/4 cup freshly squeezed orange juice 2 tablespoons freshly squeezed lime juice 1/4 cup honey 1 teaspoon kosher salt 1/2 teaspoon freshly ground black pepper 1/3 cup olive oil

SALAD

6 cups seedless watermelon, rind removed, cut in 1-inch cubes 5 cups cantaloupe, rind removed, cut in thin wedges or cubes 1 fennel bulb sliced very thin 1 cup whole fresh mint leaves, julienned 10 ounces gorgonzola dolce or crumbled

DIRECTIONS

Whisk together the orange juice, lime juice, honey, salt and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator. Place the watermelon, cantaloupe, fennel, mint and gorgonzola in a large, beautiful bowl. Drizzle with enough vinaigrette to lightly coat the fruit and toss well. Taste for seasonings and add more vinaigrette or salt and pepper if needed. Serve immediately. •

TIPS...

1: You may substitute peaches and plums or apples and pears for the melon. Whatever fruit is in season will be perfect.

2: Try adding sliced red onion, arugula or toasted walnuts.

3: You may substitute feta, blue or goat cheese for the gorgonzola cheese.

LODI CHAMBER OF COMMERCE DINNER

The Lodi Chamber of Commerce held its 99th annual Dinner and Outstanding Citizens Award Celebration on Thursday, January 27, at Wine and Roses in Lodi. The chamber recognized the Outstanding Citizen of the Year, Business of the Year, Small Business of the Year, Ambassador of the Year, Street Faire Volunteers Years of Service and Agribusiness Person of the Year.

PHOTOGRAPHY BY THE LOCAL STUDIO





















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THE STOCK PROSPECTUS: WHAT TO LOOK FOR AND **HOW TO READ IT**

BY DAPHNE TAYLOR

It's about time for spring cleaning, and what better way to kick off spring than to get your financial house in order while you're reorganizing your living space. If you're thinking of making investments with your money, there's a lot to consider. But before you make a move, it's a wise idea to check out a company's stock prospectus!



- · The trading history of the company, usually for the past three years
- · Illustrative financial objectives and the main risk factors associated with investing in the company
- · A profit and loss account, balance sheet and notes relating to both
- · The executives' former directorships

- spectus includes investment objectives and strategies, past performance, risks, performance distribution policy, fees and expenses and fund management.
 - Here are other details you can find in the prospectus:
 - · The company directors and advisors

prospectus

- · Key statistics relating to the issue, such as the number of shares; the price; the market capitalization at that price; the proceeds the company will receive from an IPO
- · Significant legal or tax matters related to an IPO
- · How to apply for shares and the terms of applications

As you can see, the prospectus gives you a clearer picture of where you are investing, and it helps to keep you from being misled. You can obtain the prospectus by mail, phone and email or through a financial planner or advisor. In some instances, you can view it on a company's website. Once you obtain the report, you might find that it's not a very exciting document to sift through; however, it is necessary for you to obtain in order to make an educated decision before investing. You might also find it difficult to read or interpret. That's normal. Here are a few interpretations to clarify for you.

Here's some sample language from a prospectus for a company. Let's start with the "Risk Factors" section, which contains important information.

The Prospectus Says: "Information contained in this prospectus relative to markets for the company's products and trends in net sales, gross margin and anticipated expense levels, as well as other statements including words such as 'anticipate,' 'believe,' 'plan,' 'estimate,' 'expect' and 'intend,' and other similar expressions, constitute forward-looking statements...actual results of operations may differ materially from those contained in the forward-looking statements..."

Interpretation: Every forward-looking figure in the prospectus is only a projection. Therefore, there is no guarantee the company will meet all or even any of its targets for sales or profits.

Here's what else the company says under "Risk Factors."

The Prospectus Says: "Risks for the Company include, but are not limited to, an evolving and unpredictable business model and the management of growth...There can be no assurance that the company will be successful in addressing such risks, and the failure to do so could have a material adverse effect on the company's business prospects, financial condition and results of operations."

Interpretation: This company faces substantial risks. If it fails to address these potential pitfalls-this is always possible-there's a good chance that the company will go broke.

Here's more.

The Prospectus Says: "The Company believes that it will incur substantial operating losses for the foreseeable future, and that the rate at which such losses will be incurred will increase significantly from current levels. Although the company has experienced significant revenue growth in recent periods, such growth rates are not sustainable and will decrease in the future."

Interpretation: According to the prospectus, this company is losing money and will continue to lose money in the foreseeable future. Company growth rates will slow.

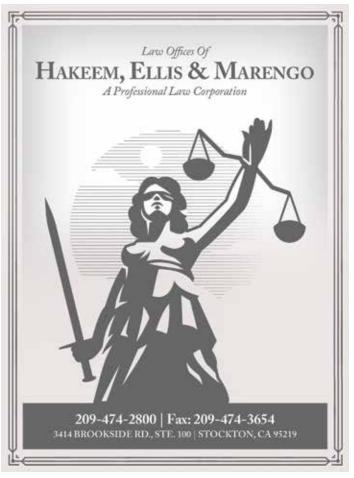
If you find such statements in a company's prospectus, this is like finding a gold mine. It tells you that profits will be negative for some time. This is definitely what you want to know before you invest in it.

Reading the prospectus means getting through some legalese and cautionary statements that tend to protect the company more than the investor. Nevertheless, the legal nature of the prospectus can provide the investor with important information about the company and its prospects as an investment tool. When reading the prospectus, pay more attention to information that is unique to the company, rather than information that might apply to any public company. Look at the experience of the principals and managers; their track record of success may provide confidence for the success of a new venture. Do some of your own product or market research to get a feel for its viability.

When you do your homework by investigating a prospectus, you are more likely to become a wise investor of your money! •

SOURCES: bankrate.com, incademy.com, investinganswer.com, investopedia.com and nasdaq.com.



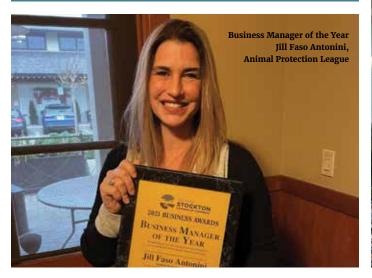


GREATER STOCKTON CHAMBER OF COMMERCE

2021 BUSINESS AWARDS HONORING LOCAL BUSINESS

HERLIFE Magazine congratulates these businesses and individuals, recognized by The Greater Stockton Chamber of Commerce, for their hard work and dedication to the Stockton Community. Congratulations! For details on each of these recipients, please visit stocktonchamber.org/events/businessawards. •

PHOTOS COURTESY OF GREATER STOCKTON
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THE HOUSE THAT SHE BUILT!

BY CATIE WATSON

When you hear the term "home builder," you may picture a man with a hardhat and toolbelt. The stereotype exists because 90 percent of the construction industry is male. On construction sites, the percentage is even lower, with fewer than 3 percent of workers being female.

hings are beginning to change. Despite historic barriers, women are forging their way with jobs in all aspects of construction and building. They are finding careers in home design and engineering; construction sales and management; and construction trades, including as carpenters, roofers, electricians and painters. Don't call them homemakers; women in the construction industry have earned the title home builder.

Professional organizations such as National Association of Home Builders (NAHB) and its Professional Women in Building (PWB) Council support women in the industry with networking, education and professional

development opportunities. The PWB Council works at the local, state and national levels to further the success of women in construction.

Most women working in construction rarely work with more than a handful of other women on a project. Recently, the Utah branch of the NAHB PWB gave a group of qualified women the opportunity to work on a significant project staffed entirely by skilled female labor. The team of designers, planners and builders came together in Utah for The House That SHE Built with the goal of educating women about career possibilities in the construction industry.

The result of their labor is a 3,200-square-foot home in a masterplan community in Saratoga Springs, Utah. Completed in 2021, it was featured in the Utah Valley Parade of Homes, an annual showcase of new, high-end designer homes. There was no specific client for the



home, but the designers had a small family in mind.

Kristi Allen, a third-generation builder and owner of Woodcastle Homes in Lehigh, Utah, developed the idea for the project with other members of the Utah PWB. Their goal wasn't to prove that women can do the job better than men. Allen is quick to point out that women in construction appreciate the experience and skills of their male co-workers. The group wanted a chance to tell the stories of women working in the industry and to serve as a beacon to girls and women who may not be aware of the variety of construction careers available. "There's a place for you here if you're interested," says Allen.

Many women on the SHE

team balance work and family responsibilities, so the home was designed with that lifestyle in mind. According to the Utah PWB website, "The home design is centered on functionality for a family, from a woman's unique perspective...Strength, courage, grit, determination, balance, color and resilience are all represented within the design."

Some of the home's unique family-friendly features include a basement play area with a jungle gym and rock-climbing wall so the family's children have a way to burn off energy indoors during cold Utah winters. There are family gathering places on the main and loft levels as well as individual spaces in bedrooms and tucked-away niches. Since the home was constructed during the pandemic, the designers included an area that's ideal for working from home.

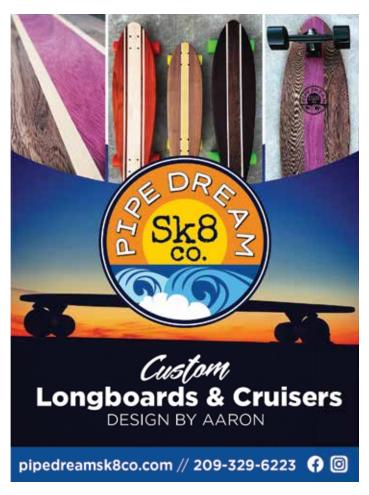
The health and well-being of future occupants of the home were priorities. Natural light floods the home environment. High-perfor-

mance clean air and water systems were included and only toxin-free materials were used. One of the home's architects, Stefani Thatcher of Domani Home Design, believes, "When you are healthy in all areas of your life: heart, might, mind and soul, and your environment is supportive, you will be uplifted and energized to add value to the world."

The home was open for display for two weeks in June 2021, during the Utah Valley Parade of Homes. The NAHB reports that the home was sold in November for \$675,000. Because most of the materials used to build the home were donated, proceeds of the sale were donated to local causes and outreach, including scholarships for women in construction and support for domestic abuse survivors.

The house has been commemorated in a children's book titled The House That She Built, by Mollie Elkman and Georgia Castellano. "It's a very mission-based book because of the project that inspired it," says Elkman. The book was created as a marketing tool to educate young readers about the skills needed to build a house and to keep the project momentum going after the home was completed and sold. The jobs of architects, framers, roofers and many others are described and illustrated. The important takeaway is that it takes a team of people with special skills to complete an important project such as a family home, and those people aren't always men. •

SOURCES: bdmag.com, nahb.org, nahbnow.com, probuilder.com, bls.gov and utahpwb.com.



BUSINESS CALENDAR

BUSINESS EVENTS

MARCH

MARCH 25

SJC Hispanic Chamber of Commerce Awards & Installation Dinner

WINE & ROSES, LODI

Info: sjchispanicchamber.com

APRIL

APRIL 25

Greater Stockton Chamber of Commerce 41st Annual Golf Tournament

BROOKSIDE GOLF AND COUNTRY CLUB, STOCKTON

Info: stocktonchamber.org



those involved in works of charity and philanthropy

Info: philanthropy-summit.com

MAY

MAY 13

20th Annual Golf **Tournament** SJC Hispanic Chamber of Commerce

ELKHORN GOLF CLUB, STOCKTON Info: sjchispanicchamber.com

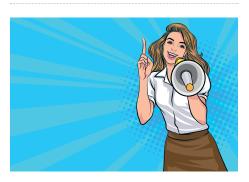


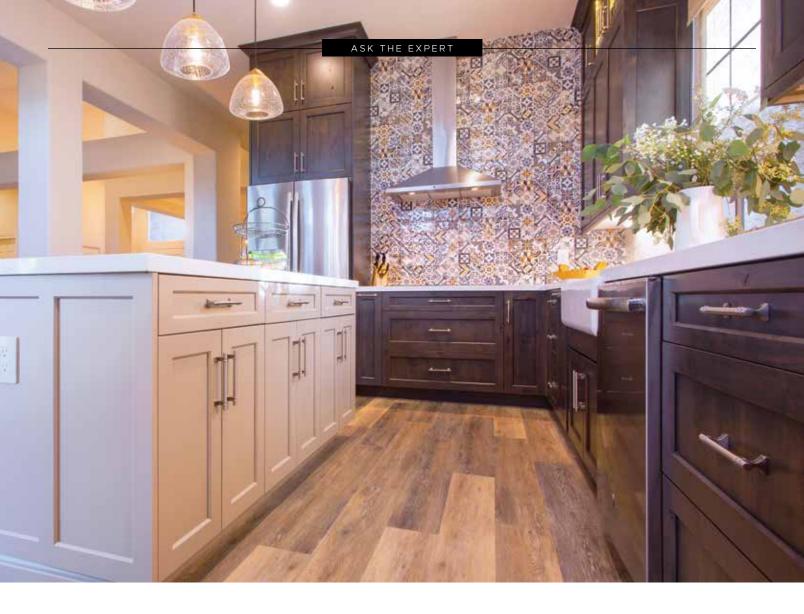
JUNE 16

Leadership Prayer Breakfast

BANNER ISLAND BALLPARK, STOCKTON

Keynote speaker: Dave Dravecky **Info:** leadershipbreakfast.com ◆





DRESS UP YOUR KITCHEN!

BY KATHLEEN JENNISON | PHOTOGRAPHY BY KEVIN RICHTIK

If the layout of your kitchen flows well and functions the way you want it to, you likely don't need to do a full remodel. Instead, consider a partial renovation of the space; call it a makeover, if you will.

hen partially remodeling a kitchen, keep these four elements in mind. A good interior designer will help you make the right choices so that you don't regret your decisions on color, tile and more. Change can be scary for some homeowners, but we're confident that you can move forward with the right team on your side.

REFACE OR PAINT YOUR UPPER AND LOWER CABINETS.

Since replacing cabinetry is a high-ticket upgrade, we always try to use and refurbish the existing cabinets, if they are of good quality, during a partial remodel. Having the cabinets professionally refaced or repainted and paired with updated hardware is a great way to feel like you've gotten new cabinets without the lead time of ordering and installing a custom design.

SELECT A NEW COUNTERTOP AND BACKSPLASH.

Is your backsplash dated? How old is your countertop? Make a statement with a new tile backsplash and a quartz countertop. To dress it up, we suggest using a different countertop color on the kitchen island, if you have one.

SPECIFY NEW FLOORING AND WALL COLORS.

If you love your existing tile or hardwood, feel free to keep it. However, if you're looking for a flooring upgrade that withstands moisture and high traffic, look no further than luxury vinyl planks, or LVP.

The wood appearance of LVP brings high-end design to any kitchen and means you don't have to worry about standing water damaging real wood floors. Plus, LVP won't warp or shrink with use. Be wary, though, of those low-cost LVP floors. It will not look good, and you still need a good-quality flooring.

UPDATE YOUR DINING SET AND BAR STOOLS.

New dining furniture is a must, as this dresses up your space. Whether you add new upholstery to your chairs or fresh linens on the table, you need to make furniture and soft furnishings a priority.

Pro tip: Add Roman shades or valances to your kitchen windows for a completely finished look.

Design tip: Continue your tile backsplash to the ceiling to make a statement and a beautiful focal point with one design element. •





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



THE LAUNDRY ROOM: MAXIMIZING SPACE

BY MARYLIN ISAMINGER

In homes of the previous century, it was an afterthought and may have been relegated to the garage. In new home construction, it's often drawn in the plans as a space the size of a quest bedroom.



hat do you do when your home is in between and you're stuck with a laundry room that could be the size of a powder room? Call an architect, knock out a wall, add a state-of-the-art space and put a home office in there as well? Maybe. In the meanwhile, there are some less dramatic steps to take.

WASHER AND DRYER

Technology today allows you to minimize the time you spend in your laundry room. Smart washers and dryers, such as LG's WiFi-enabled front load washer with TurboWash360 $^{\text{TM}}$ technology and electric dryer with TurboSteam $^{\text{TM}}$ are compatible with their LG ThinQ® app; choose a cycle, start or stop your load and be notified when the cycle

is complete from anywhere in the house.

Stacking the washer and dryer to conserve your limited space has always been smart. Look for a set with cabinet depth, usually 30 inches, to provide more wiggle room. Consider an all-in-one option; select models today range from a 2.3-cu.-ft. compact washer/dryer combo to a 2.4-cu.-ft. combo with wireless technology, saving wall and

overhead space.

Pedestal drawers raise front-loading units, improving access. Many drawers feature sectioned storage areas that will hold a good bit of detergent, dryer sheets and other supplies.

If the room is large enough that the washer and dryer are side by

side, build a countertop to enclose them. This prevents laundry sorting on top of the appliances and protects products from the effects of vibration and heat.

GOING UP!

If floor space is at a premium, examine your vertical space, including the ceiling and corners. A drying rod between walls or cabinets will hold hang-dry-only items; don't rule out going catty-cornered if you can. The latter might take some creative engineering, perhaps with L-brackets for suspension, but the former can be done with a tension rod.

A drying rack is a smart investment if you hand-wash items or don't put delicates in the dryer. Search "space-saving drying racks" and you'll find numerous ideas such as a wall mounted shelf with an accordion pull-out rack that has hooks underneath; ceiling-mounted pull-down racks; collapsible racks that fit against the wall, even a retractable clothesline.

Floating shelves are easy for any handywoman to install and provide a clean look. Extend across the room, hang two or three, corral your products in baskets to avoid a cluttered shelf. Depending on the surface you're working with, you'll need dry wall anchors, molly bolts or toggle bolts if the shelf is very heavy; a drill, a tape measure or level. Measure twice, drill once, and remember that there may be wires or pipes behind dry wall or plaster. The shelves will come with directions, and when you're finished, paint them the same color as the wall for camouflage. Keep a small stool nearby to reach the highest shelves.

CLUTTER CONTROL

Organize your essentials into containers that fit your style. Trays, baskets and glass jars can keep what you use most easily at hand and keep mess to a minimum. A magnetic bin that attaches to a stacked washer and dryer can also maximize space and corral items you need on laundry day.

If you collect vintage items or have attractive glass apothecary jars for display, get rid of that ugly plastic. Decant detergents and other products into jars of the same size. Tuck dryer sheets into a tissue dispenser, hiding that tacky box.

Storage solutions designed for closets offer plenty of ideas. Stash an ironing board on the inside of the door with the Honey-Can-Do space-saving ironing board that easily hangs over any standard door. It folds up and down smoothly and safely locks when upright. The hanging hooks feature cushioned bumpers to protect the door, and it includes a foam pad and cotton board cover. A wire rack with bins or even an over-the-door shoe organizer is easily moved or repurposed to another room, and it clears floor space, making keeping the room clean a snap.

Whatever you may envision to make your life easier and doing laundry more enjoyable, it's out there and available with a few mouse clicks. Before ordering, take good measurements of the space you have; it might be helpful to draw a floor plan and pencil in your appliances and storage ideas. It might surprise you how much room there is when you look at it three-dimensionally! •

SOURCES: hqtv.com, housebeautiful.com, livinginashoebox.com, goodhousekeeping.com and homedepot.com.

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SWENSON GOLF COURSE

SOMETHING WORTH CELEBRATING

BY CASSIDY A. SROCK

This year, on March 26, Stockton's beautiful Swenson Park Golf Course will celebrate its 70th birthday with a swinging party that promises to be a day-long, don't-miss event.

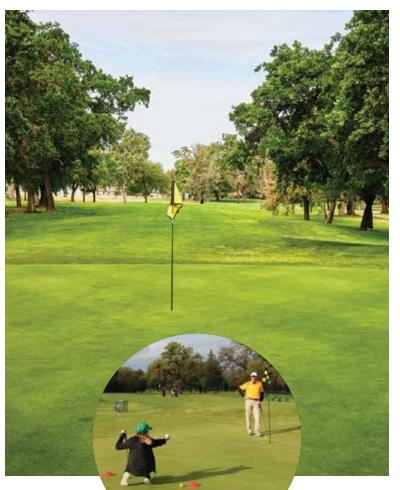
n 18-hole scramtournament is scheduled for 1:00 p.m. Scramble-style golf has relaxed and informal rules; typically, a team of two to four players all take a swing at their ball. Whichever ball is in the most advantageous position becomes the starting point for everyone to take their second swing. This is repeated until someone gets their ball in the cup. The team receives one score and the goal is to beat the other teams.

After the scramble, dinner and drinks are planned. At 6:30, golfers will be treated to a concert headlined by JFB, a seven-piece band featuring Swenson Park Golf Course's general manager, Joe Smith, on vocals and guitar. JFB has

a little something for everyone, Joe explained. "It will be a lot of classic rock covers, a lot of Fleetwood Mac and a little bit of everything," he said. "It's very eclectic."



While it will all be fun and games, merry-makers can rest assured knowing the proceeds generated from the event will go to The First Tee of San Joaquin. The First Tee is a national organization dedicated to teaching the game of golf to children from all walks of life and



socioeconomic circumstances. They believe that through golf, young people can learn important values such as honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy and good judgment.

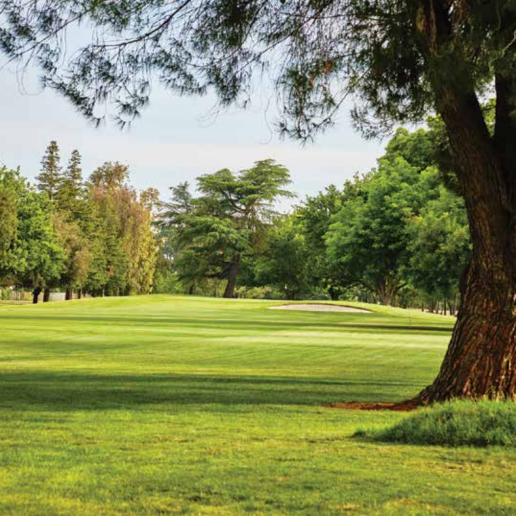
Swenson Park Golf Course is home to the only junior golf league in the county and home to The First Tee of San Joaquin. In 2019, PGA member, youth golf coach and aforementioned guitar player Joe Smith received the Game-Changer Award, which is given by The First Tee to those who are helping to grow the sport.

FINDING A SAFE SPACE

There are endless reasons kids need safe places to go with safe adults to talk to;

the First Tee of San Joaquin gives places of respite to kids. Golf professionals such as Joe work with kids to teach them values they can apply today, tomorrow and for the rest of their lives and have fun doing it.

In a bit of serendipity, Swenson Park Golf Course owes its existence to the concept of children's physical education. In 1917, the State of California passed a law making it mandatory for public schools to include physical education in their curricula. In 1918, Burt E. Swenson moved to Stockton from Wisconsin, which, given the distance and the era, must have been a harrowing journey.

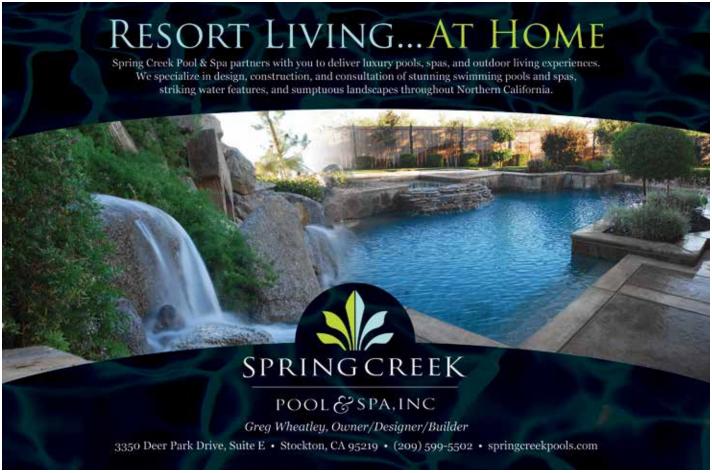


PERSEVERANCE AND DEDICATION

Swenson was a key part of making the physical education program in Stockton a reality. He became the city's director of recreation and held the position for 36 years. He and his wife were very committed to finding and developing recreation areas for children. In 1952 the city of Stockton dedicated 200 acres to be developed into Swenson Park Golf Course. Designed by prolific golf course architect Jack Fleming, the stunning, parklike course with its two-hundred-year-old Valley oaks opened to golfers of all skill levels.

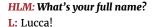
So, while Swenson Park Golf Course may be turning only 70, from Burt Swenson to Joe Smith, history counts more than a century of people committed to helping create safe places for children to experience outdoor recreation in Stockton. That is definitely worth celebrating. •

For more information, visit stocktongolfcourses. com, firstteesanjoaquin.org and firsttee.org.



THIS GIRL LOVES LIFE

BY HERLIFE STAFF | PHOTOGRAPHY BY SYDNEY SPURGEON



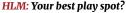
HLM: Tell us about yourself.

L: I would describe my personality as energetic, feisty, sweet and very lovable. I LOVE my humans and although I have crazy puppy energy, I am the sweetest girl!

HLM: What's your favorite vacation spot?

L: Paws down, Lake Tahoe! I went on my first vacation this summer and I absolutely loved swimming in the lake! It was cold but so much fun! I fetched balls, ran on the beach

(on a leash because Mom does not trust me yet!), and made some furry friends.



L: My favorite place to run and play is Sunset Kennels Garden Retreat in Lodi! When Mom has to go on a trip without me (how rude that she doesn't include me everywhere she goes!) I love love going there! The staff is amazing and treats me like a queen. I get treats and get to run around with all my furry friends; every time I go, I run inside and even forget to say goodbye to Mom because of my excitement.

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

L: I love to get under the covers! Mom is a sucker and lets me out of my crate in the early morning and I get to snuggle with her before work and when she gets home, especially on cold winter mornings, I absolutely love getting all warm, it's the best!

HLM: Are you ever a naughty pup?

L: My naughtiest deed is definitely chewing anything and everything



I can get my fresh puppy teeth on. I love Mom's shoes and anything that has her scent on it!

HLM: Who are your favorite people?

L: I am obsessed with my humans! I love love my family! Going on hikes with Mom are the best. I love my older fur sister Miley and wrestling with her.

HLM: What's your favorite treat?

L: Peanut butter! I love peanut butter, although Mom is careful on how much she gives me, it's such a treat when I get some! I

also love puppuccinos, I'm a Starbucks snob just like Mom!

HLM: Do you have a favorite place to get pampered?

L: Nope, that's not anywhere because I am a Vizsla and have very short hair and don't need grooming (saves Mom some money!).

HLM: What else should we know about you?

L: I am an eight-month-old Vizsla puppy. Mom needed a bestie and with God's timing she found my breeder and it was meant to be! We are the best of friends and I make Mom the happiest!

HLM: Where were you born?

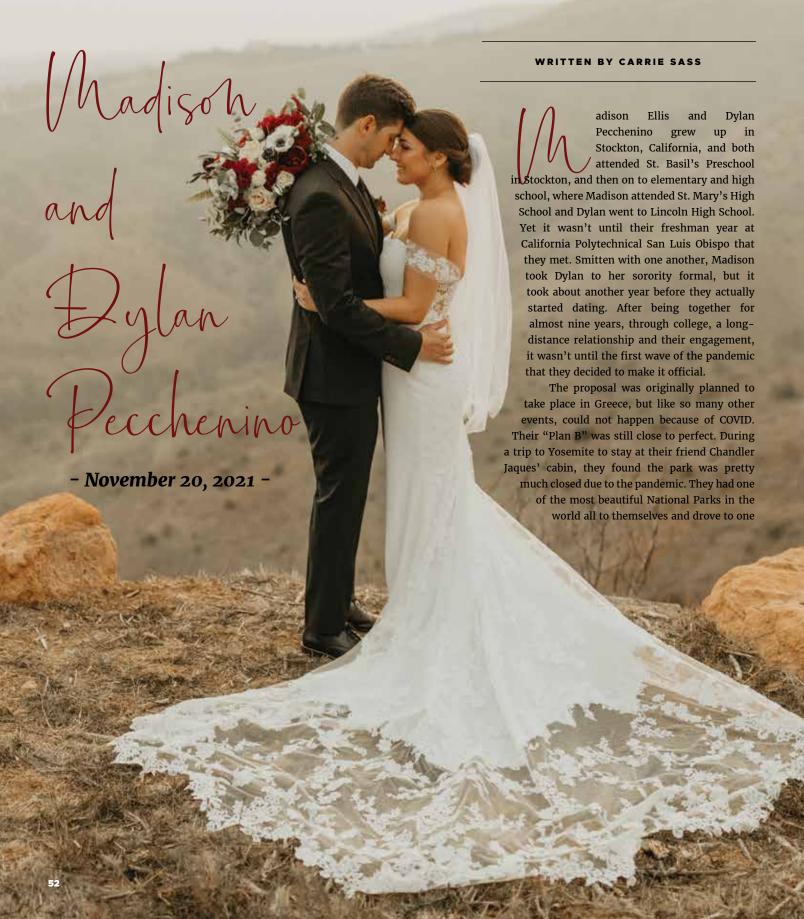
L: In Sacramento, in a litter of six Vizsla puppies. I have two sisters and three brothers. My breeder, Lynn Martin, was the best and took such great care of me until I found my forever home. I am so grateful I was in such good hands!

HLM: Who is your mom?

L: My human parent is Sydney Spurgeon! ◆



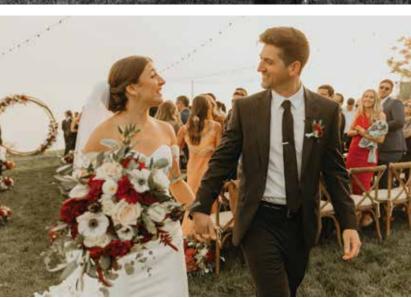
















PHOTOGRAPHY Jessie Schultz Photography

BRIDAL GOWN

Flares Bridal

TUXEDO

Calvin Klein

HAIR STYLING

Design Visage

MAKEUP Design Visage

FLORIST

The Bloom of Time

DJ

Central Studios, Paul Kahler

CATERER

24 Carrots Catering and Events

VENUE

Private Malibu Estate, Uncle Tim

OFFICIANT

Chandler Jaques

WEDDING COORDINATOR

Ashley Monge, Monge Amore Events

CEREMONY MUSIC

DJ Todd Allan, Epic 1 Entertainment

SIGNAGE

Blush & Bloom Design

RENTALS

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DEPARTING SWEET TREAT

Something Dolce









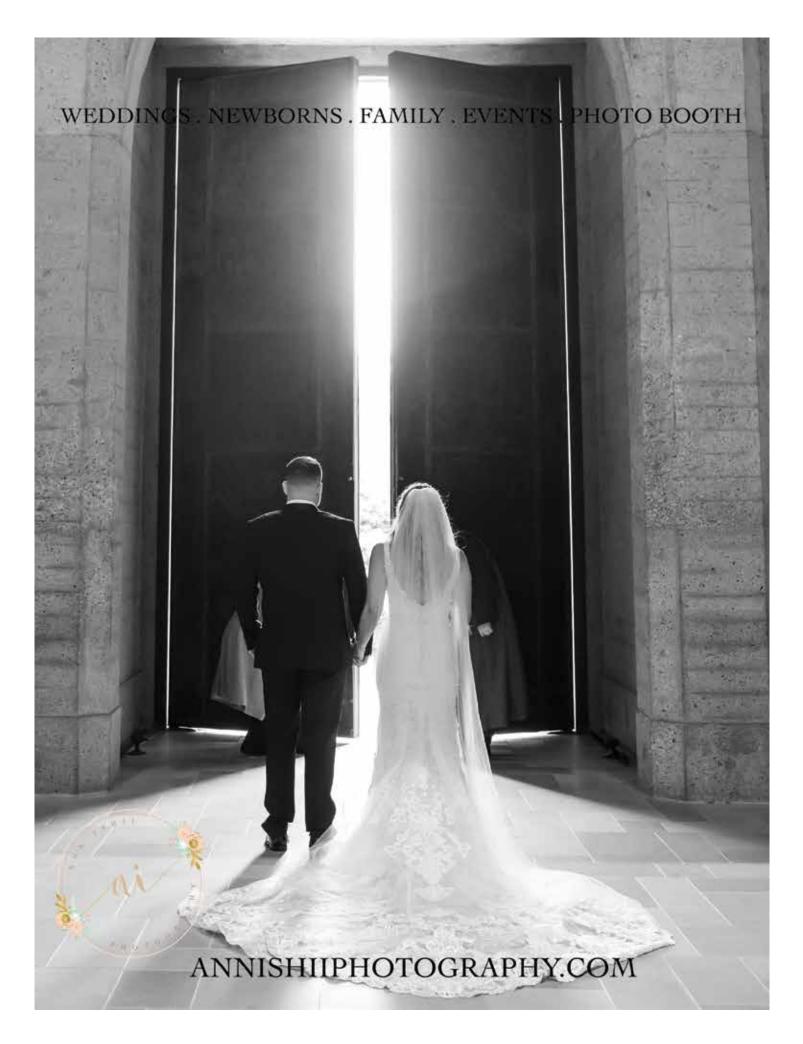
of the famous lookout points with awesome views, including Half Dome and El Capitan. In the midst of posing for a photo, Dylan got down on one knee and asked Madison to marry him.

With a stunning backdrop of the beautiful Malibu hills, the wedding ceremony was short and sweet, with just the right combination of humor and emotion. Close family and friends were there to celebrate with them. Using a variety of beautiful outdoor spaces throughout the property, they were blessed with beautiful weather; after a delicious dinner, the guests danced their way into the evening.

For Madison, the speeches were one of

the highlights. Guests would say they were long, but they are always Madison's favorite part of attending a wedding. The special stories, told directly from their friends and loved ones, those closest to the bride and groom, were extra heartwarming to hear.

Following their honeymoon at Nayara Springs in Costa Rica, the couple returned to their home in Napa, California. Dylan is a winemaker at Aonair Winery and co-owner of Pec & Burl Wines. Madison is in human resources and a recruiter for Duckhorn Portfolio. The Napa Valley fits their lifestyle well, as both Madison and Dylan love the outdoors and keeping healthy through hiking, running and other sports. •



SAVE THE DATE

MARCH

MARCH 12 - 13

Stockton Symphony - Vitality ATHERTON AUDITORIUM, STOCKTON

Info: stocktonsymphony.org

MARCH 13

Hospice of San Joaquin Lobster Boil

STOCKTON BALLROOM

Info: www.hospicesj.org

MARCH 19

Eggstravaganza

MASONIC LODGE. TRACY

HOSPICE OF SAN JOAQUIN - TRACY

BUTTERFLY AUXILIARY

Info: www.hospicesj.org

MARCH 26

Cocktails and Karaoke

CHILDREN'S MUSEUM OF STOCKTON

Sing and dance the night away! **Info:** childrensmuseumstockton.org

MARCH 26

Swenson Park Golf Course 70th Anniversary

SWENSON PARK GOLF COURSE, STOCKTON

Golf tournament, dinner and concert **Info:** joesmith@kempersports.com

MARCH 29

First Tee San Joaquin Spring Tour

SWENSON, MICKE GROVE, THE RESERVE AND GREENHORN CREEK

For golfer and non-golfer boys and girls 5 to 17

Info: firstteesanjoaquin.org

APRIL

APRIL 2

Lodi Wine Festival

LODI GRAPE FESTIVAL GROUNDS

A unique opportunity to explore the Lodi wine region

Info: grapefestival.com

APRIL 9

Lodi Police Chief's Gala

LODI GRAPE FESTIVAL PAVILION

Info: lodichamber.com

Hospice Champagne & English Tea

DATE TO BE ANNOUNCED

Info: www.hospicesj.org

MAY

MAY 1

Lodi Street Fair

DOWNTOWN LODI

Info: lodichamber.com

MAY 6

Feast at the Fox

BOB HOPE THEATRE, DOWNTOWN STOCKTON

Info: visitstockton.org

MAY 6 - 8

San Joaquin Asparagus Festival

SAN JOAQUIN COUNTY FAIRGROUNDS, STOCKTON

Info: sanjoaquinasparagusfestival.net

MAY 7

Walk for The Health of It

LODI MEMORIAL HOSPITAL FOUNDATION

Info: lmhfoundation.org

MAY 7

Hospice of San Joaquin Kentucky Derby West

SARGENT EQUESTRIAN CENTER, LODI

Info: www.hospicesj.org

MAY 12

Cool Cats and Barking Dogs

VILLA ANGELICA, STOCKTON

A fundraiser for the Animal Protection League

Info: cfosj.org

MAY 12

...and every Thursdays through summer Lodi Farmers Market

DOWNTOWN LODI

Info: lodichamber.com

MAY 13 - 15

Golden State Pinball Festival

LODI GRAPE FESTIVAL GROUNDS

Info: goldenstatepinball.org

MAY 14 - 15

Stockton Flavor Fest

WEBER POINT EVENT CENTER, STOCKTON

A celebration of our city's culture, community and cuisine Info: visitstockton.org

MAY 22 - 30

Butterfly Walk

HOSPICE OF SAN JOAQUIN BUTTERFLY

AUXILIARY

Info: www.hospicesj.org ◆





MAY 14 & 15, 2022 stocktonflavorfest.com Weber Point Events Center, Downtown Stockton

Join us at the Stockton Flavor Fest for a two-day celebration of Stockton's diverse cultures featuring delicious food, crafts, makers, a wide variety of music, dance, arts and more!

100% of proceeds benefit local non-profits.

Truly, a festival like no other in Stockton, California.

Produced by Visit Stockton in partnership with the City of Stockton



KIWANIS CLUB ANNUAL CRAB FEED

The Kiwanis Club of Stockton held their 25th annual Crab and Pasta Feed at St. Basil's Greek Orthodox Church on January 25, 2022. Students from the local Key Club membership served a delicious crab and pasta dinner followed by raffles, auctions and a lot of dancing! •

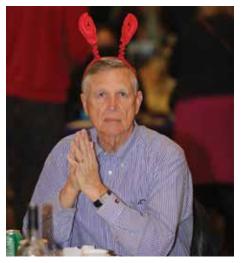
PHOTOGRAPHY BY TIM ULMER















I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. -Maya Angelou-

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