HEALING IN THE VALLEY OF THE MOON

Valley of the Moon

SONOMA VALLEY

LIFESTYLE ▪ CULTURE ▪ COMMUNITY

WELLNESS



50 YEARS OF RACING

THREE MORE YEARS FOR SDC

TAKING DOWN ROUNDUP

APRIL/MAY 2019
VOMMAG.COM

PROUDLY PRESENTING

Luxury Living in Wine Country



405 London Way | Sonoma

405LONDONWAY.COM

Mediterranean style estate with sweeping views of the Valley of the Moon yet minutes to the historic Plaza, wineries and regional parks. Gated entry with circular drive leads to the 5,000± sq.ft. main house with double height entry, hardwood floors and a floorplan that is ideal for entertaining. French doors lead to patios and infinity pool. Detached 1 bedroom / 1 bath guesthouse. Vines, wine making room, car barns, indoor rifle range, safe room, solar and bonus rooms.

Offered at $5,275,000



7050 Grove Street | Sonoma

7050GROVESTREET.COM

Enjoy sweeping views of Sonoma Valley from this 6,000± sq.ft., 3 bedroom / 4.5 bath home. Wonderful scale, open floor plan, and master bedroom on main level. This sprawling abode has giant windows at each turn, private en suite bedrooms throughout, extra spaces for visitors and hobbies. A uniquely flat parcel with room to roam. Pool and gated entry.

Offered at $4,400,000



1549 East Napa Street | Sonoma

1549EASTNAPASTREET.COM

Located at the end of a quiet private lane, this remodeled single level 3 bedroom / 2 bath home feels like it's in its own private park just blocks off the Plaza. Majestic Oaks, manicured hedges, rolling lawns and mature landscaping. Pool. Wonderful indoor/outdoor flow. Interior features include remodeled kitchen and baths, hardwood floors, vaulted ceilings, and walls of glass. Detached guesthouse and studio. Hobby vineyard and wine room.

Offered at $3,500,000



1275 East Macarthur Street | Sonoma

1275EASTMACARTHURSTREET.COM

"Twin Palms" is a charming Eastside estate property rich in history once owned by General Vallejo's youngest daughter. Built in 1860 and recently remodeled with a designer's eye. Situated on 2± level acres with sweeping views in all directions of vines and rolling hills. Main house with 3 bedrooms / 3 baths but lives like a 4 bedroom. Pool, guest-house, cabana, tennis court, and mature landscaping. Truly a once in a lifetime opportunity. Picture perfect in every aspect.

Offered at $3,499,000

Sotheby's
INTERNATIONAL REALTY

Wine Country Offices 428 First Street East "The Historic Ice House" | www.sothebyshomes.com/winecountry

* BAREIS, 2017. . Sotheby's International Realty and the Sotheby's International Realty logo are registered (or unregistered) service marks used with permission. Operated by Sotheby's International Realty, Inc. Real estate agents affiliated with Sotheby's International Realty, Inc. are independent contractor sales associates and are not employees of Sotheby's International Realty, Inc. SIR CalBRE#: 899496



4556 Keiser Ranch Road | Glen Ellen

4556KEISERRANCHROAD.COM

Wine Country getaway set within a 300± acre ranch. Views of vineyards, rolling hills, and Sonoma Mountain in the distance. Hardwood floors, vaulted ceilings, airy interiors, 2 masters (1 on main floor and 1 upstairs), and chef's kitchen. Screened in porch with panoramic views. Large guest house with kitchenette. Wine Cellar. In ground pool and hot tub. Hiking trails up in the hills. Beautiful gardens and award winning Bon Vivant Cabernet Franc vineyard.

Offered at $3,350,000



327 East Napa Street | Sonoma

327EASTNAPASTREET.COM

1930's updated cottage with 3 bedrooms / 2 baths plus loft just a few blocks east of the Plaza. Features include hardwood floors, open beam ceilings, fireplace, updated kitchen and baths, and an oversized master bedroom. Large deck, flagstone patio with swimming pool and hot tub. Nearly 1/3± acre with mature landscaping. Newer roof.

Offered at $1,999,000



866 Fourth Street East | Sonoma

866FOURTHSTREETEAST.COM

Located in a historic neighborhood on Sonoma's Eastside, this charming 3 bedroom / 3 bath Cape Cod-style home is the image of a picture perfect small town. Picket fence, manicured lawns, roses, and mature landscaping complete the image. Interior features include hardwood floors, two fireplaces, remodeled kitchen and baths, dual pane windows, and period details that blend perfectly with modern flair. Detached garage. Close to all the Eastside schools.

Offered at $1,650,000



18827 Nikki Drive | Sonoma

18827NIKKIDRIVE.COM

Stylish and sophisticated 2 bedroom / 2.5 bath single level home in a prime location backing up to open space. Interior features include fireplace, beamed ceiling, upgraded and open kitchen, upgraded baths, and plantation shutters. Sliders from both master bedroom and family room leading to park like grounds. Large deck overlooking flagstone patios with mature landscaping. Hot tub. Solar.

Offered at $725,000

Daniel Casabonne

DRE: 01221013 | Daniel@CasabonneRealEstate.com

707.939.2222



*Ranked #11 of all Sotheby's International Realty Agents in the United States**

*Sonoma Valley's Top Producer for Dollar Volume**



Sonoma
EUROPEANESTATESONOMA.COM
Offered at $7,250,000



Glen Ellen
GLENELLENVINEYARDESTATE.COM
Offered at$5,800,000



Sonoma
SONOMADREAMESTATE.COM
Offered at$5,500,000



Sonoma
855GRAPESTONE.COM
Offered at 4,995,000



Glen Ellen
GLENELLENRETREAT.NET
Offered at $3,650,000



Kenwood
2045LAWNDALE.NET
Offered at $3,195,000



Sonoma
CARRIGERROAD.COM
Offered at $2,500,000



Sonoma
230NEWCOMB.COM
Offered at $1,975,000



Sonoma
1233STEVENGSGATE.COM
Price Upon Request



Sonoma
1930COTTAGE.COM
Offered at $1,465,000



Kenwood
1540LAWNDALE.COM
Offered at $750,000



Glen Ellen
4611WARMSPRINGS.COM
Offered at $725,000



Holly Bennett
707.484.4747
holly.bennett@sothebyshomes.com
DRE: 973279
hollybennett.com

Sotheby's
INTERNATIONAL REALTY

Sotheby's International Realty and the Sotheby's International Realty logo are registered (or unregistered) service marks used with permission. Operated by Sotheby's International Realty, Inc. Real estate agents affiliated with Sotheby's International Realty, Inc. are independent contractor sales associates and are not employees of Sotheby's International Realty, Inc. SIR CalBRE#: 899496

SCHUG
CARNEROS ESTATE
Est. 1980

TASTING BAR • WINE CAVES
OPEN DAILY, 10AM-5PM
www.schugwinery.com/visit
707-939-9363
602 Bonneau Rd, Sonoma, CA

The 26th Annual Red & White Ball

Have a Ball
Dinner & Dancing
Tickets on Sale Now



Support Public Schools!

Raffle ~ Live Auction ~ Local Wines ~ Fine Dining
Dancing under the stars with Wonderbread 5

Don't miss the largest fundraiser & BEST summer party in support of Sonoma Valley public schools!



August 24, 2019
5:00–10:00 pm
Historic Sonoma Plaza

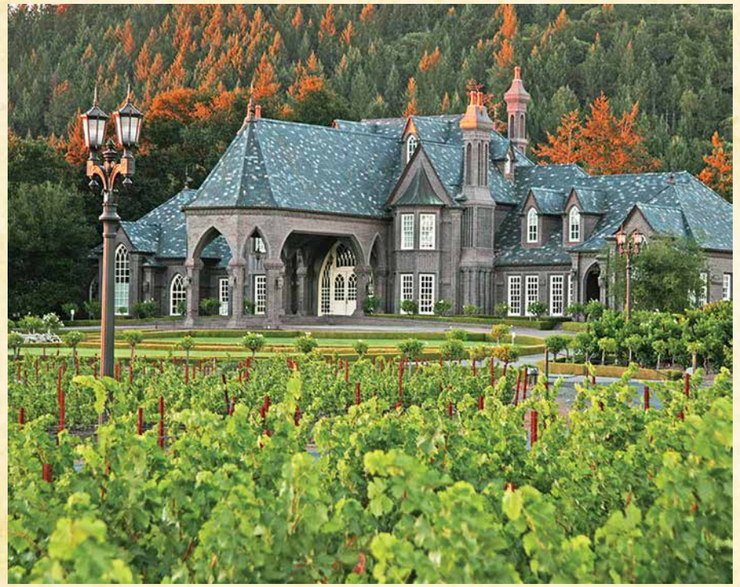
For tickets visit our website:
svgreatschools.org
Price Increases July 1.

SONOMA VALLEY EDUCATION FOUNDATION EST. 1993

svgreatschools.org
707-935-9566

The mission of the Sonoma Valley Education Foundation is to enrich the student experience by partnering with the Sonoma Valley Unified School District as the primary fundraising and volunteer resource for innovative programs.

IMPECCABLE HOSPITALITY EXQUISITE ATMOSPHERE EXTRAORDINARY WINES



Ledson Winery & Vineyards

In the heart of Sonoma Valley, nestled among the vineyards, emerges an **architectural showpiece** known as the "Castle." Ledson consistently produces highly coveted, **small-lot handcrafted wines** scoring in the mid-90's and above, showcasing the absolute best Sonoma County has to offer.

Enjoy a **general wine tasting** in one of the intimate tasting rooms, or **reserve a private tasting** in your own tasting suite.

The **Gourmet Marketplace** offers local and unique cheeses, meats, fresh sandwiches, salads and treats to create the perfect **picnic lunch** you can enjoy in the majestic Oak Grove.

Wines are only available at the winery, through the wine club, or online at ledson.com.

"This Castle is a Must-See"— The Boston Globe



Ledson Hotel & Zina Lounge

Standing like the crown jewel of the Historic Sonoma Plaza, the **luxurious six-room boutique hotel** brings guests back in time to an era of grandeur.

In-room **whirlpool tub**, romantic **fireplace**, private **balcony**, and marble & granite amenities combined with **personalized service**, making this unique hotel one of the most distinguished addresses in California.

Wrap your day up at the Zina Lounge. Taste meticulously handcrafted and **award-winning wines** from Zina Hyde Cunningham, Ledson, and Mountain Terraces Wineries while watching the sunset from the **sidewalk seating**, or relaxing in the lounge by the fireplace.

One of the 100 Hottest New Hotels Around the Globe — Condé Nast Traveler

LEDSON
Winery & Vineyards

Ledson Winery & Vineyards
7335 Sonoma Hwy • Kenwood • CA 95409
707. 833.2330 • ledson.com
Tastings Daily 10am - 5pm

Ledson Hotel & Zina Lounge
480 First St. East • Sonoma • CA 95476
707. 996.9779 • ledsonhotel.com
Tastings Daily 10:30am - 6pm

Smile Sonoma



Jody A. Culp-Wong, DDS



Aaron M. Wong, DDS



Richard K. Wong, DDS



Cherise J. Wong-Norris, DDS

We continue to meet your total cosmetic and restorative dental needs,
and are here to answer questions regarding your dental health.
New patients are always welcome.



Serving Sonoma since 1974
390 West Napa Street | Sonoma | CA 95476
(707) 938-5322



The Society
a matter of taste

The Gourmet Sausage and Wine Pairing
Subscription for Connoisseurs
of Quintessential Goods

for more information or to join, visit
societysonoma.com

@societysonoma

Valley of the Moon
MAY/JUNE 2019 VOLUME 5, ISSUE 3

FEATURES

19
50 Years of Racing
Hitting the half century mark at Sears Point with Paul Newman, Werner Erhard and 4,000 sheep.

26
Wellness
We cover the waterfront on what makes us well, from yoga, Pilates chiropractic and TM to good vibrations, good attitudes, enough sleep and a caring cancer support group.

100
SDC
Three more years of Warm Shutdown and not a plan in sight.

103
Taking Down Roundup
Bayer/Monsanto insist it's safe, but a California jury doesn't think so.



It's time to raise the Woof!

Donate today and help Pets Lifeline build a new animal shelter for Sonoma Valley.



www.petslifeline.org

INSIDE

28 **LAUREN D WANTS TO MAKE YOU WELL**
The Queen of Zumba says don't wait.

32 **ACTIVE AGING**
John and Deborah refuse to go quietly into that good night.

35 **SLEEP**
You're not getting even close to enough.

36 **SUGAR**
You're getting way, way, way too much.

40 **BABAJI**
Wellness lies within.

46 **JOHN HOLDEN**
Give yourself permission to heal.

48 **CARING FOR CANCER**
Go ahead, speak it's name.

54 **REALLY GOOD VIBRATIONS**
René Jenkins heals with sound.

58 **EDUCATION OVER MEDICATION**
Wellness school at Sonoma Valley Hospital.

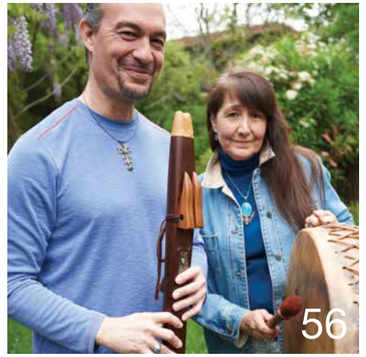
68 **A COMMUNITY FULL OF YOGA**
A family in search of inner peace.

70 **A CANNABIS QUANDRY**
THC or CBD or both?

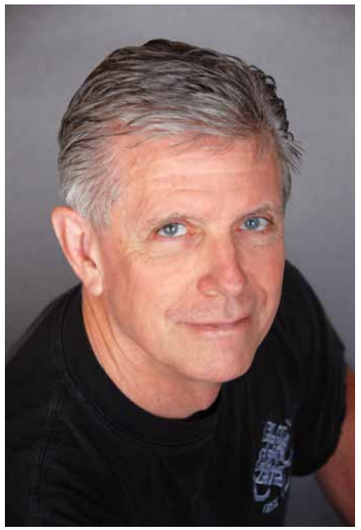
107 **SHE'S A REBEL**
Ava Rognlien knows where she's headed and she's ready to go.











Putting a Price on Wellness?

There's more to wellness than a hexagon.

It is not surprising to learn that there is a National Wellness Institute, which convenes an annual National Wellness Conference, and it is even less surprising to learn that the National Wellness Institute has monetized wellness, for individuals ($149/year), for organizations ($350/year), for students ($35/year and for student chapters ($299/year).

NWI conducts trainings that can apparently result in an Empowered Health Consciousness Facilitator Certificate (at a substantial cost), and there is actually a "Council on Wellness Certification Excellence" that reviews "Certified Wellness Practitioner" applications to decide who has the knowledge and skills to teach and promote wellness.

According to NWI, there are six dimensions of wellness (Emotional, Occupational, Physical, Social, Intellectual and Spiritual). Notably missing from this wellness hexagon are environmental wellness, cultural wellness, financial wellness, political wellness, climatic wellness, organizational wellness, species wellness, habitat wellness, musical wellness, literary wellness, historic preservation wellness, or social media wellness (we could, of course, go on).

Perhaps we're being a little harsh here, but the idea of reducing wellness to a bureaucratic construct with precise dimensions, strategies, performance categories, and costs strikes us as slightly beyond the far side of ludicrous.

What isn't ludicrous is the need for a global commitment to recognize how unwell so many dimensions of planetary existence have become, and how urgently important it is for all of us—as individuals, as communities, as nations, as cultures, and as a species—to take active responsibility for making things more well.

So we decided, in the midst of a decidedly unwell political epoch, it would be useful to sift through the people, the programs, the writings, and the resources that at least partially define the pursuit of wellness in this Valley.

We found so many points of light in the local wellness universe that we were barely able to scratch the service, and we know there are more people and programs deserving our attention than those featured here. Still, we think you'll find value in what we've compiled, perhaps you'll learn something new or remember something you knew but had forgotten.

This isn't our last shot, so we'd love to hear from all of you about what we overlooked or didn't have time and space for.

Meanwhile, as you will also read about inside and have no doubt already heard, there is positive news on the moving melodrama that is the uncertain fate of the Sonoma Developmental Center. On April 2, the State of California announced plans to extend "warm shutdown" funds for three more years, giving local stakeholders a significant extension on a deadline to come up with a viable, self-sustaining proposal for the now largely shuttered property. That extension will cost the state some $40 million, and state officials further announced they will provide $3 million to fund development of a viable proposal.

It was startlingly positive news, but as soon as the initial euphoria evaporated, the enormity of the challenge settled heavily on the members of a broad coalition sworn to save the land for the highest public use.

So read on, be well, and let's all keep searching for opportunities to elevate the level of wellness wherever we go.

Dawn Ball

EDITOR AND PUBLISHER

CREDIT WHERE CREDIT IS OVERDUE

We committed a terrible sin of omission in the March/April makeover issue when we forgot to include the designers, names for the Trashion Fashion dresses worn by our cover model Audrey Hamilton.

Here's what we should have told you:

In the cover photo, Audrey is wearing a sophisticated cocktail dress made from coffee bags, designed by the Queen of Trashion Fashion herself, Margaret Hatcher.

In the inside, "On The Cover" page, Audrey is draped in a full-length evening dress made entirely of men's neckties and designed by Lynn Macfarian.

And on the inside Trashion Fashion cover story opening page, Audrey wears an elegant evening gown made entirely of cut-up water bottles, designed by Julia Pozsgai.

Our apologies and congratulations to all concerned.



540 Fourth Street East, Sonoma $1,198,000

Two bedroom/two bath cottage blocks from the Historic Sonoma Plaza. With numerous thoughtfully remodeled elements, this charmer is downtown Sonoma living at its best!






Kathleen Ball
Broker Associate
707.322.8112
Kathleenball.com
kathleen@kathleenball.com
Cal DRE #01386466



Sotheby's
INTERNATIONAL REALTY

*Source: BAREIS and NRT, a subsidiary of Realogy Corporation. Sotheby's International Realty and the Sotheby's International Realty logo are registered (or unregistered) service marks used with permission. Operated by Sotheby's International Realty, Inc. Real estate agents affiliated with Sotheby's International Realty, Inc. are independent contractor sales associates and are not employees of Sotheby's International Realty, Inc. SIR DRE: 899496

Valley of the Moon
vommag.com

THE MISSION OF THIS MAGAZINE

Why Are We Here?

This is a community that, in our experience, is unlike any other community. It has a lot of the good things other great communities have, and then it has something more. We're all trying to define what that something more is, although to some extent it is clearly us. Like bees to honey, many interesting, diverse, caring, accomplished, giving and gifted people have been drawn here by the beauty, the wine, the food, the views, and by each other. We have become a hive.

This magazine is an ongoing celebration of the unique qualities and the unique people who comprise the essence of this unique place. It is about lifestyle, but much more than lifestyle, it is about what works and what doesn't work, about what we have become and what we want to become. It is about our successes, our failures, our promise, our future, our secrets, ourselves. It is also about our challenges, like the tension over tourism and tasting rooms; the struggle to preserve a hospital, a health center, and the Sonoma Developmental Center; the effort to achieve educational excellence and equality, to create affordable housing, and to integrate the parallel lives of the Anglo and Latino communities.

Our mission is to inform our readers, challenge their thinking and help them explore their future, in the belief that our home is worthy of both endless celebration and thoughtful examination.

Most of us seem to agree that this Valley is poised on the cusp of change. The demographic, economic, cultural, political, ecological, and even spiritual metrics are in flux. We all want to preserve its identity and integrity, but there is no clear consensus on what that means.

Our mission is to help find out while we brighten our readers' lives, challenge their thinking, and help them explore their future.

Editor & Publisher
David Bolling

Director of Operations
Gerri Back

Advertising
Renata Virk
Advertising Director

Design and Graphics Director
Kurt Morella

Online, Web/IT
Kevin Cracraft

Editorial Copy Editor
Janet Volkman

Society Editor
Renata Virk

Contributors
Kelli Anderson
Don Edwards
Don Frances
Sandi Hansen
Pamela Gibson
Gretchen Giles
Sydnie Kohara
Jack London
Lynette Lyon
Jonah Raskin
Jim Witous
Laura Zimmerman

Photography
Steven Krause
David Bolling

Distribution
Douglas Chambers
Western News Service

Valley of the Moon magazine is published by Kopavi Productions.

All rights reserved. Reproduction of contents without permission is prohibited.

Editorial and Sales Office:

Suite 200, Sonoma Community Center, 276 East Napa Street, Sonoma, CA 95476

Phone: 707.938.7097

Editorial: david@vommag.com

Operations: gerri@vommag.com

Advertising: renata@vommag.com

© 2019 Kopavi productions

CONTRIBUTORS



LAURA ZIMMERMAN
Laura Zimmerman knows her way around the world of education, as former executive director of the Sonoma Valley Education Foundation, and as a VOM magazine contributor probing education issues in the Sonoma Valley Unified School District and beyond. That's one reason she was particularly pleased to interview Ava Rognlien, a bright star in this year's graduating class at Sonoma Valley High School and a self-described rebel in the best sense of the word.



JONAH RASKIN
Jonah Raskin peeled back the lid of the Roundup controversy and Bayer/Monsanto's recent reversals in court where multimillion dollar verdicts cast serious doubt on continued use of an herbicide many experts are convinced causes cancer. He also explored the wellness attributes of cannabis byproducts—CBD and THC—and profiled the Sonoma Valley Community Health Center.



HANK MARTINSON
A San Francisco Giants uber fan contests the contention there's no crying in baseball with a reverent homage to America's pastime that is, above all else, a love letter to the sport and to the country that spawned it. Now, if the Giants could just find some more power in the lineup…



BRITTANY BIJAN
Brittany Bijan is a particularly prized contributor to this issue because she agreed to grace our cover with an image that radiates grace, serenity, and wellness. A yoga teacher and event planner, she perfectly captures the spirit of this issue's special content, and the inner beauty that flows from her presence touched all of us who worked with her.



STEVEN KRAUSE
Steven Krause's Canon captured Brittainy Bijan's beauty, along with Ralph Scott's somatic ministration's, John Holden's healing hands, the entire crew at Cancer Support Sonoma, the ageless vitality of John and Deborah Emery, Lauren Drinkhall's uncorked energy ,and more we can't even remember. By the time he was done his f2.8 24-70 was fried.







Meet Brittany Bijan—She can teach you yoga while she plans your marriage

PHOTO Steven Krause

One of the joys of publishing this magazine is the access it gives us to remarkable, creative, caring, and engaged members of the Valley community.

Brittany Bijan is one of those people.

We had a very clear idea of how we wanted a wellness cover to look. Like many other magazines these days, we imagined someone in a yoga pose to represent the holistic dimensions of wellness. We just didn't know who we could enlist to make it happen. We did not want an anonymous model, someone with no involvement with, and credibility in, the wellness community. And we needed someone who actually lived the values the theme addresses.

Brittany could not have been more perfectly qualified for the part.

She lives in Sonoma with her husband and four children. She not only practices yoga, she teaches it at Noble Yoga. And she has a profound appreciation for the practice, and the community she practices in.

"I feel so lucky," she says, "to be able to raise our kids in this sweet, small town of ours. I love teaching, it's become a huge passion of mine. Yoga is ingrained in me. I've taken long breaks from yoga, but I've always found my way back to it. Now more than ever, I know how important yoga is in my life, and I practice and teach consistently and can't imagine ever doing it any other way. Yoga can transform our bodies, our hearts and our minds. Yoga provides an in-depth look into one's self and our entire relationship with existence. The magic of yoga and all the benefits are pretty indescribable, my body and mind thank me each time I get on my mat."

In addition to yoga, Brittany has her own event planning business, planning weddings and other events all over Sonoma and beyond. That work allows her to exercise two critical skills—logistics and design. "I love the work that I do and the connections I build with my clients," she says. "I feel like I've found the perfect balance—teaching yoga and planning events. I couldn't imagine doing anything else."

Brittany's weekly yoga class schedule is available online at nobleyogasonoma.com. Her Sonoma event planning business—Harlin & Sparrow Events—is at harlinsparrow.com. She can also be reached by email at brittanybijan@gmail.com.

To which we say a very grateful and heartfelt, Namaste.

REGISTER NOW

PETS LIFELINE

SUMMER Camp

JUNE 10 - AUGUST 16
Monday-Friday
8:30am-11:30am
For kids ages 5-12

Pets Lifeline Summer Camp includes:
Cool Art Activities
Fun Games
Weekly Visits from Lyon Ranch
Kitten Socialization Time
Therapy Dogs
and much more...
and best of all, you'll create a lifetime of memories through caring for cats and dogs in need

FUN
DOG YARD
KITTEN ROOM
GAMES
ART
PLAY

To register or for more information,
please call 707.996.4577 x108 or visit petslifeline.org



With a home equity line of credit from Exchange Bank, your house can do a lot more than sit there and look pretty.

Make your home make some money. A Home Equity Loan from Exchange Bank is perfect for life's unexpected expenses. Or for projects like a home renovation, a Line of Credit could be just what you need. Our competitive rates and deep understanding of the region mean you're guaranteed to get the best bang for your home's buck.

exchangebank.com

Exchange Bank
Invested in you.

Member FDIC
EQUAL HOUSING LENDER

50 Years of RACING In Sonoma

Story and Photos **David Bolling**

Sears Point, Paul Newman, Werner Erhard, 4,000 sheep and one of the best tracks anywhere.



You can be excused if you don't remember the opening of Sears Point Raceway.

The year was 1968, and a few slightly more significant events were taking place, including the assassinations of Dr. Martin Luther King Jr. and Senator Bobby Kennedy; riots in more than 100 U.S. cities left 39 people dead; the Tet Offensive exploded, recalibrating the Vietnam War; Soviet troops invaded Czechoslovakia; President Lyndon Johnson announced he would not run for re-election; there was a riot in Chicago during the Democratic National Convention; the Memphis garbage strike recharged the civil rights movement;

the Black Panther shootout occurred in Oakland; the Poor People's Campaign descended on Washington, D.C.; microprocessor giant Intel was founded; Richard Nixon was elected president; and Apollo 8 orbited the moon.

One is tempted to ask, "Other than that, Mrs. Lincoln, how was the play?"

Still, in the evolving landscape of American motor racing, Sears Point was kind of a big deal. The 2.52-mile track draped over a rolling hillside on the edge of San Pablo Bay, was instantly a scenic attraction and an exciting racing challenge, with 12 turns, 160 feet of elevation change and countless spectator viewing sites close to the action. It didn't hurt that the track was laid out less than an hour from San Francisco, one of the country's favorite cities, or that it attracted celebrity drivers, like Paul Newman, who raced there in 1984, and Werner Erhard, of est fame, who launched a vanity racing program called Breakthrough Racing.

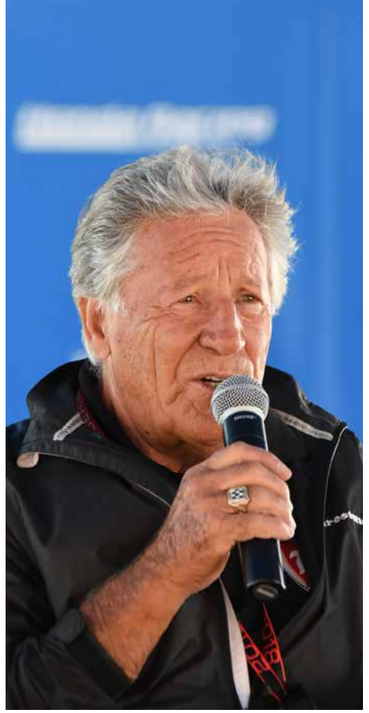
Despite a string of troubled ownerships, the track progressed, attracting



major racing series—including IndyCar in 1970 and again in 2005, the NHRA in 1988 and NASCAR in 1989—and many of the sport's top drivers. A major milestone occurred in 1996 when the track was purchased by O. Bruton Smith and Speedway Motorsports Inc., Steve Page, a former Congressional staffer and Oakland A's executive, who had never been to an auto race, became president and general manager, and adroitly shepherded the track through a four-year, $100 million facility expansion, with more permitting and political obstacles than the track had turns.

Page applied his own vision, and











RACING FACES include Paul Newman *(opening page),* Mario Andretti *(above)* and *(clockwise)* Sonoma Raceway Girls, former owner and racing school legend Bob Bundurant in a Birdcage Maserati, rapper and race fan MC Hammer, legendary sports car driver and Muscle Milk founder Greg Pickett, British IndyCar driver Max Chilton hugs wife Chloe, Danica Patrick buckles helmet, TTC star Meggie Cansler Ness sings National Anthem.









Hanna Boys Center

GREAT Minds THINK ALIKE!

13th ANNUAL EVENING WITH THE ALL-STARS

Thank You!

Our 13th Annual Evening with the All-Stars, held on April 27, was a huge success **raising over $600,000** to support the vital programs at Hanna

Thank you to our sponsors, honorary committee, and to all who attended.

We were proud to award the 2019 Community All-Star Award to **Bill Schraeder**, retired president and CEO of Exchange Bank. Bill has served on the Hanna Board since 2010 as was the Chair of the Hanna's Board of Trustees from 2015–2017.

17000 ARNOLD DRIVE, SONOMA, CA | 707-933-2555

Event Sponsors

PLATINUM

Linda & Bill Sullivan
Marcia & Maury Gallagher

GOLD

Barbara & Peter Connolly

SILVER

Dodge & Cox
Moss Adams
Marcia & Gary Nelson
Kiki Pescatello
Weintraub|Tobin Law Corp.

BRONZE

Carolyn Alioto
JoAnn & Jack Bertges
CSDA Design Group
Epicurean Group
Anne & Brian Farragher
Toni & Don Feehan
Graystone Consulting
Jennifer & Brian Heafey
Laura & John Kaplanis
Matrix HG, Inc.
Jane & Andy McClure
Judy & John Olano
Park SFO
The Pasha Group
Karen & Jack Powers
Presidio Bank
R.R. Donnelley
San Francisco Police Officers Association (SFPOA)
Gloria Smith
Michelle & Sean Tobin
Katie & Marc Traverso
Vericool Packaging -Darrell Jobe-

WINE SPONSORS

Charvale Vineyards & Winery
Crux Winery
Gloria Ferrer
Three Wine Company
Trattore Farms Winery
Viansa Sonoma Winery
Vino! Wine Shops

THANK YOU TO ALL!

Hanna Boys Center











Speedway's resources, to create arguably the most environmentally sensitive racing venue in the country, in an industry not known for being green. The track employs close to 4,000 sheep to groom the weeds, more than 475 tons of material has been recycled there since 2004, and 15 owl boxes house winged predators to control the local rodent population. And in partnership with Panasonic, the raceway has installed close to 1,700 solar panels providing about 40 percent of the facility's power needs.

While the track has been continuously improved and expanded, and a major racing-related industrial park, composed of some 70 businesses, has grown up there, something of the casual, accessible, and, probably, dangerous charm of the raceway's early days has necessarily been lost.

Spectator comfort has vastly expanded, but so have safety restrictions. In the early days, safety barriers were largely composed of random stacks of tires around metal guard rails, and in 1984 a three-car pile-up at the Turn 11 hairpin once set tires flying as a Jaguar XKE flew into and over the pile, while a Mustang and a Cobra slid into the fray.

That could not happen today.

But 50 years in, after two name changes and a still-evolving racing menu, Sonoma Raceway has established itself as one of the premier racing venues in the nation.

OLD SCHOOL RACING circa 1984 shows E-Type Jaguar hurtling into lose pile of tires at Turn 11 hairpin, followed by Ford Mustang and a Shelby Cobra as tires fly through the air. Raceway safety measures are vastly improved today.







FROM NHRA TOP FUEL DRAGSTERS *(LEFT)* to an IndyCar spinout in Turn 2 *(middle left)* to a 50-minute, Funny Car total engine rebuild *(bottom),* to NASCAR, sports cars and motorcycles, Sonoma Raceway has seen it all over 50 years.









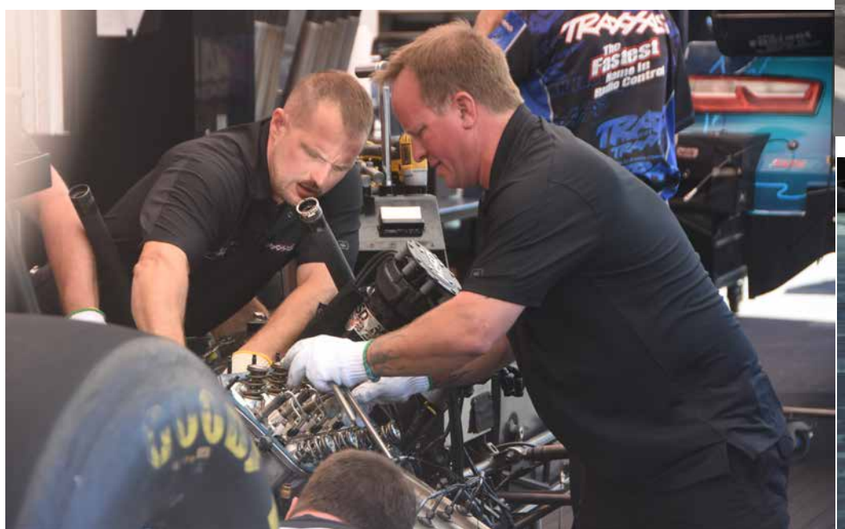
















WELLNESS

Wellness Is a Journey

Defining wellness is suddenly becoming a national pastime and a growing industry, but if you look under the covers, wellness has been tapping on your shoulder for years.

The message is getting louder and clearer: sleep more, eat better, kill the sugar, fat is OK, carbs not so much, grass-fed everything, do some yoga, meditate, be kind to yourself and to others, stop sitting for so long, the psoas is connected to the everything, and everything that is vibration and sound can heal. Got it?

Probably not, because most of us rarely do for long. So we yoyo, and even that is a vibration, if we're tuned to it.

How do we achieve wellness? Can we? Simple. It's not a destination, it's a journey. And we're always on the way. So what follows are some rest stops along the road. Happy travels.

And Namaste.

Lauren D Wants to Make You Well

HEALTHY CHANGES START INSIDE.

PHOTOS **Steven Krause**

Lauren D has a simple message that emerges from the kinetic stream of fitness thoughts that tumble urgently out of her mouth like sparks in a high-tension line: "Don't wait!"

She repeats it, with the emphatic energy of, say, 2,000 volts. "Don't wait. That's the one thing I want to tell people. Stop waiting for the right time. Everybody waits. They want to get fit, but they want to wait until January first, or until Monday, or until tomorrow. But we are not guaranteed tomorrow. So take care of yourself. It's your body, it's your magical kingdom. How cool is that? You get to take care of this thing all yourself; you are in charge of it."

There is so much passion in her voice it feels like it's coming from some space very deep inside her. Because it is.

Lauren Drinkhall is, by now, a Sonoma Valley institution. She is the Zumba Queen, with multiple accreditations in a catalog of fitness disciplines and an army of followers who flock to her classes and her online presence, an oracle of wellness information and advice who has chosen to be transparently public about the Valley of Hell she passed through during decades of addiction, homelessness, and abuse.

She is closer to 50 than 40, she looks 30-something, and the scars on her soul are mostly healed. What remains of the pain she endured is the throttle of the engine that drives her, a constant reminder to accept who she has been and to embrace who she has become. It's a lesson she shares with everyone and a fundamental ingredient in being truly well.

"If you don't love yourself at a size 14, you're not going to love yourself at a size four," she insists. "And if you hate yourself through your workouts, if you're all about 'I am a loser, I'm so stupid, I suck, I can never lose this weight, I'm never going to,' do you think you're going to stick with it in the end? No, you're going to wind up convincing yourself you can't do that."

Her mission is to convince you that you can.

"Sometimes it's a messy process getting people to make healthier changes, because it's not the food and alcohol that's the problem, it's underlying issues, and that can be a long journey people don't want to take. But it's so worth it if they do."

She knows whereof she speaks.

"I wish people could just believe in themselves more, and that's where I like to think I come into play. I want to help people feel better about themselves, show them how to replace unhealthy habits with healthier habits, feel how good their bodies were meant to feel, crush goals they've dreamed of and love themselves as much as they can while they can, because it's not too late to take control of your health—until it is."

Lauren D has a whole toolbox of strategies, routines, workouts, and menus to help people reach their goals. But the formula for wellness success, she says, requires a light hand. Start, she counsels, by adding healthy elements to your life, rather than struggling to eliminate unhealthy ones.

"So I tell people, don't try to freaking wipe everything off the table and start over, because nobody is going to succeed at that. You're going to get frustrated and have cravings and get mad. You're not going to be able to do it, so you'll quit, and then you're going to go, 'See, I told you I couldn't do it.'

"Instead, add one thing in, like add one healthy smoothie a day. Call me in a week. How's that going? Cool. Do it for another week, then add in a salad. Call me in a couple weeks. Pretty soon you're telling me you feel so good and you have all this energy. So don't be so hard on yourself."

It also helps, she says, if you follow "the three Rs—routines, rituals, and role models. I always tell people, if you don't have something set in place, you're going to fall back into that old stuff."

She's reluctant to specify a diet, insisting there's no magic formula.

"Healthy is a mindset," she says. "Don't overthink your plate. Stop dieting, stop chasing a magic spell, stop depriving yourself, stop following what everyone else is doing, and do what works for you. Because, what happens when the cleanse is over, the diet is over, the newest, 30-day blah, blah, blah is over? You are going to be right back where you started and, most likely, you'll starve yourself and/or binge on all the foods you forbade yourself to go near, and eventually quit trying because you can only yo-yo yourself so many times."

She is adamant, almost angry, when she says, "If you really want to be successful, start with your mindset, educate yourself. Eat real food, fresh food, whole foods. And, sometimes, ice cream and cookies."

Say what?

"Yeah, it's OK sometimes. Nobody can be perfect all the time. Everybody falls off. Take it from me." That said, she's no fan of sugar, as much as she loves it.

"I always say low sugar—which is the demon, right? Sugar is the worst—low gluten, low dairy; those are pretty inflammatory. I feel my best when I'm not eating those things. I feel my best when I'm just about the plants and lean proteins, green juices, super fruit smoothies, ketones, and coffee. That's the



LD diet."

Did she mention ketones, part of the latest diet craze wherein you force your body to digest its fat reserves instead of simple carbohydrates?

"The ketogenic diet is eating a certain way so you have really low carbs and high fats. And what happens to your body is, you stay in a state of ketosis where you have mental clarity, a lot more energy, you're burning fat, you're sleeping better, your moods are better. For me, my cravings were gone. I felt like my appetite is suppressed a little bit when I'm in ketosis. But to do that way of eating for a really long period of time, that's really hard. It gets really frustrating."

Part of the LD diet sometimes involves simply not eating all.

"I'm an intermittent faster. I totally believe in a little fasting, giving your body a break from constantly putting something in it, drinks and foods and eating and eating. Your body is always working, right? So, rest it.

"I'm not a super strict planning person, but I'll stop eating at night and into the next day. I'll have a green juice and ketones and stuff like that. If I'm hungry I'll eat. But I do 60-hour reboots with everybody every month. That's a detox, no-food fast for 60 hours. I run those every month with people online and the results they get are amazing, because you completely let your body just feed off its own fats and inflammation, and we all have plenty of that to last 60 hours."

There's more to Lauren's wellness regime, of course.

"You lift some weights, do a little bit of cardio, come to Zumba. And weights are so good. They burn fats. They keep burning calories even after you lift weights, and you can see the definition—people always like that."

There are other healthy elements in Lauren D's life that have nothing to do with food and exercise and everything to do with her 14-year-old son.

"My kid and I do this little guided meditation every night, and we do a gratitude journal every morning. We keep it simple. He's like, 'I'm grateful for Socks, my cat; video games; candy; hugs; my mom.' Stuff like that."

Stuff like that is love, finding it, valuing it, growing it, spreading it. That, ultimately, is what Lauren D does.

"I just want to bring people in, get them healthy for a week or two, to where they say, 'Wow, I didn't know I could feel this good.' I want to save the freakin' world. One person at a time."



Lauren Drinkhall has countless access points—Facebook, YouTube, zumba.com, instagram (@laurend_fitness). Seek her, and she will come.





THERESA PARDINI
Compass
707-319-1760
theresapardini.com
CalBRE#01745540
COMPASS



KATHLEEN LEONARD
Pacific Union and Christie's International Real Estate
707-938-8000
kathleenleonard.com
CalBRE#01371051
PACIFIC UNION INTERNATIONAL



DANIEL CASABONNE
Sotheby's International Realty
707-939-2222
danielcasabonne.com
CalBRE#01221013
Sotheby's INTERNATIONAL REALTY



HOLLY BENNETT
Sotheby's International Realty
707-484-4747
hollybennett.com
CalBRE #00973279
Sotheby's INTERNATIONAL REALTY



KATHLEEN BALL
Sotheby's International Realty
707-322-8112
kathleenball.com
CalBRE #01386466
Sotheby's INTERNATIONAL REALTY

Tina Shone
WINE COUNTRY REAL ESTATE
ACQUISITIONS AND SALES SINCE 1986
Sotheby's INTERNATIONAL REALTY

TINA SHONE
Sotheby's International Realty
707-933-1515
tinashone.com
CalBRE #00787338



KURTIS RISSMILLER
W Real Estate
707.553.3779
kurtis@wrealestate.net
Kurtis.FindBayAreaRealEstate.com
CalBRE Lic# 01913264
W REAL ESTATE

4TH ANNUAL
FAIRWAYS FORE FUTURES GOLF CLASSIC
MONDAY, AUGUST 26, 2019
SONOMA GOLF CLUB
17700 ARNOLD DR. | SONOMA, CA





Boys & Girls Clubs of Sonoma Valley is excited to hold the
4th Annual Fairways Fore Futures Golf Classic.
Bring your friends! Grab your clubs!
Hit the fairway for the future of our kids in Sonoma!

11:00 AM Shotgun Start
9:30 AM Registration & Breakfast
3:30 PM Award Reception, Raffle & Dinner

FOUR PERSON SCRAMBLE
LIMITED TO 144 PLAYERS
PRIZES AWARDED TO: 1ST, 2ND & 3RD PLACE,
LONGEST DRIVE, CLOSEST TO PIN, & PUTTING CONTEST
FUN THEMED HOLES

FOR INFO VISIT **BGCSONOMA.ORG**





SPONSORSHIPS AVAILABLE
$300 PER PLAYER

Entry includes green fees, golf cart, themed holes with food and drinks on the course, tee prize and reception.

A BENEFIT FOR
BOYS & GIRLS CLUBS OF SONOMA VALLEY

100 W VERANO AVE. | SONOMA CA 95476 | QUESTIONS? CONTACT MICHAEL IRVINE AT 707.938.8544 X104

Active Aging

JOHN AND DEBORAH EMERY DON'T MEASURE HEALTH AND HAPPINESS IN YEARS.

PHOTOS **Steven Krause**

How do you measure age? That's a wellness question of increasing social and scientific significance. The conventional calendar may no longer be an accurate gauge. As human longevity expands—from 47 years for male Americans in 1900, to 77 years for men and 81 years for women in 2018—the meaning of each aging milestone is constantly recalibrated. If 40 is the new 30, is 60 the new 40? What about 80?

We're living longer not just because of better medicine and the decline of infectious diseases, grizzly bears, lead pipes, mercury mining, moonshine consumption and cigarette smoking, but because our expectations have been raised. Today, when someone dies in their 60s, we mourn that they died so young, while a century ago they were just old.

The issue is of specific interest in the town of Sonoma where the median age in 2014 was 52.5 years. Which sort of means by today's standards, 50 is barely middle-aged.

And that brings us to John and Deborah Emery, who need no introduction unless you're from another planet, you live under a rock, or you just arrived in town a week ago while they were down in Cabo. In case you are from Mars, John is a retired plastic surgeon, a multi-sport athlete with an Olympic gold medal who has now skied more than a million vertical feet. He has kayaked whitewater rivers, completed the Hawaii Ironman, the Davis Double Century bike race, the Escape from Alcatraz swim, and he has surfed in Hawaii with Harry Belafonte. Finally, it bears repeating that John won a gold medal as captain of the Canadian four-man bobsled team in the 1965 Innsbruck Olympics, topping the Austrian team by a full second.

Deborah studied exercise physiology at UC Berkeley, ran track, played basketball, is a former model, pageant contestant, winner of the Mrs. California and Mrs. United States pageants, as well as a civic volunteer with a passion for helping the helpless. They are both lifelong and expert equestrians who raised and showed Arabian horses nationally and competed for years in grueling ride-and-tie races as well as the 100-mile Tevis Cup, a horseback race across the Sierra. The two have ridden horseback safaris in Africa and India, logging 40-mile days.

John is now 87, Deborah is indeterminately younger, and she adamantly refuses to play the age game. "I don't like being identified by age. I think the problem with people is, they go, 'She's that age. She's old.' You can be fabulous, have the best body, whatever your age. My goal is always to have a bikini-ready body. I can wear my bikini at my age. It's only for me. I don't give a shit what anybody else thinks. I can wear my bikini."

And, the objective observer is forced to admit, yes, she really can. Which brings us back to age and expectation. "That's why I assume John at his age is my age. I assume he can do what I do, and I expect it, " says Deborah. "If I look at my priorities in life, health is probably the number one thing. My family is right up there, but my health is everything."

Neither Emery has a strict work out regime, and yet, says Deborah, "John and I are physically fit people, even if we're not working out at the gym. I love gardening. I love walking around this property. I power walk when I'm running around here. John, kind of does the same thing. You don't have to be in a gym. You can find physical fitness anywhere."

And there's no strict Emery diet. "John and I eat a relatively Mediterranean diet," she says. John adds, "We cook together, that's kind of fun, we have our food, our wine, we sit by the fire, that's our nightly ritual."

So a certain level of fitness is embedded in the Emery DNA, but does that really explain how they seem to remain, relatively speaking, so young? Or is there something else, independent of genes, surgery, or wardrobe?

John ventures to suggest, "I think we both have this underlying curiosity about people, places, things—and that carries us through a lot."

Deborah agrees. "There is never a day that I'm bored, never. Being bored isn't in my picture. I love to party. I love to have fun. I love to do everything, and I do everything in moderation," she says, perhaps excluding the size of her walk-in closet.

It's an important theme for Deborah. "I think anybody can truly be healthy if they are moderate, including people who are trying to lose weight, people who have food issues, drinking issues, all of these things. People are constantly trying newfangled diets, this food and that food to make it better when, actually we can do it ourselves. Our bodies are our best pharmacy. We have all the tools within us to be healthy. It's our lifestyle choices that, most of the time, don't make us healthy. It creates dis-ease."

But both their lives are more complex and nuanced than issues of fitness and diet. "I think," says Deborah, "another thing is attitude; your attitude about life, your attitude about health, your attitude about everything, either makes you sick, or it makes you well. If your mind is unhealthy, your body is definitely going to be unhealthy. So I don't dwell too much on bad things. My world revolves around curiosity, like John, and having purpose in life, being needed, doing things to help others, or challenging myself."

For John, pursuit of adventure has been a consistent theme. "I have always liked adventure," he says. "I have always been seeking something that will kind of excite me and move me



Your attitude about health, your attitude about everything, either makes you sick, or it makes you well. If your mind is unhealthy, your body is definitely going to be unhealthy. So I don't dwell too much on bad things.

—DEBORAH



maybe to a new level in whatever I'm doing, either learning a language, or learning about a country, a place, or people. I've always taken every opportunity to jump on board something that might have been a little bit out of my comfort zone." Deborah interjects, "We both live on the edge. We take chances all the time, safe chances. I mean like, when the opportunity is there to go ride an elephant, say, of course we want to go there. We want to try everything. I consider myself like a big kid. I really do. A kid lives inside of me. I am very serious about serious things, but being serious isn't how I live. My life flow is about light, staying youthful. I don't have to make myself be that—I feel like I'm a kid."

John brings the conversation back to nature. "I think there is a lot of balance in the life that we're always looking for," he says. "I achieve balance by being in nature. That's very important to me. That's why I love John Muir. If people can get out in nature, even for a few days, and just experience all the beauty that's around us and be grateful for this world we live in, everything [comes into] balance.

"I like to be in a quiet place where I can contemplate and meditate. One thing I don't do is let other people's feelings toward me, for or against me, affect the way I conduct myself in life. I'm very confident in my own choices, who I am, my relationship with Deborah. We talk about serious things together, we try not to worry about whether we think we're on the inside track of a certain crowd or situation. I don't let that bug me at all. I just carry on with my life, just trying to be a good person."

People who know them find it hard to recall a moment when there isn't a smile on either Emery face. "We're kind of happy in our skin," says Deborah, as if the idea has just occurred to her. "We both choose a kind of peacefulness, and we're terribly happy people."

There is one thing else John wants to be clear about. "During 50 years as a surgeon, it was always important for me to thank God for my gift. I never took credit for my gift, I always gave it to a higher power, and I was always very thankful."

Deborah concurs. "John always gives credit to the other, which is such a beautiful thing. He is not a credit seeker, and that's a wonderful place to be in life. It reflects back on just being happy within. Which is, I think, what makes a healthy person. It's in your mind, and your physical body, and in your spirit. And each one affects the other."

It's a comforting thought that these two people, who appear to have everything that often fails to make people happy—a beautiful estate, frequent travel, more than enough wealth, opportunity, and possessions—are living, at their core, a fulfilled and fulfilling life, with abundant love and happiness, the occasional risk, and a bikini that always fits.

I'll Sleep When I'm Dead!

REALLY, REALLY BAD ADVICE.

STORY **Staff Report**

"To sleep—perchance to dream; ay, there's the rub…"
—Hamlet

While Hamlet was pondering the allure of eternal sleep, most of us are just trying to rack up eight hours a night. And failing miserably.

According to neuroscientist Matthew Walker, who heads the Center for Human Sleep Science at UC Berkeley and authored the bestseller, *Why We Sleep*, adult Americans averaged 8.25 hours of sleep a night in 1910, while today's average is down to 6.75 hours.

That, Walker's research concludes, represents a massive public health risk.

In a wildly popular (if frightening) TED talk, he states, "The decimation of sleep throughout industrialized nations is having a catastrophic impact on our health, our wellness, even the safety and education of our children. It's a silent sleep loss epidemic. It's fast becoming one of the greatest challenges we face in the 21st century."

According to Walker, sleep deprivation makes us dumber, shrinks our memory and makes it much harder to learn new things, makes us more vulnerable to dementia and more likely to die of a heart attack, weakens our immune systems making it more likely we get cancer, and it makes our bodies hurt more. If that's not scary enough, it disrupts the creation of sex hormones like estrogen and testosterone, leads to premature aging and, get this gents, men who only sleep five hours a night have significantly smaller testicles than men who sleep more than seven.

How much is enough? Seven to nine hours for healthy adults. More for children and teens.

"Sleep loss," insists Walker, "will leak down into every nook and cranny of your physiology." Sleep, he insists, "is not an optional lifestyle luxury. Sleep is a nonnegotiable biological necessity. It is your life support system."

Walker says sleep makes us better at everything. "The disruption of deep sleep is contributing to cognitive decline," he says. "You need sleep after learning, to essentially hit the save button on those new memories so you don't forget. But recently we've discovered that you also need sleep before learning. Almost like a dry sponge to suck up new information. Without sleep, the those memory circuits effectively become waterlogged, and can't absorb information."

Using an MRI scanner, researchers compared a group who slept a full eight hours with a group who stayed awake all night, and discovered in the sleep-deprived group a 40 percent deficit in the ability of the brain to make new memories. The hippocampus, says Walker, "is the memory inbox of your brain. Sleep deprivation shuts down your memory inbox."

The effects get worse with aging, he says. "Sleep disruption contributes to memory decline in aging. And now, it seems, in Alzheimer's disease as well."

But it's not only about mental cognition. Walker says sleep is also critical to stabilize and support emotional and mental health. Without enough sleep, there is a 60 percent amplification of emotional behavior. "Without sleep you become all emotional gas pedal and too little control brake," he says. "This is a neurological signature that is not dissimilar to numerous psychiatric disorders. Sleep disruption is significant predictor of conditions such as depression, anxiety (including PTSD) and, tragically, suicide as well. We cannot find a single psychiatric disorder where sleep is normal."

There's still more. "Sleep is also essential for the body and the immune system," Walker explains. "You want a viral set of immune cells—they are very good at identifying dangerous foreign elements and eliminating them. (And) you don't have as many immune cells if you haven't been sleeping enough. Reducing sleep to 4 hours equals a 70 percent reduction of natural killer cell activity, after one bad night of sleep. Imagine the state of your immune system after weeks, if not months, of bad sleep."

One result, Walker says, is that, "insufficient sleep is a significant risk factor for numerous forms of cancer. The relationship between a lack of sleep and cancer is now so strong that recently the World Health Organization decided to classify (overnight) shift work, because of the disruption of your sleep rhythm, as a probable carcinogen—jobs that will induce cancer because of sleep disruption."

The emphatic conclusion, Walker says, is that "the evidence is irrefutable and overwhelming: sleep is the single most effective thing you can do to reset your brain and body health each and every day.

"I'll sleep when I'm dead is mortally unwise advice."





Sweet Addiction

OPIOIDS, ALCOHOL, COCAINE AND… SUGAR?

STORY **Staff Report**

You can't talk about wellness without addressing what some experts consider the most widespread, entrenched, and dangerously addictive substance in the world. And they're not talking about alcohol, Fentanyl, heroin, or cocaine. They're talking about sugar.

There is a great deal of dispute over the issue of whether or not sugar is physically addictive, but almost no disagreement that global consumption of refined sugar, and the more recently adopted use of massive amounts of refined fructose and corn syrup have an inextricable link to the pandemic of obesity.

The United States has the highest per capita sugar consumption in the world, according to the World Health Organization (WHO), at 126.4 ounces per day for every man, woman, and child. That's about a quarter pound of sugar every day, 10 times the WHO recommended daily limit of 11 grams. A healthy level would be no more than 5 percent of anyone's daily caloric intake. The next closest sugar-consuming country is Germany, at 103 grams, and Mexico is eighth on the list with 92.5 grams of sugar per person per day.

Most researchers see a direct link between our astronomical rate of sugar consumption and the sobering U.S. obesity rate, which in 2015–16 hit 37.9 percent for men and 41.5 percent for women. But obesity isn't the only risk factor associated with sugar.

Sugar also:

- Increases the risk of Type 2 diabetes.
- Increases depression, as high sugar-induced insulin levels lower dopamine levels.
- Causes wrinkles.
- Raises cholesterol.
- Increases the risk of heart disease.
- Restricts blood vessels.
- Fools the body into thinking you need more food.
- Reduces energy levels as insulin floods the bloodstream to regulate all the sugar.
- Creates a self-reinforcing demand, feeding Candida yeast in the gut, which leads to more sugar craving.
- Stores up belly fat, sometimes referred in the literature as "sugar belly," which occurs when the liver encounters more fructose or sugar than the body uses for energy and breaks it down into fat globules, many of which are carried by the blood to your belly and internal organs. Just like a beer belly.
- And there is growing evidence that excessive amounts of highly concentrated, refined fructose, which is processed in the liver, are responsible for the doubling of non-alcoholic fatty liver disease (NAFLD) since 1980, corresponding to the radical increase in fructose use as a ubiquitous sweetener, consumption of which has doubled since about 1990.

"Sugar," argues Dr. Robert Lustig, "causes diseases: unrelated to their calories and unrelated to the attendant weight gain. It's an independent primary-risk factor. Now, there will be food-industry people who deny it until the day they die, because their livelihood depends on it."

Lustig, who is a professor of pediatric endocrinology at UCSF, and author of *The New York Times* bestseller *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*, has spent 16 years treating childhood obesity. He thinks sugar should be regulated. "Politicians," he says, "have to come in and reset the playing field, as they have with any substance that is toxic and abused, ubiquitous and with negative consequence for society. Alcohol, cigarettes, cocaine. We don't have to ban any of them. We don't have to ban sugar. But the food industry cannot be given carte blanche. They're allowed to make money, but they're not allowed to make money by making people sick."

Is sugar actually addictive?

"Tolerance and withdrawal are the hallmarks of addiction," says Lustig. "Sugar specifically down-regulates the same factors, the same receptors, in the reward center of the brain, as do all of the other addictive, abused compounds … nicotine, alcohol, cocaine, morphine … every single drug of abuse, and it occurs with sugar too."

What Lustig is saying, in a nutshell, is that when the brain's pleasure receptors are overloaded, they "down-regulate," meaning that it takes more and more of each addictive substance to experience pleasure and satisfaction. Thus, addiction.

"No one," says Lustig, "can exert cognitive inhibition—willpower—over a biochemical drive that goes on every minute of every day of every year. It's just not possible."

What to do?

"Treating any kind of addiction is difficult once the brain's limbic system becomes so damaged that dopamine no longer generates reward. The best solution," argues Lustig on his website (robertlustig.com), "is to prevent addiction in the first place, and in the case of sugary processed foods, that means marketing truth to consumers.

"Many industries," he charges, "have marketed dangerous products to unsuspecting consumers, but no industry has provided more disinformation than the processed food industry. And no ingredient has fueled more morbidity, mortality, and economic havoc than sugar."



Sugar specifically down-regulates the same factors, the same receptors, in the reward center of the brain, as do all of the other addictive, abused compounds … nicotine, alcohol, cocaine, morphine … every single drug of abuse, and it occurs with sugar too.

Sue
ASLIN



STUDIO M PILATES, SONOMA

A PILATES, GYROTONIC AND MANUAL THERAPY STUDIO

Offering Private Sessions & More than 20 Group Classes.

Our mission is make a conscious connection with each client, help them gain a better understanding of their body and guide them toward the quality of mindful movement that promotes optimal alignment, joint function, strength and flexibility. Our knowledgeable, experienced trainers use a combined skill set of Pilates, the Gyrotonic Method, orthopedic massage and osteopathy to help each client move and feel well in their body for their lifetime.

721 W Napa Street, Sonoma
707. 938.5593



Never Too Old for Fitness at Oakmont

SENIORS PURSUE ACTIVE EXERCISE PROGRAMS.

STORY **Don Edwards**

"What exercises can you do besides going to a gym?" wondered Tom and Teresa Woodrum, Oakmont Village's premier fitness gurus. This gregarious couple's quest launched the Oakmont Health Initiative (OHI), featuring active exercise programs, social events and nutrition tips. Spirited seniors congregate three times a week for free, heart-healthy, body-enriching workouts inside the cathedral-like Berger Auditorium. Led by JoRene Woodworth, a former Sonoma County YMCA Healthy Living fitness instructor, about 70 fitness devotees regularly line up for their 9 a.m. workouts. The Woodrums crafted their South Carolina charm and California zeal to found the OHI five years ago. The volunteer-guided exercise classes and events heighten a sense of belonging and caring among the diverse 4,700 Oakmont residents.

Participants are encouraged to talk to their doctors before joining the classes or participating in any exercise regimen, notes athletic Charlene Bunas, who regularly contributes to the OHI column for the bimonthly *Oakmont News*. Open to Oakmont residents only, classes form part of the many Oakmont athletic options. These include Oakmont's two 18-hole golf courses, three outdoor pools, a state-of-the-art fitness center, tennis courts, pickle ball courts and more. Tom Woodrum, an avid golfer, was featured in a recent newspaper article on the Oakmont Golf Course, while Tom and Teresa were spotlighted in an April 15 *Oakmont News* profile article.

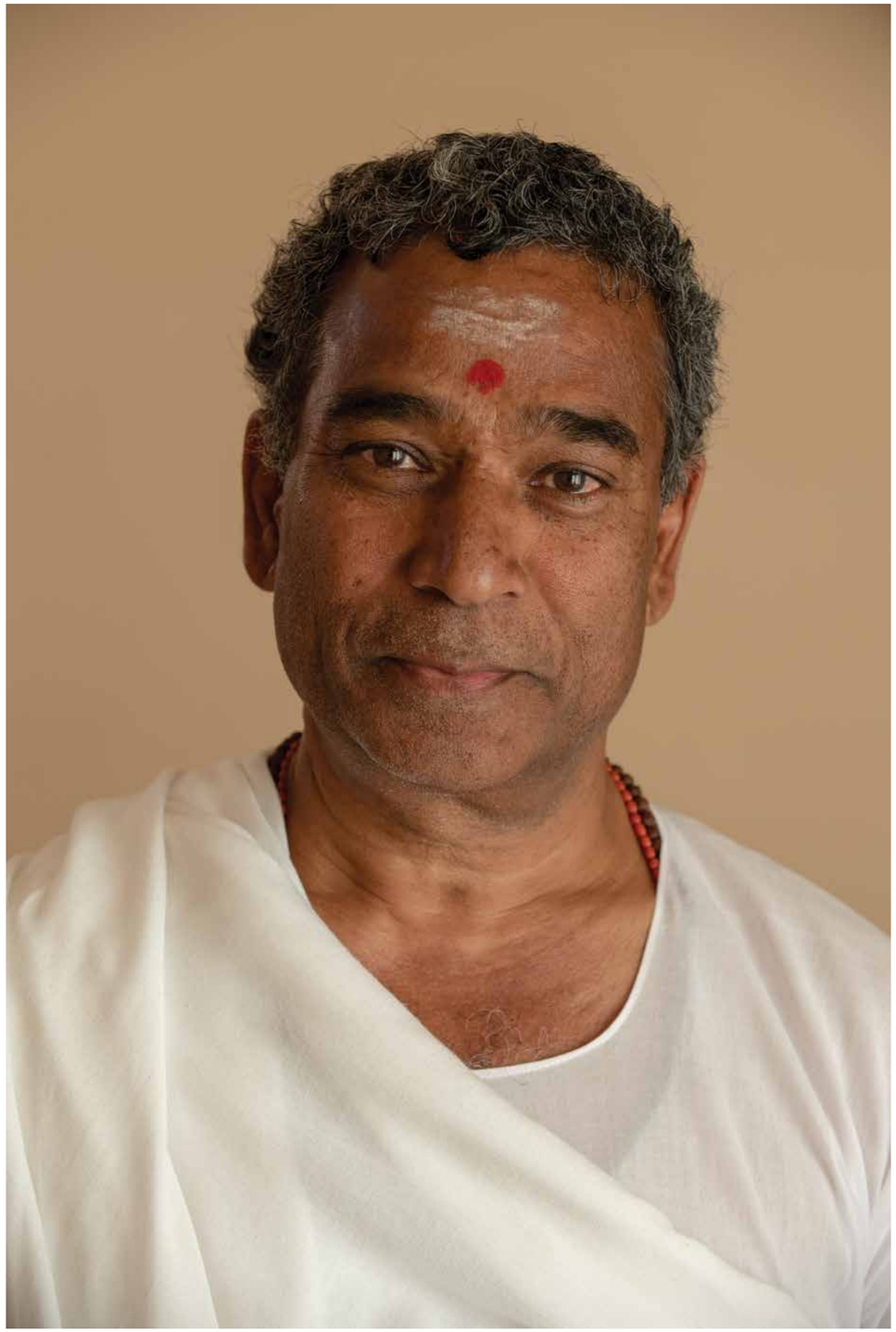
Tom and Linne McAleer, OHI board members, along with other volunteers teamed up with American Heart Association professionals who taught more than 100 Oakmonters a free, hands-on CPR training class in a pre-Valentine's Day event. Yellow emergency go-bags and supplies were distributed as part of Oakmont's ongoing "neighbors helping neighbors" disaster planning efforts. "There are so many crossovers, from health events to nutrition classes," adds Tom. "Seniors want social interactions."

Teresa is a retired intensive-care nurse who combines her health and safety skills for students. Tom, a former Sumter County, South Carolina, state assemblyman, greets their students by name. Both Tom and Teresa volunteer at the classes, which are contracted with the Sonoma County YMCA. The Woodrums were among the first Baby Boomers to settle in Oakmont Village, more than a decade ago.

The OHI exercise classes blend elder aerobics, strength- and balance-focused movements. Classmates enjoy friendly competitiveness and camaraderie, and many gather for lunch afterward. Our goal is to 'live healthier, live longer," says Tom. "You are never too old to improve your fitness."

The classes are held Monday, Wednesday, and Friday at 9 a.m. at the Berger Auditorium, 6633 Oakmont Drive, Oakmont Village. Contact Tom at tandtwoodrum@aol.com for further information.





Seeking Wellness Within

AT SONOMA ASHRAM, BABAJI'S FORMULA FOR BEING WELL MEANS BEING WHOLE IN BODY, MIND, AND SPIRIT.

You probably can't see it, but there is a transparent cone of silence, nestled invisibly over a four-acre parcel just off Arnold Drive on the west side of the Sonoma Valley, where tension and stress, fear of the future and worries about the past, even the inevitable intrusion of thoughts about presidential politics, simply evaporate.

That space is occupied and blessed by the Sonoma Ashram, where experiencing wellness and wholeness is the only objective. Its founder, Baba Harihar Ramji—aka Babaji—is sitting barefoot in a white robe with a red tilak dot and a faint swath of sandalwood paste on his forehead. He is preparing to answer the absurdly sweeping question, "What is wellness and how do we achieve it?"

His answer, delivered with a direct gaze and the slight trace of a smile, is blessedly simple and deeply profound.

"The connection of body, mind, and spirit, the unification of all three, really gives us wellness," he says. "First of all, the wellness of the body. If your body is not feeling comfortable, the most beautiful thing could be right in front of you and you will not be able to appreciate it. In order to work toward our wellness, first we have to pay attention to our body, to do whatever is necessary to keep it healthy."

After caring for the body, Babaji continues, "comes the mind. We can have a very healthy body, but if mind is not at peace and not balanced, then it can cause all kinds of trouble for us. With a healthy body and balanced mind, we get a glimpse of the spirit.

"And when that spirit is directed toward the wellness of all, the happiness of all, then everything comes together. You can have a healthy body, you can have a healthy mind, but if you are only focused on yourself, then something is missing, and we keep on running, looking for what is missing."

The happiness most of us seek, he says, "you are seeking in things and objects and situations outside; that happiness is really within you. Work begins when we shift our attention to our self. The body is more tangible, we start there. Then it goes to the mind, then it goes to the spirit. Very simple. Of course, the simple thing can be the hardest thing."

Babaji knows whereof he speaks, not just because of the deep spiritual tradition that defines his mission, but because he too discovered something was missing in his own life and eventually went to find it.

He came to the U.S. from India to get an education, then ran a California business for 10 years, accumulated lots of things, and, in time, asked himself, "What's next?" During a visit back to India he met the man who would help guide him toward the answer, an enlightened master named Aghoreshwar Bhagwan Ram.

"I said, 'I have everything I can imagine. I have my ranch, I have my Mercedes, I got my toys. Now what?'"

It took a few years for the answer to gel, during which the man who would become Babaji spent as much time as he could in the company of his new teacher.

"Finally one day, we had a conversation and he said, 'OK, if you are ready, you have to walk away from everything you



have created. Go to a new place penniless, a place where you don't know anyone.'"

So Babaji did exactly that.

"I gave away all my belongings to whoever wanted them, filled my car with gas, had a big breakfast, a sleeping bag and a couple changes of clothes in my car, and I left town. I didn't know where to go, but I was driving on 101, came to Santa Rosa and I saw the sign 'Sonoma.' To me, it read 'sono-ma.' 'Sono' means listen; 'ma' is all divine mother. This thought came in my mind—'listen'—and I just took the exit."

Babaji's teacher had told him, if he accepted the challenge, "The first three days you'll be tested and tried. The fourth day, you will find a place to set your foot. You should know the divine blessing is with you."

In Sonoma, knowing no one, he discovered the Plaza, found a bench and sat there all day. He slept in his car that night, and spent the next day back on the bench. "No money, no food, I just sat and watched people walk around. I just didn't know what to do, where to go, who to ask, where to begin."

On the third afternoon, increasingly hungry, Babaji was back on the bench when a woman sat down, a conversation started and the name Patty Westerbeke came up. A Sonoma institution, she had spearheaded the creation of Westerbeke Ranch Conference Center and had just returned from India. Introductions followed, Babaji visited the ranch, one thing led to another, and he soon found 'a place to set his foot.'

In time, a following congealed around the man and his message and, 30 years ago, the ashram was established. It is now resplendent with lush gardens of flowers and organic vegetables, quiet pathways, a bamboo grove, residence space, a dining hall, chapel, and meditation spaces scattered about the property.

There is also a professional kitchen and a five-star, organic chef in residence—Adam Lovelace, formerly of Greens restaurant in San Francisco. Classes are offered in healthy cooking, how to grow, process and cook. There are classes on yoga, meditation, and Ayurveda, and group meditations are held each morning and evening. "Whoever in the community wants to meditate," says Babaji, "then come and sit in the group to find the help and support … We offer this environment for people in the community to come and learn and take this richness home."

That richness flows from the pursuit of wholeness, says Babaji. "When we are connected with our wholeness, when you are full, that fullness overflows, and that overflow is called 'seva,' selfless service in the world. No matter what I do, it becomes seva if I am coming from that place of wholeness."

The essential purpose of the ashram, Babaji says, "is about the unification of body, mind, and spirit. It's about self-care. When an individual is healthy and happy, society becomes healthy and happy. Anything I can do to support that, that gives meaning to my life and being here."

Exercising this advice in daily life takes a certain level of mindfulness. If nothing more, says Babaji, start by taking three simple steps repeated throughout the day. "As we pursue self-care," he says, "it's very important for us to think of these three things: Stop, take a step back, take a deep breath. May it become like you place a comma in a sentence of the day. Unless we practice coming back to our natural self, a very invisible kind of tension keeps building in our body and our psyche, and that tension keeps snowballing, getting bigger and bigger."

Most people find that snowball melts quickly inside the psychic shelter of the ashram. "Most of all," says Babaji, "we hold the ashram grounds as a sanctuary of peace which is open for anyone to come, at any hours, and find a quiet place to be oneself, or if somebody seeks somebody to talk to, somebody is always available. And whether I have a spiritual practice or not doesn't really matter. What matters is, how do I come back to my natural state of being."



TO VISIT SONOMA ASHRAM

The Sonoma Ashram is located at 1087 Craig Avenue, off Arnold Drive in Sonoma Valley. Interested visitors are invited to email info@sonomaashram.org, or call 707.996.8915, for details about visitation. More information is also available at sonomaashram.org.



Alexis R
ALEXANDRIDIS MD MBA FACS

DR ALEXIS is a board-certified surgeon in solo independent practice offering a wide variety of services ranging from breast cancer care to screening colonoscopy to medical aesthetics. With a passion for personalized interaction, open communication, and high-quality surgical care, she is proud to take care of Sonoma's surgical needs.

Alexis Alexandridis MD Inc.
The Skin Clinic—Sonoma
General Surgery with a focus on breast care & Medical Aesthetics.
707-938-7690
246 Perkins Street, Sonoma
dralexissurgery.com

SPECIAL ADVERTORIAL SECTION



On Meditation

FROM YOGANANDA TO MAHARISHI.

STORY **David Bolling**

In 1920, an Indian guru named Paramahansa Yogananda arrived in America, created a nonprofit organization in Los Angeles called the "Self-Realization Fellowship" to promote his teachings and the practice of Kriya Yoga, and thus launched the first wave of what would become a succession of Indian teachers, gurus, New Age idols, and not a few pure opportunists to help promote, steer, and monetize the Age of Aquarius.

Yoganandsa's 1946 book, Autobiography of a Yogi, remains one of the best-selling spiritual tomes in the world and helped awaken Americans to the benefits of meditation. The message stuck and now millions of Americans practice some form of the technique that involves sitting silently in pursuit of greater self-awareness.

There are now so many forms of meditation available in the spiritual marketplace—and so many people trying to teach, promote and market the practice—that the would-be beginner is often mystified over an appropriate choice.

Among the many gurus who began teaching and promoting meditation in America, none could compare to Maharishi Mahesh Yogi, the jolly, diminutive sage from Rishikesh, India, and the founder of the global Transcendental Meditation movement.

Maharishi, as almost everyone called him, captivated Western audiences with his happy nature, easy laughter and simple message. Enlightenment, he lectured, didn't require retreating from society, renouncing worldly things, being celibate or taking sacred vows. Higher states of consciousness, he promised, were available to anyone willing to sit in silence for 20 minutes, twice a day, practicing the use of an assigned mantra—a Sanskrit word with a unique vibration—while learning to transcend the field of thought.

While numerous Hindu holy men criticized Maharishi for mass marketing and diluting ancient teaching, his frequently stated goal was to teach TM to enough people to create a critical mass of peace and harmony that would transform the world. This so-called "Maharishi Effect" is intended to create a coherence in world consciousness resulting in less violence and crime and greater global happiness.

To that end, he held multi-month training courses at sites around the world to teach more teachers the approved, and closely guarded techniques and mantras used in TM.

His vision, goals and plans were always global, and founded whenever possible in hard science. He befriended Nobel laureates, Buckminster Fuller, military leaders, political leaders, celebrities (famously including the Beatles, the Beach Boys, David Lynch, Deepak Chopra, Ellen Degeneres, among countless others), and TM has been taught at the U.S. Army War College and inside San Quentin prison.

Countless peer-reviewed studies have been conducted on TM, confirming numerous wellness benefits for physical and mental health, the reduction of drug addiction and improvements in academic performance.

Maharishi died in January, 2008, at the age of 90.

The point of TM is to give the mind a point of awareness to allow it to quietly disengage from thoughts to slip deeper and deeper into the state Maharishi called "pure consciousness." Thoughts are inherently distracting and the personally assigned mantras given by TM teachers help practitioners drift gently below the thinking level. "It is like tip-toeing through a herd of sleeping elephants," Maharishi liked to say.

TM has not been without critics, and has been frequently criticized for the cost of the program. While tens of thousands of full scholarships are awarded to those in need, including members of the armed forces, low-income families and prison inmates, the standard cost for a single adult to learn the technique in Sonoma County is close to $1,000.

In defense of the cost, TM administrators point to the abundance of social programs the organization supports globally, and they repeat Maharishi's message that citizens in developed countries tend to put the most value in things that are expensive. A significant investment, so the argument goes, helps ensure continued practice until the experience becomes second nature.

On the other hand, any number of meditation techniques can be learned for free online and in books, although TM instruction includes limitless ongoing checking, support, and group meditations at no cost.

In the interest of full disclosure, I once worked for Maharishi Mahesh Yogi as his press secretary, he taught me to be a TM teacher, and I have been practicing the technique for 50 years. It remains my most valuable possession, it enriches my life daily, I can use it anywhere and, so far, it has not restricted my consumption and enjoyment of red meat, good wine, aged tequila and sex.

Jai Guru Dev.

Danielle

SCHWADERER KETTLER, ND

NATUROPATHIC DOCTOR

Dr. Danielle provides holistic family medical services with the intention of restoring health and vitality, preventing chronic disease, and encouraging a balanced lifestyle that is specific to each individual patient. Finding a root cause and using natural and non-invasive therapies are Dr. Danielle's priorities of each patient interaction. Born and raised in Sonoma Valley, Dr. Danielle has an undeniable passion and commitment to the health and well-being among Sonoma Valley residents.

Sonoma Roots
651 1st St W, Ste B,
Sonoma
707.996.4656
SonomaRoots.com



SPECIAL ADVERTORIAL SECTION



Permission to Heal

JOHN HOLDEN COMBINES PHYSICAL THERAPY AND PSYCHIC PERCEPTION TO HELP PEOPLE HEAL THEMSELVES.

PHOTOS **Steven Krause**

Hiring John Holden to heal you requires a certain suspension of disbelief. That's because his menu of most common client maladies reads like a mash-up of cases from the Emergency Room, the DSM, Dear Abby, and maybe Judge Judy.

Holden's clients, according to his website, are seeking help for "anxiety and depression, personal relationships, general unhappiness, fear and worry, past trauma, addiction, anger, chronic pain, serious illness, money issues, arthritis, injuries, migraines, mourning, fertility and women's issues, concussions," and more.

Normally, of course, when a healer advertises a laundry list of cures covering the full spectrum of what ails the human mind, body, and spirit, there is reason for healthy doubt. You expect to encounter, perhaps, a crystal-ball reader with maybe a magical elixir or two.

That's not John Holden. The same website presents a remarkable number of testimonials from people who claim to have been healed of all manner of physical, emotional, and spiritual injuries. And it doesn't matter to Holden whether you believe in what he does or not. You can leave your doubt at the door or bring it with you to the small West Napa Street office he occupies in Sonoma, where he greets visitors in khaki shorts, a trim polo shirt and gym shoes, looking very much the athletic, longtime physical therapist that he is.

Holden holds a master's degree in physical therapy and spent 23 years as trainer at Sonoma Valley High School, dealing with countless sports injuries and developing a certain expertise with concussions.

It was while treating a young football player with incapacitating neck pain that an unexpected healing gift took root. Working with the boy's neck, Holden couldn't resolve the problem, so he told him he'd have to miss the next game and probably couldn't play for a couple of weeks.

The boy protested that he had to play. Holden told him he couldn't. The boy adamantly responded, arguing, "You still don't understand. I'm playing. I need to know how I can be playing. What do I need to do to get this to move?" That moment shifted the entire paradigm of Holden's work.

"It was an open question," he says, so he tried to answer it openly, not simply as a physical therapist, and the first thing that came to mind was a question of his own. "I need to know what happened with you and your girlfriend," he told the kid, whose face turned white. "What's this got to do with my neck pain?" he demanded.

So Holden told him, relying entirely on intuition, "I see an image of your girlfriend, and she's right at your neck. It showed up, so we have to explore that."

The ensuing conversation revealed an issue with the now-ex girlfriend, and the anger she was feeling toward the boy.

"All that anger," Holden intuited, "is in your neck. You're letting her anger hold your neck hostage."

Here's where the story takes a left turn into the realm of healing not covered by insurance companies, mainstream physicians, or the understanding and approval of spiritual skeptics.

Holden guided the injured footballer through a process of accepting the truth about a painful relationship, finding where that emotional pain was physically embedded in his body, taking responsibility for it, accepting it and letting it go.

That boy did play football in the next game and, Holden insists, "I didn't do anything to him or with him or for him except give him permission to go through it and keep bringing the truth in. The truth sets you free, so it just lightened up and the pain went away."



Every physical sensation, Holden states, has an emotional response. And every emotion has a physical sensation.

You won't find a clinical explanation for this healing, and most conventional clinicians will deny it is real. Holden doesn't care. He does what he does and the results are what they are.

Interestingly, John Holden did not grow up in a family of New Age mystics. His healing strategies were outside the family norm, and for a time he tried to keep it that way.

"I grew up in Sonoma. My dad was a veterinarian, my mom was a schoolteacher. We weren't into energy or psychic work or anything like that at all, so I kept to myself because it kind of went against what I grew up with."

Holden didn't start out being psychic, he just wanted to be a better free diver. On an annual diving trip to Mexico, he watched a friend descend to about 100 feet, shoot a fish, patiently stare down a moray eel with designs on his catch, and then ascend easily to the surface without even gasping for air.

When Holden expressed his astonishment at what he had just seen, the friend explained he had developed his skills "through a meditation place in San Francisco. You should check it out."

So Holden did, and enrolled in a class, explaining his goal was only to become a better spear fisherman. The school is called Psychic Horizons, and it turned out that meditation was just part of a two-year curriculum.

What Holden learned there, he says, was "to look at my fears, seeing them as fears and not as stories told to me. So the more I went through my fears and learned to release them, being able to separate from energies that didn't feel good and just let in my own light, I felt better."

Holden says Psychic Horizons taught him "to see energy and to ask and listen, and to get my story out of the way."

The healing experience with the injured teen convinced him to apply what he had learned in San Francisco to his physical therapy practice in Sonoma. "I've been using it ever since with my clients because it's so easy if they accept responsibility for their body and their healing. From that point on, I just said, all right, if they're open to it, I'll do it. If they're not, we'll stick with the physical. I have no problem doing either one. It's whatever they want. So, some kids would come in and they'd joke about it, like, 'Hey, my foot hurts. Is this about my girlfriend?' And I'd be like, 'I don't know, let's look.'"

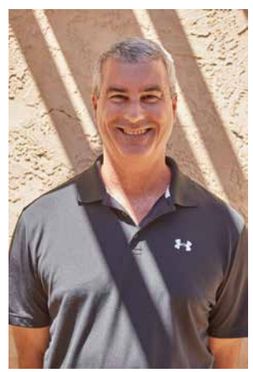
Psychically intuiting the emotional source of people's pain is both unconventional and, in the eyes of many medical professionals, suspect. Which is fine with Holden. "It may scare a lot of people, and that's OK. But this works, and it's fun, and if people remember those experiences, they'll have that forever."

Holden stayed with the high school for 23 years, and no one objected. "I never had an ounce of pushback, and the parents were so glad I was doing it with their kids, they thanked me for being somebody that the kids could actually talk to about stuff and let stuff move through them. I didn't push it on anybody. If they were open to it, it was another way to heal, and if not, then they could go traditional."

Every physical sensation, Holden states, has an emotional response. And every emotion has a physical sensation. Distilled to its essence, the healing work Holden does is all about permission and attention around the sensation and response.

"If you give anything permission with attention, it keeps changing," he says. "If it's not, then there's already fear and judgment on it. So if they can put permission and attention on [an illness] … it can stay as long as it wants. [Sometimes] the fear is that it's going to get bigger and take them over. I say let it. Let it take you over. Totally surrender to it. It's already got you a little bit. Let it get you a lot. And what happens? All of a sudden they're not afraid of it any more, and now this [illness] finds a way and just leaves."

It's been a fun, fascinating journey.



John Holden's website—holdenpt.com—offers countless details about his work. His office is at 454 West Napa Street, Sonoma. Call him at 707.939.3810.



Caring For Cancer

ADDRESSING THE VOLDEMORT OF ILLNESS

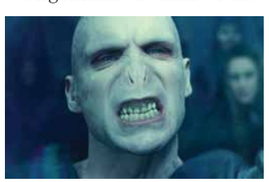
PHOTOS **Steven Krause**

Cancer.

It is, like the name of the wizard Voldemort, the word that can't be spoken.

"So many people don't want to say the 'C' word," agrees Chris Argenziano. "Denial is everywhere. But our name is Cancer Support Sonoma. The Word is right out there."

Argenziano is chair of the board of directors of one of the most needed yet too often invisible nonprofits in Sonoma Valley. Invisible not just because of denial, but because there is virtually no cancer treatment infrastructure in all of Sonoma Valley, and that's why it's needed. There are, in fact, no oncology services between Napa and Santa Rosa. None. Not even at Sonoma Valley Hospital.



"Typically," says hospital CEO Kelly Mather, "you need to have a linear accelerator and an oncologist. For that, you need about 250,000 people to support the program. With our 42,000 in the hospital district, it doesn't support it."

There are oncology groups in Napa, Santa Rosa and Marin. But again, not here.

That fact helped inspire a partnership in 2015 between the Sonoma Valley Hospital Foundation and the North Bay Cancer Alliance to research the effects of complimentary therapies on cancer patients. Under a $250,000, three-year grant, they were able to establish Cancer Support Sonoma inside Sonoma Valley Hospital, in a second-floor suite so inviting, so peaceful and so therapeutic that visitors thought they had entered another realm.

It was a welcome surprise not just for cancer patients, but for hospital staff who weren't accustomed to finding comfortable furniture, appealing art and soothing music in the heart of an area reserved for cancer. There were massage tables, inspirational posters, soft lighting and an atmosphere of calmness and peace.

The program then and now served patients in all stages of pre- and post-treatment with a carefully constructed menu of professional services.

On that menu are acupuncture, Ayurveda consultations, naturopathic medicine consultation, oncology massage, Ayurveda reflexology, therapeutic massage, Jim Shin Jyutsu, individual counseling, free support groups, offsite Qigong and Tai Chi classes, access to Yoga Community and Raja yoga instruction as well as Pilates classes.

Services are provided on a sliding scale basis according to need and ability to pay, and some services are free.

When the three-year study ended last year, along with its funding, the group of healthcare professionals who created the program were faced with a predictable dilemma. Everyone felt the program has been a success, the therapeutic services had mitigated pain, anxiety and isolation, and further, it had bonded clients and caregivers into a close community of support. What to do.

The hospital wasn't in a position to donate the space, so moving became mandatory and that imperative opened another door, this time into the office of Sonoma surgeon Alexis Alexandridis, who just happens to have a specialty in breast health and breast cancer surgery. Her office is on Perkins Street, a stone's throw from the hospital, and she generously offered space to Cancer Support Sonoma, then promptly joined the board.

The move took place in May of 2018, with a board and staff composed of both caregivers and clients, including Kara Adanalian, a graphic designer who discovered CSS when she developed cancer.

Board Chair Chris Argenziano says the public should understand an important quality about Cancer Support Sonoma. "This group is not just about cancer," she says. "It's about your life, and getting through it. It's about support groups for the whole family. It's real support, not just treatment. You're here for health and support. And all the providers here have skin in the game."

The CSS mission statement adds important nuance to the group's purpose. It reads, "Our mission is to physically, mentally, emotionally and spiritually support people in our community who are facing cancer treatment, celebrating recovery or entering their end of life due to cancer. We accomplish this by providing integrative, complementary therapies on a sliding scale."



The sliding scale reference is a critical part of the group's core value. Because, while Cancer Support Sonoma is critically short of funds and would love more donations, it's essential to their mission that people struggling with cancer not also be struggling with money to get the support the group offers.

That point is made emphatically in the group's messaging, which states, "Our vision is to provide comprehensive integrative oncology care to people in our community living with a cancer diagnosis. Whether you are newly diagnosed, in treatment or well beyond, our doors are open to you. CSS is accessible to all, regardless of socioeconomic background, race, ethnicity or gender. We never turn anyone away due to an inability to pay. That's why we offer our services on a sliding scale basis. We understand that cancer treatment can extend over a long period of time, and our complementary services are more effective when used consistently. For that reason, we want you to find a payment level you can sustain for the duration of your treatment and into your recovery."

It's worth noting that while the services may be discounted, the quality of those services isn't. Somehow, on a shoestring, CSS has compiled core staff with exceptional training, skills and compassion. They include: Teri Adolfo, who provides Reflexology and Oncology massage, holds a master's degree in traditional Chinese medicine, and a Master of Science degree in community health and is a certified Ayurveda practitioner.

Annette Huck, a certified massage therapist and Jin Shin Jyutsu practitioner with 26 years of experience.

Katherine Pearce is a licensed Traditional Chinese Medicine practitioner, has used acupuncture for addiction recovery and spent 12 years practicing integrative medicine with an M.D. with a focus on chronic illness and cancer.

Natalie Compagni Portis is a licensed Marriage and Family Therapist and has a doctorate in Clinical Psychology, and had 30 years' experience treating individuals, families, and caregivers who are living with illness, loss, and chronic pain.

This group is not just about cancer. It's about your life, and getting through it. It's about support groups for the whole family. It's real support, not just treatment. You're here for health and support.

— CHRIS ARGENZIANO



Danielle Schwaderer Kettler is a license naturopathic doctor, with clinical training in integrative cancer care.

And the benefits CSS provides are not just anecdotal impressions collected from random clients. The groups founding mission was to test the efficacy of various therapeutic tools to learn if complementary therapies could provide objectively verifiable benefits.

So, following the three-year client experience inside Sonoma Valley Hospital, a cohort of clients was surveyed to determine the actual outcomes. The results, just recently released, demonstrate clear, tangible benefits.

A foundational premise of the program was outlined in the survey report this way:

"Though cancer treatment is increasingly successful, it is known to have significant side effects throughout the course of treatment and often leaves patients with residual symptoms such as fatigue, anxiety, sleep disturbance, and chronic conditions such as lymphedema and neuropathy that interfere with quality of life and can persist for many years after cancer treatment. Conventional medicine offers few effective approaches for many of these symptoms, whereas supportive therapies offer the potential to manage and improve these symptoms with minimal risk."

Besides conducting surveys with program clients, the research team conducted focus groups to get candid responses to the therapeutic experience. Their conclusions: "All focus groups indicated that Cancer Support Sonoma had positive impacts on respondents' quality of life. This is congruent with survey results indicating a positive direction in quality of life measures for participants. The positive quality of life effects mentioned most frequently in focus groups were: Relaxation; pain reduction; family relationship improvement; better sleep; spiritual impact; nutrition improvement; slower pace of life; improved ability to accept or receive support (regarding cancer care)."

The positive effects of CSS, states the report, seemed to rest on four aspects emphasized repeatedly by focus group respondents. These were: the skill of the providers; the patient navigator as facilitator of CSS services; the clinic setting; and financial accessibility of services.

Statements gathered from focus group participants reinforced these conclusions.

"It felt immediately like a very safe place to be, and I craved that," said one focus group respondent.

"I had the counseling [and] one of the things we began to explore was mindfulness, and that has been extremely, extremely helpful to me," said another.

"I had a spiritual moment here that I never had before. That was lovely ... Energy healing," said yet another respondent.

"I felt that it [acupuncture and oncology massage] did help my sleep and my overall kind of peace of mind," another respondent reported.

"They are more than practitioners or therapists," said one respondent. "They just really have an intuitive ability."

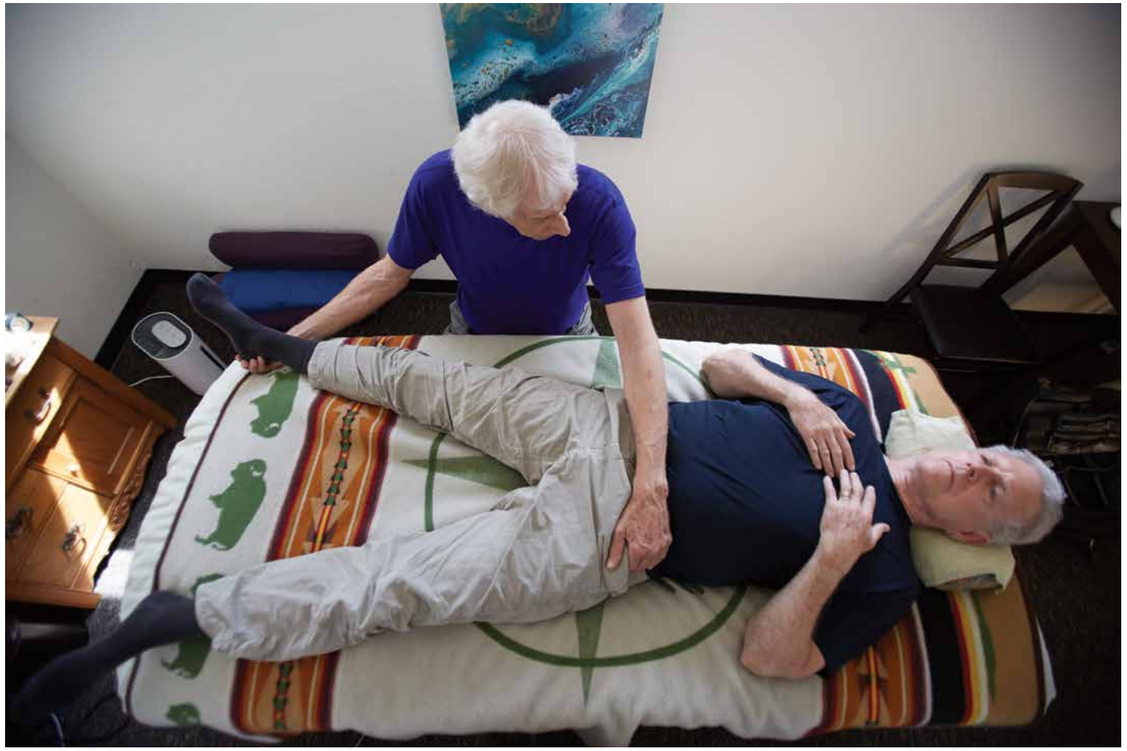
Natalie N.

COMPAGNI PORTIS PSYD, MFT

DR. COMPAGNI PORTIS specializes in psychotherapy through the life cycle, with a particular focus on loss, grief and chronic and life threatening illness. Who we are, and who we can be, need not be limited by our personal history. Through psychotherapy we can develop resilience, open our hearts, and be more conscious of ourselves and how we connect with others.

766 W Napa Street, Sonoma
(510) 531-1571

SPECIAL ADVERTORIAL SECTION



Teaching Your Brain To Heal Your Back

RALPH SCOTT HAS A SOMATIC SOLUTION FOR YOUR PAIN.

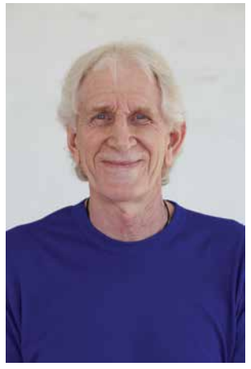
WPHOTOS **Steven Krause**

In the congested field of body work there are so many options—Rolfing, Feldenkrais, reflexology, Alexander Technique, Hakomi method, craniosacral, postural integration, shiatsu, the Trager approach, even Qigong and Tai Chi—that many people seeking relief from pain don't know where to begin.

And then there is Ralph Scott, with his own brand of somatics, something of a Bay Area and Sonoma legend, rebellious by nature, an iconoclast, a deeply intuitive healer, trained as a massage therapist whose quest for ever-more effective therapeutic technics was originally fueled by his own pain following a 1976 high-speed collision in a Baja off-road race car.

Scott says he has always been guided by what he calls "Spirit," a presence or intuitive knowing that first came to him in childhood with the understanding that he would someday become a healer. As a young adult, his path toward that goal was partially blocked by injuries from the accident. After the collision, he says, "I had no feeling in my stomach area; it felt like it was cut off at the waist…as my stomach muscle tightened, this put extra pressure on the vertebrae, sending a shooting pain into my back and legs."

His recovery took a few years and then, while coming out of a yoga headstand his body twisted severely, causing incapacitating pain, and for two weeks he couldn't stand straight. A chiropractor with expertise in massage helped him recover, but then showed him the x-ray of his back revealing a severely arthritic spine. He and a consulting doctor who insisted Scott should have immediate back surgery or run the risk



'I did a ritual burning of the X-ray, I never looked back and I never got another X-ray. That would be like pulling up the seed'

of paralysis. He adamantly refused their advice and eventually found his way to Thomas Hanna, a well-known philosophy professor with experience in neurological research who popularized the concept of somatics and founded the Novato Institute of Somatic Research in 1976. Simply put, somatics involves the process of awakening an inner awareness of the body in movement. Hanna had learned to address what he called "sensory motor amnesia" in which the brain forgets how to hold and control muscles.

Hanna's research and clinical work led to a form of neuromuscular movement re-education that is now called Hanna Somatics. It was a process that radically changed Ralph Scott's life, eliminated his pain and, he says, helped him fulfill his life's mission.

It also validated his impulsive rejection of the recommended back surgery a doctor insisted he needed to avoid being crippled for life.

"Instead, I did a ritual burning," he says. "I burned that x-ray and I never looked back. And, I never got another x-ray. That would be like pulling up the seed."

Much of Scott's current work is based on what he learned from Hanna—whom he reveres as a virtual god—and his own intuition. "Tom Hanna showed me how important the muscles are in changing what's happening in my body, and the role the brain plays in bad muscle habits. It was the first I'd heard of it. Tom gave me the gift of movement and how the brain controls the muscles."

Hanna's somatic education not only gave Scott relief from his own pain, but it redirected the focus of his healing work, with a greater emphasis on relaxing and re-educating the iliopsoas (or simply psoas) muscle. In a 40-page booklet he shares with clients, Scott explains that the psoas "is the only muscle in the front of our body that is directly connected to the spine so it can rotate the pelvis forward or backward, depending on which part of the psoas is tighter. This shortens the lower back muscles that cause the pain in this wrap-around effect. The pain is felt in the back but caused by the deepest muscle in the front of the body, the psoas."



The key point here, he writes, is that "Your brain is hardwired to shorten muscles for protection. When this happens, it can cripple you temporarily by drawing the hip up with usually an inward rotation that can cause your knee to become unstable, or to give out altogether."

As the psoas gets shorter, Scott writes, it also compresses the vertebrae together in the lower lumbar area. That can cause all kinds of problems."

So how does all this translate into Scott's healing work? When you pay him a visit in his tiny Sonoma office, he will typically have you lie on your back on a treatment table as he places one, large, long-fingered hand under your upper back, while the other hand grips the corresponding leg and gently adjusts its angle. At each point of your back he gently but firmly probes for a knot, then adjusts the leg and the knot relaxes. It is a gentle, slow, methodical process that typically lasts an hour and a half. When he's done, you are essentially limp, your psoas has been temporarily re-educated, and a lot of stiffness is gone.

Scott has other tricks in his tool chest. He has done years of what he calls "toning" work, using his deep, resonant voice to perform sound healing, guided always by complete trust in what "Spirit" tells him.

And he teaches a set of floor exercises for re-educating the psoas so that, in the end, you become your own healer.

Legions of Sonomans praise his work and, now nearing 72, he says he may try to slow down a bit. But the work is his life and so far, Spirit still supports it.

His business, Scott Free Somatics, is just off West Napa Street near the Sonoma Library. His website, scottfreesomatics.com, is full of details and copious endorsements. Or phone him at 707.666.1531.



RENÉ JENKINS plays a Mayan drone flute made of Peruvian oak while partner-in-healing Janay Cipriani works the Silvadora, a Chimu water vessel. The table is set with a variety of René's instruments.

Good Vibrations

MUSICIAN RENÉ JENKINS IS A *CURANDERO DE SONIDO* WHO HEALS WITH HIS SOUNDS.

STORY & PHOTOS **David Bolling**

I am sitting in René Jenkins' bedroom with my eyes closed, listening to the soft, swishing rustle of what I later learn are turkey feathers sweeping past my face, when the whisper of a flute, as fine as the trill of a tiny bird, floats through my ears and into the cavity of my head, which is hollow now but for the voice of that tiny bird, hovering in the stillness, its vibrations lighter than pollen on the wind. I—or some part of me—leave the bedroom briefly, apparently afloat somewhere, and then I am back because sometime during my absence the sound has changed to a driving baritone cadence that pulsates through me, weaving a rhythm of ancient vibrations in a primordial voice as old as stone. I recognize it as a didjeridu, but the recognition is not cerebral, it's strictly autonomic, and it's alive and vibrating in fiery circles that tremble on my chest, on my stomach, on my shoulders and then, somehow, inexplicably, on my back, which isn't possible, because there's no room between the back of my chair and the wall behind me, no space for René to stand, the didjeridu is long, has to be 6 feet, how is it behind me, the fiery circles are pulsing physically on my back, touching me, not painfully but powerfully, passing into my torso, and somehow he is not breathing, there is no intake of breath, just the constant mesmerizing drone that now carries me swiftly to a remote colony on the Cape York peninsula at the northernmost tip of Australia, an aboriginal enclave where years before I encountered a man so ancient in the bearing of his face, so primeval, so original, that eons of history shone from his eyes, his face so dark and weathered it swallowed the sunlight, so knowing I thought somehow he knew me. As the didjeridu droned on, I thought of Moses, of Methuselah, and slowly the droning disappeared, swallowed seamlessly by another flute.

I have known René Jenkins for less than half an hour and already I have traveled great distances, far back in time and deep into myself. When I open my eyes, slowly, he is standing before me, smiling, expectant and kind.

I think he asks, "How was it?" But I'm not sure. It is like emerging from a dream.

René Jenkins plays a virtually limitless range of instruments, including the ones I have just heard, the majority of them fashioned from clay, bone, feathers, cactus, and other organic materials, mostly artifacts of ancient Mesoamerica from a culture of mysticism and deep connection to the earth. Some of them are linked, he tells me, to the rituals performed by Q'ero shamans, high up in the province of Paucartambo in Peru. He plays these instruments effortlessly, as if he were born with them. Of course, all great musicians practice relentlessly and we can assume René does too, but it looks like the instruments have grown out of his hands, or sprouted from his mouth. He handles them like friends and calls them, "My instrument allies." They include: more than one clay whistle; a Pututo (conch shell); a Peruvian ritual flute; a Native American flute; a Chimu Water Vessel—called a Silvadora, from the Chimu culture; a Mayan Drone flute; several didjeridus; a Condor Quill Antara (harvested sustainably by a shaman from a condor graveyard); a Condor Bone flute; a Peruvian Ocarina; Hawaiian Bone flutes; a Zapotec Quad Clay flute; a Native American Spirit Chaser; a Dan Moi (vibrating metal reed); a wind wand; Shakshas (pod shells that make shimmering sounds); and Shakapas (Bamboo and Indian corn rattles).

Then, parenthetically, he also plays piano, trombone, and other conventional instruments in contemporary musical genres, including big band jazz, funk, R&B, reggae, salsa, brass ensembles, and pit orchestras. He has backed numerous established artists, including Natalie Cole, Johnny Mathis, the Temptations, Mary Wilson, Joe Williams, Jah Levi, and Gregg Allman. He is currently the trombonist for Dick Bright's SRO, a 19-piece soul-rock band with a repertoire ranging from Motown to hip-hop.

But it is the transcendent allure of the ancient instruments, and the shamanic tradition from which they spring, that resonates most deeply for René, as well as for his ever-growing international audience.

He refers to himself as "a sound healer" and a "ceremonial sound practitioner." He doesn't so much touch people with his hands as with the vibrations from the multiplicity of instruments he deploys in healing services for single clients or groups small and large. The instruments themselves are mesmerizing, the didjeridu perhaps most of all, and with it he has mastered the sometimes daunting technique of circular breathing, which allows for long, uninterrupted performances without stopping for a breath.

"As soon as you play it, you are instantly connected to its healing properties," says René. "It's a very ancient instrument."

And because, as he points out, "Music has the ability to transform emotions," René has, over the years, moved his music from the ancient to the contemporary, from the shamanic to the mainstream, from the sacred to the secular.

I offer a safe and sacred space for participants to shut off the everyday world and go inward to reach a personal place of surrender and power. Recipients access their own inner resources of peace and vitality, and strengthen their connection with Source. In this personal place, mental and emotional barriers to creativity, freedom, well-being, and joy can be recognized and healed.





sic more and more off the concert stage and into living rooms and churches and more intimate venues where he often does "sound blessings," and where, he says, "true healing can take place."

He calls this, "vibe therapy," and describes it on his website as "ceremonial sound healing akin to shamanic journeying, based on Peruvian cosmology, ancestral wisdom, and modern healing principles. Beautiful sounds of ancestral instruments are played rhythmically and melodically around and upon the body, inducing an introspective, ecstatic or altered-state of awareness for promoting greater insight and healing."

For this gift, René repeatedly credits his teachers, partners and inspirations, including Tito La Rosa, himself a musician and *curandero de sonido,* (a sound healer), and descendent of the Quechua Indians in Peru, with whom he has performed.

Also in the circle of his healing collaborators is his partner Janet Janay Cipriani, herself a healer and certified Angel Therapy Practitioner. And for his most recent CD, Weya, he credits Lorin Smith, a Kashaya Pomo elder and healer who taught and inspired René with the spirit of *Weya,* a Pomo word for nurturing healing energy.

Describing the intentions of his work, René writes, "I offer a safe and sacred space for participants to shut off the everyday world and go inward to reach a personal place of surrender and power. Recipients access their own inner resources of peace and vitality, and strengthen their connection with Source. In this personal place, mental and emotional barriers to creativity, freedom, well-being, and joy can be recognized and healed."

You can access the work of René Jenkins on his website, vibetherapy.com, where CDs of his music are available. He can also be reached by email at HealingVibes@sonic.net, and by phone at 707.939.9827.

You can access the work of René Jenkins on his website, vibetherapy.com, where CDs of his music are available. He can also be reached by email at HealingVibes@sonic.net, and by phone at 707.939.9827.



HALTERproject.org

READY For WHATEVER



SAFETY STARTS AT HOME

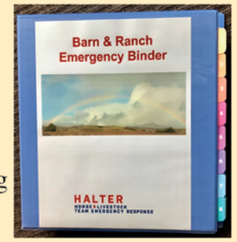
Safety starts at home. If you're not safe, you can't help others. How to step up your home, farm or ranch readiness? Make emergency plans, exchange information with your neighbors, and have your local fire service walk your property with you. Think about your animals, and health and bio-safety concerns, too.

Imagine the different types of dangers that might result from storms, earthquake, tsunami, and fire. Then, figure out what you need to do to be as ready as possible.

Your Springtime Safety To-Do List

Make an Emergency Binder

An Emergency Binder is the first step in home, ranch or facility safety planning. Everyone should make at least two: one to grab and go, and one accessible to anyone caring for your animals if you're not there.



- To start your binder, download PDF from HALTERproject.org
- Purchase a "ready-made" binder to personalize by emailing: **rescue@halterfund.org**

ALL SPECIES!
ALL DANGERS!
ALL SAFE!

Take a Class

Check our calendar –
HALTERproject.org/trainings-and-scholarships

Your skills are valuable! Whatever your time and abilities, there is a role for you during a disaster. It might be individually, (helping your family, workers, & neighbors evacuate and communicate), or, as part of a trained and registered disaster response group.

Become a Volunteer

To find out about local volunteer Community Emergency Response Teams (CERTS) check out…

Marin County CERT

Napa County CERT

Community Animal Response Teams (CARTS)

Sonoma CART

Napa CART

HALTER Project LEADING RESIDENTS TO SAFETY & PREPAREDNESS



Hospital Wellness—Education over medication?

SONOMA VALLEY HOSPITAL TEACHES SELF-LOVE

STORY **Staff Report**

The biggest mystery about wellness in America, and the nation's medical model may well be that we don't really have a health care system in this country, we have an illness care system.

We are heavily invested in treating diseases and chronic illness—not so much in preventing them from happening.

We talk a lot about the obesity epidemic, and the fact that close to 38 percent of men and 41 percent of women in America are actually obese, but we do very little to reduce the nation's staggering appetite for sugar—the 126 ounces consumed per capita every day of the year. Not to mention the sugar delivery system, that includes not only bleached flour carbohydrate envelopes but artificially sweetened fast food, deli items, pre-packaged meals and even "healthy" protein bars.

Some people would call this a delicious irony: We say we don't want the government to manage our medicine and dictate our health care choices, but then we refuse to take real responsibility for the astronomical cost of treating us for our own unhealthy choices.

Dr. Steve Aldana, a physician and CEO of Wellsteps—a workplace wellness company—concurs that, "Our current medical system is a disease treatment system. It was created to treat, not prevent, arrest, or reverse health conditions. If you do have disease or existing health problems, the American system of medical care is very good, albeit extremely expensive."

Dr. Aldana goes on to explain that what are called "unhealthy lifestyle behaviors" cause roughly 70 percent of all deaths and up to 75 percent of all health care costs." Further, he says, "lack of physical activity, poor diets and tobacco use are directly responsible for 70 to 90 percent of chronic diseases." A Transamerica study recently concluded that smoking, obesity, and alcohol use lead to American health care costs of $360 billion a year.

That's one part of the wellness riddle. There are others. Like the fact that only 29 percent of U.S. medical schools offer medical students the recommended 25 hours of nutrition education, according to a report by the Journal of Biomedical Education.

And a report in Academic Medicine revealed that U.S. medical schools offer only 19.6 hours of nutritional education during the four years of medical school. It gets worse.

A 2016 study by researchers at Case Western Reserve University reviewed data from 25 family medicine, internal medicine, and OB-GYN medical residency programs in Ohio, and found an average of 2.8 hours of instruction on obesity, and only 42 percent of the programs taught residents techniques for health behavior counseling.

And a 2016 study reported in the International Journal of Adolescent Medicine and Health revealed that fourth-year medical school graduates entering pediatric residency programs got only 52 percent of the questions right on nutritional knowledge.

There is little question that modern medicine, driven by simplicity, cost, and the formidable pressure of the pharmaceutical industry (hello Purdue Pharma) frequently finds it easier to medicate than educate. It's part of the culture. Dr. Marion Vetter agrees. Medical culture, she says, "has increasingly focused on pharmacologic treatments, rather than lifestyle modifications." Vetter is an adjunct assistant professor of medicine in psychiatry, and a registered dietician, at the University of Pennsylvania Perelman School of Medicine. "Both patients and providers want to see rapid results," she says, "whether it is weight change or improvements in blood glucose or lipids. Dietary modifications and lifestyle changes typically involve a slow and steady approach instead of a fast fix."

And then there's the enduring issue of ancient curriculum. Observes Dr. David Katz, director of Yale University's Prevention Research Center, "The basic structure of medical education was put in place in 1920, long before lifestyle-related chronic disease was a major public focus."

Which leads to the question of what hospitals—occupying the front line of medical treatment—can do to proactively address wellness.

Health care giant Kaiser Permanente has its own in-house wellness programs, including Tai Chi, Qigong, healthy living classes, and many others. They even have a reward program for members who enroll in the KP Wellness Program and complete four simple wellness activities. The payout is up to $1,000 per household.

All of which is a very long introduction to the question of how Sonoma's beloved little hospital addresses the issue of wellness.

To answer that question, you have to sit down with Kelly Mathers, the durable and enduring CEO who brought her own wellness program with her from her previous hospital leadership job.

"I've been focused on wellness since I started my career in 1991," she says, "and about 10 years ago, what they call 'population health' became a strategy hospitals started to look at, assessing the people that they're responsible for and saying, 'Okay, there's common chronic illnesses that can be preventable. There's lifestyle changes that we can focus on.'"

One way of focusing on that population, she discovered, was by targeting its youngest members, the kids. So Mather produced a series of kids books through a wellness publishing business she created, called "Harmony Healing House." The books focus on what she calls the "five keys to wellness," with a series of story lines kids can connect with.

The five keys—self-love, breathing, positive choices, balance, and trust—each have five exercises or actions kids can take to provide a quantifiable set of steps demonstrating healthy changes in their behavior.

Not all her wellness categories fit neatly into clinical nomenclature or the DSM, but there is a folksy, accessible quality to the structure that makes kid sense.

Under the first key—"I love myself"—kids are asked to rate their responses on five subjects: "I like myself; I appreciate my

Mather produced a series of kids books through a wellness publishing business she created, called Harmony Healing House. The books focus on what she calls the "five keys to wellness," with a series of story lines kids can connect with.



body; I am usually happy and say nice things; I am a good friend and have several friends; I don't dwell on what others think."

All these categories offer substantial opportunity for addressing the bedrock of a child's emotional, psychological, and social health.

The second key—breathing—introduces kids to an easy resource most of them take for granted. They are asked if they do aerobic exercise three times a week, if they notice how stress affects their breathing; if they know how to deep breathe; if they know to take a deep breath when they're upset; and whether they spend time outside breathing in nature.

The other keys—positive choices, balance, and trust—all intersect behavior patterns that can steer kids toward or away from unhealthy habits and practices.

Explains Mather, "So the first one, self-love, is really about understanding your worth and your value, and not seeking the outside world to validate you. I found that sixth-grade kids weren't teenagers yet, but they were old enough to kind of get these concepts and we could have them be more meaningful. So I created a course that took sixth graders through this process and it usually lasted about 12 weeks, for an hour each session, and we would go through each key, do two keys each time.

"And the breathing key: A lot of people say, 'Just relax. Take a deep breath,' but that's so powerful, and it's free, and if you really do deep breathing for two minutes, all of the autonomic responses in your body do relax. So, to me, it's so easy and it really is a wellness answer."

Mather stitched these, and other programs, into what she called "Wellness University," a curriculum on health, incorporating the five keys, even for adults, that was offered to her staff and the general public, from one hospital to the next, for 15 years.

"I wrote the program for ages 5 to 95," she says, and she intends for its benefits to overflow onto patients as well. "Part of my passion was a healing hospital. So when we're working with patients, when they come in and they get any diagnostics or any lab work, I've taught the stuff to use the deep breathing techniques. I don't know how many are using it, but I know they're using it in surgery."

Mathers taught one tranche of the adult program—"We had three teachers. I was sort of the concept person."– along with "a real teacher, Leslie Lovejoy"—and a wellness coordinator who led the breathing exercises, meditations and movement therapy. But Lovejoy, as Mather puts it, "moved on," and the program is in, at least, temporary suspension.

Meantime, it's clear that Kelly Mather, a battle-hardened survivor in the war to keep America's small hospitals vital and viable, appreciates the role hospitals can and should play in educating their patients in how to be more well. It would be much more than a shame, therefore, if she can't find the money to keep her wellness program alive.

PATIENT CHECKUP
HOW'S THE HOSPITAL DOING?

Being a small hospital isn't easy.

Since 2010, at least 99 rural hospitals have closed across the country. A recent study from the University of North Carolina reports that roughly half of all rural hospitals are losing money, and the situation is only getting worse. Sonoma Valley Hospital CEO Kelly Mather returned from a conference in April where she was told 57 hospitals have closed already this year.

There are a variety of causes. In some cases rural populations become too small to support a hospital. Some small hospitals are mismanaged, or at least lack the modern management skills to survive in the radically different health care world we live in. Almost every hospital administrator will say that reimbursement rates from Medicare and Medicaid are too low and don't even cover costs.

When a hospital closes, taking the ER with it, the ripples are seismic, affecting not only trauma care and ICU cases, but also pharmacy services, hospice, skilled nursing, home health, EMS, OB/GYN. What is left has been called a medical desert.

So far, Sonoma Valley Hospital has figured out how to survive, but it's always year-to-year, and the unspoken reality is that, without a parcel tax that is periodically renewed by voters, the hospital might not survive. No one connected to the hospital will publically state that the parcel tax should be permanent, but that's the inescapable conclusion of many hospital observers.

That said, CEO Mather says she's optimistic about the future, especially given a variety of recent developments that prominently include last year's affiliation agreement with UCSF Health, the top-ranked medical center in California and one of the five highest ranked hospitals nationwide. The affiliation gives Sonoma Valley Hospital access to specialized services that would never have been available, and it makes Sonoma the local outpatient center for UCSF.

That means Sonoma residents needing diagnostics or lab work won't have to go into San Francisco; they can do it here. Kelly adds that UCSF "is very much at capacity and we've got capacity, and we're convenient and we're easy to access and we're lower cost. So all of that works."

UCSF also provides greater access to excellent physicians, which brings up a point Kelly worries people don't recognize. "If the hospital wasn't here, the physicians wouldn't be here. We subsidize so many of our physicians that, truthfully, without the hospital, health care would not be in our community except for maybe a primary care physician."

Meanwhile, the still-new ER is getting 10,000 visits a year. "I'm not sure the public gets that," Kelly says, "how we save lives, how vital we are to the community, how we're there in the case of disasters.

"So," says Kelly, "I am optimistic about the future, but that doesn't mean that we're not always struggling financially."



The only **Emergency Department and Intensive Care Unit** in the Sonoma Valley, we are a patient-acclaimed, 24-hour, fully-equipped facility staffed by on-site physicians and nurses trained in emergency medicine.

347 ANDRIEUX STREET, SONOMA, CA 95476
contact@svhfoundation.com | 707.935.5070

SONOMA VALLEY HOSPITAL FOUNDATION
Inspiring Support for Sonoma Valley Hospital



Health and Wellness at Vintage House

SERVING SONOMA VALLEY SENIORS.

STORY **Staff Report**

In the seemingly endless list of private, nonprofit, and public agencies providing wellness services in Sonoma Valley, Vintage House is too often overlooked. Serving more than 2,000 individual seniors (over the age of 55) last year, providing more than 4,000 free rides to Valley seniors, hosting more than 60 classes each week, providing free lunches to some 100 recipients each Friday, and supported by more than 300 volunteers, Vintage House wears big shoes and carries a lot of weight. No wellness focus can be complete without an accounting of Vintage House services. What follows is an important but incomplete summary of the health and wellness offerings the agency provides.





FITNESS MIND AND BODY

Guided Meditation: Every Monday from 5 to 6 p.m., taught by Robert Young.

Yoga: Monday, Wednesday, Thursday and Friday from 9:30 to 10:30 a.m., taught by Carol Allison and Sophie Acheson.

Yoga Level II: Every Tuesday from 5 to 6 p.m., taught by Carol Allison.

Line Dancing: Every Tuesday from 9:15–10:15 a.m., taught by Helen Herbaugh and Linda Sherman.

Mindful Movement: Every Tuesday and Friday from 11 to 11:45 a.m., taught by Keaton Davis.

Jin Shin Jyutsu (A philosophy and acupressure practice to free blocked energy): Every Thursday from 11 a.m. to 12 p.m., taught by Sophie Acheson.

Qigong (A slow-motion moving form of meditation combined with therapeutic breathing): Every Thursday from 11 a.m. to 12 p.m., taught by Robert Young.

WALKING GROUPS

Vintage House Walk: Every Friday from 8 to 9 a.m.. Meets in Vintage House parking lot, routes vary; each is self-guided and free.

Bird Watching: Every Friday from 9 to 11 a.m., taught by Jim Rosso.

SUPPORT GROUPS

Women's Support Group: Meets each Tuesday from 1:30 to 3:30 p.m., led by Joan Biersch.

Men's Support Group: Meets each Thursday from 1:30 to 3:30 p.m., led by Mark O'Brien.

Alzheimer's Caregiver Support Group: Meets monthly on the fourth Friday. Check for times. Led by the Alzheimer's Association.

LGBT Senior Discussion Group: Meets monthly on the third Friday. Check for times. Led by Buzz Hermes and Janice Farrell.

Early Stage Memory Loss Support Group: Meets monthly on the second Friday. Check for times. Led by the Alzheimer's Association.

Parkinson's Support Group: Meets monthly on the second Thursday. Check for times. Led by Jamie Escoubas.

OTHER WELLNESS RESOURCES

Blood Pressure Clinic: Offered monthly on the first Tuesday. Check for times. Taught by Raylene Carpenter.

ABOUT THE INSTRUCTORS:

Sophie Acheson is a certified Jin Shen Jyutsu therapist who has been practicing for 11 years, has taught yoga for more than 20 years, and is a certified reflexologist.

Robert Young has studied and practiced meditation for 40 years, and Qigong for 10 years.

Carol Allison has been teaching yoga since 1996, has worked as a fitness instructor, holds a black belt in Kenpo Jujitsu, and is a holistic health practitioner.

Helen Herbaugh holds a Recreation degree from UC Berkeley and has been practicing and teaching line dancing since 1991.

All workshops are $5 per class for members, unless otherwise noted. For additional details, go to vintagehouse.org, or call 707.996.0311. Vintage House is located at 264 First Street East, Sonoma. Front desk hours are 9 to 4, Monday through Friday.

FREE-SOUP FRIDAY

The Vintage House No-cost Friday Soup's On! Has become a weekly institution. A rotation of chefs from around the Napa and Sonoma Valley's share their culinary expertise as they serve up a warm bowl of comfort and nourishment, for free each Friday, from 11:30 a.m. to 1:00 p.m. Besides a warm and nourishing meal, Soups On provides the opportunity to socialize, make new friends, and to explore activities at Vintage House.





Get Up and Move

CHIROPRACTOR BRIAN WIRICK SAYS SITTING SHORTENS YOUR LIFE.

In the 19th century it was still commonplace for doctors to "let blood" from the body of a sick person in order to "balance the four humours." Fussy babies in the 1800s were soothed with a syrup typically containing morphine, powdered opium, cannabis, even heroin. For generations, mercury was used to cure a variety of diseases, including syphilis, and often succeeded when the toxic quicksilver killed the patient

Toward the end of this period of primitive medicine, Daniel David Palmer, a "magnetic healer" in Davenport, Iowa, developed the theory that disease was caused when the "vitalistic nervous energy" that maintained life was interrupted by irregularities in the spine. Manipulating the spine to correct these "vertebral subluxations," he believed, released the flow of "innate intelligence" and cured disease. Palmer founded his chiropractic school in 1898 and, in the new century, his son B.J. Palmer built it into a major force in alternative medicine.

Today, chiropractic has evolved into two competing schools, composed of Palmer traditionalists, or "straights," who follow the founder's creed and are often at odds with modern medicine, and the "mixers" who mix a variety of modern diagnostic tools and treatment modalities to address muscle and joint pain, often including physical therapy, massage, joint manipulation, ultrasound, and other conventional techniques.

These more modern practitioners often complement conventional medicine with a heightened understanding of the musculoskeletal system and a focus on diet, lifestyle, and nutritional issues.

Which brings us to Brian Wirick, member of a prominent Sonoma family and a chiropractor for more than 30 years, with a thriving practice and a devoted following, who sort of fell into the profession sideways.

Working on his undergraduate degree in biochemistry at UC Davis, he had to write a critical paper on a subject he knew nothing about. Wirick chose to study chiropractic and

Much of my time is educating people on movement, making sure they're up and moving and doing everything they can to mitigate the effects of an information society that's mostly sedentary.



discovered there was "a major lack of research being done in the field." So after his undergraduate work at UC Davis, he enrolled in chiropractic school to learn more about it, and found that clinical work appealed to him. "I discovered I really enjoyed it, and it became clear to me that it was something I felt I could do." That took him to the Palmer West campus, then in Sunnyvale, where he did his chiropractic studies, never having previously been to a chiropractor.

Asked to succinctly summarize what chiropractic does, as he practices it, Wirick says, "It's the use of manual techniques, or the laying on of hands, to optimize the function and movement of the human frame. That's it in a nutshell. So that noticeably includes joints that are outside of the spine, because we recognize that an ankle injury can lead to a back problem, and a back problem can easily lead to a knee problem, and so forth. So it's to optimize the function of everything that requires movement."

Within that context, Wirick explains, "I like to focus on the movement and function component, because that is the essence of what I'm trying to accomplish."

Wirick doesn't identify himself as a "mixer," but he acknowledges that one school of chiropractic was primarily focused on "the structural element of it, alignment as the key focus," even after most researchers debunked claims being





Get up and move. If nothing else, walking a couple of times a day can make a huge difference. It doesn't have to be a long hike, it can be a 10-or 15-minute walk. But even more than that, it's just getting up, changing positions more frequently.

made about its efficacy.

"We recognized that focusing on just the alignment (of the spine) misses the point. The point is movement, because if we artificially restrict joint movement, we see all kinds of negative changes neurologically, from a standpoint of the blood flow, from a standpoint of the output to the organ."

Wirick says, "Much of my time is educating people on movement, making sure they're up and moving and doing everything they can to mitigate the effects of an information society that's mostly sedentary."

And with that, Wirick nails what he is primarily about. "A large part of what I do is education. It's the recognition that sitting is shortening our life spans; it's a direct correlation. The longer you sit, the more you shorten your life. Because we're not moving. And societies that have more movement do better. That's all there is to it. Societies that, for example, do Tai Chi as a regular form of exercise have much better statistics with regard to balance, and falls, and lack thereof."

The longer we sit, Wirick asserts, the shorter our lives.

"One study showed that if we can go from sitting more than three hours a day to less than three hours a day, it increases our life expectancy by two years. We've had studies that showed that after 10 minutes of sitting we can measure inflammatory response inside the disks of our spine, of our lower back."

It's a sobering piece of news. So, what to do?

"We can mitigate it quite a bit by just getting up more frequently," he says. "It's three hours in a stretch that causes a real bad set of effects. But if you can get up every 10 to 30 minutes, even for a minute, it changes the dynamic of it. After an hour of sitting, we have a shut down of some of the deep core stabilizing muscles of our spine. So they're no longer active when we get back up again. Essentially, it's a recipe for injury when we get up after we've been sitting for a long period of time. A lot of us do that, we sit, we do something at the computer, we get up, we go to garden or work out and that's certainly a time when we're at risk for injury."

When you're sitting for long periods, Wirick explains, there's stasis, particularly in the disc, which has no automatic blood supply to move nutrients in and out of the cells of the disc. "The way we get that exchange," he says, "is movement, is walking. It acts as a pumping mechanism that creates a mechanical exchange of those fluids. So we can't get it otherwise. If we're sitting, we're not going to get nutritional exchange. We're not going to get the very things that the cells need in order to stay healthy. And movement acts as a pumping mechanism for our muscles as well. When a person sits in a prolonged posture, for example, they're going to develop a sustained contraction of the muscles in the back of the spine. And so they go into a metabolism that produces lactic acid as its primary waste product, anerobic metabolism. It's going to happen. And next, the muscle becomes really sore the next day, and if you have that in a sustained way, it never has a chance to recover. So we get chronic stressful reaction. I see it all the time.

"And there's some evidence that cultural societies that don't have furniture—that don't sit, they squat—that back pain is almost unheard of. They're moving all the time, and when they're not moving they're at least in a position where they're not hunched forward at a computer."

So is desk-bound Western society doomed? Not if we take action, Wirick says.

"Get up and move. If nothing else, walking a couple of times a day can make a huge difference. It doesn't have to be a long hike, it can be a 10-or 15-minute walk. But even more than that, it's just getting up, changing positions more frequently. That's really the message. I don't expect a person in an occupation that requires a fair amount of sitting, to stop sitting. It's not going to happen. But, you can mitigate it a lot by changing position. That's why the sit-stand desk is good. So even if you set your timer for 30 minutes and just make sure you change positions in that 30 minutes, you're going to be a lot better off."

So beyond moving periodically at your desk, what does Wirick recommend for exercise?

"Almost every study we've ever seen about walking shows that walking is good for us, so you can promote walking all the time. There is also a tremendous volume of evidence to show how High Intensity Interval Training—HIIT—is the best thing that we can do systemically to improve our health.

"And then, resistance exercise of some sort has been demonstrated to be important because of the fact that, as an aging population, we lose a percentage of muscle mass every year. We have to try to restore that in some way. Resistance training can be in a lot of different forms. I like to use TRX, but maybe another person likes to use Pilates. Maybe another person likes to use yoga. And frankly it should be something the person enjoys, because otherwise they're just not going to do it."

Brian Wirick has an enviable record of helping his patients regain and improve mobility. But the ultimate responsibility for their health, he reiterates, is in their hands.

"Sure, I'm doing hands-on work, and I'm trying to restore function mechanically, but most of the time the good work is done outside of the office, by the body. I educate people to get out of the way, because that's almost always the problem. We're getting in the way of our body trying to do its normal response of healing."





A Community For Yoga

LOOKING FOR INNER PEACE? JOIN THE FAMILY

STORY **Staff Report**

The name really does say it all.

Because Yoga Community is truly a community, a human tapestry of Sonoma Valley residents woven together with the thread of yoga.

"Fifteen hundred people a month come through here," says Lisa Willetts, owner of the facility and a 20-year yoga practitioner. "It's a community and it's a family. I'm completely passionate about it."

With more than 60 classes a week, and beginners' classes taught every day, there is a deep menu to draw from, covering much more than the variety of asanas—or postures—most people associate with yoga. And that's an important point for Willetts, who came to yoga with severe back pain, and was only looking for "a method to get myself out of my misery." The back issue was resolved long ago, and now she's in over her head. "Yoga is a slow process," she says, "but it's transformational. Americans are body-focused, so we meet them on the mat, and then we go from there."

Where they go is into the deeper realms of yoga practice that involve meditation, breathing, and other techniques that promote a growing sense of inner peace, awareness, and connection with full consciousness.

The word *yoga*, most studios never tire of explaining, comes from Sanskrit and means to join or unite. But in the modern Western application, it has been marketed primarily as a form of physical exercise, with every conceivable offshoot, including Bikram yoga, a controversial and copyrighted practice utilizing 26 poses and rooms heated to 105 degrees.

That's not what Yoga Community offers. "The foundation of the studio is Raja Yoga," says Willetts, describing it as "yoga for the brain." Raja yoga, also known as royal yoga, is considered by some devotees to be the closest evolution to the yogas of Patanjali, the great sage credited with writing at least some of the sutras (or aphorisms) that became the theory and practice of yoga. That arcane history is largely irrelevant to newbies learning their first downward dog or sitting through their first guided meditation. And it is the sense of community, within the comforting context of the yoga experience, that draws so many practitioners to the studio.

"I just feel this is a very inspiring place to be, and it's a very comforting place to be," says Melanie McDavid, in a Yoga Community promotional video. McDavid is a graduate of the studio's Yoga Teacher Training program, and adds, "When I walk in the door, I just feel at home here."

Part of the studio's appeal is also its outreach to the wider Sonoma Valley community. Free classes are offered for people stressed by the region's firestorms and this winter's Russian River flood. There are classes for special needs clients of Becoming Independent, free classes are available to clients of Cancer Support Sonoma, and a partnership with the Sonoma Valley Mentoring Alliance is offering complete yoga packages to 26 mentees graduating from Sonoma Valley High School. And there are discounted classes open to the public on Mondays and Fridays.

With 30 people on payroll, a 3,200-square-foot studio to maintain, a teacher training program, classes scheduled every day of the week and an endless skein of relationships to nurture and sustain, Willetts says, "I'm in daily awe of what happens within these walls."

A good example is the recent experience of Jean Arnold Sessions, the doyenne, perhaps, of Sonoma Valley wine women, who is having a knee replacement and couldn't imagine how she would navigate the first days post-surgery without help. A visit to Yoga Community resulted in two members spontaneously volunteering to help. "It is just wonderful," she says. In other words, a community.

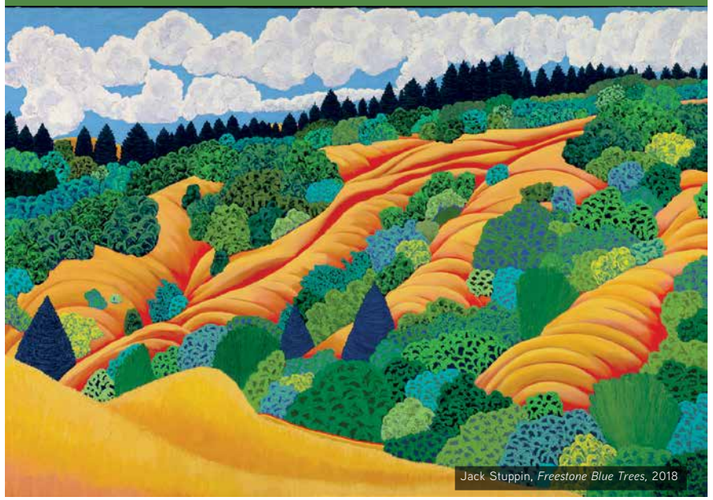


Yoga Community is located at 577 Fifth Street West, in Sonoma. For more information go to yogacommunity.net, or call 707.935.8600.

SONOMA
MODERN | CONTEMPORARY

Chester Arnold • Jane Baldwin • Fletcher Benton
David Best • Jay DeFeo • Wally Hedrick
Robert Hudson • Mary McChesney • Hassel Smith
William T. Wiley • and many more...

April 20 – June 16, 2019


Jack Stuppin, *Freestone Blue Trees*, 2018

SVMA
SONOMA VALLEY MUSEUM OF ART

551 Broadway, Sonoma, CA 95476
Wed – Sun 11-5
707.939.7862 • svma.org

NICK BRANDT
INHERIT THE DUST
June 29 – September 8, 2019


Nick Brandt, *Wasteland with Elephant*, 2015

UPCOMING EVENTS

Through July 12, 5pm: #RePhotoSonoma Instagram photo contest, in conjunction with *Nick Brandt: Inherit the Dust*

May 18, 3pm: *Aliens:* Enrique Chagoya in conversation with Chester Arnold

May 19, 7pm: *Arrangiarsi* Film Screening at Muscardini Cellars. Film + Pizza + Wine with filmmaker Matteo Trancone & actor Peter Coyote

May 30, 6pm: Book Talk: Arthur Dawson, author of *Where the World Begins*, talks with Dennis Calabi & Bernie Krause

June 2: Moon House + Studio Tour

June 6 5:30-7:30pm: Sonoma Art Walk featuring Lisa Thorpe's art scarves in the Museum Store

June 9, 1pm: *Sonoma Mo|Co* Artist Panel Robert Hudson, Brigitte McReynolds, Bob Nugent, & Jack Stuppin

June 9, 2:30-4:30pm: Studio Tours: Jim Callahan, Marc Katano, & Brigitte McReynolds

June 12, 6pm: Look Club, Sonoma Collage Studio artists @ Bump Wine Cellars

June 15, 1-4pm: Barbara Jacobsen & Audrey Von Hawley collage workshop

June 29, 2pm: Artist Talk with Nick Brandt

June 29, 5:30pm: Opening Reception for *Nick Brandt: Inherit the Dust*

July 8-26: Summer Studios Art Camps

July 10, 6pm: Look Club

Save the Date: October 5
SVMA Gala: SOIREE AT THE MUSEUM



The Power and the Problems of Two Cannabis Compounds

YOU DON'T HAVE TO GET HIGH TO GET WELL.

STORY **Jonah Raskin**

Time magazine recently proclaimed, "CBD Is Everywhere," and then asked, "But Is It Really Safe and Healthy?" The jury is still out on "cannabidiol," aka "CBD," though according to the tabloids, Kim Kardashian and her husband, Kanye West, are having a "CBD oil-themed baby shower" for their next child.

Meanwhile, the Food and Drug Administration (FDA) recently approved Epidiolex, a derivative of CBD, for treatment of epilepsy and, in response to public pressure, the FDA is holding hearings on the legalization of CBD, which has for decades taken a back seat to tetrahydrocannabinol (THC), the main psychoactive ingredient in marijuana.

One form of CBD occurs naturally in the human body and helps regulate internal balance. A second form of CBD, classified as a "phytocannabinoid," is made by plants and can act as a supplement to the first variety.

CBD calms and modulates, rather than stimulates. That's what the overwhelming majority of CBD users report. THC, besides giving people a variety of consciousness-altering experiences, has helped patients with some cancers, and with HIV/AIDS, by stimulating appetite and combatting insomnia. (For more information, consult *Cannabis and Cannabinoids: Pharmacology, Toxicology and Therapeutic Potential*, edited by two doctors—Franjo Grotenhermen and Ethan Russo—and Americans for Safe Access (https://www.safeaccessnow.org).

Anyone hoping to hear a unified chorus of voices all singing exactly the same words about cannabis will be sorely disappointed. If you believed the White House and the Drug Enforcement Agency, you would run from cannabis as though it was the plague. If you believed Sonoma County cannabis farmers, dispensary owners, manufacturers and countless consumers, you might try it, either to get high, relax or as medicine.

Sonoma Valley viticulturist and canna-culturist extraordinaire Mike Benziger says, "The cannabis of today bears little resemblance to the pot of the sixties. There's way more science now than ever before. Over the last 20 years, California growers have developed strains for joint pain, anxiety, sleep, and more."

Benziger adds, "I will personally drive any skeptic to a dispensary, introduce him or her to a budtender, and ask the budtender to recommend a strain for a particular condition. Take two or three home, try them out and see what works."

Indeed, hundreds of people who once relied on opioids have tossed them out, embraced cannabis and say they now live healthier lives. Herbals are increasingly in while the legal use of over-the-counter drugs appears to be fading.

Fred Gardner, who edits *O'Shaughnessy: The Journal for Cannabis in Clinical Practice*, calls marijuana a "dialectical plant with opposite effects." Scholar Martin Lee calls it "a trickster plant." The author of *Smoke Signals: A Social History of Marijuana—Medical, Recreational and Scientific*, Lee is also the co-founder and manager of Project CBD, a Sonoma County-based educational platform that offers in-depth scientific information about CBD.

The "trickster" aspects of cannabis have led some lawmakers, doctors, and health professionals to regard it with suspicion. No two individuals react to cannabis the same way. Dosage has long been an issue and so have impurities. A 2017 study tested 84 CBD products purchased online and found that 70 percent were mislabeled, containing either more or less than the claimed amount of CBD. One-fifth had detectable levels of THC. (*The Journal of the American Medical Association* (JAMA; jamanetwork.com/journals/jama/fullarticle/2661569).

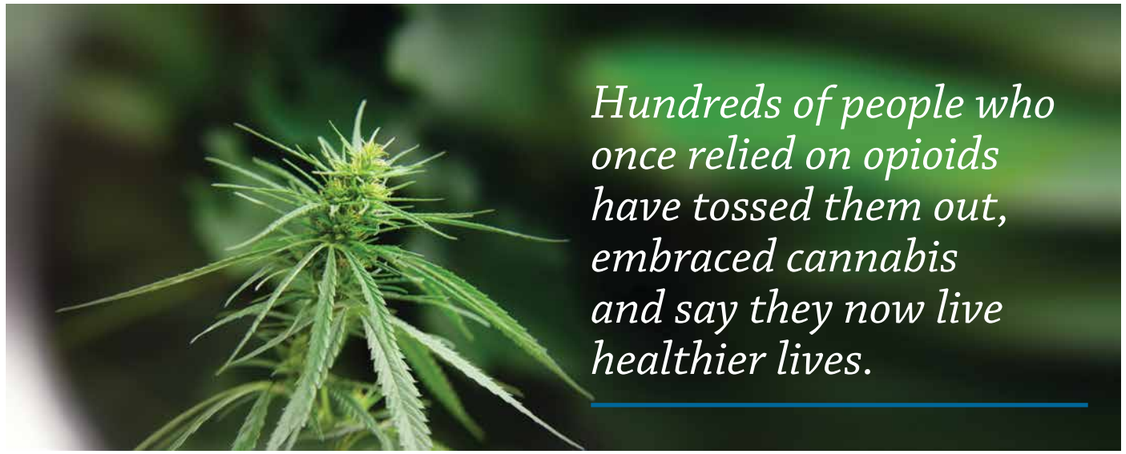
CBD from dispensaries has far more accurate labeling than most CBD bought online. For verifiable content and strength, it's best to buy at a neighborhood dispensary or from a reputable company.

For decades, Californians have cultivated cannabis with high levels of THC and hyped-up names like "Train Wreck." But as aging baby boomers have developed physical infirmities, many have turned away from getting "wrecked" and turned toward CBD to alleviate pain, reduce anxiety, depression, and the symptoms of Alzheimer's.

Since 2010, cannabis and hemp growers have responded to demand and cultivated strains with lots of CBD. Many boomers who use it say they prefer CBD to prescription drugs from a pharmacy. Sebastopol MD Jeffrey Hergenrather has recommended cannabis with high levels of both THC and CBD to tens of thousand of patients. The anecdotal evidence he has gathered, suggests that CBD and THC are effective medicine (medicaljane.com/2015/03/03/physician-profile-dr-jeffrey-hergenrather/).

Since abundant anecdotal evidence supports claims that CBD offers health benefits and isn't psychoactive, some cannabis activists have refocused their energies on just legalizing it without fighting for THC approval.

"CBD can be seen as a stalking horse for the legalization of marijuana," says Dale Gieringer, the director of the California branch of the National Organization for the Reform of Mari-



Meanwhile, the World Anti-Doping Agency has removed CBD from its list of banned substances, and many athletes now use it instead of ibuprofen for pain relief. Also, the World Health Organization recently announced that CBD is safe and that no users become dependent on it.



juana Laws (NORML). "Hemp and CBD have been legal in foreign countries for many years. Not so THC. I think it will take another four to five years."

In *Smoke Signals,* Martin Lee writes that, "Cannabinoid scientists were loath to speak in terms of a miracle drug, but cannabinoid came pretty close." The Project CBD website, which he launched in 2009 (projectcbd.org) reports, "We examined hundreds of peer-reviewed articles in scientific journals," and concluded that CBD "may be therapeutic for many conditions" including asthma, ALS, glaucoma, diabetes, and more.

Backing those conclusions with hard scientific evidence in the U.S. has been hard, since all marijuana, whether it has CBD or THC, is illegal by federal law, a legacy of the pot prohibition that began in 1937. Because cannabis is still classified as Schedule 1 drug (along with heroin), clinical studies have for the most part been deemed banned. But in other countries, including Italy, a team of researchers led by Tiziana Bisogno showed that CBD triggers "serotonin receptors" and confers an "antidepressant effect." Bisogno's findings were reported in volume 134 (2001) of the *British Journal of Pharmacology*.

CBD products run the gamut from foot creams, to tinctures, teas, salves, drops, soaps, oils, facial masks.

At the Pacific Medical Center in San Francisco, Dr. Sean McAllister showed that CBD reduced the invasion, colonization and conquest of breast cancer cells (cannabisoils.ca/dr-sean-mcallister-and-the-effects-of-cbd-and-thc-on-cancer/). McAllister also noted that CBD worked effectively when it was used in conjunction with THC.

The Israeli chemist and Hebrew University professor Raphael Mechoulam—who located and described the THC compound in 1964— calls the collaboration between THC, CBD, and other cannabis compounds "The encourage effect."

Not everyone is as convinced as Lee and Mechoulam about CBD's medicinal benefits. In a recent article titled "How Legal Is CBD?"—available online at Berkeleywellness.com—the experts at UC Berkeley say, "There isn't yet enough evidence to recommend CBD for any medical use aside from the epileptic conditions it's approved for."

Still, the Berkeley experts do not tell readers *not* to use it. Rather, they urge users to purchase CBD products in states where it's legal and avoid arrest. Thanks to the 2018 Farm Bill, hemp is now classified as an agricultural commodity in all 50 states and should be legal for use in CBD production. But in a circuitous bureaucratic twist, the California Department of Public Health has ruled that until the FDA rules that industrial hemp can be added to food products, or the state if California hemp is safe to use for human and animal consumption, "CBD products are not an approved food, food ingredient, food additive, or dietary supplement."

Cannabis producers have not taken extreme umbrage because, they insist, marijuana produces superior CBD and without industrial hemp there's less competition.

Meanwhile, the World Anti-Doping Agency has removed CBD from its list of banned substances, and many athletes now use it instead of ibuprofen for pain relief. Also, the World Health Organization recently announced that CBD is safe and that no users become dependent on it.

At Flying Goat Coffee in Healdsburg, not far from his home, Lee insists that the UC Berkeley information is "total nonsense," that it "merely echoes what the federal government claims and ignores nearly all the scientific evidence and anecdotal data from all over the world."

Still, even at the federal level there's movement. Last year, U.S. Attorney General William Barr called for a unified federal policy on cannabis.

Meanwhile, Martin Lee explains that "artisanal CBD," the kind grown in soil, is better than "pharmaceutical CBD," the kind manufactured in a lab. Savvy Sonoma Valley growers like Erich Pearson and Joey Ereñeta have shown that the best place to cultivate artisanal cannabis, with both CBD and THC, isn't in a greenhouse or under artificial light, but outdoors and in direct sunlight, preferably using the biodynamic methods that Mike Benziger uses at his Glentucky Family Farm in Glen Ellen. Benziger's medicinal cannabis, which is rich in CBD, is sold at Soulful Dispensary in Sebastopol and elsewhere.

It's not clear who is actually monitoring the sourcing of CBD oil sold in California or used in the state's exploding consumables industry. New products are bubbling up all over.

Mountjoy Sparkling, a Sonoma County company, mass produces a popular bubbly water in five different flavors, infused with 10 mg of organic CBD, available in a 16-ounce plastic bottle. Proprietor Alex Mountjoy says, "I drink it as a cocktail in the evening."

According to an Associated Press report, CBD products sold in the U.S. last year were worth an estimated $2 billion, and could reach $16 billion by 2025. Martha Stewart is developing a CBD product line, and CVS is selling CBD products in 800 stores.

A recent headline in the *LA Times* summed up the conundrum: "CBD-infused products are being sold everywhere in California—but are they legal?"

Martin Lee says, "CBD is sort of illegal and sort of legal." Sonoma County Ag Commissioner Tony Linegar observes, "Enforcing restraints has been nonexistent. CBD is already out of the stable."

Jonah Raskin is the author of Marijuanaland: Dispatches from an American War.





Serving the Underserved

HEALTH CENTER LISTENS TO HEARTS AND MINDS.

STORY: **Jonah Raskin**

Sonoma Valley Community Health Center (SVCHC) was for years housed in three separate buildings on West Napa Street a few blocks from the Sonoma Plaza in an impossibly cramped space. Today it's clustered under one much larger roof at 19270 Sonoma Highway, across from Maxwell Village Shopping Center. And in the fall of 2019, the new optometry service will have its own separate building. Right now, patients who use SVCHC have to go to Santa Rosa, Petaluma, and Napa for eye care.

The health needs of the Valley are growing rapidly, and SVCHC is growing with them. This July the center will begin a "medical assistant program" that will train participants to do nearly everything with a patient—including check-ins and taking vital signs—before the doctor arrives with a stethoscope.

Those who successfully complete the program will learn valuable skills and the ability to work in a hospital or health center, anywhere.



Community Health Centers are often on the front lines of community health care. But if you think of a community health center as hospital alternative, where a nurse takes your blood pressure, a doctor ask you to say "Ah" and simply writes a prescription, you'll have to think again. While SVCHC covers the basics, such as taking body temperature, it does a lot more than that, and does it with careful respect for the patient.

In keeping with the philosophy that health and wellness have to be thought of and approached holistically, and that a healthy body can help create the foundations for a healthy mind—and vice-versa—the center offers a variety of services to a community that would otherwise be "underserved" or not served at all.

With a budget of $11.5 million, of which 67 percent comes from patient revenue and the rest from private insurance companies, Medicare, Medical, federal grants, and donations from individuals, SVCHC provides a pharmacy where prescriptions can be filled at prices competitive with, say, Walgreens or CVS, a laboratory for blood testing, and a dental clinic that's available to all Valley residents, whether they live in Schellville, Glen Ellen, the Springs, or the Mayacamas.

Last year the center served some 7,300 patients, and about 2,000 were children. To serve that many people, and to serve them well, the center gets help from Valley schools, La Luz, the Boys & Girls Clubs, and Sonoma Valley Hospital, which provides "acute services" and a skilled nursing facility, which SVCHC doesn't offer.

Cheryl Johnson, the CEO at SVCHC, knows the history of health care in the Bay Area, going back to World War II when Kaiser Permanente opened a hospital to provide for the needs of women and men who worked in the shipyards. Johnson also has her finger on the pulse of the Valley today, including opioid addiction.

"Some of it is here," she says, "but not on the level of places in West Virginia that were once company towns and then the company left and jobs went with them."

A graduate of UC Berkeley, with an master's from Hayward State University, she's also a wife and the mother of twins, who worked previously in subsidized housing and who says, "I've always loved trying to make situations better."

If Johnson's sense of the past informs her outlook on the present, her vision of the future also shapes her notion of where the center needs to go next. What's remarkable about her, and about the center itself, is an openness, and even eagerness, to listen to the needs and wants of the community and then create programs for health and wellness that fit them.

"People in the Valley have narratives to tell," Johnson says. "They want to tell them and have them received and not be brushed aside." She adds, "We hope we're giving people the opportunity to tell them, whether they're about the aftermath of the fires, problems with social media, or everyday anxieties."

Johnson knows about epidemics and pandemics. She sees the big picture and she also sees the individual. "Human bodies are different," she says. "What works for one person may not work for another. Our bodies don't come with a guidebook. We learn about them as we go through life."

For families who are hungry and can't afford to shop at a tienda or a market, there are groceries available from the Sonoma Food Bank, and an accompanying philosophy that says, "Food is medicine." For those with diabetes, there are cooking classes and education about what to eat and not eat. There are yoga classes to help reduce tension and to aid people who are coming off opioids and need to decompress.

Ryan Pocock, the director of development and outreach, describes the center as a "safety net." It's clearly that, especially for the very old and the very young, but also for mothers and for teens who feel bullied and belittled by schoolmates and social media, a problem on the rise. At SVCHC kids discover how to regain a sense of balance and self-confidence.

Johnson says, "There are days when it doesn't come together quite right. But then someone will say we've made a big difference in his or her life. We want more of those days."

In keeping with the philosophy that health and wellness have to be thought of and approached holistically, and that a healthy body can help create the foundations for a healthy mind—and vice-versa—the center offers a variety of services to a community that would otherwise be "underserved" or not served at all.

Pilates—A Comprehensive Approach to Fitness

STUDIO M AND PILATES SONOMA.

STORY **Staff Report**

Joseph Pilates did not live to see the full expression of the exercise discipline he founded, although by the time he died in 1967 every dancer in New York knew about him and many relied on his exercise regime to keep dancing.

Madeline Black, founder of Studio M, Sonoma's first Pilates studio, was led to Pilates through dance. "Pilates became my answer to a movement methodology by incorporating a full range of movement using resistance to develop an evenly strong body," she writes in her new book, *Centered: Organizing the Body through Kinesiology, Movement Theory and Pilates Techniques*. "The versatility of Pilates was enormous, matching many levels of training intensities or healing approach."

Black, a dancer and choreographer, became so captivated by the intricacies of body movement and alignment, she eventually devoted her life to the subject and remains an international figure in the Pilates world.

She has developed her own training routine, "The Madeline Black Method," a fully immersive movement process incorporating the experience of movement with education in movement theory and personal feedback on the process of working with the body.



A form of low-impact exercise, using both resistance machines and floor exercises, Pilates is designed to strengthen muscles while improving postural alignment and flexibility, especially in the core. Pilates exercises are done slowly and precisely, in conjunction with careful breath control.

Setting Studio M apart from the Pilates herd is a parallel focus on the Gyrotonic Expansion System, a copyrighted system of machine-based exercises that stretch and strengthen muscles, while simulating and strengthening connective tissues in and around the joints of the body, in conjunction with specific breathing patterns. Gyrotonic machines look like meticulously crafted torture devices, but are actually fully adjustable pieces of precision equipment designed to stretch and strengthen muscles, while simultaneously stimulating and strengthening connective tissues in and around the joints.

Studio M is now owned by Black's former partner, Sue Aslin, but Black's teachings and presence are very much part of the facility's culture. Aslin has her own rapt following, and offers both individual and group sessions. Wrote one Studio M client of her work with Aslin, "She solved my body's complex puzzle piece by piece—and helped me find a path to wholeness … I know, trust and love my body again."

Studio M also offers osteopathy and integrated manual therapy, along with healing massage. For more information, go to studiompilates.com, email info@studiompilates.com, or call 707.938.5593.

PILATES SONOMA

No two Pilates studios are alike, and Pilates Sonoma is a good example. Like most studios, Pilates Sonoma offers (and recommends) private sessions to prepare for group classes, which are offered on reformers and mats.

But Pilates Sonoma also offers high intensity TRX classes to build flexibility, strength, core stability, and balance. They provide the TRX suspension system, which is designed to use your own body weight for resistance training. Offering customized exercises, Pilates Sonoma touts maximized results with interval training and a combination of traditional fitness methods with contemporary Pilates.

Their mat exercises combine movements from dance, yoga, and classic calisthenics. Level 1 mat classes are performed equipment-free, and are geared toward increasing core strength, spinal mobility, pelvic control, and breathing.

Pilates Sonoma is located at 989 West Spain Street, Sonoma. Go to pilatessonoma.com for more details, or call 707.721.1450.



Subscribe Today!









OR fill out the form and mail to:
Valley of the Moon Magazine
276 East Napa Street | Suite 200
Sonoma CA 95476

Subscribe online at vommag.com

Name

Phone

Email

Address

City, State, Zip

Wellness at the Sonoma Community Center

The Sonoma Community Center practically vibrates with ongoing wellness programs focused on physical, emotional and spiritual health. Classes are all taught by certified instructors with years of experience and training. Classes include Melt Method, Essentrics, Ballet and Dance, Yoga,

MELT METHOD AND ESSENTRICS

Instructor: Regina Gregor

Melt is a breakthrough technique that directly addresses stuck stress and slows down the aging process by rehydrating the connective tissue and rebalancing the nervous system with the use of balls and a soft foam roller.

Essentrics strengthens and stretches every muscle eccentrically, rebalancing the muscular structure in rotational movements. Essentrics: Ongoing, Wednesdays 9 to 10:15 a.m. $10

Melt Method: Four-week series. $200. Includes ball, book and roller. Next series starts June 5, 6 to 7 p.m. in room 213.

Regina Gregor is a certified massage therapist, health educator, Melt Method and Essentrics instructor.

Registration 707.696.1102 or reginagregor.com.

BALLET AND DANCE

Instructor: Molly Spencer

Introduces Boys Ballet Club class. In Fall, intermediate ballet for 9+ is offered. Focus is on discovering creative movement, classical ballet and performance, body positivity, safe posturing, confidence and knowledge ballet is for everyone.

As Director of Novato School of Dance, Molly has taught pre-ballet, ballet and modern/lyrical jazz to students 4 to 16. She studied and performed at College of Marin and Santa Rosa Jr. College and studied with renowned teachers at the Paul Taylor Dance Studio. The fall/winter season runs Sept-Dec, the winter/spring season runs Jan/May. For schedule and pricing go to: missmollyballet.com, or call 707.299.9528

YOGA

Instructor: Lynn Weinberger

Yoga For Your Center, emphasizing safety and balance, teaches students to move, stretch, strengthen and heal tense areas.

Ongoing, Thursdays 9 to 10:30 a.m. Donation suggested.

Lynn Weinberger began studying yoga in India in the 1960s and has been teaching and studying every since. She has multiple certifications and is featured in Gary Kraftsows two-DVD series on yoga for the back. She holds the highest certification with Yoga Alliance. Info at Sonomacommunitycenter.org or 707.996.4874..

YOGA

Instructor: Leslie Karath

Classes are every Tuesday, 10:30 to 11:45 a.m. in room 213.

Classes start with meditation, ending with relaxation. In between is movement and floor work. Bring a sticky mat, blanket and block.

Leslie Karath began teaching yoga in 1985, attended the White Lotus Foundation, Iyengar Yoga Institute of San Francisco and has done trainings with amazing teachers. $10 donation. Information – Leslie at 707.322-3246

PILATES

Instructor: Julia C

Pilates Beginner Mat Class is grounded in the Classical Pilates method, and is limited to nine students, allowing individual attention and exercises modified for each client's fitness level.

Three class times: Register: sonomacommunitycenter.org.

Monday and Wednesday at 11:30 a.m. $210 for 10 classes over 5 weeks.

Tuesday at 9 a.m., $105 for 5 classes over 5 weeks.

Monday at 3:30 p.m. $105 for 5 classes over 5 weeks

Julia started Pilates in 2013 and completed more than 900 hours of study in the Classical Pilates method, and completed the Advanced Teacher Training Program.

TAI CHI

Instructor: Cathy Williamson

Yang style, 24 form intermediate practice for anyone with basic knowledge of 24 forms. Monday and Friday 8 to 8:45 a.m.

Tai Chi for Arthritis (Sun style), intermediate practice for those who have basic knowledge of Tai Chi for Arthritis, Monday and Friday 8:45 to 9:30 a.m.

Beginners Tai Chi, Monday and Friday 9:30 to 10:15 a.m..

Classes are $5 drop-in, $50 for 10-session card, available at SCC office.

Cathy Williamson began her study of Tai chi in 1991 while living in Thailand, she studied with several Tai Chi and Qigong instructors and is certified for Tai Chi for Arthritis. Register at sonomacommunitycenter.org

THANK YOU FOR VOTING RUGWORKS THE BEST FLOORING COMPANY IN THE VALLEY!

People's Choice Awards 2018 Sonoma Index-Tribune

MEET OUR SONOMA STAFF



Rugworks has established itself over the last 40 years as a leader in the floor covering industry in the North Bay. Our Sonoma location was opened in 2003 and has built and maintained an excellent relationship with our community by providing expert installations, exceptional customer service, competitive prices, and support of local non-profit organizations. Our knowledgeable and friendly staff can assist you with any flooring need. Contact us for free estimates, design assistance, material samples, and professional installations.

RUGWORKS PROVIDES:

- FREE ESTIMATES
- DESIGN ASSISTANCE
- PROFESSIONAL INSTALLATIONS

NOW INTRODUCING WINDOW COVERINGS BY

GRABER

Rugworks

18700 Sonoma Hwy, Sonoma

707.935.0648

LifeGuard® SPILL-PROOF BACKING™

Shaw FLOORS

BELLERA HIGH PERFORMANCE CARPET



Gay Wine Weekend—More Than a Party

CELEBRATING COMMUNITY, EMBRACING DIVERSITY.

STORY GARY SAPPERSTEIN

For those who don't yet know, Gay Wine Weekend is an extravagant, three-day celebration of food, wine and Wine Country, held every summer in Sonoma Valley. The elaborate agenda features winemaker dinners, winery tours, a Drag Queen brunch/wine auction, a pool soiree, after parties and the signature event of the weekend, the Twilight T-Dance. Where else can you twirl on a dance floor with a disco ball hanging over it in the midst of majestic vineyards?

Although this is the 10th year of Gay Wine Weekend, Out in the Vineyard is now chartering new waters. I am now alone at the helm, as I recently purchased the business from my co-founder, Mark Vogler.

A part of me has always been concerned about doing something alone, and it was hard for me to picture facing this fear by myself. However, when I started listing the friends and family who have supported me, I quickly realized I wasn't doing this by myself. I have the faith and support of an amazing community, and keeping that community thriving is what gives me purpose.

In moving forward, I reflected on what Out in the Vineyard and its flagship event, Gay Wine Weekend, means, not only to me but also to guests coming to Sonoma. The event is more than just a party—it touches countless people.

Gay Wine Weekend works not only because it brings together people who love food, wine, and the ambience of Wine Country. It works at a deeper level, uniting our LGBTQ community and giving us an opportunity to celebrate each other. It is about community, and it's about emotional wellness. We come together in numbers and we feel that it is ours, that it belongs to us, that we are the norm, that we are not second-class citizens when we are together as one.

That message also reverberates throughout Sonoma in the days, weeks, and months leading up to the big event. It sends a message to our young kids and teenagers who are afraid to reveal their real selves that they are not alone.

And that is the message I focus on every week with my "Out in the Vineyard" radio show, on KSVY Sonoma, 91.3 FM. I hope every kid who feels alone tunes in to my radio show and discovers that they are not alone, that there is an entire community waiting to welcome them.

We're privileged to live where many of our friends and family are accepting of us, but there's still work to be done. There's still hate speech and discrimination—even in our community. There are still kids who don't feel welcome, and we must continue to create this safe space and celebrate ourselves, and tell everyone they're welcome.

I am in awe every year when see our Rainbow Flag flying high above City Hall. It still makes me tear up, and it resonates with guests and locals alike. It declares that Sonoma is a welcoming and inclusive community.

I'm proud of what we've accomplished at Gay Wine Weekend over the years, and I'm honored to continue as a sole proprietor. But what I'm most proud of is our community. It's our community that continues to create something special and continues to support me. It's our community that prides itself on being open and accepting. And it's our community that sure knows how to party!



WE MUST CONTINUE TO CREATE THIS SAFE SPACE AND CELEBRATE OURSELVES, AND TELL EVERYONE THEY'RE WELCOME.

THINGS

It's happening in the Valley of the Moon; mark your calendars.



VALLEY OF THE MOON MUSIC FESTIVAL

SUNDAY, MAY 19, 5:30 P.M.

MADRONE ESTATE AT VALLEY OF THE MOON WINERY

On May 19, musicians from Valley of the Moon Music Festival will offer a special preview performance of their fifth anniversary season, celebrating Europe's powerful 19th-century salonnieres, women of power and influence who shaped the musical culture of their day. Hosted by the Madrone Estate at Valley of the Moon Winery in Glen Ellen, the concert on Sunday, May 19, highlights the relationship between Tchaikovsky and his eccentric patron Nadezhda von Meck. Tickets at $40 are now on sale at valleyofthemoonmusicfestival.tix.com.

The event will feature six musicians in a performance of Tchaikovsky's "Souvenir de Florence," composed during the composer's stay at von Meck's villa in the Tuscan capital. Playing on historic instruments, the musicians include Owen Dalby and Francisco Fullana, violins; Cynthia Black and Tiffany Richardson, violas; and Frédéric Rosselet and Tanya Tomkins, cellos.

Joining the event will be best-selling author and Sonoma resident Lynne Lancaster, reading from the vast collection of letters that Tchaikovsky and von Meck exchanged over 13 years. "Theirs was a deeply emotional and intellectual friendship—expressed entirely through letters because Nadezhda forbade their meeting in person," said Lancaster. "Nadezhda's financial generosity and whole-hearted support of Tchaikovsky's musical vision resulted in the body of work that is so revered today."

Attendees of the May 19 event will also be treated to a banquet of wines and small bites in the intimate tasting room of Madrone Estate's Valley of the Moon Winery.

Following the first concert on the festival's main stage at the Hanna Center in Sonoma, the Madrone Estate will host the festival again for two musical salon dinners on Sunday, July 14 and 21.

For the complete program of the festival's main stage season at the Hanna Center, July 14–28, visit valleyofthemoonmusicfestival.org/2019-summer-festival



THE SONOMA VALLEY MUSEUM OF ART

THROUGH SUNDAY, JUNE 16

A new exhibition, Sonoma Modern | Contemporary, is currently on view at the museum through Sunday, June 16, 2019.

Sonoma Modern | Contemporary celebrates the remarkable artistic legacy of Sonoma County. The exhibition features both historical and contemporary artists who have lived and worked in Sonoma County. Included are works by 34 artists, including Chester Arnold, Jane Baldwin, Fletcher Benton, David Best, Bernice Bing, Jim Callahan, Jay DeFeo, Charles Ginnever, Wally Hedrick, Robert Hudson, Alice Fellows, Marc Katano, Nicole Katano, Mary McChesney, Robert McChesney, Frances McCormack, Stanley Mouse, Bob Nugent, Deborah Oropallo, Hassel Smith, William T. Wiley, Franklin Williams, Douglas Fenn Wilson, and Dennis Ziemienski, among others.

The Sonoma Valley Museum of Art is located at 551 Broadway, Sonoma. The museum is a nonprofit organization that provides seasonal exhibitions of contemporary and modern art and educational and public programming for children, youth and adults. Museum hours are 11 a.m. to 5 p.m. Wednesday through Sunday. General admission is $10 and free for SVMA Members. More information at svma.org, or by calling 707.939.7862.



SONOMA'S TUESDAY NIGHT MARKET IN THE PLAZA

TUESDAY, MAY 7, TO TUESDAY, SEPTEMBER 24, 5:30 P.M. TO DUSK

The Valley of the Moon Certified Farmers Market is Sonoma's weekly community gathering, foodfest, public music venue, networking opportunity and farm-to-table produce cornucopia, held every Tuesday night.

While you're there learn more about upcoming market events and market vendors. It's a can't-miss event, surrounding City Hall smack in the middle of the historic Sonoma Plaza, which is smack in the middle of town. Hundreds of locals and visitors bring friends, family, chairs, blankets, picnics, wine and more to enjoy the local vendors and musicians that provide entertainment each Tuesday evening. For details, go to vomcfm.com.



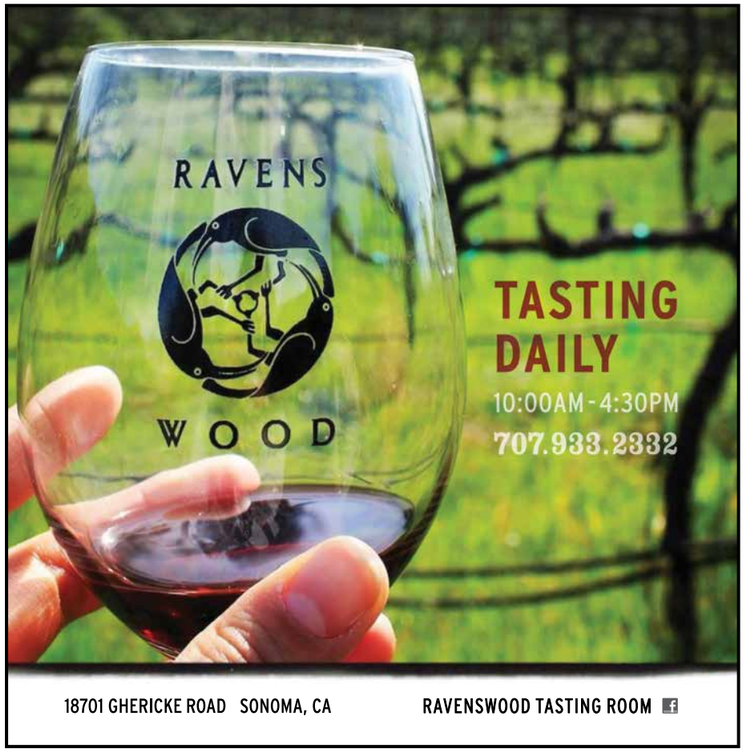
SEBASTIANI FRIDAY NIGHT MUSIC SERIES & FOOD TRUCK FRIDAYS

Recurring the last Friday of every month, May to October, from 6 to 9 p.m. Enjoy live music from a variety of talented musicians in the historic tasting room, starting at 6 p.m. Wine by the glass or by the bottle is available for purchase, and visitors are welcome to bring a picnic or snacks to enjoy inside or outside in the courtyard. It's a family-friendly event, and children and well-behaved pets are welcome. Food Truck Friday also features an enticing line-up of local gourmet food trucks selling tasty treats to pair with Sebastiani Wines. Sebastiani Vineyards & Winery 389 Fourth Street East, Sonoma. 707.933-3230 www.sebastiani.com

MURDER MYSTERY AT THE LIBRARY

WEDNESDAY, MAY 29, 6 P.M.

Jonah Raskin, will discuss his new murder mystery, *Dark Day Dark Night: A Murder Jolts California's Bucolic Wine and Weed Country.* This is the second mystery Raskin has written set in Sonoma Valley. He will talk about what it feels like to write a sequel and to bring back to life characters from a previous book. He will also discuss the feeling that many readers of murder mysteries have—that it's a guilty pleasure. "They're almost embarrassed to be reading detective stories," says Raskin. The event is free and open to all. The library is located at 755 West Napa Street, Sonoma. For more information, contact librarian Lisa Musgrove at 996-5217 or lmusgrove@sonomalibrary.org. Keep up with all library events at www.sonomalibrary.org and on Facebook, www.facebook.com/sonomavalleylibrary.







SONOMA SPEED FESTIVAL—HISTORIC CAR RACES

FRIDAY, MAY 31 TO SUNDAY, JUNE 2, 2019

Celebrating the 50th anniversary of Sonoma Raceway (the track formerly known as Sears Point, and later Infineon), the inaugural Sonoma Speed Festival will feature a priceless collection of '66 to '69 Historic Trans-Am cars that will serve as the event's featured marque, highlighting the 1969 Sears Point Trans Am race that determined the series championship.

The Sonoma Speed Festival combines an extraordinary group of historic vintage racing cars, for a celebration of flat-out wheel-to-wheel racing. Among the cars confirmed for the event are several Ferrari 250 GTOs and Ferrari 250 Testarossas, among the most prized and collectable cars on earth. Other entrants include a 1957 Maserati 300S and multiple examples of the legendary "Birdcage" Maserati.

On Thursday, May 30, the Speed Festival will parade to Sonoma Plaza in a cavalcade of historic race cars and a food and wine reception from 5:30 to 7:30 p.m. Hosted by Speedway Children's Charities, the event supports local youth groups. Tickets are $30 in advance, $35 at the door.

General Admission Spectator Tickets

Weekend 3-Day Pass: $100 pre-sale, $150 at gate. Day pass: $75 pre-sale / $95 at gate. Kids under 12 are free. Camping will be available adjacent to the track.

Includes Raceway entry and general parking, and allows access around the entire racetrack, including the paddock, where visitors can walk right up to the cars. Does not include any VIP or other access. For more information visit: sonomaraceway.com.



THE SONOMA COLLAGE STUDIO ART EXHIBITION

BUMP WINERY GALLERY, 521 BROADWAY, SONOMA

The Sonoma Collage Studio is celebrating 25 years as an experimental group learning center with an art exhibition from June 1 through June 30 at the Bump Winery Gallery in Sonoma. Two receptions for the artists and the studio founders will be held on Saturday, June 1 from 6–8 p.m. and Sunday, June 2 from 2 to 5 p.m.

The Sonoma Collage Studio has grown and flourished in town for over two decades through the unique vision and stewardship of studio founders Audrey von Hawley and Barbara Jacobsen, who have nurtured the self-expression and development of the many artists who have practiced here. "I don't think we knew the collage studio would have this kind of impact when we started," von Hawley says of the thousands of pieces of artwork created over the studio's long history. "Seeing what has unfolded has blown my mind!"



HUICHICA MUSIC FESTIVAL SONOMA

FRIDAY, JUNE 7, 2 P.M. TO SATURDAY, JUNE 8, 10 P.M.

Since 2010, Huichica Music Festival (pronounced wah-CHEE-ka) has provided a refreshing take on the music festival experience. Huichica is built on the concept that music, wine, and food are best shared in beautiful, intimate settings with a warm and friendly attitude. Each year Huichica presents a highly curated line-up of artists worth knowing about, and pairs them with artisan regional wines and local culinary talent. Away from the crowds, there are no bad seats at this family-friendly boutique festival. Presented by Eric D. Johnson, Jeff Bundschu and (folkYEAH!).

For ticket information visit: eventbrite.com.

THE 32ND ANNUAL HIT THE ROAD JACK HALF-MARATHON

SUNDAY, JUNE 2, 7:20 A.M. TO 1 P.M.

Sonoma Valley's favorite footrace is back! Enjoy the Kids Dash, 3.5K Run/Walk, 10K Run/Walk or the Half-Marathon. Half-Marathon begins at 7:30 a.m. This legacy community event takes place on the historic Sonoma Plaza, where over 1,000 runners, volunteers and supportive families congregate to celebrate Sonoma and an active, healthy lifestyle. Over the years, Hit the Road Jack has provided multi-generational families from Sonoma and the surrounding Bay Area cities with an opportunity to experience the Valley community and create magical memories for all ages with a focus on giving back to the community. The Sonoma Volunteer Firefighters Association is hosting an after race festival fundraiser open to the entire community. Come enjoy after-race entertainment, food, beer, and wine. Or bring a blanket and hang out. The Plaza, Sonoma. To register visit: https://raceroster.com/events/2019/22666/hit-the-road-jack.

7th ANNUAL COWBOY CAB

SUNDAY, JUNE 9, 4 P.M. TO 8 P.M.

Polish off your boots and gear up for the annual Cowboy Cab shindig. This popular country-casual event raises critical funds to support Teen Services Sonoma, which works with young people ages 14 to 24. There will be appetizers served by Lovin' Oven teens, a variety of beverages to enjoy, music, and dinner. For the live auction, participants will have the opportunity to bid on a dozen date nights; a board extravaganza; amusement park hopping; a unique dinner at Jack London State Historic Park ranch with "Jack" and "Charmian," an intriguing "date" with a congressman, and a drag race with the Chief of Police. Individual tickets are $125 each or save 20 percent and buy a Table for Ten for $1,000. It'll be heck of a lot of fun. Cornerstone Sonoma, The Barn at Tyge William Cellars, 23570 Arnold Drive. More information at www.teenservicessonoma.org.

TRANSCENDENCE THEATRE COMPANY

TRANSCENDENCE THEATER COMPANY – BROADWAY UNDER THE STARS



The award-winning series of four Broadway-inspired concerts in Sonoma's Wine Country is back for a new season, featuring incredible talent from the New York and Hollywood stage and screen.

The summer series of main stage productions will be presented June 14 to September 8, at the unique, open-air venue of the historic winery in Jack London State Historic Park. With live orchestration, music, and dance performed under a star-filled sky in the Valley of the Moon, each performance in this annual summer series becomes a magical, memorable night of entertainment.

The 2019 opening show, "A Chorus Line," representing the first ever full musical production at Jack London State Historic Park. An imaginative re-staging of this iconic show will rekindle emotions for long time fans and introduce new audiences to a story whose relevance remains invigorating today. June 14 thru –June 30 (except Sunday June, 16), Fridays, Saturdays, and Sundays.

OUT IN THE VINEYARD
Our Wine Country

Gay Wine Weekend

Sonoma
July 19–20, 2019





A Three-Day Celebration of Food, Wine and Wine Country

Details & Tickets at gaywineweekend.com

THE MUSE | AUGUST 28, 2019

HATS OFF to the BIG CHEESE!

Like any good muse, Gary Edwards prefers to stand in the background, whispering in people's ears and doing the unglamorous things that produce creative change.

This year the Sonoma Community Center has chosen Gary Edwards as it's 2019 Muse. Mark your calendars, buy your tickets, get ready for a lively evening and enjoy the annual SCC Muse celebration.

SONOMA COMMUNITY CENTER
276 EAST NAPA STREET, SONOMA CA
707.938.4626
SONOMACOMMUNITYCENTER.ORG



SONOMACOMMUNITYCENTER.ORG/MUSE | 707-938-4626 X1



FineLine
Art & Frame

Custom Framing
excellence

Art Supplies
in abundance

Thoughtful Gifts

Sonoma Marketplace
Shopping Center
201 W. Napa St., Ste.16
Sonoma, CA 95476
finelinesonoma.com
707.935.3199

Performances begin at 7:30 p.m. The "Broadway Under the Stars" experience includes pre-show picnicking at 5 p.m. in the park's sprawling vineyard and meadow. Audiences are invited to enjoy musical entertainment before the main performance with homemade picnics, or gourmet picnics purchased at nearby stores. At the venue, there are pre-show picnic options including a variety of food from local gourmet food trucks and vendors, and fine wines representing eight Sonoma County wineries. Reserve tickets at www.BestNightEver.org, Cost: $45–$150

The full 2019 season:

Stairway to Paradise: June 14,15, 21-23, and 28-30.

Fantastical Family Night: July 19–20.

Those Dancin' Feet: August 9–11, 16–18 and 23–25.

Gala Celebration: September 6–8.

All performances at Jack London State Historic Park, 2400 London Ranch Road, Glen Ellen. 877.424.1414, www.BestNightEver.org

TOYOTA/SAVE MART 350

FRIDAY, JUNE 21–SUNDAY, JUNE 23, 2019

Monster Energy NASCAR Cup Series

The Toyota/Save Mart 350 roars into Sonoma June 21-23, and it's guaranteed to be a wild ride. It's the biggest racing rush to hit wine country, as NASCAR tackles its first road course of the season, and you won't want to miss a second of the action on and off track.

And knowledgeable race fans will be thrilled to hear that the Carousel is back. Which means that the original 12-turn, road course—offering some of the most exciting action in any NASCAR race—will be fully employed, providing even closer, bumper-to-bumper racing for this year's Toyota/Save Mart 350. Be on hand to celebrate 50 years of racing in the Sonoma Valley, as NASCAR's biggest stars tackle the challenging circuit. For details on tickets, RV camping at 50 Acres and more, go to sonomaraceway.com.

NHRA DIVISION 7 DRAG RACES, PRESENTED BY KORBEL

WEDNESDAY, JULY 17–SUNDAY, JULY 21, 2019

The NHRA Division 7 drag races, presented by Korbel, return to the drag strip at Sonoma Raceway, offering a high-speed indulgence for drag racing fans. The Pacific Division will host two separate events, highlighted by the return of Top Alcohol Dragster and Top Alcohol Funny Car by class sponsor Plumbing Concepts.

Wednesday will be a test and tune day for all classes. Thursday and Friday will host the first event for all Lucas Oil Drag Racing Series competitors, with Saturday and Sunday hosting the second event. Top Alcohol Dragster and Funny Car will qualify on Friday, with eliminations on Saturday. Tickets and details at sonomaraceway.com.



Arts at the Center

CERAMICS

ONE NIGHT WHEEL—GIVE IT A SPIN
6/8, 7/15, 8/23
SLAB & COIL POTS
Gail Kendall 6/22–6/23
THROWING COMPOUND FORMS
Claire Thibodeau Sun. 7/28
POTTERY ON THE WHEEL
Benjamin Betourne Tues. 7/23 - 9/10

KIDS

CLAY & ART CAMP FOR CHILDREN
Mon–Fri 7/29-8/2
YOUTH SEWING CAMP
Pia Anderson Mon-Fri 7/17–7/28

MUSIC

UKULELE, SONGS OF THE BEATLES
Sean Carscadden Wed. 7/10–8/21
INTRODUCTION TO BLUES GUITAR
Sean Carscadden Wed. 7/10–8/21

FIBER ARTS

NEEDLE FELT A "POSSIBLE BAG"
Laura Lee Fritz Thur. 7/11
MEET YOUR INNER MONSTER
Rachael Staudt Sat. 7/13
HAND DYE A CHIFFON SCARF
Laura Lee Fritz Thur. 7/25

FINE ARTS & PRINT

INTRODUCTION TO PRINTMAKING
Brett Grunig
INTERMEDIATE DRAWING
Colleen Giantiempo

MOVEMENT

TAI CHI FOR ENERGY—INTERMEDIATE
Mon. Ongoing
YANG STYLE 24—INTERMEDIATE
Mon., Fri. Ongoing
TIA CHI FOR ARTHRITIS—INTERMEDIATE
Mon., Fri. Ongoing

PILATES BEGINNING MAT CLASS with Julia Careich
*Pilates classes run in 5 week sessions, visit sonomscommunitycenter.org for dates

Sonoma Community Center
276 East Napa Street, Sonoma CA
707.938.4626
sonomacommunitycenter.org



Broadway Star Donna McKechnie at Sonoma Speaker Series

MAY 29

The Sonoma Speaker Series is partnering with Transcendence Theatre Company to bring Donna McKechnie to Sonoma on May 29. McKechnie is a professional dancer, singer, actress, choreographer, and author whose illustrious career has spanned more than 50 years. She is regarded internationally as one of Broadway's foremost singing and dancing leading ladies. She is best known for her portrayal of Cassie in the original Broadway cast of the 1975 musical A Chorus Line, for which she received the Tony Award for Best Actress in a Musical.

McKechnie first performed in London in 1969 in the musical Promises, Promises and has starred in numerous productions in London's West End.

McKechnie was featured in the documentary film Every Little Step and played Rose in the film, The Little Prince. Her memoir, Time Steps: M y Musical Comedy Life, was published in 2006. Readers' Books will have signed copies of her book for sale in the lobby before and after the speaker presentation.

McKechnie will be in conversation with Amy Miller, artistic director for Transcendence Theatre Company. The company will launch its 2019 Broadway Under the Stars season by performing its first full-length Broadway musical, A Chorus Line, at Jack London State Park in June. Members of the cast will be on hand for this Speaker Series event and may even perform a song or two.

The program, at Hanna Boys Center, 17000 Arnold Drive, Sonoma, will begin at 7 p.m., with a 5:45 VIP reception. Go to sonomaspeakerseries.com for tickets.

Sonoma Speaker Series—Shannon Watts on Gun Control

JUNE 11, 2019, HANNA BOYS CENTER

Shannon Watts is a mother of five who, prior to founding Moms Demand Action for Gun Sense in America, was a stay-at-home mom and former Communications Executive. The day after 26 students and teachers were killed at Sandy Hook Elementary School, Watts started a Facebook group with the message that all Americans can and should do more to reduce gun violence. That online conversation has grown into a nationwide grassroots movement of Americans fighting for public safety measures that respect the Second Amendment and protect people from gun violence. Moms Demand Action has established a chapter in every state of the country and is part of Everytown for Gun Safety, with over 5 million supporters.

Watts is also active with Emerge America, which recruits and trains women to run for office. In 2018, she was named one of InStyle Magazine's Badass Women, one of People Magazine's 25 Women Changing the World and a Yerba Buena Center for the Arts 100 Honoree.



Her debut book, Fight Like a Mother: How a Grassroots Movement Took on the Gun Lobby and Why Women Will Change the World, tells the inspiring story of how her rallying call-to-action grew into a social movement powered by mothers.

The book is scheduled for release on May 28, and can be pre-ordered through Readers Books (www.readersbooks.com / 707-939-1779). VIP tickets automatically include a signed copy of Shannon's book.

The presentation begins at 7 p.m.. A VIP reception with Watts starts at 5:45. Go to sonomaspeakerseries.com for tickets.



Trashion Fashion 2019

It was a gala day on the Trashion Fashion runway as a record number of would-be Armani's presented the 2019 Spring Collection of haute poubelle, courtesy of the Sonoma Community Center, Creative Programs Manager Eric Jackson and 51—count them, 51—designers of reimagined discards from the dumpster.

There were many prizes, but the grandest of the grand went to Brittany Kunde's CanCan, a shimmering cocktail dress made entirely from snippets of soda cans. Diet Coke never looked so good.













SAVVY EVENT
est. 2007
EVENT PLANNING & DESIGN
"A true love story never ends."



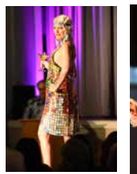
Wedding | Anniversary | Corporate | Fabulous Soirée
706 Broadway, Sonoma, CA 95476
707-996-3340 | ido@asavvyevent.com



Anne Appleman Flowers
Specializing in unique, exquisite floral arrangements for events and delivery throughout Sonoma & Glen Ellen.
www.anneappleman.com
707.938.3571

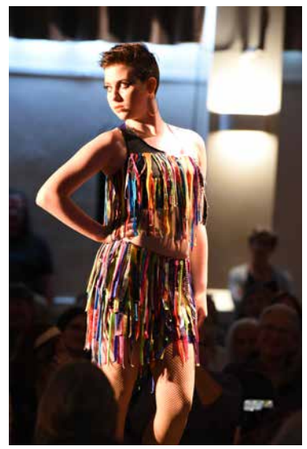






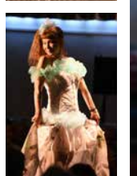


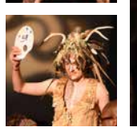












The Skin Clinic
Medical Aesthetics by
Alexis Alexandridis MD FACS

No judgment, no shaming...
just personalized, high-quality products and services for skin of all ages.

Comprehensive Skin Health Consultation
Collagen Induction Therapy/Micro-needling
Chemical Peels • Botox • ZO Skin Health • EltaMD
Spider Vein Treatments • Silagen Scar Refinement
Treatment for Excessive Underarm Sweating

10% OFF
(with mention of this ad)

246 Perkins Street
Sonoma, California
dralexissurgery.com
707.938.7690
@theskinclinicsonoma @dr_alexis_sonoma

Geo's Pool
Spa & Solar Company



George and Jean Noel, Rocky and Jujube
Old-Fashioned Service You Can Trust
Services Include:
Complete Repairs • Weekly Maintenance
Energy Efficient Upgrades • Pool Care Instruction
Underground and Underwater Leak Detection and Repair
Automation • Covers • Lifts • Safety Rails
Experience you can count on since 1985
(707) 938-5264
geospoolspaandsolar.com
Ca. Contractors License #751739

Tailwags and Handbags

Buena Vista Winery was the backdrop again for this year's Tailwags and Handbags.

Not just a ladies luncheon anymore, men joined to raise funds for the much needed animal shelter here in Sonoma.

Guests bid on purses and clutches as well as outfits from local designers.

During the lunch by The Girl &the Fig, guests enjoyed a live fashion show featuring clothing from Helen and Scott Lyall and modeled by local superstars.

Raising over $80,000, the afternoon was a huge success.

PHOTOGRAPHY: MELANIA MAHONEY





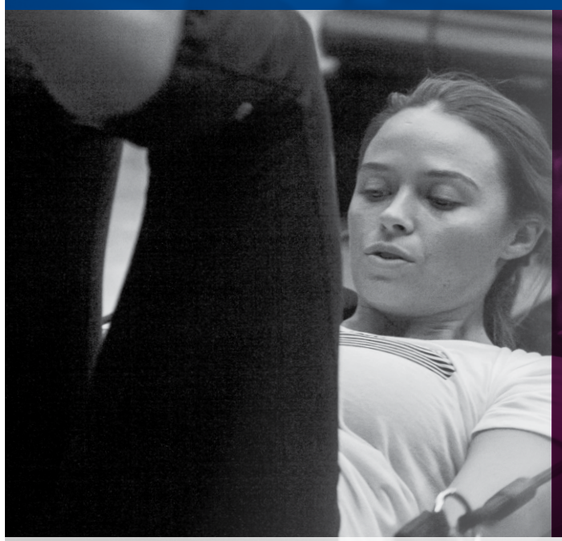








Get in Shape this Summer



call us or visit us online to buy
New Client*
Starter Package $99
one private session, one group class,
a pair of grip socks, and a cinch sack
*new clients only

PILATES
SONOMA
pilatessonoma.com

989 WEST SPAIN STREET, SONOMA, CA 95476 • 707-721-1450

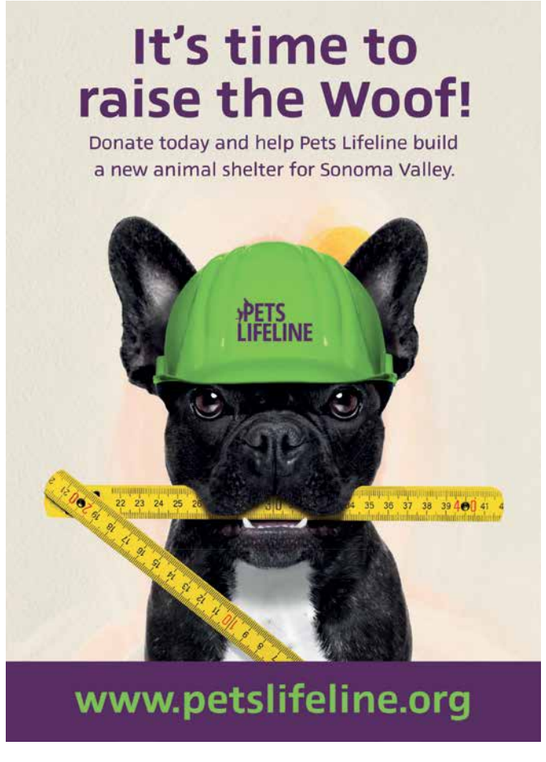












SONOMA ASHRAM
FOUNDATION

LEARN HOW TO MEDITATE

INDIVIDUAL & GROUP INSTRUCTION
PLEASE CONTACT TO SCHEDULE SESSION

DAILY COMMUNITY SCHEDULE
Monday–Friday* 6:15AM & 7PM
Saturday 8AM & 7PM
Sunday 10AM & 7PM
**THURSDAY 5PM: GUIDED MEDITATION IN SPANISH*

SONOMA ASHRAM
1087 CRAIG AVENUE, SONOMA
SONOMAASHRAM.ORG | 707.996.8915
INFO@SONOMAASHRAM.ORG

Great Minds Think Alike

The Hanna Boys annual fundraiser, Great Minds Think Alike, raised over $600,000 to support vital programs at Hanna this year.

The theme asked us to remember what we were like at the age of the current Hanna Boys and to recognize that their dreams and ours were the same.

We are more similar than we are different. Once again, our community showed up and gave whole-heartedly.

PHOTOGRAPHY: MELANIA MAHONEY

















COME IN AND SEE

MOTHER'S DAY PROMOTIONS FOR THE MONTH OF MAY

PERSONALIZED ONE-ON-ONE APPOINTMENTS

CONCIERGE SERVICE — CUSTOMIZE YOUR ORDER



Owner Rita Barrera has 35 years experience as a Licensed Dispensing Optician allowing for great customer service and all the latest in technology and fashion for every season.

RIKA OPTIQUE

530 BROADWAY, SONOMA CA
707.343.1620 // RIKAOPTIQUE.COM



















AUTEUR

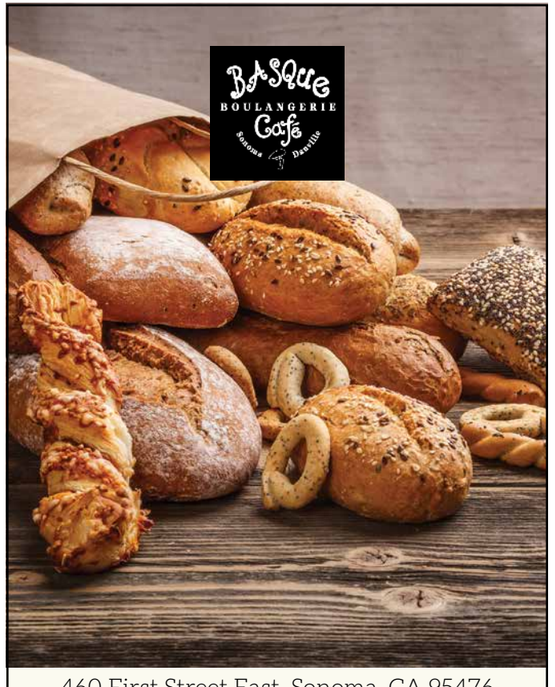
BOOK YOUR EXPERIENCE

Top Tasting Room for World-Class Pinot.
-Wine Spectator

"Consistently Exceptional"
-Robert Parker

RESERVATIONS@AUTEURWINES.COM

707.938.9211 | 373 First Street West | Sonoma, CA 95476
Located off the Sonoma Plaza



460 First Street East, Sonoma, CA 95476
(707) 935-7687 basqueboulangerie.com

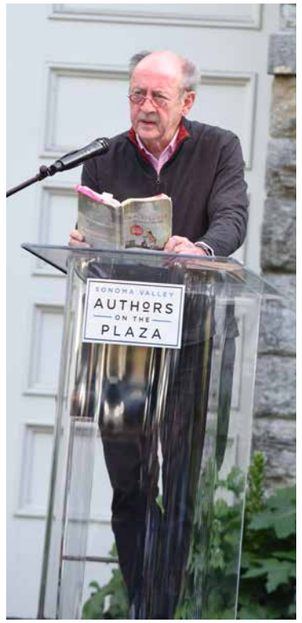
Authors Festival

The Sonoma Valley Author's Festival returned for its second year, with (among many others) news legend Tom Brokaw, national poet laureate Billy Collins (for the second time), ethnobotanist Wade Davis, prize-winning undocumented journalist Jose Antonio Vargas and Facebook critic Roger McNamee, author of the Mark Zuckerberg broadside, *Zucked: Waking Up to the Facebook Catastrophe*. Collins and McNamee both addressed a free, SRO audience on the Plaza behind City Hall with poetry reading and Zuckerberg ranting.









El Pueblo Inn

We are family owned and operated since 1959!



Enjoy gracious comfort, excellent value
and a prime location near the heart of Sonoma!

For Reservations, call: 1.800.900.8844
www.ElPuebloInn.com

SONOMA
MARKETPLACE

Sonoma's Premier Shopping Center
Just steps from Historic Sonoma Plaza



28 Great Shops & Restaurants

FASHION
Mc Caulou's Dept. Store
Mc Caulou's Kids

FOOD & DINING
Baskin Robbins
Bangkok 9 Thai Restaurant
Black Bear Diner
Happy Garden Restaurant
Homegrown Bagels
Round Table Pizza
Whole Foods Market

SERVICES
A New Image Salon
Bank of the West
CVS Pharmacy
Launderland Coin-Op
Margraf Systems
Marketplace Haircutters
Nail Pro
Studio Sun & Beauty
Tip Top Cleaners

SPECIALTY
Filigree Jewelers
Fine Line Art & Frame
Hollyhock Cards & Gifts
Pure Barre Sonoma
Savory Spice Shop
Sonoma Optometry Center
Sonoma Pet Center
The Toy Shop

201 W. Napa Street
THESONOMAMARKETPLACE.COM

the red grape



Open Daily for
Lunch & Dinner
from 11:30 a.m.
Dine in or Carry Out

707-996-4103 | theredgrape.com
529 First Street West, Sonoma

SONOMA'S FIRST MICROBLADING SALON
VISIT US AT OUR NEW SONOMA LOCATION
IN THE VINEYARD SHOPPING CENTER

ARCHES

EYEBROW MICROBLADING



6 ARTISTS TO CHOOSE FROM.

WE TAKE WALK-INS ON THE WEEKENDS FROM 11-4

Microblading is the application of semi-permanent color into the skin. This procedure results in the appearance of eyebrow hair that lasts for approximately 12-18 months. Microblading is a semi-permanent procedure, it does NOT last forever.

ARCHES STUDIO
WWW.SONOMABROWSTUDIO.COM
18995 HIGHWAY 12 SUITE 106 | SONOMA, CA

THREE STICKS



SUMMER
— *in* —
SONOMA

Discover our secret gardens while beating the heat. Sonoma's premiere chardonnay and pinot noir beckon in stunning surroundings.

VISIT THE THREE STICKS ADOBE FOR A SUMMER ESCAPE

ACCEPTING RESERVATIONS

concierge@threestickswines.com or 707-996-3328 x1

THREESTICKSWINES.COM

Broadway In the Barn

Transcendence Theatre Company put everything in reverse at its “Broadway in the Barn” fundraising event and performance on March 30, 2019. The evening event presented at Atwood Ranch Barn in Glen Ellen featured a backward theme - serving dessert first and concluding with lite bite appetizers. Broadway professionals Avionce Hoyles, Garen McRoberts, Lauren Sprague, Leslie McDonel, Meggie Cansler Ness, Stephan Stubbins and Will Ray performed Broadway tunes with songs written for iconic female characters performed by male artists and female artists twisting songs typically performed by men.

PHOTOGRAPHY: MIMI CARROLL













Sonoma Hills
Retirement Living

Active Retirement in Sonoma Valley.
Live in the Wine Country!

Mention this ad and receive a no rent increase for 5 years if you move in by July 1.

Sonoma Hills
Retirement Community

Call us to arrange lunch and a tour!

405 West MacArthur Street, Sonoma
707.939.7856 | sonomaretirement.com

Expand
Your
Capacity
for
Life.

SONOMASTE
YOGA COMMUNITY

YOGA COMMUNITY
577 5TH STREET WEST, SONOMA
707-935-8600 • YOGACOMMUNITY.NET

Prom Pics

Valley of the Moon magazine auctioned a PROM photo shoot at the Sonoma Valley High School Crab Feed benefitting the SVHS Boosters Club.

The winner was Christine Phillips whose son, Mason Phillips got to be photographed before heading to Gallery 308 in the Marina District of San Francisco for the “Into The Woods” themed dance.

Mason is a junior at SVHS and his beautiful date for the evening was Cameron Berger, a sophomore.

Congratulations on a successful prom and to the entire graduating class of 2019.







Cheveux

#hair #makeup #skincare #nails #browbar



Jessica Adlawan
Hairstylist and Make Up Artist

CHEVEUX SALON
The LaTorres House | 156 East Napa Street
707.935.0322 | cheveuxsalonsonoma.com

Melissa Velasquez Polished Nail Studio 707.933.6350

JOIN US FOR

Bubbles & Blooms

a summer solstice
open house

THURSDAY, JUNE 20TH | 5-7PM

- Enjoy champagne and sweets
- Meet and greet the practitioners
- Find out more about the only facility of its kind in the Sonoma Valley
- Buy a plant to benefit this wonderful organization

Cancer Support Sonoma
Healing. Caring. Community.
246 Perkins Street, Sonoma CA 95476
(707) 509-3549 | info@cancersupportsonoma.org
cancersupportsonoma.org



Live Longer with Less Screen Time

MEANWHILE, HERE'S SOME GOOD ADVICE FOR HOW TO REDUCE THE RISK.

STORY JIM WITOUS

In 1993, in an attempt to resolve the ergonomic problems with standard keyboards, Apple introduced their pricey ($219) Apple Adjustable Keyboard into the ergonomic products market. It was designed to solve repetitive motion injuries that resulted in carpal tunnel syndrome after several computer keyboard manufacturers were sued for poor design. It included contoured plastic wrist rests and was hinged at the top, which allowed the user to adjust the angle between the right and left sides of the keyboard. As with many new innovations designed to improve and correct ergonomic deficiencies, most computer users don't take advantage of these devices until it's too late.

Since then, the occurrence of work-related injuries due to high computer usage, in conjunction with awkward posture, repetition, forceful exertion, and contact stress, continues to create physical risk for computer users. These risks include muscular discomfort, eye fatigue, stress, radiation, photosensitive epilepsy, and skin rashes.

Since 2002, Apple has published a Guide to Ergonomics detailing how to set up an ergonomically correct computing environment and how to use your computing devices safely. The following outlines their suggestions:

KEEP MOVING

- Wherever you are, remember to readjust often, so that you stay comfortable.
- Keep your head and neck centered and in a neutral position. You might need to raise your device, so that you don't look too far down.
- Try not to rotate or twist. If you need to look down to see what you're doing, try to change position every so often.
- Keep your shoulders relaxed, not elevated.
- Remember to check the posture of your spine and lower back to maintain a neutral position.
- When you use headphones, adjust them so that they remain comfortable to wear.

MODIFY YOUR BODY MECHANICS

- When you set up your space, check the lighting, noise level, and your body's alignment.
- Sit tall directly in front of your computer display.
- Type using light strokes.
- If you are able, switch hands when using the mouse.
- Switch between tasks that use different motions.
- Break work into smaller segments.
- Rest your wrists during breaks.

TAKE A BREAK

- To avoid computer related stress injuries, move around every seven minutes.
- Take a 30 -second break every 10 minutes.
- Take a 5-minute break every 60 minutes.
- Change tasks about every hour.
- Every 20 minutes, look 20 feet away for 20 seconds to refocus your eyes. You can also relax your eyes by looking at a distant object or closing your eyes for a brief period.
- Switch hands or change your grip on your device.

CHANGE YOUR SCREEN'S HEIGHT

- Raise or lower your screen, so that the area you're looking at aligns with your brow or slightly below it.
- If your screen is too low, raise it with a stand.

ADJUST YOUR SCREEN'S DISTANCE

- Move your screen a comfortable distance away from your eyes, between 20–30 inches.
- Adjust the screen's angle to be comfortable for you.

CENTER YOUR SCREEN

- If you use one device or display, center it in front of your body.
- If you use multiple screens and spend more time with one, center your main display.
- If you use them equally, center them together.

CHECK YOUR SEAT

- Try to keep your hips and knees level and your thighs parallel to the ground. Your back and thighs should create an angle between 90°-110°.
- Avoid sitting on your chair's edge for a long time, as it can strain your back.
- Support your feet on the floor, or with a foot rest, to alleviate pressure on the back of your thighs.
- To support your lower back when you sit, sit all the way back in the seat.
- Maintain a comfortable, neutral lumbar spine position and avoid slouching.
- If you round your lower back, or don't support it properly, you might fatigue and strain your muscles.

ADJUST HOW YOU STAND

- When you stand, you should wear supportive shoes and bend your knees slightly to avoid locking them.
- Keep your feet at least shoulder-width apart to evenly support your weight.

SUPPORT YOUR FOREARMS

- Find a neutral position with your forearms parallel to the surface that you're working on with your hands and wrists straight.
- When you can, try to support your forearms with armrests or a nearby surface.
- To find a comfortable, neutral position, change the height of your chair, work surface or footrest.

RELAX YOUR SHOULDERS AND ARMS

- Let your arms rest naturally and keep your elbows close to your sides.
- Relax your shoulders, so your arms can move freely.

THINK ABOUT THE VOLUME

- Be aware of your surroundings.
- Avoid turning the volume up to block noise around you.
- Check the volume levels on your headsets or speakers, and choose an appropriate one for you, or set a limit.

KEEP TRACK OF TIME

- Track how long you listen to audio at high volume.
- Lower the volume whenever you can.

ADJUST YOUR SETTINGS

- Accessibility settings let you customize audio playback.
- Learn about accessibility features located in System Preferences.

REFOCUS YOUR EYES

- To give your eyes a break, look 20 feet away for 20 seconds every 20 minutes.
- You can also look at a distant object or close your eyes for a brief period.
- Adjust screen brightness.
- To make your eyes more comfortable, change your display's brightness to match the lighting around you.
- Go to System Preferences and turn on Night Shift in the Displays tab (it changes blue light to amber light which is better at night time).

REDUCE GLARE

- To reduce glare on your screen, adjust its position away from windows or task lights.
- Change the lighting around you with blinds, shades, or different lighting fixtures.
- Wear "blue blocker" eyewear to block blue light exposure, which can increase the risk of macular degeneration.

YOUR IPHONE OR IPAD MAY BE CAUSING YOU PAIN

Smartphone users (virtually everyone these days) are susceptible to conditions such as Lateral epicondylitis (Cellphone Elbow) or De Quervain's tenosynovitis that produce the following symptoms:

- Pain or tenderness in the outer part of your elbow.
- Discomfort in your outer elbow when gripping something with your hand.
- Difficulty keeping your arm straight.
- Outer elbow twitches when you keep your arm still.
- Weak grip strength.
- Pain or swelling near the base of your thumb.
- Difficulty moving your thumb or wrist when grasping or pinching an object.

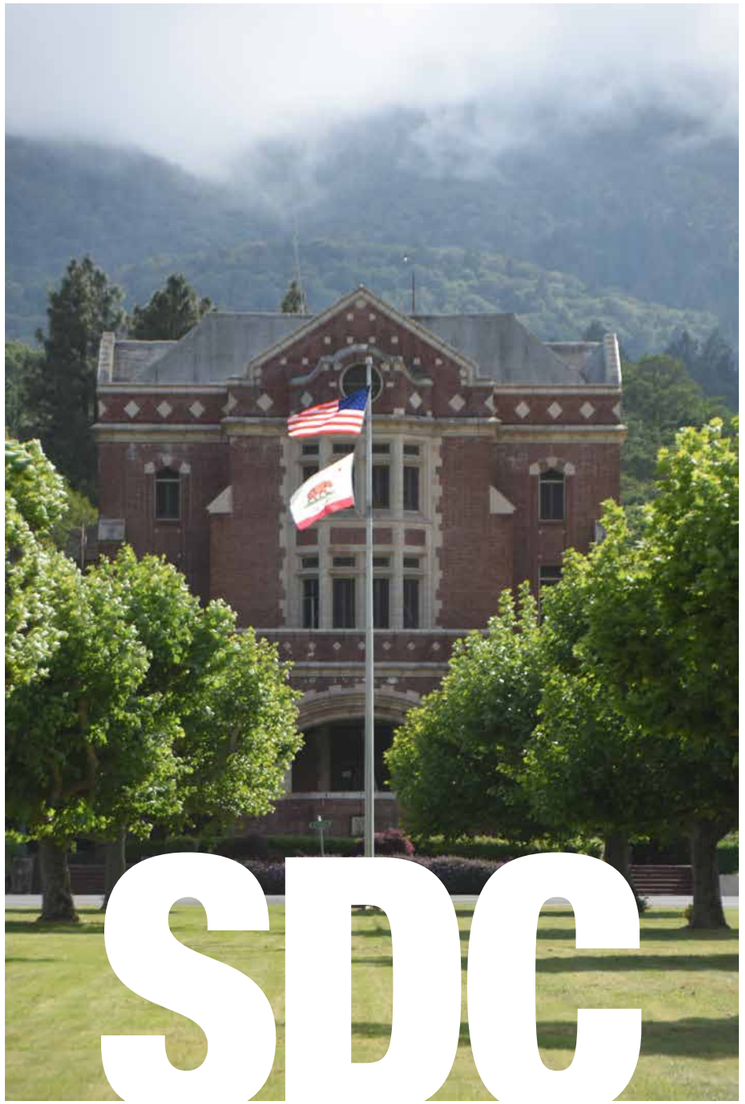
In addition, smartphone and tablet users tend to bend their necks 15–25 degrees more while using a tablet than if they were using a desktop or laptop which can contribute to neck and shoulder pain.

SO WHAT CAN YOU DO TO HELP ALLEVIATE THESE CONDITIONS AND SYMPTOMS?

- Hold or position your mobile device at eye level.
- Alternate between thumb and fingers to type (helps with De Quervain tenosynovitis).
- Keep wrists as relaxed as possible.
- Adjust the device settings (brightness, bold text, turn on Night Shift).
- Use digital assistants (Siri, Alexa, Google, or Cortana) to type what you speak.
- Use ergonomic accessories (keyboards and folding case stands).
- Take frequent breaks, stretch often and decrease the amount of time spent on your devices.

There's one more option… read more magazines, books, and newspapers!





SDC

Three More Years of Warm Shutdown

State sets deadline of July, 2022 for SDC plan to be in place.

STORY AND PHOTOS DAVID BOLLING

Sonoma Creek continues to babble beneath the Arnold Drive bridge, Canada Geese still gather in gaggles on the surface of Suttenfield Lake, while poppies and lupines and shooting stars blanket the meadows where the firestorm recently raged.

The Sonoma Developmental Center seems almost sleepy these days, devoid of even a single resident human, basking in the sweet embrace of spring as forces far beyond its control prepare to shape its future.

It is a time of renewal, of expectation and hope, now that the forced removal of residents has been quietly completed. And, despite the promise and surprise of an April 5 announcement that the State of California will not abandon the property on the 30th of June, but will instead pay for three years of "warm shutdown" and fund the cost of creating a plan for its future, it is also a time of uncertainty.

That's because, while disposition of the roughly 800 acres of open space is expected to be seamlessly separated for State and County parks use, the future of the central campus and its 150-odd buildings remains highly uncertain. And the seemingly generous decision by the state to, in effect, build a ramp to a sustainable future, what that future will look like is utterly unclear.

The only thing that is clear is the need for a business and development plan that will credibly guarantee a permanent revenue stream at least equal to the roughly $6 million to $12 million (both wild guesses) it will take every year to maintain, preserve and protect the property.

Members of the SDC Coalition, which has included key stakeholders in a five-year-long effort to build just such a launch pad as the one laid out now, were cautiously jubilant in the chambers of the Sonoma County Board of Supervisors when that April 5 revelation was heard. Only 2nd District State Senator Mike McGuire, from Healdsburg, who had been doggedly working on such an outcome for months, had seemed confident it would happen.

Richard Dale, executive director of the Sonoma Ecology Center, whose offices are tucked into a wooded bower beside Sonoma Creek on SDC property, described the announcement as, "a very different scenario than we were expecting. We are delighted. Thank you for the chance of doing something that's right, something that's visionary."

That may be a premature judgment given the level of uncertainty over what kind of a plan could simultaneously be financially viable and sustainable, include housing and perhaps some commercial enterprise, without triggering local opposition, and without adding an unacceptable level of more motor traffic on Arnold Drive.

When the California Department of General Services (DGS), which will take control of the property at the end of June, submitted its three-year budget request April 22, the contents of the request left some key questions unanswered.

The budget proposal seeks $43 million over the next three years to fund the development plan and warm shutdown costs. But the cost of "decommissioning" key elements of the campus infrastructure—including the archaic power plant that is currently powering heating, cooling and water distribution—is estimated at about $20 million, and there is no indication what other decommissioning expenses will be and who will pay for them.

A survey of the entire campus and all its aging buildings was conducted by a consulting firm in 2017, and the conclusion reached was that the demolition and renovation needed to make the campus usable would cost around $100 million, a figure some experts in facilities construction found unrealistically low.

The historic brick administration building in the heart of the campus, which has been siting empty for decades, was the victim of teenage vandals several years ago who broke into the building, turned water on in some of the bathrooms and left it running. By the time the break-in was discovered, water was flowing out of windows and much of the building's interior was ruined, from both water damage and mold. The building is a national registered landmark, and no one knows what it would cost to renovate it, or tear it down, although one recent, unconfirmed estimate was a minimum of $30 million.

Whatever the ultimate cost of decommissioning, demolition and renovation, the State has given no indication of who it expects to pay for it.

Affordable housing is specifically referenced in the DGS budget proposal, but it would seem highly unlikely that any developer interested in building work force, senior or low-income housing would be willing to shoulder the cost of a multi-million dollar clean up. And, the County can't afford to do it.

Also unclear is how the state plans to provide for warm shutdown heating and cooling if it eliminates the power plant before a replacement plan is in place. The current gas-powered boiler is not only inefficient compared to modern systems, but it violates EPA and California clean air standards and SDC has been paying monthly fines for the pollution on an ongoing basis.

Another issue that will necessarily arise if housing is developed on the site, is that more housing means more traffic and, in the inevitable EIR process, traffic impact on Arnold Drive, through Glen Ellen and through Boyes Springs, will have to be studied. A mile-long stretch of Arnold Drive close to Hanna Boys Center, has no shoulders and presents a dangerous hazard to bicyclists who frequent the road. Increased traffic generated by redevelopment of the SDC campus can be expected to exacerbate that problem.

None of these concerns are meant to suggest that housing would be a mistake on the SDC campus. It's hard to imagine an economic model for the property that doesn't include housing.

But implicit in that understanding is the state's responsibility for creating the conditions at SDC that will require such expensive remediation.

Whether or not it is legal for the State of California to simply park the property like a derelict car and walk away is an important question to answer early on. But legal or not, it's not right. The U.S. Navy certainly has not been able to walk away from its Hunters Point superfund site in San Francisco.

Setting those issues aside for a moment, the one thing that is abundantly clear is that the state is giving the Coun-

FINDING A MIX OF USES THAT COVERS COSTS, SERVES A WIDE ARRAY OF PUBLIC INTERESTS AND VALUES WHILE PRESERVING THE ECOLOGICAL INTEGRITY OF THE PROPERTY WILL BE NO SMALL ORDER. AND DOING IT IN THREE YEARS WILL BE A SIZEABLE CHALLENGE.



SONOMA VALLEY FIRE AND RESCUE finds a practical use for the empty SDC campus where buildings provide perfect firefighting practice opportunities.

ty of Sonoma, and its local stakeholders, a drop-dead date for completion of a viable transition plan. That date will be midway through 2022, in three short years, which is not a lot of time.

When the nonprofit Presidio Trust took over most of the San Francisco Presidio in 1996, Congress gave the trust until 2013 to become financially self-sufficient. They achieved that goal in 2005, eight years early.

The Presidio is hardly a comparable facility to SDC, but the principle of allowing a reasonable amount of time for local interests to shape a successful future for a former government-owned property is at least instructive. Assuming the necessity of a comprehensive and complicated EIR for what ever plan is agreed on, three years could prove to be an unreasonably short time.

Meanwhile, the question percolates—what would the appropriate use of uses be for the property?

Only one comprehensive proposal has been put forward—by the California Equestrian Park & Event Center (CEPEC)—and it is almost certainly a non-starter, although not for lack of trying.

The CEPEC proposal was originally to build an "Olympic quality" horse facility with the capacity to hold 27,000 horses, 125 stables, 140 trainers, on-site veterinary services on several hundred acres. It would be, according to CEPEC president Wanda Smith, the biggest horse facility west of Kentucky, would cost $200 million, would net $13 million a year while generating $250 million in tourism revenue for Sonoma County.

Rebuffed by virtually every county official, CEPEC claims it has scaled back its proposal and is ready to take over SDC, with profitability out of the gate. "We will generate millions of dollars of annual revenue with no need for money from the county or the state," Smith told the April 5 gathering in the Supervisors chambers.

Absent that proposal, ideas currently making the rounds include some sort of performing arts center in conjunction with the Transcendence Theatre Company; a maker space; and adjunct to the Sonoma County Children's Museum; an adjunct SRJC campus; a training site for water system operators; a heavy equipment operators training site; incubator space for green tech; artists live/work space; a legitimate theater, and an outdoor adventure playground in conjunction with the existing ropes course.

Finding a mix of uses that covers costs, serves a wide array of public interests and values while preserving the ecological integrity of the property will be no small order. And doing it in three years will be a sizeable challenge.

The State, meanwhile, has already committed itself to improving the historic cemetery and building a memorial wall to commemorate the people who lived and died at the Center.

And Daniel Kim, director of DGS, told the April 5 Supervisors meeting, "This is unlike any process we've done before. My role is similar to that of an executor of a trust. I've been given this property, and I have to manage it on behalf of the state, and think about that in terms of what's in the state's best interest ... including appropriate housing, which is a top priority of the administration, protection of wildlife and open space, economic growth and development, the consideration of the community benefit impact."

Accordingly, he concluded, "The goal is that by July, 2022, DGS will have sold, leased or transferred jurisdiction (to the property)."

A Report from the Field

Is there room for wellness in a world full of agricultural poisons?

SHUTTING DOWN Roundup

Are Monsanto and Bayer Killing Us With Chemicals?

STORY
Jonah Raskin

Bayer, the global chemical giant that bought Monsanto in 2016 for $66 billion, announced recently it was laying off 4,500 workers at its huge manufacturing plant in Germany. Demand for its controversial product, Roundup, has fallen drastically. Also, Bayer stocks have plunged in the wake of headline news that a federal jury in San Francisco ordered Monsanto to pay about $80 million to Edwin Hardeman, a longtime Sonoma County resident who used Roundup for 26 years to control weeds and poison oak on his own property.

Not surprisingly, Bayer stockholders are wondering if the purchase of Monsanto was a sound investment, though that wasn't Edwin Hardeman's problem. He had his own health to worry about, and so it would seem does everyone who has lived and worked in Sonoma County, which has the third highest rate of cancer for children in California, according to the Lucile Packard Foundation for Children's Health. The county's "Sustainable Sonoma" campaign has been a step in the right direction, but now it appears to have fallen short of promoting chemical protection for humans and the environment, which also need sustainability.

In their 2017 book, *What's Making Our Children Sick?* Marin County pediatrician Michelle Perro and UC Berkeley Professor Vincanne Adams, argue that kids in the North Bay and elsewhere have impaired guts and damaged immune systems because they're "chronically exposed to poisons in their environment, and specifically in and from their food."



Kids, the book argues, are literally eating toxic chemicals. Adults are better off, but according to the National Cancer Institute, Sonoma County ranks 15th in cancer rates for adults in California.

Roundup, which doesn't just kill weeds and poison oak, seems to be part of the problem. Its active ingredient, glyphosate, gets into the soil, into groundwater and into the air, polluting and contaminating. It also makes its way into the human body, where it wreaks havoc. Padi Selwyn, one of the founders of Preserve Rural Sonoma County, has done extensive research on the issue, which leads her to the conclusion that, "Our paradise is poisoned with herbicides and pesticides."

Monsanto's line-up of GMO crop products—corn, soybeans, wheat, and cotton—were all designed around the use of glyphosate-based herbicides, giving the company two fat revenue streams—their GMO seeds and the Roundup the company claimed was required to grow them. The result, besides billions of dollars for Monsanto/Bayer, is the most widely distributed agricultural chemical in history, with annual use in the United States of 300 million pounds.

In 2015, Edwin Hardeman learned he had non-Hodgkin's lymphoma, a cancer that starts with white blood cells, which are part of the body's immune system, and then typically spreads throughout the body. In 2016, the World Health Organization's International Agency for Research on Cancer (IARC) labeled glyphosate a probable carcinogen. That information gave Hardeman the green light. He hired lawyers and sued Monsanto.

Three decades earlier, in 1985, the Environmental Protection Agency (EPA) concluded that Roundup probably caused cancer, but sat on the evidence at the direction of its Pesticide Office, which was promoting the position of "no cancer risk" from glyphosate. And despite the WHO's labeling of glyphosate as a probable carcinogen, the EPA released its draft risk assessment in 2017, determining that "glyphosate is not likely to be carcinogenic to humans."

Part of the problem with companies such as Monsanto and Bayer—as experts in viruses and human genetics have pointed out—is that they test their own products and report that they're safe.

Even after the landmark decision in the Hardeman case in San Francisco, Bayer issued a statement that, "This verdict does not change the weight of four decades of extensive science that report the safety of our glyphosate-based herbicide and that they are not carcinogenic."

Still, there was no way for health-conscious American citizens to ignore the federal jury in San Francisco that found Roundup contributed in a "substantial" way to Hardeman's cancer, and that Monsanto had failed to print a label on its product warning it had the potential to cause cancer. The six-person jury in the trial concluded that the company was negligent and could be held legally responsible.

News of the San Francisco ruling traveled quickly around the world, birthing an instant online legal industry soliciting Roundup victims, and inspiring some

Part of the problem with companies such as Monsanto and Bayer—as experts in viruses and human genetics have pointed out—is that they test their own products and report that they're safe.

local changes in Roundup use policy. In Sonoma County, where the Department of Transportation & Public Works has for years sprayed chemicals like Roundup along roadsides and in ditches, the cities of Sonoma, Santa Rosa, Windsor, and Healdsburg have banned use of the product on public properties. Rohnert Park, Cotati, and Cloverdale still use toxic pesticides and have no bans. Other known products like Redeem, Sureguard, and Rodeo have so far not been banned, though they are also used by the county, and reputable scientists and doctors insist they can damage the liver and the kidney, cause birth defects and are potentially harmful to fish, birds, and other creatures.

The toxic news doesn't end there. According to Santa Rosa–based Sonoma County Conservation Action (SCCA), the county's spraying practices have been in violation of the standards for health and well-being set by the North Coast Regional Water Quality Control Board (RWQCB) and the National Pollutant Discharge Elimination System (NPDES). SCCA's Megan Kaun wrote in an email that Sonoma County is "in violation of their storm water permit" and "literally hasn't been able to track down pesticide use data for all of their departments."

Johannes Hoevertsz, director of the Sonoma County Department of Transportation and Public Works, which oversees chemical spraying in unincorporated areas, had not returned emails or phone calls on the issue at press time. On federal and state highways 101, 12, and 116, Caltrans is responsible for spraying, and eyewitnesses report seeing spraying in recent weeks.

In Sonoma Valley, despite public health concerns, agriculture is by far the biggest user of glyphosate. The question of whether or not the chemical causes cancer may be coming into sharper focus thanks to the April, 2019, release of a report from the Agency for Toxic Substances and Disease Registry (ATSDR), a division of the U.S. Department of Health and Human Services. The ATSDR draft report, "Toxicological Profile for Glyphosate," supports and strengthens the 2015 IARC cancer risk assessment. Among other things, the report concludes the most studies show a "strongly positive" link between glyphosate and non-Hodgkin's lymphoma.

In today's regulatory environment, of course, not everyone chooses to trust science. As the ATSDR report states, "Non-industry experts … and health agencies … are finding a link with glyphosate and cancer; whereas, regulatory agencies are lining up with Monsanto and Bayer that it does not cause cancer…"

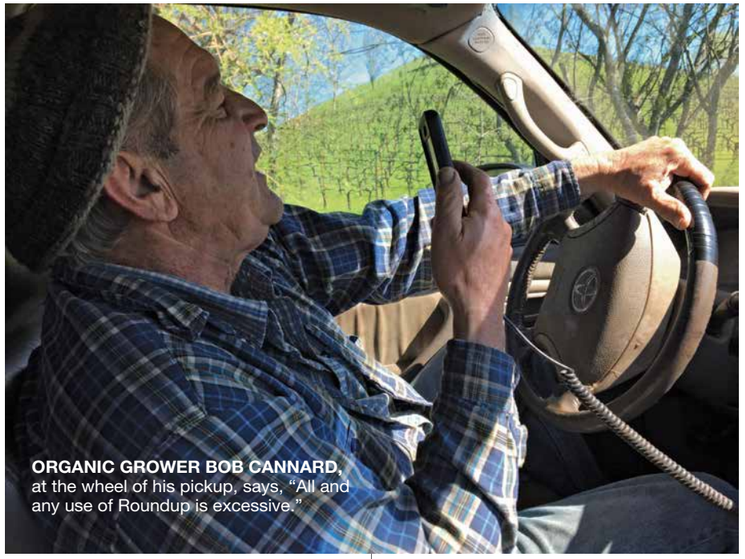
Whether the county of Sonoma is whitewashing pesticide data isn't clear and may not be fair to conclude. But Kansas-born investigative reporter Carey Gillam calls the phenomenon of burying, misinforming, and dis-informing information, *Whitewash*, which is the title of her new book, that is subtitled, *The Story of a Weed Killer, Cancer, and the Corruption of Science*.

In *Whitewash*, Gillam, a former Reuters writer, offers testimony from farmers who say their "cancers were caused by glyphosate."

The most recent data scientists have gathered suggests that Roundup and similar chemical products are unsafe at any dosage. That's the conclusion reached by Jonathan Latham, Ph.D., the director of the "Poison Papers" project, and the editor of *Independent Science News*, who recently published the provocatively titled essay, "Unsafe at Any Dose? Glyphosate in the Context of Multiple Chemical Safety Failures." Sonoma City Councilmember David Cook doesn't have Latham's academic credentials, but he has come to the same conclusion. "One gallon of Roundup is 128 ounces too much," he quips.

Mitchel Cohen, a longtime environmental activist and the editor of *The Fight Against Monsanto's Roundup: The Politics of Pesticides*, attended the annual "Beyond Pesticides" conference held in New York at the start of April. "The big news that emerged from the conference this year is that even very low levels of Roundup cause dramatic harmful changes in the human body," Cohen said in a phone interview.

That's hardly news to Bob Cannard, the Sonoma County organic farmer who has grown fruits and vegetables for de-



ORGANIC GROWER BOB CANNARD, at the wheel of his pickup, says, "All and any use of Roundup is excessive."

cades for Alice Waters' Chez Panisse restaurant. Cannard does not use herbicides and pesticides in orchards and gardens. He also manages hundreds of acres of organic vineyards owned by Fred Cline of Cline Family Cellars. "It's less expensive to grow naturally than with chemicals," Cannard says, asking rhetorically, "What business is it that benefits from poisoning its customers?"

Cline grew grapes conventionally until Cannard persuaded him to switch to organic on the grounds that chemicals like Roundup were harmful to the environment and to humans.

"All and any use of Roundup is excessive," Cannard said on a sunny, windy day on one of the expansive properties he manages for Cline. Cannard's contemporary, Phil Coturri, the dean of organic vineyard managers, oversees about 40 organic vineyards in Sonoma and Napa. "I don't know why anyone would want to spray chemicals and live and work next to a toxic dump," Coturri says.

Behind the wheel of his pickup truck, Cannard explains that he has followed Edwin Hardeman's case against Monsanto. "I'm glad that the whole issue is coming into broader consciousness," he says. "Roundup has been promoted as safe and innocuous, but it's toxic."

Cannard has drafted an anti-glyphosate measure he wants to put on the ballot in Sonoma County next fall. The key passage reads, "We the people of Sonoma County direct the agricultural commissioner to forbid the use of glyphosate in our county effective immediately, and we direct the board of supervisors to develop protocols for all agricultural activities that utilize herbicide, pesticides, and fungicides by the year 2031."

Cannard needs 22,000 valid signatures to qualify the measure, and he plans to print and distribute petitions, launch a website, place ads in local newspapers and raise the public discourse about how humans use and abuse soils, air, wildlife, and water. It could be said that Cannard aims to blow the whistle on the chemical industry. Growing up in Kenwood, he worked for the family nursery, which sold plants and an array of products designed to kill insects and weeds.

"As a boy I handled DDT, Malathion and Paraquat, which was manufactured by Chevron," he says. "Big drums with chemicals came into the store. We scooped them out, placed them in bags, labeled them and sold them. I was saturated with poisonous products. It's amazing I survived, though my brother Jack got leukemia because of 2,4, 5-T, which, when combined with 2,4-D, produced Agent Orange. Eating healthy helped restore Jack."

In Vietnam, according to Red Cross estimates, Agent Orange caused disabilities and other health problems for one million people.

In the cab of his pickup, Cannard recounts some of the changes he's witnessed in Sonoma Valley agriculture. "I remember Julius Pagani's Kenwood vineyard," he says. "Before he disked, he allowed the wild oats and mustard to bloom and set seeds. That was sanity. Then the new people arrived, ripped out the old vines, planted new vines, sprayed everything and cultivated as soon as possible. Once upon a time, milkweed grew in the ditches and attracted thousands of Monarch butterflies. Not anymore."

No one is darker than Cannard, or more hopeful. While he says, "The whole planet is poisoned with glyphosate," he also looks to towns like Mals in the Italian Alps, where the citizens voted to ban all pesticides. He thinks Mals might serve as a model for Sonoma.

Cannard gets down on his hands and knees to remove the weeds from his herb garden. If he didn't, they'd push out the herbs. But on the whole, he likes weeds and doesn't see eye-to-eye with people like Sonoma Public Works Director Colleen Ferguson who feels Roundup should be used to eradicate them. Ferguson has warned that banning glyphosate would mean a lot more weeds in Sonoma. That's no tragedy in Cannard's book. He doesn't describe the movement he wants to help create as "grass roots," but rather as "weed roots."

"Weeds protect the soil," he says. "They harvest carbon from the air and they grow nutrients." He also likes most bugs and doesn't wage war against them. This spring, he was saddened to see a county employee spraying chemicals along Adobe and Stagecoach roads near the border of Green String Farm, where he grows vegetables organically.

"Every inch of ground along the roads was sprayed and poisoned," he says. "It's no wonder there are no frogs, no turtles, and no Coho. We need nature," he adds, "and nature needs us, but without the chemicals. Rachel Carson is as timely now as when she published *Silent Spring* 57 years ago, in 1962."

Jonah Raskin is the author of Field Days: A Year of Farming, Eating and Drinking Wine in California.



She's a Rebel

AVA ROGNLIEN WANTS CHANGE AND SHE WANTS IT NOW.

WORDS LAURA ZIMMERMAN

Poised on the sharp edge of her very bright future, Sonoma Valley High School senior Ava Rognlien is clear minded about her intention—or perhaps it is her need—to make change happen, right here, right now.

The title of her senior project says it all in a single word: Rebel. Rognlien has dedicated long hours to designing and editing a magazine that defies the beauty, gossip, and fashion genre to instead tell real stories about her generation at this moment in time.

It's about people doing more radical things and being different," she explains. "We wrote an article about the urgency of getting young voters to turn out, and there is a piece about what it is like to be one of the only African-American students at Sonoma Valley High School, plus a first-person story about implicit bias which marginalizes many people in our community."

Rebel Magazine is the capstone of a high school experience that, on paper, shouts success—launching an Empowerment Club on campus, being named editor of the school paper, winning awards, competing in two sports, acting in school plays, and getting the nod from a top-notch college (Northeastern University in Boston). But the result is a young woman determined to disrupt the very status quo she has mastered.

"From a very young age, I have been very interested in politics, and what is going on in our world. Obama is the first president I remember, but I was a sophomore when Trump was elected. I felt like everything was changing and everyone wanted to do something. That really inspired me to want to be on the front end of trying to make a difference in the world."

Her first taste of the demands and thrill of journalism came sophomore year in Alison Manchester's newspaper class at SVHS. Initially she signed up because it looked like a good place to hone her writing skills.

"I decided I'll give this a try, and then from the first deadline, and first thing I had in the newspaper, I just loved it."

And journalism has loved her back. Rognlien moved quickly through the ranks from reporter to editor, leading a push to cover more current and controversial stories. And she likes the collaborative teamwork and the empowering relevance of a newsroom.

"I mean we could just be covering Homecoming, but we want to cover immigration, nicotine addiction, LGBTQ issues, gun violence, Brett Kavanaugh, and things like that."

This spring, Rognlien was publicly praised for "tackling sensitive social issues through dogged journalism" as she won top honors in the *Santa Rosa Press Democrat's* annual Youth Service Awards for Journalism and Media.

"I was so surprised," she says, recalling the day vividly. "When they started reading things about the winner I was like, oh it sounds like me. And then I was like, oh it is me! It was one of the best things ever."

With Rognlien serving as editor, the *Dragon's Tale* also won honors for Overall Excellence, plus Editorial, News and Feature Writing.

But even with this level of recognition and honors, high school has rarely felt like an easy ride through adolescence. The tragic drowning of fellow student Brandon Barmore on a Seeds of Learning youth service trip in Nicaragua devastated Rognlien. After that, it was hard to return to even the simple routines of schoolwork and sports practice. But she gradually channeled her grief into action.

"He was such a remarkable person in the way he lived and touched so many people, and was friends with everyone, and had this vivacious spirit about him. Being on that trip with him, and watching the way he interacted with the kids, he was just so human. For everyone like me, we want to carry on the way he acted throughout the world … It made me want to do things, and to just get to the point."

Those emotional wounds were starting to heal last year when a heavily armed, teenaged gunman opened fire and killed 17 students at Marjory Stoneman Douglas High School in Parkland, Florida. Within a few weeks, Rognlien and others organized the local version of a nationwide school walkout to honor the slain students, then traveled back east to join the March for Our Lives in Washington, D.C., alongside hundreds of thousands of fellow students.

"All the speakers were teenagers, many were Parkland survivors. A lot of them had experience of everyday gun violence, and one of their brothers or sisters or family members had been affected by gun violence. You can't be there and not want to do something about it."

Ronglien says being with other like-minded students makes her feel hopeful about the future, and she suspects that adults often get it very wrong about the youth of today and what they are really up to.

"People often underestimate our generation. We're kind of like the social media or technology babies … always on a cellphone and that. But I follow tons of activists; I follow different groups, like Greenpeace or Planned Parenthood. I am learning things through the media, which has been helpful. It gives me a wider view than you might otherwise get in a small town."

Now, graduation is just around the corner, and the door is about to spring open to a brand-new world in college. Rognlien is reflecting on the people who inspire her (Alison Manchester; Michelle Obama; and, most of all, her mom, Vanessa) and also on her mixed feelings about what she'll be leaving behind.

"For one, Sonoma is tiny. I think I might know almost everyone at the high school. I like that, but I am ready to go, and to meet new people and get out in the world. But then, you can always come back to the farmers market and, of course, to see the random protests at the Plaza."

Wherever life leads her, it's clear that Ava Rognlien will be fully engaged and, we can assume, something of a rebel on behalf of social justice.



El Verano Mentor Center Rocks Out

ROAD KILL KEYBOARD LAUNCHES MUSIC SCENE

Annette Giroux-Smith was returning from walk when she saw an electronic keyboard dumped by the side of the road. It spoke to her. It said, 'Mentor Center."

It was not an illogical thought. Giroux-Smith is the Facilitator at the El Verano Elementary School Mentor Center where she controls the center of a very important little universe. "I took it home," she says of the keyboard. "It worked." And the seed of an idea was born. That weekend she visited the Bon Marche thrift store, then did a little online shopping for a few more accouterment. She assembled her new acqjuisitions in a corner of the mentoring center, took a photo and put it on Facebook.

Within hours local musician John S. Williams say the post, said, "That's so cool," and showed up at the Mentor Center with an electric bass and guitar, a mixer,, an amp and a microphone.

The instruments, and the musical milieu were an instant hit. Mentees, who visit the center an hour each week with their adult mentors, gravitated to the keyboard because, As Giroux-Smith points out, "it's so much instant gratification."

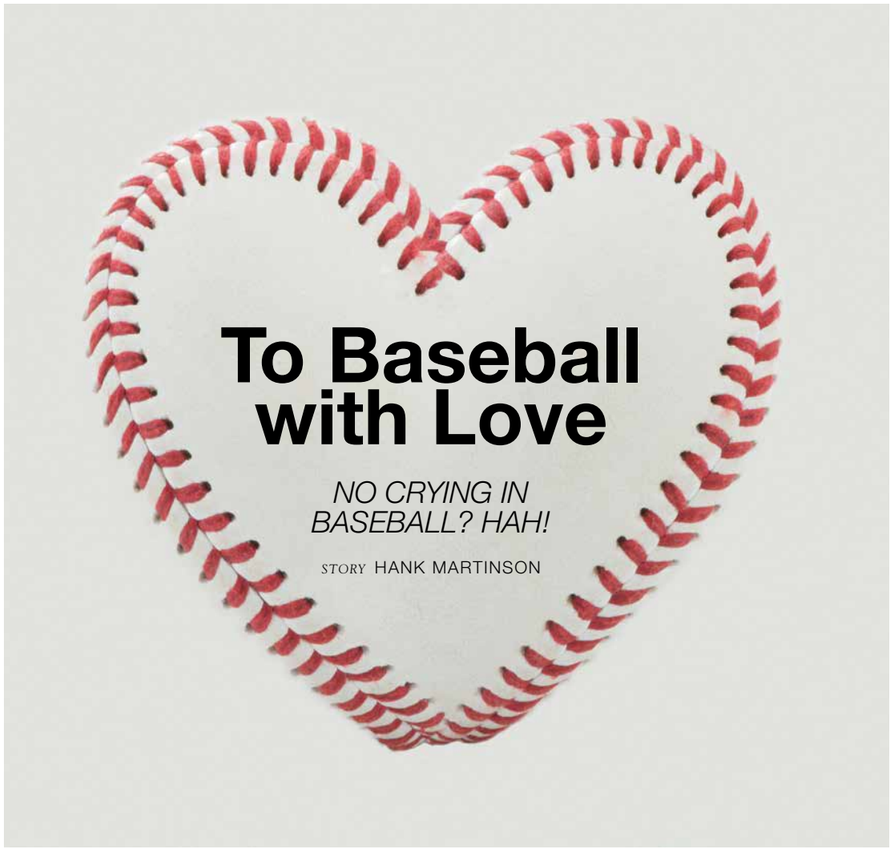
And learning to read sheet music, she adds, helps them learn math.

One thing led to another, El Verano Mentor Bonnie Walner called upon several musicians she knows, and Mentoring Music was born. The concert was held April 18 with professional musicians Jim Fitzgerald and Luke Domingue (of T Luke and the Tight Suits), and pianist Alex Gordon.

Mentees from all over El Verano School poured into the Mentor Center along with teachers and Mentoring Alliance staff.







They say there's no crying in baseball.

That's complete malarkey. Baseball always makes me cry.

I teared up at least five times watching this year's opening day game, and not just because we lost so badly. But this year, I understood why. Profoundly so.

It's because, to me, baseball still recalls what remains of what is right and fine and sacred about America.

Intellectually, I know that baseball is just another big business with incredibly expensive assets and amazingly complex moving parts. As a business, it's as heartless as a feeding shark when it comes to making as much money as it's possible to make. The Braves left Milwaukee and moved to Atlanta. The Brooklyn Dodgers moved to Los Angeles. And, praise God, the New York Giants left the Polo Grounds and came to San Francisco.

As happy as I might be about that, I know there are vast numbers in New York who just quit caring about the game when business won out over little kids' hopes and big kids' hearts.

But I can put all of that aside when I see Buster Posey in an interview deflecting any hint of praise, talking instead about how grateful he is to have been drafted by San Francisco and about how vital and how good the chemistry is on the team.

IT'S BECAUSE, TO ME, BASEBALL STILL RECALLS WHAT REMAINS OF WHAT IS RIGHT AND FINE AND SACRED ABOUT AMERICA.

Back in the day, I could even suspend disbelief about Barry Zito's astronomical salary and our national, every-man-for-himself, healthcare system when I thought about the work he does with injured veterans. When I see the joy in kids' faces—white or brown or black faces—when Pablo Sandoval signs their caps or souvenir balls, for a moment I forget that millions of American kids live with profound food insecurity every day. I can easily forget about our nation's "unbalanced" distribution of wealth and opportunity when everyone—those in the bleachers and those in the luxury boxes—stands up together and sings "Take Me Out to the Ball Game," even if, at this point in my life, I really don't care if I ever do get back!

I can all but forget about the brand marketing and sponsorship hype, the cost of a ticket, or the cost of a beer at the park (i.e. Oracle Park, a.k.a. AT&T Park), which I still call PacBell, when I visit a friend at her assisted living complex and we watch the game with a dozen other old ladies who know way more about baseball than I can ever hope to.

I love the respect everyone near the game has for Jackie Robinson. I love that his face is on a United States postage stamp. I love that every player on every team wears number 42 on the date he played his first major league ball game, and that Major League Baseball permanently retired the number across all teams so that no player on any team will ever again claim it for himself.

I love the way the Giants spectators spontaneously come to their feet and cheer like maniacs when Willie Mays is introduced or when Willie McCovey, from here on out, is lovingly remembered. I love the way the whole remarkable cohort of Latinos has been fully assimilated into the national line-up. To paraphrase Sergio Romo: They only look illegal! I love when the Giants used to play Sergio's walk-up song—"El Mechón"—and the crowd went completely loco.

I love when we—90 percent of the fans—stay to the bitter end of every game, even when the end is very bitter, or even if it's well past midnight.

I love the camaraderie among the fans (even an errant Dodgers fan) and the cordial community in the stands; it's so different from the situation at a football game nowadays, or on a commercial airliner, or almost anywhere else in which you find yourself packed in with total strangers.

I LOVE THE CAMARADERIE AMONG THE FANS (EVEN AN ERRANT DODGERS FAN) AND THE CORDIAL COMMUNITY IN THE STANDS.

I love the ordinary seats I pay a fortune for now that I'm retired—even more than I used to love the zillion-dollar seats I got for free when I worked for a corporate sponsor.

I love when, at his season opening Giants debut in Milwaukee, then-rookie shortstop Brandon Crawford's first major league hit was a grand slam, only the sixth in baseball history. Then a few days later, at his career home opener back in San Francisco, Crawford hit a two-out RBI double to clinch a 3-1 victory. But wait, there's more: at that very same game, center fielder Andres Torres fouled a ball into the stands, caught by…guess. Go ahead, guess! Crawford's mother caught the ball. Try to tell me that something greater way beyond the ordinary wasn't trying to get our attention. As Branch Ricky once famously asked, "Do you think God loves baseball?"

I love that our relationship—my husband Steve's and mine, our conjoined life—alpha'ed at a Giants vs. Cubs game at Wrigley Field in 1976, and omega'ed on June 13, 2012, the night Matt Cain pitched his perfect game—the night Steve died. I love what the game became for the two of us over the years, especially after we retired and his illness kept us home more than we otherwise might have been. We planned our days around the games.

All this, all this baseball, all this America, reminds me of a refrain in a song by John Stewart (not the comedian but the country singer) I loved in college. It goes: "Oh, mother country, I do love you."

And I definitely, definitely do, even though, nowadays, it's sometimes hard to remember why. Except when you're actually out there, at the old ball game—where it's never the least bit hard to remember.

Hank Martinson is a Sonoma volunteer, activist and writer who is somewhat fond of the game of baseball and still in love with the San Francisco Giants.





PHOTO: DAVID BOLLING

BEHIND THE SCENES AT THE STUDIO

The making of a cover shot in VOM's Glen Ellen studio can be a painstaking process and sometimes requires multiple trips downstairs to the London Lodge Saloon.

Let me help you find your place in the Wine Country.





Kathleen Leonard
Realtor®
707.938.8000
kathleenmleonard@me.com
KathleenLeonard.com
DRE 01371051

COMPASS

CAROL SEBASTIANI
PROPERTIES



Visit CarolSebastiani.com to learn more about our available properties



Carol Sebastiani
carol.sebastiani@sothebyshomes.com
415.290.3123

Sotheby's
INTERNATIONAL REALTY

Charlie Luna
charlie.Luna@carolsebastiani.com
415.827.8885

