



Local Resources • Events • People

Cloverdale Connect

Bringing our community together since 2020

June 2023



Editor's Note

The other day I ran into a friend in the parking lot of the hardware store and we stopped for a few minutes and chatted about what our grown children are up to, what summer trips we have planned, our various ailments - just the little details of life and as I was driving home, I thought of how I've known and loved that person for more than half my life. That's what is so great about living in a small town - I see people I know while I'm out doing ordinary things. So, this summer whether you're at Friday Night Live or watching the 4th of July Parade or grabbing a burger at Pick's, be sure to smile and wave and spread some of that small town love around because that's what makes our Cloverdale community so special. I'll see you around town!

Dana

**Sonoma County
Supervisor James Gore**

and his son enjoy
Cloverdale Connect on
a warm spring day.

Happy Fathers Day!



Front Page Photo Contest Winner

Congratulations **Rebecca Quick**

She won a Gift Card from **MoE's Eagles Nest Deli**

Don't miss the Annual Faire and Parade!



Plan now for the Happy Birthday Cloverdale USA 4th of July Faire – good old fashioned family fun! The Parade begins downtown at 9am and then join the community at the Faire at Citrus Faire Drive for live music, family BBQ, food

& drink, a pie eating contest, carnival games and more!

Interested in participating in the July 4th Parade? There's still time to sign up – contact Savannah at the Cloverdale Chamber of Commerce – savanah@cloverdalechamber.com.

Celebrate the 4th of July at the
Annual Faire and Parade!



Cloverdale Lions Club

Father's Day Breakfast at City Park

Sunday June 18th
7am-11am \$10 per person
Enjoy pancakes, sausage & eggs, juice, milk, coffee
Kids under 5 years old FREE

*Cloverdale Lions
We Serve*

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*Look
Inside!*

CHS Senior Photo Album, Father's Day Photo Album, Tribute to Don Goodman, and more!

Cloverdale Connect Inc PO Box 404 Cloverdale CA 95425





CUSD Person of the Month Lizeth Guerrero

*Sponsored by
Dahlia & Sage Community Market*



Lizeth has been the administrative assistant at Jefferson elementary for 10 years. She is the command center for Jefferson and she keeps all things running smoothly and efficiently. No matter what a day brings, she is able to diligently meet the needs of staff, students, and the parent community with grace and a positive attitude. Lizeth embodies the spirit of Jefferson elementary.

Lizeth attended Sonoma State University where she majored in

Psychology. After a few years of working as an intake counselor she decided she wanted to work in her own community.

Lizeth and her husband live in Cloverdale with their two children and two dogs. She loves spending time with her family. She also enjoys baking, cooking and spending time outdoors.



**CHECK OUT TRIVIA NIGHT AT WOLF HOUSE BREWING
EVERY 1ST & 3RD WEDNESDAY NIGHT 5:30-7:30PM!**



**Please join the family in the
Celebration of Life for
"BBQ" Bob Krucker**

**Sunday June 11th
Noon-3pm,
111 N. Cloverdale Blvd.**

If These Walls Could Talk, What A Story They Could Tell Mary Jo Winter

New York native, Issac Ellis Shaw (1829-1905), came to town in 1872, the same year Cloverdale was incorporated as a city. He was the first president of the Cloverdale Banking and Commercial Company and assisted in starting the Citrus Fair in 1892.

The Issac E. Shaw Building at 219 North Cloverdale Blvd., is one of only two downtown structures listed in the National Register of Historic Places by the United States Department of the Interior. The other is the Gould-Shaw House Museum next door.

Built in 1875 as a post office and express office, it is the second oldest commercial building in Cloverdale. It is also where the first office of the Cloverdale Reville was located in 1879.

Currently home to Bolt Fabric + Home, past tenants have included a jewelry store, ice cream shop, print shop and several restaurants, such as Scandia and 219 North.

In the 1930's, Christo Potter operated Potter's Coffee Shop. His only son, Billie, was an Army pilot whose plane was shot down over Belgium in WWII. His body was never returned. Although Potter died in 1952, some say his spirit still inhabits the old coffee shop waiting for Billie to come home.

Kate Barrett, owner of Bolt Fabric, has not experienced any paranormal events since opening her store, but employees of prior businesses reported hearing heavy footsteps upstairs and finding furniture moved during the night.

Albert and Nancy Walker bought and renovated the building in 1989, opening the Cloverdale Coffee and Ice Cream Company there later that year. They are credited with applying for the building's inclusion in the National Register of Historic Places.

Before moving to E. First St., Michael Shanahan named his print shop Low Knob Press in recognition of the lower-than-normal door knob on the building's front door. Check it out next time you visit Bolt Fabric.



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Welcome to La Familia Sana, Lizbeth



Introducing Lizbeth Pérez, the new Community Development Specialist, recently joining the La Familia Sana team. Born in Mexico City and a Healdsburg resident since 2001, Lizbeth (she/her/ella) is passionate about serving and educating her community. With extensive experience as a social worker, adult educator, and program manager, Lizbeth brings a wealth of knowledge and experience to her role.

Lizbeth has firsthand experience with immigrant challenges, including language barriers, cultural differences, and navigating complex community systems. She understands the importance of affordable housing and community support. She has received immense help from her community as she learned English at SRJC and advocated for her children in Healdsburg schools. She wants to reciprocate all the support she and her family received. Her new position at La Familia Sana gives her the best opportunity to serve a community to which she is deeply committed.

Lizbeth has a certificate in Social Work from Mexico; she completed two years of Economics at UMSNH, and University in Michoacan, Mexico, and is currently a part-time student at SRJC, preparing to transfer to a local university to eventually become a psychologist. With her deep commitment to empowering families and making a positive impact, Lizbeth is a valuable asset to the La Familia Sana team and community.

She is currently dedicated to supporting the Family Resource Center while striving to gain an in-depth understanding of the community's unique needs. Programming is another primary responsibility at La Familia Sana. She is also coordinating the first educational initiative, the RISE program, set to start this summer and run in partnership with On the Margin. This 10-session program is designed to inspire and guide 20 Cloverdale High School students as they explore different career paths and work toward achieving their goals. The organization proudly offers stipends of up to \$1000 to the program participants to ensure they can focus entirely on their personal and professional growth. Anyone interested in volunteering can register through the following link: <https://forms.gle/cwv3TPNd6gFp7mkq7>

Furthermore, she is working on creating the La Familia Sana Comite/Community Committee, which is intended to provide a safe space for a group of Cloverdale and Geyserville residents to gather monthly to discuss community-based projects and engage in meaningful conversations. This group aims to foster collaboration and promote community engagement while working towards the betterment of the community.

La Familia Sana is currently securing funding for its programs, for more information go to <https://www.lafamiliasana.org/>.

The organization appreciates everyone's consideration and support.



HAPPY
Father's
DAY

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My First Wine Walk Michele Armanino

A family member recently participated in the Wine Country Century bike ride on Saturday, May 6, which left my daughter and me thinking about a challenging activity we could do. We chose the Cloverdale Wine Walk.

We checked in at Kelley & Young Wines located in the old library building on Cloverdale Boulevard. Under an umbrella-covered patio, we sipped a Nuits de Young, better known as a red-wine-drinker's rose. Local chef, Robert Montes, from SoCo Paella, entertained us with his cooking skills as he created his specialty, the festive Paella.

We sauntered over to the eco-friendly SoCo Trading on First Street where Shawn poured a bubbly Brut made by his winemaker wife, Lise Asimont. We popped in next door and took in Erin Mavis Clothing's rich display of spring-colored clothes and appreciatively had our glasses splashed with a 2021 Reserve Chardonnay from Fritz Winery.

It rained on us as we skipped down Cloverdale Boulevard holding on tight to our glasses. But respite was quickly found at MoE's Eagles Nest Deli which provided us with complimentary melt-in-your-mouth, buttery grilled cheese sandwiches accompanied by either potato leek or tomato soup. Rolling with the artsy vibe at the Cloverdale Art Alliance, we strolled the gallery and viewed quilt, painting and pottery displays featured by community artists as we imbibed in wines served by Icaria Winery.

Craig, from Trattore Estate Wines, poured us a delicious 2019 Stone soup Rhone red at Nova Salon on First Street which hopped with activities like specialized grooming services and a pop up cookware display. Musician Pat Simmons gave us a nod and a smile as he played some cool jazz on the sidewalk in front of W Real Estate where we sampled Coppola's Director's Cut Sauvignon Blanc and a tasty Cinema red blend.

A thirty-dollar ticket is well worth the price of this four-hour lively event which is held October through May.



PET
of the **MONTH**



Kylie
Jasmine Lorenz

Send your pet photos for
PET of the MONTH to
info@cloverdaleconnect.com

Cloverdale Church Guide

The Church of Jesus Christ of Latter-day Saints
1011 S. Cloverdale Blvd.
Cloverdale, CA 95425
Phone: 707.894.2910

Cloverdale Seventh-Day Adventist Church
1085 S. Cloverdale Blvd.
Cloverdale, CA 95425



Good Shepherd Episcopal Church

Sunday Services At 10:00am
Coffee Hour Immediately Following

The church is open Tuesday mornings from 9-10am for quiet meditation and prayer

goodshepherdclloverdale.org 122 N. Main St, Cloverdale (707) 891-6015



Grace Lutheran Church
890 N. Cloverdale Blvd. Cloverdale, CA
www.GraceCloverdale.org
Join us for worship 10:00 am in person
or by web - Facebook LIVE
"Grace Lutheran Church Cloverdale CA"

Jehovah's Witnesses
27100 Dutcher Creek Rd.
Cloverdale, CA 95425
Phone: 707.894.4490

Living Water Church
450 S. Franklin St.
Cloverdale, CA 95425
Phone: 707.894.3274



If you are looking for a church that:

- Is Faithful to the Word of God
- Teaches that the Bible is without error
- Enjoys music that has blessed Christians for years
- Desires to have a spirit of thanksgiving 24/7

Worship Sundays 10:30 am

Parkside Christian Chapel
553 W. 2nd St.
Cloverdale, CA 95425
Phone: 707.894.2893

St. Peter's Catholic Church
491 S. Franklin St.
Cloverdale, CA 95425
Phone: 707.894.2535

The Bridge Foursquare
50 Commerce Lane Ste. C
Cloverdale, CA 95425
Phone: 707.894.5050



We are a church that tries to follow the example and the teachings of Jesus through the kindness and compassion of our missions. We welcome all of our neighbors with an open mind and without discrimination or judgement. Our messages and music give us hope and lead us to a closer spiritual relationship with God. Please join us.

UNITED CHURCH OF CLOVERDALE
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thrift shop at the united church of cloverdale

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Therapeutic Alliances Virginia Grace Braun

We may have met when I was serving as a Cloverdale High School administrator and teacher. You may not know that I am also a licensed California counselor and psychotherapist as well as a Nationally Certified Mental Health Clinician. You may have taken Abnormal Child and Adolescent Psychology and Counseling courses through Sonoma State with me as your professor or worked with me through the Bilingual Teacher Training program. Others of you may have learned my Heart Meditation or attended a meditation at my home.



My work for quite a while focused on children, adolescents, and parenting. More recently I worked globally with the U.S. Department of Defense with all branches of military service providing counseling to Service Members and their families for the many issues related to military culture and experience. I have counseled in five different countries, on three continents, and in a dozen locations throughout the United States.

My approach is holistic, highly individualized, and integrative. I use a brief solution-focused perspective that is positive, growth oriented and growth producing. Through deep listening and understanding, promoting insight into self and others, improving the quality of communication, resolving conflicts, information giving, enabling decisions, giving support, and fostering self-compassion, I help clients grow forward into a more conscious and empowered version of themselves. I meet with clients in a private, serene environment. We form a therapeutic alliance that promotes self-awareness and inner peace.

Some of my writing has been published, including a chapter entitled, Spiritual Parenting: Equal Souls, Different Roles. I'm currently engaged in creating ecological projects. I appreciate and love being a resident of Cloverdale. There are so many kind, amazing, uplifted people living in our community!

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210 S Cloverdale Blvd., Cloverdale, CA

AVH Updates ~ Kirsten Tellez

Will there be Urgent Care at the new facility? YES! We plan to provide urgent care for illnesses or injuries that are not life-threatening to keep our community healthy and safe and avoid visits to the ER!

Why is the new health center so much bigger?
Building a system of care for the whole person relies on a foundation of primary care. By housing medical, dental, and behavioral health in one building, we increase the integration of services and "warm handoff" and collaboration between clinical teams. While primary care services for our patients will be housed on the second and third floors, the ground floor will be a space for the whole community. AVH will bring in essential healthcare such as, Wound Care, Podiatry and Physical Therapy as well as providing Laboratory Services and space for our partners at Sonoma County Health and Human Services, La Familia Sana and more! We invite your feedback and ideas on services that you would like to see offered to our community – send an email to avhwellnesscenter@alexandervalleyhealthcare.org

Is there a tax assessment associated with the new building?
NO! Currently Cloverdale residents are assessed annually for the Cloverdale Healthcare District, which supports our Cloverdale Ambulance Services and the Northern Sonoma County Healthcare District which supports Healdsburg Hospital, Providence. However, neither of these assessments go to Alexander Valley Healthcare.

Is AVH accepting new patients now?
YES! Call (707) 894-4229 to make an appointment. We welcome new patients in our Medical Center at 6 Tarman Drive and our Dental Office on 3rd Street. We accept most private insurance plans, as well as Covered California, Medi-Cal, and Medicare. If you are uninsured, we welcome you as well! It is our job to make your health our priority by offering sliding scale discounts and full access to medical, dental, and behavioral health services for all regardless of ability to pay. Please visit our webpage at www.alexandervalleyhealthcare.org and click on the link for the Health & Wellness Center or stay tuned to our social media for updated information. We are submitting plans to the City of Cloverdale next month and look forward to a groundbreaking ceremony in the fall!

Pride Month



Sonoma County is home to one of the highest per capita populations of lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) persons in the country, and is made up of all ages, races, gender and sexual identities who both live here year-round or visit regularly from San Francisco and beyond.

Ryan Moffett Awarded Cloverdale Connect Scholarship



Ryan Moffett, son of Raquel & Braden Moffett, is the recipient of the Cloverdale Connect \$500 college scholarship. This scholarship was offered to a graduating CHS senior attending college in Fall 2023 and pursuing studies in publishing, journalism, media or related field.
Ryan will be attending Arizona State University and majoring in Journalism. As a past basketball commentator, along with his participation in other sports programs, Ryan eventually hopes to for a career in Sports Broadcasting.
Congratulations Ryan, Cloverdale Connect wishes you much success and is happy to award our first scholarship to you.

FREE

FILM

2023

SUMMER MOVIE SERIES

03 JUNE 7:30PM	FIELD OF DREAMS HEALDSBURG PLAZA
15 JULY 7:30PM	ZOMBIELAND CLOVERDALE
18 AUG 7:15PM	INDIANA JONES & THE LAST CRUSADE HEALDSBURG PLAZA
08 SEPT 7:30PM	BACK TO THE FUTURE 1ST ST. CLOVERDALE
15 SEPT 7:30PM	STAR WARS: A NEW HOPE HEALDSBURG PLAZA
27 OCT 7:30PM	E.T. 1ST ST. CLOVERDALE

ALL SHOWS START AT SUNSET

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Joe Hawley – In Memoriam



It is with great sadness that we say goodbye to Joe Hawley of Cloverdale, California, who died peacefully on April 19th, 2023, just a few days after his 85th birthday. He was surrounded by his family and loved ones, and knew

he was loved by students and colleagues far and wide. His great skill as a teacher, his endless artistic creativity, and his playful spirit will be forever missed.

Joe Hawley loved the community of Cloverdale deeply, and was very proud of the little town he lived in. He supported and participated in the Cloverdale Alliance and Cloverdale Sculpture Trail over many years. He also loved beer and live music and up until very recently could be found enjoying the lively outdoor events of the area, especially Friday Night Live and Tuesday nights in the Healdsburg Plaza.

He is survived by his loving daughter Jorin and her partner Hannes, his long-time girlfriend Wendy, and his devoted caregiver Robin. He had a loving family, a huge group of friends, and a giant student fan base, so his loss is truly and deeply felt.

Joe's work will be featured in the upcoming Lost in Cloverdale art exhibition opening on July 1st at 14feet, 229 N. Cloverdale Blvd.

Cloverdale Fourth Graders Hit the Cloverdale Sculpture Trail

Janet Howell, Trail Coordinator

With clipboards, pencils and an illustrated map in hand, Cloverdale Jefferson School fourth graders set out on a tour of the Cloverdale Sculpture Trail. Over the course of two weeks in April, I met Jonni Conway, Stephanie Fernandez, Emilie Barrow and Anna DeLaney's fourth grade classes sharply at 9:10 a.m. in front of M.C. Carolyn's, Big Red Candy Apple at the entrance to the library. After a brief introduction of the trail, we followed the map through town with a stop at each sculpture ending up in front of Pierre Riche's, Salvaged Horse, where they examined it and spotted how many old tools were used in its creation. On the reverse side of the map, specific questions unique to each piece were asked, which opened the conversation up to more questions by the students.



I was impressed by the depth of their answers and questions. They studied each piece carefully and answered thoughtfully. At Stan Huncilman's piece, Hekate, the question was: This Sculpture was created for everyone to see something different. What do you see? The hands shot up and their answers were interesting and varied, such as: binoculars, a giant camera, a ship, an engine, a propeller, a man with glasses. At Sculpture Jam's, Derrick, in front of Papa's Pizza, it didn't take long for the students to figure out how to make him speak and make noises. Derrick was the crowd pleaser due to the fact he could talk, was made out of found objects and focused on sustainable energy.

When asked why they thought David Mudgett's piece, The Disc, was voted Best of Show by the judges, some shouted "because it is so cool." Hard to argue with that answer. It was wonderful to witness their enthusiasm for the Sculpture Trail and their acknowledgment of how fortunate Cloverdale is for having public art in our community. One student asked, "Why doesn't every town have sculpture on their sidewalks?"



"Indicate" at Cloverdale Arts Alliance

The Cloverdale Arts Alliance Gallery, 204 North Cloverdale Blvd., offers its latest art exhibition, "INDICATE," through July 14, Friday, Saturday & Sunday, 11:00 am - 5:00 pm, and by appointment. Guest artists for this exhibit are Mylette Welch, Acrylic Painting, and Tim Montesonti, Fused Glass. Clay Vajgrt, Acrylic Painting is the featured resident artist for "INDICATE".



Painter **Mylette Welch** was born in Oahu. Her family moved 3 years later to dusty, dry Bakersfield. "Something was missing." She remembers thinking, "Where did all the color go?" For anyone who has seen Welch's paintings, it's obvious that the color went into her playful portraits of stray dogs, children, old diners, and rusty trucks.

Mylette's paintings are rooted in the Sonoma County landscape- nostalgic places, farmer's markets, the vineyards, neighbor's gardens.

Growing up in Chicago, **Tim Montesonti** was exposed to architecture and art at a very young age. Tim says "My favorite part of what I saw was the myriad of stained-glass windows in all of the old buildings. The mixture of color and light fascinated me. The transmission of light through the glass and the way the colors bounced around the room was a thrill to behold. I found my passion. When I was just 16 and getting my driver's license the warning I received from my dad was, "Now don't be looking at stained glass windows and drive off the road." I learned glass work in my early 20's and have never stopped.

Clay Vajgrt grew up exploring the fields, ponds, streams, forests, and fields of the upper midwest. Clay says he "would use my imagination to bring in many of the mythologies I learned about from Greek and Native American myths to Pop culture tales of Hobbits, Jedi Knights, and Superheroes. To this day exploring the natural world gives me a great feeling of oneness, calmness, and joy as I take these feelings into my studio to create mythical places of respite for the viewer to find their own "Fortress of Solitude".

**Introducing Cloverdale Connect
Community Calendar**
Sponsored by: Clear View Optometric:
"Clear Vision, Clear Choice"



CLEAR VIEW OPTOMETRIC

You asked for it! Our new event calendar will be featured on the **Cloverdale Connect** website 24/7 and in print each month beginning next month. Feel free to add your event or details about any local event that would be of interest to our community. You will be able to simply go online to our website, click on the Event Button and follow the instructions. When approved, your event listing will be added to the calendar.



Our Event Calendar sponsor is Clear View Optometric, located at 112 W. First Street, owned by Dr. Thomas Lucas IV, a native of Modesto. He attended Oregon State University where he graduated with a Bachelor of Science in Biohealth Sciences and a minor in Business. He received his Doctor of Optometry degree from University of California, Berkeley in 2019.

During his optometric training he completed internships at Kaiser Permanente, Veterans Affairs Department of Monterey, and the renowned Bascom Palmer Eye Institute. During his internships, he experienced a wide variety of patient demographics, ocular pathology, and advanced pediatric cases. He has particular interest in pediatrics, binocular vision, and post traumatic brain injury cases. He recently relocated to the area, and in his spare time enjoys hunting, traveling, and long walks with his wife Jane, and their dog Rusty.

**June Monthly Gardening Tips from
Sonoma County Master Gardeners**
Sponsored by Sanz Nursery

Mulch in the garden not only adds a decorative element but also a practical one. A 3-4 in. thick layer of mulch keeps weeds to a minimum going forward.

- Be sure to mulch around new plantings to cut down on weeds and prevent soil from drying out quickly. Keep mulch at least 6 in. away from the base of all woody plants—trees and shrubs—to prevent fungal growth that can cause fatal damage.
- Continue to fertilize roses and other heavy feeders. Gardeners who have regularly amended their soil with ample compost and mulch at least once a year have found that additional products are seldom needed.
- Dead-head roses frequently. Cut stems for bouquets early in the morning and quickly sink them into deep, warm water. They will remain fresh longer in vases.
- Pull or cut suckers from the base of sucker-prone plants such as wisteria, crab-apples, poplars, and fruit trees.
- If you have wisteria, prune it aggressively after bloom, cutting back to 2 nodes on new branches to ensure a robust display of blossoms next year. Prune again in the fall.
- As the weather warms, any aphid problem will lessen but stay alert for remaining or new colonies; spray them off with water.
- Fill in empty spaces in flowerbeds or borders with annuals such as zinnias or impatiens.
- If you plan to be away this summer, ensure that you have someone available to water plants. If not, set up your irrigation system on automatic timers.
- In the midst of June chores, enjoying the garden is high on an activities list. Plentiful flowers bring out bees and hummingbirds in full force, and many other birds are still busy courting and building nests.



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**Winged 5
Sage Smith Taylor**

**"Life is like riding a bicycle. To
keep your balance, you must keep
moving." ~Albert Einstein**



Almost immediately after Steve Taylor's passing, the Winged 5 became a symbol of kindness and compassion, helping remind us to care for one another and that by coming together, we can make the world a better place.

About a year ago, Steve Taylor Excavation was contacted by the promoters of Levi's Gran Fondo, one of the biggest bike races in the United States (like Tour de France) and they asked if we would be willing to let the cyclists use a lot slated for our future yard near the Cloverdale airport as an aid station. We agreed to support the riders in this way, but instead of money, I shared the story of the Winged 5, what it means to me and our community, and asked that somehow this special symbol be honored... and boy did they do something special! At this year's event, thousands of riders will be wearing the Winged 5 on the traffic side of their jerseys as they accomplish their goals and, on the longest courses, swing by our future yard for some Cloverdalian hospitality!

This epic race is a fundraiser for at-risk youth, often incredibly intelligent young people who are struggling to find their way... and as most of you know, STE works year-around to support our young people too. There can be no doubt that Steve Taylor is smiling as he watches thousands of riders from all over the world wearing jerseys donning the Winged 5 while raising money for these kids in America's premier Gran Fondo. No question that Magic and God, the universe and love, are all working together on this one, my friends!





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Hummingbird Haven ~ Nancy Lloyd

Thanks to well-orchestrated marketing by the water agencies of Sonoma and Marin counties, plus our local Cloverdale Nursery, our Cloverdale "Hummingbird Haven" garden welcomed 156 guests in total at our 2023 Eco-Friendly Garden Tour.

Over 6 hours, that's an average of a person arriving every 2 minutes! Many lingered to enjoy the views and shade, with lots of good questions.

Most were from out of the area, as far away as San Anselmo, San Rafael, Petaluma, Santa Rosa and Ukiah. Local Cloverdale attendees were particularly interested in low-water use plants, including California native plants, which are optimized for our spring rains. The best website for California native plants by



ZIP code is: <https://calscape.org/>
Residents in restricted private water agency communities in our local hills, like Palomino Lakes, want to know how to get the most color and satisfaction from their gardens for themselves and wildlife with minimal water. A focus on spring bulbs and California native plants, which naturally go dormant in the hot summer months, saves lots of water. Guests were also interested in our small water trays and bird baths on drip systems for thirsty birds and lizards.

As a special treat, two days before the Tour, I found this native California quail nest on our property. Eleven quail eggs! Now the female quail is incubating them for about 3 weeks.



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Proud to support Cloverdale youth!






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We are thrilled to support our local Cloverdale Sports!
Please reach out for information. 707-894-8800

June

- **Cloverdale Pool Open.** Check YMCA website for day use and swim lessons.
- **Cloverdale Little League Hit-a-thon** June 4th
- **Cheer Registration is Open.**
Email jennhuls@hotmail.com
- **Joe Pardini Youth Football League - Chargers** Registration is Open. www.cloverdalechargers.com
- **Cloverdale Youth Soccer League** Early Bird Registration ends June 30th
www.cloverdaleyouthsoccer.com
- **Encore Summer Dance Camps** Registration Open

July

- **Cloverdale Youth Soccer Sign-ups** Close – July 14th
- **Joe Pardini Youth Football** – Mandatory parent meeting and gear handout – July 19th 5:30pm

August

- **Cloverdale Youth Soccer League:** Season starts
- **Joe Pardini Youth Football League & Cheer:** Season Starts

September

- **CYO Basketball:** More info to come

Cloverdale Girls Basketball Spring League Natalie Pesce

Cloverdale Girls Basketball Spring League was a success! This Spring, a total of 51 participants in grades K-6 gathered every Sunday to learn and improve upon their basketball skills. Mentored by the Cloverdale High School Girls Varsity Basketball team, these young players learned basic fundamentals, team drills, and basketball terminology over a six-week time frame. Each session started with a skills and drills portion followed by real game time - all in a fun, friendly, and supportive environment for our young female athletes.

A big thank you to the coaches and sponsors for making this possible, including Encore Dance, Dahlia & Sage, Kelder Engineering, Carly Marie, and Georgia Butler. If you have interest or questions regarding similar upcoming opportunities, please email Mac Butler at butterm@CUSD.org.





Local Olive Oil Top Rated



The Northern Hemisphere's top-rated extra virgin olive oils for 2023 were revealed by the Official Guide to the World's Best Olive Oils. Nearly 1,100 entries from 23 countries participated in the Northern Hemisphere division of the world's largest olive oil quality contest.

Only 80 brands from the United States were selected as "Best in the World", and one of them selected with a Gold award was the Showa Farm Organic Extra Virgin Arbequina Olive Oil produced here in Cloverdale. This is the fourth year that Showa Farms EVOO has been selected as one of the best in the world.

Showa Farm's Organic EVOO is available directly from the farm either by appointment or on-line at www.showa-farm.com. It is also available at Cloverdale Nursery and Dahlia & Sage Community Market.

Showa Farm, family owned, is operated based on biodynamic and organic farming principles. 100% of electric usage comes from solar, and irrigation water is all-natural aquifer well water administered to the orchard using drip irrigation. In addition to olives, the farm hosts sheep, goats, chickens, burros, horses, dogs and feral barn cats. Also grown are 60 fruit and nut trees as well as vegetables, berries and melons.

The Showa Farm olive oil is medium intensity, with notes of herbs, garlic, artichoke, and eucalyptus with a mild peppery finish. It is harvested early (usually the 2nd week of October) to capture the maximum flavor and is milled the same day and produced in limited quantity.

For more information, contact Geoff Peters at 301-675-7741 or gpeters@showa-farm.com



Out & About

Cloverdale Kiwanis President,
Julie Carter wishes everyone a Happy Pride Month.

Send in a picture reading **Cloverdale Connect** and you will qualify for a chance to win a gift
Submit photos to info@cloverdaleconnect.com



Cloverdale Rotary had the pleasure to give their first "Maxine and Jack Allen" scholarship for \$2500 to Gabe Wlodarczyk.

Welcome to the World Ellis Reed Wheeler!

Congratulations to Jace and Jenessa!

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Creative Corner ~ Christy Anne

Sometimes getting creative isn't just about the idea, but what to do when things are not going to ahem...plan. Take, for instance, my obsession with cement orbs that I was finally ready to give a go, and true to form, I did not follow recommendations on what size to limit it to with the products I was using. Got myself some balloons, a tub, quick dry cement mix, gloves (you get the point) and I decided-well, I want mine to be a bit bigger. I will work slowly. It will be fine! The funny thing about recommendations is they are usually given for a reason. They tried other ways and found they didn't work. I am only 50, I am feeling optimistic this lesson will sink in before I die.



Either way as my larger orb was cracking under the pressure, still a stubborn fool who hates to waste anything, I dug my heels in, and several layers later came up with an "organic" shape as my husband put it. Also, as the top ridge was boring me, feeling inspired by the British Baking Show I put cement in a Ziplock, cut off the corner and piped a couple rows around the top.

Not happy with that, I then went and dug out electrical caps from garage and made some shapes along the rim.

Well, the dark charcoal dye I had added to mix was too severe for this "organic" shape, so I decided-well, this is clearly a good time to give hydro painting a try. For the first time. Ever. Fast forward a lot of giggling and the joy of bringing my spray paint out and I found I stumbled into something I would never aim for, but on our front porch is whimsical enough to make me smile. To Cloverdale Nursery for aloe, scored an awesome rock left by the FB rock fairies and I can muster an expression of "that is totally what I meant to do" without immediately bursting into laughter. Feel free to search Pinterest for cement orbs and hydro painting, but the lesson from me this month is give yourself permission to make mistakes.



Paisley Coleman knows the right thing to do. Here is the trash the 8 year-old collected at the new courts less than 24 hours after the Grand Opening. Cloverdale Connect salutes Paisley for doing the right thing but disappointed that it had to be done. Be like Paisley!

More Mother's Day Photos



Marion Square Mom to Mike, Crystal and Billy



Tammy Leitz and Savannah



Amy Velasquez with Lucas, Lydia, and Wesley



Judy Whitfield



Kim Whitfield-Maya

May Cloverdale Weather Recap

Average High 86°F • Average Low 50° • Total Rainfall 7.05 inches

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Erin's Book Nook

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Hurricane Girl **Author: Marcy Dermansky**

Allison Brody needs the water. Her life is unsettled, she's trying to escape a toxic relationship and build a new life by the ocean.

Allison takes the little money she has saved up and moves to a cottage on the beach.

Night one, a hurricane wipes out her new purchase. She's underinsured, clueless and all alone. A seemingly harmless camera man covering the Category Three storm offers to let Allison crash at his place.

Her decision ultimately leads the reader on an absolutely unexpected jaunt that is both hilarious and horrifying.

Cleverly written, this novel reads a bit chaotic, like a highly caffeinated fever dream of sorts.

Dermansky, takes us on a short, insightful and deeply philosophical journey through one woman's search for healing and home.

Allison's pilgrimage, while outrageous and far-fetched, ultimately asks us if life's problems could just be solved by a really good swim.

*A quick and engaging read. Three Stars
Happy Reading! ~ Erin*

And The Winner Is.....!

Congratulations to **Tammy Azcarate** – the Grand Prize winner in the recent fundraising raffle for Erin Mavis. Tammy won gifts from the following generous Cloverdale businesses:

Ace Hardware, Animal Hospital of Cloverdale, Second Life Bicycle Rescue & David Maciel, Eleanor at Body Works Studio, Bolt Fabric + Home, Carter Systems, Cloverdale Chamber of Commerce, Cloverdale Connect, Cloverdale Cottage Garden, Cloverdale Nursery, Cloverdale Saw & Mower, Dahlia & Sage Community Market, MoE's Eagles Nest Deli, El Picnic Charcuterie, LIFT, Management Connections, Papa's Pizza Café, Russian River Tea Company, Sonoma Trading Company, The Bike Shop, The Outpost, W Real Estate, Yvette Wendt Photography



After pulling the winning raffle ticket on May 1st, we presented Erin with over \$4100 – 100% of the proceeds from ticket sales. Our community is happy to see Erin back in town greeting customers at erin mavis clothing and wishes her a continued, complete recovery.

Community Unity Day 2023

Cloverdale High School held their 28th year of Community Unity Day May 12. This special event was spearheaded by a 1995 CHS graduate. The day held a plethora of on-campus and off-campus clean-up and beautification projects by juniors and seniors and supervised by staff. Parks Superintendent Hector Galvan was instrumental in securing City activities. Senate Majority Leader Mike McGuire offered an inspiring speech and Mayor Todd Lands, Council Member Brian Wheeler, and Interim Superintendent Steve Jorgensen were wonderfully in attendance. Here's looking to another successful year come 2024!

Photos: Rick Tang Photography



The Longest Table

A great time was had by all in the warm May sunshine - a couple hundred friends together for Cloverdale's inaugural Longest Table, thanks to Debra Jack and Cloverdale Chamber of Commerce.



Photos courtesy of Kathryn Hecht & Francesca Giacalone



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Cloverdale Library Community Connection ~ John Koetzner, Children's Services Librarian

The summer reading program runs from June 5th until August 5th, and we have incentives for all ages. Besides earning free books for reading, for every hour a person reads, one is entered into a drawing to win prizes. There are \$25.00 gift cards to Target, alphabet soft blocks for preschoolers, Magna-tile sets for kids, 32 gigabyte Android tablets for teens, and picnic backpacks and \$75.00 grocery cards for adults. Go to this link to sign up for summer reading: <https://sonomalibrary.org/summer-reading-2023>

Additionally, we are doing summer lunch Mondays through Fridays at the library starting June 12th through August 4th. Summer lunch is free on a first come, first served basis for children and teens 18 years and under. Please call the branch after June 1st for the exact time.

We have many special programs in June for all ages for summer reading 2023:

- Kids**

 - Safari Encounters - Tuesday June 13, 10:30 am
 - Sing a Story Opera – Tuesday June 20, 10:30 am
 - Lego Mazes – Wednesday June 21, 1:00 pm*
 - Magician Mike - Tuesday June 27, 10:30 am
- Teen**

 - Teen Craft Lounge – Pride Month edition June 7, 3:00 pm *
 - Pop Culture Trivia- Thursday June 15, 1:00 pm
 - Metal Stamping - Thursday June 22, 1:00 pm
 - Constellation Art – Thursday June 29, 1:00 pm*
- Adult**

 - Creativebug Wrapped Rainbow Craft – Tuesday, June 6 at 6pm*
 - Succulent Swap – Saturday, June 24 at 10 am
 - Creativebug Mixed Media Collage – Tuesday, June 27 at 6pm

* Registration is required for these programs.



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Jacob Ambrosi



Madison Ammirati



Joana Arevalo Espitia



Marissa Arreguin



Caden Axell

Congratulations Caden! Your dedication and hard work in sports & school have taught you valuable lessons for life. Keep chasing dreams! Mom, Dad, Logan, Austin, Nolan



Daniel Beltran Ruiz



Bailey Bruton



Gracie Bunting



Jackson Burchett



Luis Calvillo-Pineda



Nicandro Cardenas



Andres Cardenas Castillo



Leslie Cardenas Valencia



Roman Carrillo III

Roman Carrillo III
I love you so very much and I'm so very proud of you.
~ Love Nana



Cecilia Castro Perez



Teyla Caturegli



Alexis Ceja



Jennifer Cholula Martinez



Ruby Coleman



Janet Contreras Vazquez



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Victor Estrada Baltazar



Maiya Fernandez



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Ayal Fichtelberg



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Rene Flores Collado



Teresa Garcia Zambrano



Griffin Garrison

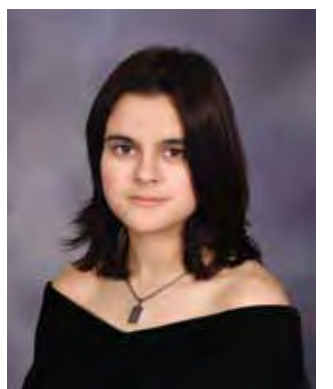


Dylan Gloeckner

Dylan Gloeckner, we are so proud of you! Congratulations to you and the rest of the C.H.S Senior Class 2023! Love Always, Mom, Dad & Grace



Victor Gonzalez Alonso



Jazmin Gonzalez Chavez



David Gonzalez Farias



Neyda Gonzalez Gutierrez



Cesar Gonzalez Guzman



Carter Grell



Marco Guerrero Ruiz



Alexis Gutierrez



Laurel Hager



Max Harper



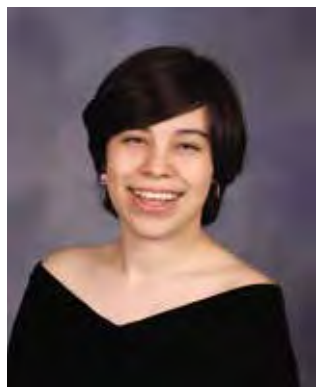
Kayden Hemphill



Jatzi Hernandez Cardenas



Rocio Hernandez Garcia



Kayla Juarez



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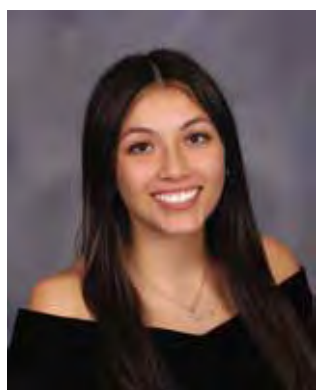
Cristian Montano



Anthony Moreno



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Guadalupe Nunez Basulto



Jennifer Orozco Figueroa



Carlos Orozco Garcia



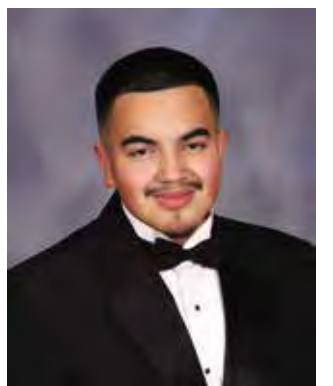
Jasmeet Parmar



Diego Perez Vazquez



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Elias Torres



Ayanna Tuck



Brian Valencia



David Vazquez Rosales



Dominic Vellutini



Trinity Vlasak

Whisker Talk ~ Brigid Wasson, First Street Pets
“Helping pet lovers live their best life”

In case you haven't noticed, it can be difficult to schedule dog grooming services in Cloverdale! We have some amazing professional groomers here and as a result they are booked up with waiting lists. My company offers baths and nail trims for all dogs and professional grooming on a limited basis through Clover Dog. Recently we've been asked to express anal glands and when we declined, we realized that most dog owners don't understand the purpose of this procedure or when it should be performed.

According to Drs. Silva and Smith from Animal Hospital of Cloverdale, routine anal gland expression is unnecessary

and can in some cases cause irritation. While it is not legally considered a medical procedure so can technically be performed by anyone, in my opinion it is best done by a medical professional. A veterinarian or veterinary technician will check for other issues like masses, infection, or foreign bodies like oxtails while performing the procedure. According to the Drs., if a dog shows signs of distress like scooting their bottom on the floor, or has a history of impacted anal glands, they should be seen by a vet and treated every 6-8 weeks.







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Melanie Hall

I recently read an article about how music affects your brain by Susan Magsamen, Founder and Director of the International Arts + Mind Lab Center for Applied Neuroaesthetics at Johns Hopkins University. Susan is studying how the arts help us to heal, learn and flourish. She discovered how music and sound affect many parts of our brains and bodies through her studies. She says, “The simple act of listening to a favorite song can alter your mood, triggering long-ago memories. And when we remember to use this knowledge for prevention, wellness practices, and interventions, it can significantly enhance your daily life.”

Who knew when I first fell in love with Motown's' music and was listening to My Girl by the Temptations that it was “unleashing a cascade of neurobiological responses, initiating increased blood flow to different regions of my brain including the limbic system.” All I knew was it filled me with emotions and made me happy.

On June 24, the Senior Center and our local CERT (Community Emergency Response Team) will collaborate to have a memorable night under the stars at a private residence to raise funds for continuing services for our community. CERT plans to use the funding to provide training and equipment for those who want to volunteer but cannot afford the cost and for putting the Fire/Disaster Expo on next year.

Nashville Comes to Sonoma County is a benefit concert, and the exciting part is that we get to listen to some awesome music. Three Nashville award-winning singer-songwriters, Gretchen Peters, Matraca Berg, and Steve Seskin will perform “in the round.” A local favorite, The Fitch Mountaineers, and other special guests will be performing for your listening enjoyment as well.

I am looking forward to having the neurotransmitter dopamine released and getting to experience pleasure from the music—let's have a good time listening and dancing to the music!

Tickets are selling fast; get yours at CloverdaleSeniorCenter.org.

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Connect with C.H.S. ~ Cheyenne Schriener

Sports!

The wrap up of the 2023 school year begins to commence with the end of both softball and baseball seasons. The Varsity baseball boys made it to the second round of division 5 playoffs with a 12 to 3 win against Sonoma Academy. Our lady eagles are still going strong as they advance from round 2 with a 5-1 win against Credo with varsity pitcher, Charlotte Burchett, striking out 10 gryphon batters. The Track season officially ending on May 19th in Dublin, five athletes qualified to compete in its NSC meet- Santino Demattei, Logan Glasson, Ivan Muro, and Hector Munoz for the 4x100 relay alongside Agjes Nerguti in shot put.

Prom Recap!

Juniors and seniors put on their mardi gras masks for a masquerade night to remember on May 6th. Hosted at Alexander Valley Hall, staff, volunteers and students alike began preparations early Saturday morning and didn't fail to execute with deep jewel tones of purple, gold, and green. Completed with

feather centerpieces, bright, gold garlands, flashy streamers, venetian jesters, and of course- beads! Stringed lanterns and candle votives completed the ambiance as students indulged in themed refreshments, dancing, and an infamous photo booth. Above all, CHS would like to thoroughly thank the community for their generous contributions towards the night. Without the support of so many loved, local vendors, businesses, and individuals, we would have not been able to produce this spectacular evening! Many thanks to all.

Community Unity Day!

Senator, Mike McGuire, and Mayor, Todd Lands, kicked off annual Community Unity Day on May 12th. Upperclassmen heading out into the community and giving back by moving mulch, replanting the garden, painting light posts, washing cars, and picking up our local parks. The day ended on a gratifying note with a well-earned barbecue lunch provided by the Lions Club!

Come watch your Senior Eagles walk the stage on graduation day - June 9th!

Free Bulky Item Pick Up

Cloverdale residents are eligible for one free bulky item pick up per year. Schedule a pickup at RecologySonomaMarin@Recology.com or 800-243-0291

Find out more information at [Recology.com/Cloverdale](https://www.recology.com/Cloverdale) under the "Bulky Items" tab.

HAPPY

Father's Day

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REAL ESTATE

After All These Years Michele Armanino

There was a buzz in the warm spring air at Papa's Pizza on Friday, April 28, as the Cloverdale High School class of 1965 reunited on the restaurant's patio. Fifteen classmates nostalgically reminisced about their lives when Lyndon B. Johnson was President and a loaf of bread only cost twenty-one cents.

Photos: Rick Tang Photography



Citrus Fair Queen of 1965, Jeanie (Farrell) Barnett, whose parents owned the Greyhound Bus Depot and Farrell's Paint and Appliance, heartfeltly said, "My classmates are more like brothers and sisters than schoolmates." Barnett smiled when she recalled Gary Mills, a fellow student, who persistently urged her to run for Citrus Fair Queen where she won the regal title. "Sarah Pickler was a teacher who helped me with my dance routine for the talent part of the contest. I still keep in contact with her." Jeanie said.

Paul Giovannetti humorously recollected a mischievous Senior Class Trip to Asilomar Park where fellow classmate, Marc Black, pulled the coil wire out of the school bus so the class couldn't leave the park. "We were just having so much fun playing 45 rpm records on the beach!" Giovannetti said with a glint in his eye.

Susanne Kaufhold came to the reunion with a bittersweet memory. "I never graduated with the class because my family had to move," she said sadly. It wasn't until twelve years ago that Susanne's sister brought her along to a Cloverdale class reunion where she rekindled friendships with old classmates. "There were so many wonderful people I went to school with, and meeting them again at my age has only confirmed the kind people that they are."

Vietnam Air Force veteran and former freshman varsity baseball player, Frank Davis, remembered his school years as ones where, "Our generation made our own recreation. We played ball, went down to the river, hunted, and just had fun. There weren't any computers back then."

The class of 1965 is remarkable. How many people really remember you when you were five years old? Maybe ask Paul Giovannetti and Merle Reuser who, after seventy-one years of friendship, still get together to chop wood.



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CARE is proud of all of our students for their achievements, and we hope these financial tools will prove useful. Thank you to our community for helping us bring these resources to our kids.

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June 2 • Chris Jones & The Night Drivers *Bluegrass*

June 9 • Clave Trébol *Sierrano Norteño*

June 16 • Polyrythmics *Progressive Funk*

June 23 • David Luning Band *Americana*

June 30 • The Pulsators *Rocking Rhythm & Blues*

July 7 • The Nth Power *Soul, R&B*

July 14 • QUITAPENAS *Afro-Latin*

July 21 • Shinyribs *Swamp Funk*

July 28 • Roy Rogers & The Delta

Rhythm Kings Blues Slide Guitar

Aug 4 • Curley Taylor & Zydeco Trouble *Zydeco*

Aug 11 • Young Dubliners *Celtic Rock*

Aug 18 • The Dune Dogs *Carolina Country-fried Swamp n' Roll*

Aug 25 • The Coffis Bros *Roots Rock n' Roll*

Sept 1 • La Gente SF *Salsa Cumbia Reggaeton*

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JULY 24-28 DOCUMENTARY IN THE WILD
In partnership with Sonoma County Regional Parks
CLOVERDALE, CA

JULY 31-AUG 4 ADVENTURE FARMS + DOCUMENTARY
In partnership with Little Saint Farms
HEALDSBURG, CA

AUG 7-11 ARTS EXPLORATION + FILMMAKING
In partnership with Jendala + Hartizens
CLOVERDALE, CA

OPEN REGISTRATION UNTIL JUNE 2ND

**\$400 PER WEEK-LONG CAMP - CAMP SCHOLARSHIPS ARE AVAILABLE
NO CHILD WILL BE TURNED AWAY DUE TO LACK OF FUNDS**

www.avfilmpresents.org



Creative Notions
(707) 894-4110
119 1st Street,
Cloverdale, CA.

HOURS
Tuesday 10-4 PM
Wednesday 10-4 PM
Thursday 10-4 PM
Friday 10-4 PM

Savings Wednesdays
Sidewalk Sale Table
(up to 50% off select items)
1st Wed. of the month 50%
off store wide! (except yarn)

DONATIONS

M-F 8:30-4 PM, 311 N. Main St.
Please get in touch with the Senior
Center to make arrangements before
you bring items to donate.

All proceeds support our local
Cloverdale Senior Multipurpose Center.

Senior Center
(707) 894-4826
311 N. Main
Cloverdale, CA.



Why is My Computer Slowing Down?

Will Carter

This question has haunted users of technology since the introduction of the personal computer. Throughout history there have been numerous reasons personal electronic devices slow down. Along with the realities, there are also many myths and outdated practices.

Myth 1: My computer is full of junk! This myth is probably the most prevalent, and with good reason. Not that long ago digital storage, like that used by computers, was very expensive. These days most computers are sold with more storage than the average person will use. Additionally, many things which used to be stored on your computer are in the cloud! Deleting temp files or emails won't solve most problems.

Myth 2: My computer is bloated with cookies. Often misunderstood, cookies are unique tokens stored on your computer to enable numerous functions! Cookies allow you to stay signed-in on your favorite websites or email, let you choose to "trust" a computer for quicker sign-in, and for advertising purposes. These days it is required by law for sites to allow you to opt-out of most cookies. I recommend choosing only the cookies you need on each site, instead of rejecting all cookies or deleting them.

Myth 3: My computer needs a defrag & tune-up. Defragging was one of several popular "tune-up" steps previously run by users. Today defragging and dozens of other maintenance processes are run automatically while your computer is idle. Defragmentation, registry repair, driver updates, and more are now handled by Windows/macOS!

But Will, my computer is so slow! It is normal for computers to appear slower over time. There are several factors that work together to cause this effect, but it isn't always a sign of something wrong. The best thing to do is to ensure you're up to date on updates for all software and Windows/macOS. If your computer has suddenly gotten slower, or become unusably slow, reach out to a trusted computer repair provider to get the issue diagnosed!



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CONGRATULATIONS CHS CLASS OF 2023

Good Dawg Comes To Town

Let's welcome Good Dawg Training LLC - a brand-new business. Colette Edwards, owner, immigrated to Santa Rosa from South Africa in 2022. She has 27 years of animal training experience with dogs, fur seals, sea lions, seals, dolphins, penguins, turtles, and an elephant or two.

Colette uses her experience in animal behavior, body language and positive reinforcement to teach dog owners how to effectively communicate with their dogs for a healthy and harmonious relationship, focusing on wanted behavior. Colette offers private dog training at clients' homes and group training at the Cloverdale Citrus Fairgrounds on Saturdays beginning in July.



Nourishing the
community with
clean energy.

LUNCHETTE
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Father's Day Photo Album



Adam Tarlton with his boys, Quinn and Owen



Agid Velasquez, father to Lucas, Wesley, and Lydia



Brad Zanzi & Cleo Zanzi



George Glaser and daughters Lorna and Kathy Standifer



Bruce Halbohm's father



Carlos Jimenez



Ryan Sager and his son is Jose Sager



Ed Owen father of 3, stepsons Albert & Ryan Sager, & daughter Jamie (not shown in photo)



Don Reed



Memories, X-Mass 1998. Being a father is more than just one day a year. Michael Driver



Eric Nettleton with 2 of the 4 kids. Always having fun and enjoying making our kids smile!



Roberto Perdomo with his wife and two grandchildren



The best dad is the universe Danny Neustadt



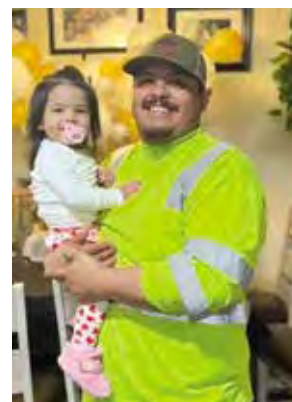
Francisco Carrasco with 4 of his 8 grandkids



John Anderson with daughters Jennifer and Elizabeth



Jose Maya



Eddie Garcia



Paul & Geri Giovannetti wish their dad, Joe, a Happy Heavenly Fathers Day!



Florian Schreier with Cody, Maddy and Johann



Thomas Alexander, A Great Dad and his Great Dad



Christian Perdomo and his two boys



The Stedman boys



Tony Cardenas

One lucky Dad will be chosen by random drawing to win the Father's Day Prize Package with gifts from The Outpost, First Street Barbershop, Chris DenBeste Trucking & Materials and Cloverdale ACE Hardware and more!



Ray Pesce and Alia



Martin Orozco - Father of Crystal and Jazmin



Nick and April. Daddy and daughter.



Johnny Butts, Dad and Hero to 3 proud daughters

From Combat Medic to Medical School



Cloverdale hometown hero, **Rico Pesce**, aspired to become a physician since he was a certified nurse assistant in a skilled nursing facility over a decade ago. He became a medic for the 75th Ranger Regiment in the United States Army and served on five combat deployments to Afghanistan over seven years. After his service, he completed his undergraduate education at Columbia University, where he studied computer science. During the initial

wave of the pandemic and his last undergraduate summer, Pesce harnessed his military medical skills to work as a COVID tracheostomy care provider for New York-Presbyterian in New York City.

After graduating from Columbia, he earned a joint Master of Translational Medicine degree from UC Berkeley and University of California San Francisco while he applied to medical school for the first time, which was unfortunately unsuccessful. “Not getting into medical school on the first try was heartbreaking and extremely stressful,” he said. “I struggled with school before the military and adjusting to college just six months after being in combat proved challenging. It took me a couple of years to learn how to learn. Despite doing well on the MCAT, I was unable to demonstrate my academic capability accurately. I knew I had to prove that I had what it takes for a rigorous medical education. I also knew that the Accelerated Interdisciplinary Biomedical Sciences M.S. Program (AMP) would be perfect for me to improve my candidacy.”

Rico already knew about the AMP program through his partner, Zach Thomas, M.D. ‘25, who completed the program in 2021. “After seeing the positive impact that the AMP program had on Zach’s career, I knew that it would prepare me well for medical school and allow me to demonstrate my academic aptitude,” said Pesce. I was very familiar with the campus and knew it was an ideal place to focus on school while still having access to amazing clinical opportunities and New York City. The guaranteed interview and admissions opportunities were also very attractive.”

After doing well during his first semester in the AMP program, Rico was offered admission at the Icahn SOM at Mount Sinai and the Geisel SOM at Dartmouth. He is also waiting on final admissions decisions from Georgetown and New York Medical College, where he recently interviewed. “I knew the AMP program was going to help my application, but I am truly surprised at my success in applying to medical school the second time. I was able to show that I can be successful in medical school because I was already doing it. It feels like a dream.”

Pesce has volunteered for many organizations in various capacities, including the Three Rangers Foundation, Special Operations Medic Coalition, Journal of Special Operations Medicine, Gay Men’s Health Crisis, NYU Langone Health and Westchester Medical Center. Pesce plans on becoming a physician innovator focused on creating solutions to meet the health needs of the 21st century through a patient-centered approach.

Source: New York Medical College, reprinted with permission



The CARE Foundation, the Whole Kids Foundation and Lettuce Grow are helping Jefferson Elementary develop a garden program.



Cloverdale Summer Theater Camp at Cloverdale Performing Arts Center

Does your child love to perform? Do they dream of reciting a monologue or performing onstage? The Cloverdale Performing Arts Center is offering a summer theatre camp for youth interested in the arts!

Young actors between the ages of 7 and 18 will have the opportunity to learn theatre games, scene study, character development and theatre terminology, culminating in a final performance for their friends and family.

Students discover not only how to express themselves individually, but also how to work as an ensemble, gaining valuable leadership and cooperative skills while having fun and making friends.

CPAC believes that young artists, whether new to the craft or brimming with experience, deserve a place that both challenges them and allows them to be themselves. A place where they can hone their skills, make artistic choices, explore creative paths, and have fun doing it!

Cloverdale Performing Arts Center Summer Acting Camp



Does your child love to perform? Do they dream of reciting a monologue or performing onstage?
The Cloverdale Performing Arts Center is offering a summer theatre camp for youth interested in the arts!

Young actors between the ages of 7 and 18 will have the opportunity to learn theatre games, scene study, character development and theatre terminology, culminating in a final performance for their friends and family.



TEEN YOUTH CAMP (12-18 yr old): Monday-Friday June 12th-23rd
TIME: 10:00 - 3:00 / COST: \$300 per student

YOUTH CAMP (7-11 yr old): Monday-Friday June 12th-23rd
TIME: 10:00 - Noon / COST: \$200 per student

To sign up email: AD@CloverdalePerformingArts.com



Cloverdale Performing Arts Center
209 N. Cloverdale Blvd



Pride Month
2023

Donald R. Goodman

7/13/1939-4/29/2023



Please join us to Celebrate Don Goodman, the Voice of Cloverdale Sports, on June 3rd at 11am at Cloverdale High School football field. In the tradition that our Dad would love, the snack shack will be open for snacking and all proceeds will go directly to support Eagle Pride Booster Club. Please dress comfortably and wear your sunscreen!



Daly Field Dedication
Little League Opening Day
April 2nd 2017 with Don Goodman

2023 SOCCER REGISTRATION

NOW OPEN

CHILDREN BORN IN 2019 & OLDER ELIGIBLE

Register Early Save \$20

*Parents please consider volunteering to coach

League will provide support and resources to all volunteers.

Practice and Season Begins August 1st, 2023.

<https://system.gotfsport.com/programs/108113871>

HAPPY
Father's Day

Don Goodman Tribute

Charlie Delfino

Well... I've spent a few days deeply sad because of the loss of Don Goodman... it's definitely a loss for the entire community whether you loved sports or just simply loved Don. I loved both. Like most of the locals I've known Don for as long as I can remember. When I was a little boy the Goodman home was one of my first stops whenever I was given something to sell as a fundraiser, whether it was a candy bar, raffle ticket or even a plastic garbage can that read Eagles on the side I'd always hear "sure give me two" and I'd be happily on my way...

Don and his wife Neva would always give me a Christmas bonus when I was their paper boy and Don and I always laughed about when I accidentally tossed the newspaper on the roof of his neighbor's house.

He'd almost always step out into his backyard to say hi when he heard me coaching sports in the back corner of the City Park next to his fence and we chatted numerous times when I was playing outfield during men's softball games as he sat in a chair rooting me on.

It was his voice I heard whenever I scored a touchdown, got a hit in baseball or made a basket while I was playing for the Eagles at CHS... he not only announced all my games back in the day but also announced my children's games as well... 50 AMAZING years behind the microphone.

I'll never forget, after a baseball game at the city park, I had hit a home run and Don came up to me after the game and put his arm around my shoulder and said "I can't wait to go look out on my street for that home run ball" maybe a simple comment from Don but it meant everything to me because I had never had a family member attend one of my baseball games home or away so it was Don who stepped up as a father figure that day...

We always talked sports and we always talked family... he would make sure to ask about my wife and kids every time I saw him. I enjoyed our conversations and especially when I interviewed him for an article that I wrote for the local newspaper - he was as humble as could be and yet the footsteps he took throughout the years were so inspiring. He has a room in his home that acts as a "Don Goodman Museum" of life's experiences, and what a journey it was.

I'll miss the many times we heard his voice, saw his great smile or witnessed him cruising around town on his unique and very cool bicycle.

Please come out and support Don's wonderful family and all the great memories you have of him during a community Celebration of Life on Saturday June 3rd @ 11:00am being held at the Cloverdale High School football field. The family asked that we all wear our favorite Eagles sports attire. In lieu of flowers, the family is asking for donations to be given to the Eagle Pride Boosters Club.

Rest in peace my friend



Cooking with David Maciel

Sponsored by Ray's Food Place

June is the start of the fresh produce season. On these warmer summer days, I enjoy grilled meat salads. The lettuce is a canvas for whatever you like, so have fun with it. You can substitute beef or omit the meat and the tequila is optional.

Grilled Tequila Lime Chicken Salad

Ingredients

- 4 boneless, skinless chicken thighs or breasts

Tequila Marinade

- 1/2 cup lime juice (2 limes)
- 1/3 cup Tequila and a little more for sipping
- 3 tablespoons honey
- 1 teaspoon garlic, minced or crushed
- 1 teaspoon salt
- 1/2 teaspoon ground cumin

Salad

- 4 cups Romaine lettuce leaves, chopped (or Cos lettuce)
- 1 cup grape tomatoes, halved
- 1 yellow pepper, deseeded and sliced
- 4 mini tortilla wraps

Avocado Dressing

- 1 ripe avocado, peeled and seed removed
- 1/2 cup plain yogurt or sour cream
- 1/4 reserved Tequila Marinade (see instructions below)
- salt to taste

Step 1 In a large, shallow bowl, whisk marinade ingredients together to combine. Pour out 1/4 cup the marinade into a jug or cup, and refrigerate to use later in the avocado crema / dressing.

Step 2 Add the chicken fillets to the marinade in the bowl, and marinade for two hours if time allows (or overnight).

Step 3 Heat about one teaspoon of oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through (grill in batches to prevent excess water being released.) Once chicken is cooked, set aside and allow to rest.

- Wipe pan over with paper towel; drizzle with another teaspoon of oil and fry pepper strips until cooked to your liking.
- While chicken and peppers are cooking, combine the avocado, yogurt (or sour cream), reserved tequila marinade, and salt to taste in a blender, and blend until smooth. Add a couple tablespoons of water or milk to make it thinner in consistency if needed.
- Optional: Warm tortillas on another pan over low heat until soft and warmed through. Transfer to warmed plates and cut into strips.
- Slice chicken and prepare salad with leaves, peppers, tomatoes and chicken. Drizzle with the avocado dressing and serve with lime wedges and taco strips.

Egg-cellent Choice!

Gina Berry, MS, RD, CLT

Eggs are a versatile and nutrient-dense food that can be enjoyed in a variety of ways. From a health perspective, they are a great source of high-quality protein, healthy fats, and essential vitamins and minerals. One of the main benefits of eggs is their protein content. They contain all the essential amino acids that our bodies need to build and repair tissues. Eggs are also an excellent source of healthy fats that can help reduce inflammation in the body. In addition to protein and healthy fats, eggs are rich in important vitamins and minerals. Eggs contain vitamin B12, which is important for nerve function and healthy red blood cell formation. They are also one of the best dietary sources of choline, a nutrient that's important for brain health and has been linked to a lower risk of cognitive decline and neurological disorders. All of the fat in an egg is found in the yolk, therefore the fat-soluble vitamins and choline are as well.

Despite concerns about cholesterol in the past, research has shown that eggs can be a healthy part of a balanced diet. Although eggs do contain cholesterol, a multitude of studies have found that they do not affect blood cholesterol levels for most people. However, if you have been diagnosed with high cholesterol, you may want to limit egg consumption to 7 per week. Overall, incorporating eggs into your diet can provide a range of health benefits. So, the next time you're looking for a healthy protein option, consider cooking up an egg!



Registration is Now Open!

Summer Music Academy July 10 - 28

Located at Sonoma Academy, Santa Rosa (9 am - 3 pm)

Workshop Courses (Ages 6+)

Beginning and continuing workshop courses for Brass, Guitar, Strings and Woodwind Instruments
Kinder Violin Course (Age 5)

Performance Academy Courses (Ages 12+)

Chamber Ensemble, Jazz Ensemble, Advanced Wind Ensemble, Reading Orchestra, Intermediate Wind Ensemble, Music Technology and More!

Let's Travel

Craig Clark

While writing this travel article I was onboard the Royal Princess on a 7-day Alaska voyage. This sailing was available to travel agents as "Seminars at Sea" to familiarize agents with the benefits and services available to guests onboard. One of the services I learned about is Burial at Sea, where a loved one's ashes, in a biodegradable urn, can be interred at sea. The service is offered on every Princess cruise and the ashes/flowers are spread in international waters.

Weddings can also be arranged onboard from a small intimate group to a larger group of family and friends. Princess coordinates Legal, Symbolic & Commitment ceremonies for guests wishing to have these services performed onboard Princess vessels. These ceremonies can be At Sea, Harborside or Ashore.

And speaking of groups, It's fun to cruise with friends and family, or a group from your club or organization. Forming a group to cruise together is easy and the group will receive lots of extras.

Let's talk Alaska. While I enjoy visiting Alaska often, I also sell the experience. And whether you visit individually, as a couple, or with a group, you definitely should visit Alaska and see the beauty and the wildlife for yourself. Alaska is teeming with wildlife like Humpback whales and Orcas, Bald eagles, and Denali National Park's Big Five — including moose, caribou, grizzly bears, wolves and Dall sheep. There's culture with craftsmen thoughtfully carving totem poles at a Native Alaskan village. There's Gold Rush History. You can board a gold rush-era train that takes you through Yukon territory and brings you up close to some of Alaska's most historical sites. And of course, fishing. Bring your fresh-caught fish on board and have specialty chefs prepare it for your dinner.

