



Artist: Joe Cotruvo

Local Resources • Events • People

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March 2021



Can you feel the new energy around you? Bulbs are peeking up in the garden, fruit trees are budding, roses are awakening, Spring is around the corner, the election is in the rear-view mirror and vaccine appointments are being filled – could travel possibly be around the corner? I can't wait to take a trip somewhere. I won't care if it's on a train, a plane, in the car or on a ship. There are so many places I want to see. Where will YOU go first? I'd love to hear.

This positive energy may bring relief for all of us who have been sheltering in place. From everyone I talk with, there is a brighter outlook for seeing friends and family, dining out, gathering for holidays and family celebrations. Let's continue to be cautious, safe, and also keep that good feeling. As always, we are resilient and last month's new version of the Cloverdale Citrus Fair was a wonderful interpretation of how creative and resourceful we can be. Let's keep it going.

Dana

See you around town,



Juan Favela
enjoys
reading

Cloverdale Connect
between
clients

Front Page Photo Contest Winner

Brandielynn Leighton - View from Pine Mountain



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Gus The Worm Guy, Cottage Industry Index, How
You Can Stick It & Win and more!

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The Gut-Brain Axis

Gina Berry, MS, RD, CLT

Have you ever had something gut wrenching happen and gotten a sick feeling in your stomach? Or, something anxiety-provoking, like giving a presentation, cause butterflies in your stomach? That's because the brain and the GI system are intimately connected—so intimately that they should be viewed as one system, according to some researchers. Did you know that 90% of serotonin is produced in the GI tract, much of it by the gut microbes? Serotonin is a neurotransmitter (chemical messenger in the brain) that helps stabilize our mood, feelings of well-being, and happiness. 50% of dopamine, a neurotransmitter responsible for pleasure and motivation, is produced in your intestines as well. The Gut-Brain Axis is a system of 2-way communication that monitors and integrates gut functions with links to the cognitive and emotional centers of the brain. This is an emerging branch of science with new research coming to light! It reminds us that our bodies cannot be broken up into separate systems and shipped off to one specialist or another. We are integrated and all parts work together in ways we are just discovering!

How can you support your mental health and the Gut-Brain Axis? Add some fermented foods to provide prebiotics (food for your probiotics) and probiotics (beneficial bacteria in your GI tract). Try yogurt, kefir, kimchi, miso, and sauerkraut. Eat a rainbow of fruits and veggies. Incorporate whole grains and reduce consumption of highly processed and refined foods. Get your omega 3 fats a couple times per week – salmon, sardines, or other seafood.

Sewing Soothes The Soul

Michele Armanino

A dress form, fashioned with a lively, patterned apron, stands at the front door at 219 North Cloverdale Boulevard. This circa 1875 building, the second oldest business building in Cloverdale, has housed the city's well-loved fabric store, Bolt Fabric and Home, since August, 2014. Kate Barrett, the owner of Bolt, has had a passion for sewing since her great aunt taught her the skill at age eight. Kate grew up in Morgan Hill on her grandmother's fruit farm. When the trees were dormant in the winter, her great aunt would sew custom clothes for the local clientele. Kate remembers her great aunt's story of paying for the \$180.00, 1938, electric Singer sewing machine, in installments. Today, that very same sewing machine is in the front window of Bolt, surrounded by quilts created and sewn by Kate.



Before she opened her business, Kate researched the kinds of fabric that might be used within the store's demographics: Sonoma, Mendocino, Lake County and the Bay Area. She found that modern, high quality cotton fabrics sold well. Designers, like Kaffe Fassett, with his large floral prints, Tula Pink and Tim Holtz are some of her best sellers. With her fine attention to detail, Kate feels that she has given Bolt its own personal style and unique qualities. Last spring, Bolt was closed for two and a half months due to the on-going Pandemic. Kate quickly took that time to update her website to feature all the fabrics in her store. Curbside pick-up and free shipping were some of the services offered to her customers. The majority of her customers purchase fabric to make something for someone else in need, i.e., masks, quilts, etc. "These are gestures of love." "What a cool business to be in!" Kate exclaimed.

Sewing classes will hopefully resume again this summer with simple instruction for beginners to advanced quilt making. Bolt is filled with colorful shelves of endless possibilities, and like a candy store, you won't know where to begin first!



Cloverdale Connect Published monthly, direct mail distribution 5970, and at participating merchants

Editor, Publisher, Advertising: Dana Johnson • Graphic Designer, Comptroller: Vickie Norris

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Cooking With Dave

David Maciel

Sponsored by Ray's Food Place, Furber Plaza

Many cultures around the world combine rice and meat into a one pan stove top or oven meal. This is my simplified version of a Mexican recipe for Arroz con Pollo (rice with chicken) that will serve three to four people.

You'll need:

Large stove top oven proof pan
6 chicken thighs or legs (you can remove the skin if you like)
1 cup of white rice
1 cup chicken broth or stock, water may be substituted
½ cup of water
½ cup each of chopped onion & bell pepper
1 cup of tomato salsa (mild or hot, your preference)
2 tablespoons of Taco seasoning
½ cup frozen peas and carrots or mixed veggies
Cilantro for garnish (optional)

Directions:

Season the chicken with salt & pepper, brown in a few tablespoons of oil on medium high heat. Remove chicken and set aside, pour off all but a tablespoon of oil. Add the chopped veggies and sauté for a few minutes add the taco seasoning & rice, continue to stir the rice until it starts to become bright white and a bit brown then add the salsa. Scrap the bottom of the pan to loosen up any chicken bits. Mix well for about one minute. Add in the chicken stock or broth - it should cover the rice if not add water and bring to a full boil. Return the chicken by placing on top of the liquid and rice. Cover and reduce the heat to low or place in a preheated oven at 350 degrees for 30 minutes. Remove cover and sprinkle the frozen veggies on top and cover and continue cooking for ten minutes. Check the chicken for doneness - it may need a few more minutes.

Remove from heat and let set for ten minutes, the liquid will continue to absorb into the rice and serve with warm tortillas.



The Creative Corner

Christy Latchford

Oh, the joys of 90's architectural style, said no one EVER. We have all experienced the 90's in house building, salmon colored tile, builds that happened too quick

and cut corners and of course the trend of huge microwaves over the stove for what purpose? Efficiency? Cupboards too narrow for them to fit anywhere else? This year my husband and I decided enough with this silly waste of precious space! Microwave removed, found a home of someone in need (always a win!) and then the question of what to do next?

A smaller microwave for those little things that require its use and a new range hood a bit more streamlined and simple - check! Now the question of do I attempt to sand down the multiple layers of paint that encircled the microwave or do something else? Hmmmmmm...glass tile is so lovely, easy to wipe down, how hard could it be?

Well, the search was involved as there are so many lovely choices. But, with budget in mind and ease I went with a peel and stick glass subway tile by ASPECT. After some research I decided to reinforce with some 3M Super 77 spray adhesive and I set to work. Now thanks to my husband's purchase of a Taurus 3 Ring Saw the cuts were definitely easier as I could set up on the kitchen counter and cut as I went. Another joy of the cut corners of the 90's build is that nothing is even. Anywhere. So, armed with some patience, a bit of moxie and determination and let's be candid some swearing (also I did a sanding and priming of wall with Kilz), ok a lot of swearing and happy day our kitchen feels a bit refreshed and the 90's a bit further in our past.

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From the Cloverdale W Real Estate Team
Tedi, Maria, Charles, Russ, Elsie, Michael,
Debbie, Elissa and Sandra

“Stick It And Win” Contest

Order your FREE bumper-sticker NOW to enter the contest: email info@cloverdaleconnect.com or call 707-322-3403. Place your sticker on your car, fridge, RV or anywhere that's legal and appropriate, take a photo and YOU MIGHT WIN!

Here's how to play - choose one of these 3 methods to qualify to win. Submit your photo of your bumper sticker in place:

1. Via email info@cloverdaleconnect.com or
 2. Mail to P.O. Box 404 Cloverdale 95425 or
 3. Post to the Cloverdale Connect Facebook page
- Weekly random drawing beginning March 1st with one winner each week for 8 weeks.

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Elsie Richardson
W Real Estate

Elsie Domenichelli Richardson is a third generation licensed Realtor. She graduated from SSU with B.A. Degree in Communication Studies/Marketing. She obtained her Real Estate License in 2002. Graduated from CHS, Elsie married her high school sweetheart, Jeff Richardson. She has two grown children, Jaclyn, who is a Registered Nurse in Reno and Scott Richardson, who is a Naval Officer attending the NUPOC Program. Elsie is very involved in her community as a member of the Cloverdale Kiwanis Club, past AAUW member and coached CYO basketball. Elsie has three goats, loves Diet Coke and listens to Frankie Valli and The Four Seasons.



Charles Owens
W Real Estate

Charles grew up in Sonoma County, and is passionate about architecture, contemporary art, and literature. Speaks, reads, and writes fluently in Spanish. He understands the blessing that it is to live and work in extraordinary landscapes of beauty and abundance. Charles is deeply appreciative of the Northern California lifestyle and all that it offers.



Michael Laird
W Real Estate

My wife and I moved our family to Healdsburg in 1974 from Southern California. We moved to Cloverdale in 1997 and have enjoyed everything about this wonderful small town since arriving over 24 years ago. I have a long background in pottery and mixed media art and have just set up the ceramic studio again after a 25 year break.

I sell Real Estate in Sonoma County working out of the W Real Estate Offices in Cloverdale, Healdsburg and Windsor. My tag line is “Real Estate as Art” combining two of my favorite things.

My daughter Charlene and her husband Lee also live in town with my grandson Shane, who started out at 5 years old as the “The Worlds Youngest Monster Truck Driver.” He is still driving at age 13 and goes by the name “Skull Krusher.” Our oldest son Sam lives in Southern California with his partner Marc. We have two grand children and two great grand children. I hope to see all of you around town as we move back to some type of normalcy!



Elissa Morrash
W Real Estate

Elissa grew up in northeastern Pennsylvania, graduating from Temple University in Philadelphia with a degree in Secondary Education/American History and World Cultures. Originally planning to teach, she fell in love with real estate and marketing, a field that combines her passion for helping people with her strong business skills. She served as president of the Building Industry’s Women’s Council. While living in the South Bay, she worked as a director and partner of award-winning advertising agencies.

She moved to Cloverdale in 2005 to become the Vice President of Marketing for Christopherson Homes. A licensed CA real estate agent since 2009, she knows the Sonoma County real estate and business environment well. She has worked in Healdsburg real estate. She served as a Cloverdale Planning Commissioner and was president of the Cloverdale Chamber of Commerce. Today, she serves as the Executive Director of the Cloverdale Historical Society and Museum of History.

Protect Yourself Against Costly Rental Car Mistakes

Craig Clark

CAREFULLY REVIEW YOUR RENTAL CAR CONTRACT

Even with a long line of fellow travelers impatiently waiting behind you at the car rental counter, do not rush through your time there. Before you walk away with the keys, make sure you’ve reviewed all parts of your contract. If you don’t understand any part of the document, ask questions. Don’t agree to or decline any insurances unless you are clear about the product. One of the most frequent complaints from consumers, is they signed the rental contract without reading it and incurred unnecessary charges as a result. Read the contract before you sign it!

CONFIRM HOURS OF OPERATION

Many rental car locations, especially ones located off-airport, have specific hours of operation. These outlets will have precise instructions for off-hour returns. Be clear about those return protocols and follow them to the letter. If you discover at the check-in counter that you’ll be returning during off hours, ask for specific instructions and note the agent’s name. Make certain you are clear as to the exact return location. You could incur hefty fees if you return the car to the wrong place.

TAKE PHOTOS AND VIDEOS

Get your phone out and take photos to document the state of the car at pickup and return. This is critical if you’re returning the vehicle without an attendant present. Carefully video and photograph all parts of the car AND the gas gauge to prove you’ve returned it with a full tank if required.

Park in a well-lit area near a security camera and lock the car. To protect yourself against surprise car rental charges and mistakes, note if there are security cameras on the lot when you return the vehicle. Park as close as possible to those cameras, and preferably under a spotlight.

REVIEW YOUR ACCOUNT

Within 24 hours of your car rental return, you should see an update in your account that the company has scanned your vehicle. If not, call the branch directly and inquire about your car rental return to ensure that it is confirmed as returned.

From “Elliott Advocacy” Feb 8, 2021 issue

CELEBRATIONS OF LIFE

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Cloverdale Regional Library News

Donna Romeo

March is Women’s History Month, which got its start on March 8, 1857 when in New York, garment workers staged a protest for better working conditions and pay. March 8 then became International Women’s Day. In 1978 Sonoma County schools observed Women’s History Week surrounding that date. The idea gained momentum and by 1987 Congress declared March as National Women’s History Month.

Come to the library and check out the items we have on display celebrating the many achievements of women. We are open for curbside pickup on Mondays and Tuesdays from 12 -7 and Wednesday through Saturday from 10 - 5.

If there is something you would like to read, listen to, or watch, let us know and we can work on getting it for you. We have access to our collection and we have Link+, a consortium of libraries in California and Nevada that share their materials with us providing access to over 9 million titles from academic, public and special libraries. We look forward to helping you “discover, learn, share!” Call us at 707 894-5271.

The 1918-19 “Spanish” Flu Pandemic in Sonoma County

Kay Wells



A look back at that pandemic as experienced here in Sonoma County (does any of the following sound familiar?): Schools began closing in Oct. 1918. By 1919 the pandemic was at its peak, all schools were closed, as were all places of amusement and entertainment and public gatherings of any nature. The Red Cross instructed citizens how to make masks. Merchants were instructed to wear masks when serving the public. Out of work teachers prepared meals for sick patients at an emergency hospital. Doctors and nurses were diverted to serve WW1 casualties. Makeshift hospitals were set up to treat the victims.

Death records show that 175 persons died in Sonoma County, (pop. 52,090) and 675,000 in the greater U.S.; 500 million people worldwide had been infected with no vaccines available. The pandemic eventually petered out by the end of 1919 when enough of previously infected persons had built up immunity

Harold Minkin Now Eylea Spokesperson

Cloverdale resident Harold Minkin is getting his more than 15 minutes of fame as a spokesperson for Regeneron’s eye medication, Eylea, which is prescribed for Age Related Macular Degeneration. For the past seven years, Harold has been receiving treatment and upon receiving an email from him about his vast improvement, he was asked to be a spokesperson for the company. They even flew him to Washington DC where he spoke to high school students in a STEM (science, technology, engineering, math) competition. Photos and video of Harold Minkin appear on the Eylea website <https://eylea.us/amd/about-eylea>.

Harold’s notoriety is a great reminder to see your eye care doctor whenever your eyesight is causing you concern. Harold became his own health advocate, seeking an ophthalmologist to test his eyesight and treat his issue. Due to his treatment with Eylea, his overall vision has improved and he especially enjoys that when playing golf. Harold says: “When I golf now, I don’t have problems looking at the flag where the hole is located! In addition, my stress level has gone down as I am not experiencing anxiety feeling that my vision is getting worse.”

Gus, The Compost Worm Guy

In 2019, Gus Delarosa bought a place just outside of Cloverdale. The owners left behind a large ice chest with a broken lid and he learned that he could use a cooler to make a worm farm and create compost from organic waste. He prepared the ice chest with cardboard, shredded office paper, leaves, coconut coir, and food scraps, added some worms and that was the start to a very satisfying hobby.

This first worm bin thrived to nearly double the population in about four months. He added more broken and discarded coolers and turned them into worm bins. Soon after, Gus’s refrigerator broke so he tipped it over onto its back, drilled some holes, and turned it into a worm bin as well. Gus has now started to collect old discarded bathtubs.

The purpose of raising worms is to use their castings or “poop” which serves as a rich natural fertilizer for the garden and can be used as a top dressing or prepared into a liquid “worm tea”. Gus’s philosophy is to recycle, reuse, and to re-purpose with the thought of keeping junk and garbage out of the landfills to produce something good for the environment.

To donate kitchen scraps, fruit or vegetables, apple cores, banana peels, melon rinds, egg shells, paper egg cartons, newspapers, or pig, chicken, horse, or rabbit manure, contact Area51compost@gmail.com or (650) 383-8491.



If you have questions about Medicare, I’m here to help

Let’s walk through your plan options together

There are many things to consider when it comes to your Medicare choices. You may be wondering which plan will cover your prescriptions, and what you can expect to pay for your monthly premiums. As a licensed Medicare agent, I can help you understand all your options – so you can have all the benefits you deserve in the coming year.

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Preserve Smokey's Past, Promote His Present, and Protect His Future



Did you know there is an actual Smokey Bear Association? Association members are Smokey Bear collectors but they collect not for just value but to preserve as many items produced by the US Forest Service as well as commercial items for future generations to view.

The Smokey Bear Association, formerly the Hot Foot Teddy Collectors Association (HFTCA) was founded in 1995 by retired fire captain specialist, Jim Van Meter of California. As the new organization grew, it attracted some of the largest collectors of Smokey Bear memorabilia in the US.

The club ultimately evolved into a nationwide organization with hundreds of members who regularly buy, sell, and trade with each other which would never have been possible without the formation of the SBA. Debuting on July 1, 1995, the first issue of the Hot Foot Teddy Collectors Association newsletter was an attempt at providing "a formal method of reaching lovers of Smokey Bear across the country." The club was first referred to as the SBCA: Smokey Bear Collectors Association. It was changed to the Hot Foot Teddy Collectors Association in the March 1997 News.

On August 16, 2012 by a majority vote of the membership, the name of the Association was changed to the Smokey Bear Association. For more information, go to Smokey Bear Association - Collectibles and Memorabilia or contact Carolyn Ramos (707-894-2037) who is a member and a Director of the Smokey Bear Association.

Whisker Talk:

News, advice, and observations on life with pets
Brigid Wasson



What if your dog pulls and is difficult to walk? Choosing the proper collar can make walking easier. Here is a brief review of four types of collars.

- 1) The choke chain is as old school as it gets. It can help with pulling, but must be sized, fitted, and used a certain way to be effective. If not, it can actually choke the dog as the name suggests.
- 2) The pinch collar is a controversial tool. This isn't my tool of choice but it can help starting walks with a very large and unruly dog who otherwise wouldn't be taken out.
- 3) The martingale is my go-to. It tightens when pulled, so the dog can't back out of it, but not indefinitely like the choke collars. I prefer the kind without buckles so it cannot break, even while walking a dog prone to panicking or bolting.
- 4) The buckle or snap collar is NOT a good tool for walking. If you attach the leash to this collar and your dog slips out of it, you now have a lost dog with no ID.

Daily exercise is the best training. If you're unable to walk your dog, ask for help from a friend or a pet sitter.

Video https://youtu.be/b_qWAVXMCyAM

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Green Thumb Garden Club Annual Plant Sale

Cloverdale's Green Thumb Garden Club will soon be having its annual plant sale

featuring a wide variety of vegetables, flowers, and herbs. You can order online and have the option of either picking it up, or having your order delivered free of charge anywhere in Cloverdale.

The sale will begin on April 9th at 10 am. The web address will be: saleslogistix.com/plants.htm **DO NOT ATTEMPT TO ORDER BEFORE APRIL 9!**

Please note: The Green Thumb Garden Tour planned for May 2nd has been postponed until Spring of 2022. It was decided that considering the pandemic and lack of vaccinations, there would not be enough volunteers to manage the tour successfully. Hopefully the Garden Tour will be resurrected next Spring.



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Alexander Valley Healthcare Provides COVID-19 Vaccines and So Much More

Despite the trying times, we are fortunate to be living in Cloverdale. There are many reasons why our community is special – one example is the area's health center, Alexander Valley Healthcare.

Since 1994, Alexander Valley Healthcare (AVH) has been providing compassionate, high quality and affordable care for residents of northern Sonoma and southern Mendocino Counties. From three facilities in Cloverdale, AVH offers comprehensive medical care for all ages, behavioral health and substance abuse services, and dedicated dental care.

Despite this full range of healthcare services, many of us don't realize the benefit of having AVH in our community.

Did you know: AVH served 4,515 patients (41% of Cloverdale residents) in 2019, 4,561 patients in 2020? Overall, there are more than 28,000 patient visits per year at AVH.

Did you know: AVH serves patients from all walks of life in all matters of care, such as behavioral health counseling, general dentistry, vaccinations, etc.? Some locals believe AVH is a health clinic for low-income patients. AVH does serve the less fortunate, but anyone can seek services at the health center. The following is a breakdown of patient's health coverage:

- Medicare: 19% of patients
- Private Insurance: 29% commercial insurance plans
- Medi-Cal: 45% of patients
- Uninsured: 13% of patients have no insurance coverage

Did you know: AVH has plans for construction of a new health center facility in downtown Cloverdale at the open space known as Thyme Square? After two years of negotiating with the city, AVH hopes there's a resolution soon so they can break ground on the new facility.

Did you know: As of mid-February, AVH has given almost 3,000 shots to health care workers and seniors living in Cloverdale, Geyserville and Hopland? The true benefit of Alexander Valley Healthcare to the community has never been so evident than what AVH accomplished in providing this vital service, which included:

- Both the first and second vaccines to 1,223 individuals
- More than 300 shots to local farmworkers
- The first vaccines to another 300 local seniors.

For more information call 707-894-4229, see the AVH Facebook page or visit alexandervalleyhealthcare.org.



The Villas Thanks Our Community

A heartfelt thank you to EVERYONE who contributed and helped The Villas give out over 300 Valentine goodie bags and cards to our local Seniors. This community is so awesome and generous.

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Women's History Month

Melanie Hall

March is Women's History Month, which has been celebrated since 1987. This celebration began with a school district in Sonoma, California organizing a week to honor women and the impact they have made throughout history in 1978. That led to presentations at dozens of schools, a "Real Woman" essay contest and a parade in Santa Rosa, California. Every year since 1987 March is the month for many to reflect on the role women have played in making our nation great.

Marta Cruz is one of the women in our Cloverdale community who is working hard to make a difference for all. In a recent interview, here is what she had to say:

"I serve as the Vice Mayor and assist in food security initiatives as well as securing educational opportunities for youth. Locally, I am a proud Kiwanis. I serve as City Liaison to the Cloverdale Senior-Multipurpose Center and the Cloverdale Fire District. I have served on the City School Board, Chamber of Commerce Board, Library Advisory Board Subcommittees, Boys and Girls Advisory Board, and the Citrus Fair Parade Committee. I was instrumental in establishing the César Chávez Day of Community Service for Youth and bringing representatives from Latinos Unidos to organize women and volunteers in Cloverdale. This has resulted in La Familia Sana under the leadership of Ezequiel Guzmán. This organization promotes health and safe practices among the Latinx community and the community at large. I have been appointed to County Boards such as The Commission on the Status of Women, representing District 4, Chair of the Zero Waste Sonoma Board, JPA, Fellow in the Leadership Institute for Just and Resilient Communities, Cloverdale Representative to the County Ad-Hoc for Homelessness, serve on the Community Services Legislative in the League of California Cities, Committee for the Redwood Empire Division, and an advocate for the needs of Cloverdale.

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March Word Jumble

Unscramble each word

1. elcavroedl

2. gafurridons

3. vrrie

4. segeal

5. ocencnt

6. thotlspgi

7. contmmuyi

8. sentve


9. eercpeneix

10. ilvneatne

11. efrryaub

12. airifes

13. ncaeciv



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WE MUST SUPPORT EACH OTHER
IN THIS FIGHT AGAINST
COVID-19



THE OUTPOST

For the working men and women of Cloverdale.

"We say grace and we say ma'am if you ain't into
that we don't give a damn!" ~ Hank Williams Jr

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February Love Song Quiz Answers

1. Bruno Mars (Just The Way You Are)

2. The Beatles (Something)

3. Bryan Adams (Heaven)

4. Elton John (Your Song)

5. The Shirelles (Will You Still Love Me Tomorrow?)

6. The Box Tops (The Letter)

7. The Lovin' Spoonful (Younger Girl)

8. Neil Sedaka (Breaking Up Is Hard To Do)

9. Bonnie Tyler (Total Eclipse of the Heart)

10. Celine Dion (My Heart Will Go On)

11. Shania Twain (You're Still The One)

12. The Carpenters (We've Only Just Begun)

13. Stevie Wonder (I Just Called to Say I Love You)

14. Lionel Richie (Hello)

15. England Dan & John Ford Coley (I'd Really Love to See You Tonight)

16. ABBA (Take A Chance On Me)

17. Dean Martin (That's Amore)

18. The Flamingos (I Only Have Eyes For You)

19. Johnny Mathis (Chances Are)

20. Elvis Presley (Love Me Tender)





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If you're prone to forget this task, change the batteries when you change your clocks for daylight savings time. Don't rely on the automatic beeping in the middle of the night to tell you when to change the batteries.

After replacement, be sure to hold the test button down to ensure that the detector is functioning properly.





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Little Monsters Culinary

in late 2017, months Carey Angerer launched Little Monsters Culinary after moving with her family to Healdsburg. Little Monsters Culinary is a kids cooking class for children ages 4 years old and up. The classes are hands-on one-hour classes and are designed to get your child cooking and creating in the kitchen.



With no professional chef's training, Carey likes to teach children to cook which she feels helps them develop vital skills. "I work to change their relationship with food and fears around cooking," said Angerer.

Offering various cooking classes, she also arranges field trips to food related destinations. Casey teaches culinary classes to kids ages 4-13. Usually, classes are held all over Sonoma county, including Cloverdale, but since the pandemic she has been unable to work with all the schools and other facilities due to COVID restrictions. Currently, she has been working out of the Villa Chanticleer since last June.


In addition to classes, she also will create a "Private Pod Class" located at your house, barn, garage, garden, etc. for a minimum of 8 children/adults and curate a menu according to your preferences or for a birthday party. For more information carey@littlemonstersculinary.com (707) 955-0973



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Ray's Food Place Now Employee Owned

Local Ray's Food Place in the Furber Plaza, part of C&K Markets, has completed a transaction to become 100% employee-owned through an employee stock ownership plan (ESOP) trust. This enables employees to receive retirement benefits linked to the company's future equity value.

"At our core, we're a community grocery store that proudly serves its neighbors," said Karl Wissmann, president and CEO of C&K Market. "We tailor what we offer to meet the needs of each community we serve. That commitment continues through our Employee Stock Ownership Plan (ESOP), which allows us to maintain our independence and lets employees benefit from our success."

Wissmann noted that the ESOP builds on C&K Market's strengths: employees who go the extra mile for their customers, strong community connections and a passion to continually improving and updating its stores and their offerings.

The C&K Markets chain started in 1956 with one market in Brookings, OR. Today it has 38 stores in Oregon and northern California, operating under the banners of Ray's Food Place, Shop Smart and C&K Market. Currently, more than 1,200 people are employed by the company, which is now employee owned.



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Cloverdale Lion's Club Crab Feed

Don't miss the 18th annual Cloverdale Lion's Club Crab Feed, Drive Thru Edition, Saturday **March 27, 5pm – 8pm**. Tickets are \$45 (approximately 1 1/2 crabs, pasta, salad & roll) and \$55 (includes dinner above PLUS a Bonus Gift Pack) Pick up on Citrus Fair Drive. This event WILL sell out so order tickets soon. Cash or check only. Call Terry 707-889-4653.

All proceeds benefit our Cloverdale Community.



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