READERS' CHOICE WINNERS FOR

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FIRST PLACE

Best All American Classic Menu Best Artichoke Items Best Calamari Best Clam Chowder Best Fried Food Best Locals Menu Best Seafood Best Restaurant known for giving back Best Restaurant on Fisherman's Wharf



OWNER CHRIS SHAKE AND CHEF JUAN PONCE

SECOND PLACE

Best Date Night Dining Best Fine Dining Best Local / Family Owned Restaurant Best Restaurant Wine Selection Best Romantic Restaurant Best Service

THIRD PLACE

Best Dessert Selection Best Farm-To-Table / Local & Fresh Best Local's Secret Best Company for Giving Back to the Community (Pacific Restaurant Group/Shake Family)

HONORABLE MENTION

Best Server (Joe) Best Family Friendly Dining Best Historic Restaurant Best Restaurant to watch the sunset Most Amazing Restaurant Views Best Steakhouse Best Comfort Food

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SANCTUARY:

A refuge or oasis, a place of safety and protection, a haven

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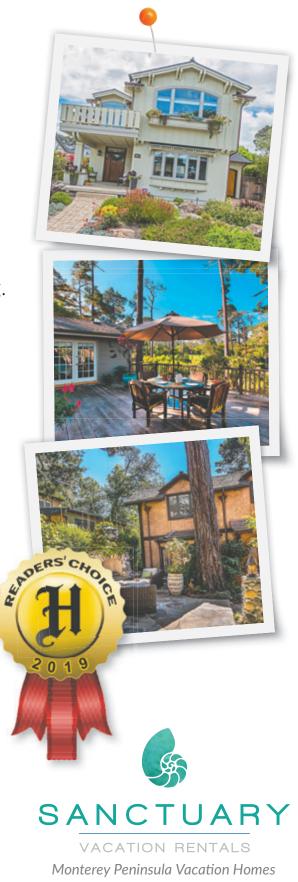
But don't take our word for it. The Monterey County Herald named us the 2019 winner of a Readers' Choice Award for Best Vacation Rental and Jean M. of Santa Clara, who gave a glowing review on Homeaway, said, "Giving a five-star review was the easiest thing I've done in awhile."

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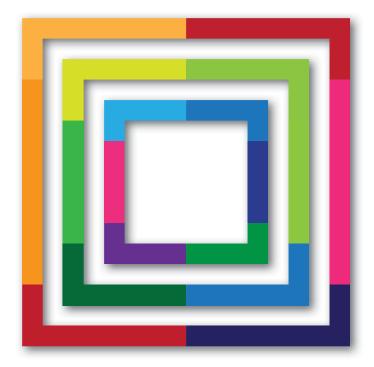
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Special thanks to our staff, guests, owners and the community for their support.

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President & Publisher

Gary Omernick 831-706-3228 gomernick@montereyherald.com

Advertising Director Dana Arvig 831-726-4343 darvig@montereyherald.com

Advertising **Support Manager** Lorraine Roque 831-726-4366

Monterey Herald Sales Team

Rachel Martinez Mike O'Bleness Alyson Stockton Danielle Landaker

Sales Support Sheila Kern

Design/Graphics

Rick Gebin richardgebin.com

Circulation Director Mardi Browning Shiver 831-706-3265







THANK YOU TO EVERYONE WHO VOTED FOR YOUR FAVORITES FOR 2019!

It's time again to celebrate the bounty of amazing businesses, people and nonprofit organizations in Monterey County recognized in The Monterey Herald's 2019 Readers' Choice Awards. You'll see some frequent winners from long time, well known establishments like our Best Steak winner (again!) The Whaling Station, most Romantic Restaurant - The Sardine Factory, Rosine's for Best Desserts and of course, Old Fisherman's Grotto who is recognized in numerous categories. If you haven't been to Cafe Fina on Fisherman's for Italian food yet, you are missing out on some of the most tasty and authentic dishes around. You'll also see some newer or undiscovered businesses who provide products and services that you haven't realized you even need yet! How about some amazing vegetarian meal options fresh from PG's Happy Girl Kitchen? Or a brand new skin care regimen from Complexions in Salinas? Take time to check out some of the historic venues including Monterey's own Golden State Theatre which was chosen as the best music and comedy venue. They have a roster of entertainment throughout the year that will surely have someone you will want to go and see and with very affordable ticket prices too! There are also some first time winners this year including the King's Den which was chosen in a new category this year of "Best Dive Bar." The Monterey Herald's 2019 Readers' Choice winners represent the best of the best Monterey County has to offer in numerous categories. We encourage you to take some time to go through this publication and make a list of places you've never been - or maybe have never even heard of - and then check them out yourself and see what you think. Thinking of going shopping for clothes, shoes, or a new (or used) car? Looking for a new doctor, dentist, travel agent, attorney, CPA, Realtor, financial planner or other business or personal professional? Why not give one of our winners a chance to impress you as they obviously have other readers. Be sure and let them know "I saw you in the Herald!"

Please support these outstanding local businesses and individuals who work so hard to provide top guality products and services and rely on the patronage of our residents all year round.

Our 2020 Readers' Choice Awards balloting will begin this year in mid November – and run through early January 2021 so be sure and make your voice heard when that time comes and nominate and vote for all of your favorites! If you are a business owner, we always encourage businesses to Rock their own Votes using in-store promotion, social media, eblasts or word of mouth.

Thank you to those of you who took the time to vote, to our fantastic advertising partners, and to the sales staff at the Monterey Herald who worked so incredibly hard to put this rather large section together. We are lucky to have Alyson, Danielle, Lorraine, Mike, Rachel, Sheila, Sunil, and Rick on our team and appreciate their efforts in getting the publication done each year.

We all truly hope you enjoy this special section and have an opportunity to stop by and congratulate our winners while you are out and about this year.

Cheers.

Dana Arvig Advertising Director



∧ Readers' Choice honorees David Marzetti from ShaqBaq Radio Show, Kevin Phillips from The Whaling Station, Beach House at Lovers Point, Abalonetti, and Big Fish Grill and Dana Arvig from the Monterey Herald discuss the annual Readers' Choice section on a recent Saturday morning Shaqbag Radio Show!



Brayden Ruiz of Pacific Grove prepares to feast on a Hawaiian Delight Pizza from Gianni's Pizza - readers' choice winner for best pizza!

Dana Arvig at the January 2020 IMPOWER luncheon. IMPOWER is a local nonprofit recognized as being the best Company/Organization for Giving Back to The Community.

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Court Appointed Special Advocates (CASA) of Monterey County trains and supports community volunteers to work one-on-one with a Monterey County foster child. Our amazing volunteers get to know the child, become a stable adult in that child's life, and report to the Dependency Court Judge so that the court is able to make informed decisions on behalf of that child. Help us serve our most vulnerable population- our foster youth. Be a CASA!

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CHICANO ALL STARS CHOSEN AS HERALD READERS FAVORITE LOCAL BAND OF 2019

Out of Monterey County comes The Legendary Chicano All Stars Band. Well known as an extremely talented, dynamic and energetic all pro-musician band, this is the first time they have been voted Monterey Herald's Readers' Choice winner for Best Local Band. Band members are grateful to all of their loyal, dedicated fans and friends who voted for them. The band's professional musicianship and stage presence appeals to a wide variety of audiences and guarantees to keep you on the dance floor. Band founder, Sam Martinez,

is a well-known musician with solid and highly polished vocals as well as an experienced drummer and guitarist. In addition to starting the band, he has also been the band manager for the last twenty years. All of the band members have years of expertise in the music business as entertainers and musicians. The band has built a solid reputation as one of Monterey's local legends, a favorite dance band and recognized as the top Latin Rock band in this area for their energized Latin Rock sound, Rhythm & Blues, Old School, and danceable Reggae. The band



performs regularly at the most upscale local clubs including Sly McFly's on Cannery Row in Monterey, The Granada Theater in Morgan Hill, The Golden State Theatre in Monterey, The District Club in Gilroy, as well as many local Food and Wine Festivals and events. The band is available for hire to play for weddings, private functions and corporate events. Chicano All Stars has had the pleasure of performing and sharing the stage with such names as Lydia Pense & Cold

Blood, Eddie Money, Maria Muldaur, Sista Monica, Brenton Wood, Ron Ellison, Ramon Ayala, Sonora Dynamita, Los Tucanes, and Tigeres Del Norte, The Delfonics, The Intruders, The Turtles, Jay & The Americans with Denny Lane, Tierra, Malo, El Chicano, Tower of Power, WAR, Richard Bean & SAPO, as well as Jorge Santana. For information or to book an event with the band, email: Chicanoallstars@gmail. com or contact Band Manager Sam Martinez at (831) 235-9589. Follow the band on Facebook at www.Facebook.com/Chicanoallstarsband.

CHICANO ALL STARS

Sam Martinez Lead Vocals, Guitar and Percussion

Anthony "Nino" Lane Lead Guitar, Vocals

Albert Cervantes Bass Guitar

Raul Torres Drums

Hugo Barragan Congas, Percussion, Vocals

Juan Carlos Mejia Keyboard

Nathan McGriff Saxophone

Curtis Rodriguez Saxophone



JON STUEFLOTEN RESTORATION PAINTING

Readers' Choice Winner Jon Stuefloten is certified by Fine Paints of Europe

Local restoration painting specialist and winner of the Best Painter category in the Herald's 2019 Readers' Choice Awards, Jon Stuefloten, has been certified by Fine Paints of Europe. Fine Paints of Europe's Certified Painting Contractor Program is intended to provide homeowners with a source of carefully trained contractors familiar with their coatings and experienced in their application — contractors whose quality of work that can be recommended with confidence.

In order for Stuefloten to become a certified painter, he was nominated by a local Fine Paints retailer and confirmed to Fine Paints of Europe to be a professional of good character who has worked with their paints for at least five years. He attended a weekend training session in Wood-stock, Vermont where he was formally introduced to each of the paint families and the best application techniques. Jon Stuefloten's Restoration Painting certification requires they continue to provide Fine Paints of Europe clients with first quality work at a fair price. To learn more about the high quality service and materials you can expect from this fine local business on your next painting project, visit www.jonstueflotenrestorationpainting.com.

SUSAN YEDLICKA READERS' CHOICE WINNER ALSO RECOGNIZED BY INDUSTRY

Morgan Stanley recently announced that Susan Yedlicka, 2018 and 2019 winner of the Monterey Herald's Readers' Choice award for best Financial Advisor, has been named to the Firm's Pacesetter's Club. The Pacesetter's Club is a global recognition program for Financial Advisors who have demonstrated the highest professional standards and first-class client service.

Yedlicka, a Financial Advisor and Portfolio Manager in its Wealth Management office in Monterey, has been with Morgan Stanley Wealth Management since 1997, and is a native of the Monterey Bay area. She holds the Series 7 and 66 FINRA registrations, a California Insurance License, and a National Mortgage Licensing System (NMLS) number. Morgan Stanley Wealth Management Pacesetter's Club members must meet a number of criteria including performance, conduct and compliance standards, revenue, length of experience and assets under supervision. Club membership is no guarantee of future performance. Morgan Stanley Wealth Management is a global leader in providing access to a wide range of products and services to individuals, businesses and institutions, including brokerage and investment advisory services, financial and wealth planning, banking services, annuities and insurance, retirement and trust services. With offices in more than 41 countries, the Firm's employees serve clients worldwide including corporations, governments, institutions and individuals. For more information about Morgan Stanley, visit www.morganstanley.com.



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GOLDEN STATE THEATRE RECOGNIZED IN SEVERAL CATEGORIES

Monterey's historic Golden State Theatre has been voted the First Place Winner in the category of Best Music/Comedy Venue as well as Third Place in the category of Best Live Performance Venue and Honorable Mention for Best Live Music Bar/Club. The roots of this beautiful venue date back nearly 100 years. In 1926, a 15,000 square-foot Moorish castle rose at 417 Alvarado Street, much to the amazement of locals and visitors. A new cinema and

live performance venue to rival those in California's largest cities, the Golden State Theatre, built by the Reid Brothers, was the definition of an opulent movie palace. After decades of deterioration, it was faithfully restored to its former glory, featuring an Old-World grand lobby and mezzanine, one thousand plush velvet seats, state-of-the-art sound, and the indefinable magic of a truly historic setting. World renowned performers including Jerry Seinfeld, The Beach Boys, Dana Carvey, B.B.



King, Dave Mason, Willie Nelson, Yes, Patti Smith, Bob Weir and The Smothers Brothers — just some of the entertainment legends that have graced the stage – have contributed to the Theatre's new legacy since its renovation and exciting revival. If you have never attended a world-class concert, comedy show or film festival at the Golden State Theatre, you are missing out on a wonderful experience.

The Golden State Theatre is

operated by husband and wife entrepreneurs, Eric and Lori Lochtefeld, along with a team of industry professionals from across the country. Upcoming shows include Tower of Power (March 6), Black Violin (March 8), Michael W. Smith (March 22), Taj Mahal Quartet (March 26) and Kathleen Madigan (April 16). For more information, visit www.goldenstatetheatre.com or call (831) 649–1070.





Photos provided by California History Room, Monterey Public Library

MADONNA GARDENS ASSISTED LIVING & MEMORY CARE HERALD READERS' CHOICE 2019 BEST RETIREMENT COMMUNITY

Madonna Gardens Assisted Living & Memory Care in Salinas helps people find their happy place. The community optimizes residents' health through customized care, engagement, building relationships, family connection and fun activities.

Madonna Gardens residents enjoy a lifestyle that puts many of life's simple pleasures within easy reach. A relaxing cup of tea in the garden, a movie or card game with friends, delicious meals prepared by professional chefs and more can be enjoyed at the community. The staff aims to anticipate and accommodate the needs of each resident, freeing them to pursue the simple pleasures that define the Madonna Gardens experience.

At Madonna Gardens, residents have the freedom to live the life they want with the peace of mind that comes with knowing helping hands are never far away. An inspired blend of modern convenience and care makes Madonna Gardens a place where the entire community can easily interact, enjoy each

other's company and be energized by the beauty and vitality of life.

Their passion is creating an environment where personal well-being is at the center of everything they do. Madonna Gardens' Memory Care community is designed to help residents with Alzheimer's, dementia and other forms of memory loss overcome many of the unique challenges they face in everyday life. The staff is trained in therapeutic methods and programs to help memory care residents reconnect with favorite memories, pastimes and routines. Find out why Madonna Gardens was chosen "Best Retirement Community" by Herald Readers by scheduling a tour today. Contact Laura Ruggieri, Community Relations Director, at 831-758-0931 to schedule your tour or to receive more information.

Madonna Gardens Assisted Living & Memory Care is located at 1335 Byron Drive in Salinas, CA. Visit www.carefieldliving.com or the Facebook page for additional information.

thank you!

Monterey County Herald readers for voting us "Best Bed & Breakfast" in the 2019 Readers' Choice Awards. We are grateful for the support of our community and guests.



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SLY'S REFUELING STATION OFFERS FOOD AND FUN ON CANNERY ROW

BY MONICA CORTEZ

Walking along the world famous Cannery Row in Monterey, one encounters gift shops, restaurants, and of course, McAbee Beach. However, there is a not-sohidden gem in Cannery Row that you'll want to be sure you don't miss.

Sly's Refueling Station, formerly Sly McFly's, is a restaurant and bar that first opened its doors in 1977. Recently, they were awarded first place for Best Live Music Bar/Club, third place for Best Dining with Live Music, and Honorable Mention for Best Late Night Stop in Monterey County in the Monterey Herald's Readers' Choice awards for 2019.

This does not come as a surprise, as they have made significant improvements in their entire dining

experience, from transforming the interior to making important changes to their menu. Jim Crossman, a partner in the restaurant, said "Whenever possible, we are farm to table and use seafood from the bay." In other words, their food is always served fresh to appeal to the consumers' taste



buds. Crossman also says, "We are currently in-process of expanding our seafood footprint by working with the Monterey Bay Fisheries Trust." This is with the intention of becoming a more sustainable restaurant. Sly's offers fresh seafood, craft burgers, premium steaks and salads. In addition to great food, they offer live music and dancing every night, featuring some of the best talent on the Central Coast. Bands, including local favorites The Money Band and The Fabulous Sand Dabs, liven up the mood as people sip their drinks or toast to any type of celebration. So if you're looking to eat cioppino at lunch, a New York steak for dinner, or simply want to grab a Sunset Martini and enjoy the night, Sly's Refueling Station is the place to go. It

is an experience like no other on Cannery Row. Visit www.slymcflys.com for photos, event schedules, menus, happy hour specials and more.



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CONGRATULATIONS TO THE 2019 Choice VIIN NEERS



FOOD & WINE

BEST ALL AMERICAN CLASSIC MENU

First - Old Fisherman's Grotto Second - Sardine Factory Third - Rosine's Restaurant Honorable Mention - Crown & Anchor

BEST ARTICHOKE ITEMS

First - Old Fisherman's Grotto Second - Giant Artichoke Restaurant Third - Artichoke Festival Honorable Mention - Rio Grill Honorable Mention - The Sardine Factory Honorable Mention - Crown & Anchor

BEST ASIAN FOODS

First – The Noodle Palace Second – Crystal Fish Third – Chef Lee's Mandarin House Honorable Mention – Tommy's Wok

BEST BAKERY

First – Paris Bakery Second – Layers Third – Alta Bakery and Cafe Honorable Mention – Pavel's Backerei Honorable Mention – Rosine's Restaurant Honorable Mention – Red's Donuts

BEST BAR/RESTAURANT TO CURE A HANGOVER

First – Crown & Anchor Second – Baja Cantina Third – Rosine's Restaurant Honorable Mention – King's Den (KD)

BEST BARBEQUE

First - Salinas City BBQ Second - Tarpy's Roadhouse Third - Smalleys Roundup

BEST BARTENDER

First – Rose at Golden Tee @ Monterey Airport Second – Tyler at the Kings Den Third – Omar at Fireplace Lounge @ Hyatt Regency Honorable Mention – Michael Macedo at the Crown & Anchor Honorable Mention – Angelo at The Sardine Factory

BEST BREAKFAST

First – First Awakenings Second – Breakfast Club Third – Rosine's Restaurant Honorable Mention – The Butter House

BEST BREW HOUSE / TAP ROOM

First - Alvarado Street Brewery Second - Dust Bowl Brewing Third - Peter B's BrewPub Honorable Mention - The Tap Room Honorable Mention - Dubbers

BEST BRUNCH

First – First Awakenings Second – Rosine's Restaurant Third – Crema Honorable Mention – Red House Cafe

BEST BUFFET

First – Crazy Horse Restaurant @ Red Lion Inn Second – Mission Ranch Restaurant Third – Ambrosia India Bistro

BEST BURGERS

First - In-N-Out Burger Second - Crown & Anchor Third - r.g. Burgers Honorable Mention - Dubbers Honorable Mention - Rosine's Restaurant

BEST BURRITOS

First – El Charrito Market Second – Michael's Taqueria Third – Joses Mexican Restaurant

BEST CALAMARI

First - Old Fisherman's Grotto Second - Sardine Factory Third - Sandbar & Grill Honorable Mention - Abalonetti Bar & Grill Honorable Mention - Rosine's Restaurant

BEST CATERER /CATERING SERVICE

First – Aqua Terra Culinary Second – Italian Cowboys BBQ Catering Third – Tarpy's Roadhouse Honorable Mention – Jeffrey's Grill & Catering

BEST CHEESE SELECTION

First – The Cheese Shop Second – Star Market Third – Bruno's Market Honorable Mention – Nielsen Brothers Market

BEST CHINESE FOOD

First -Chef Lee's Mandarin House Second - Tommy's Wok Third - Great Wall



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Carmel, C

Local pub consistently recognized for outstanding service and fare

Crown & Anchor wins numerous awards again this year

BY LISA CRAWFORD WATSON

At a glance, passersby might imagine Franklin Street's Crown & Anchor is a tiny British pub where people duck in for a pint of ale. They're not wrong – although 2,400 sq. ft is not small – but that likely wouldn't be enough to win them three First place-, two Second place-, five Third place- and nine Honorable Mentions in the 2019 Monterey Herald Readers' Choice Awards.

Other folks might say the prize-winning pub is a local favorite because it keeps its food menu open until midnight,

its bar open until 1am, and shuts the doors by 2. Or that it offers comfort food in vegetarian, vegan, gluten-free and conventional options.

"These days, people have so many different needs, preferences and ailments, it's important to accommodate everyone," says owner Tony Sutton-Deakin. "That's how you create community."

British-born Sutton-Deakin, who opened the pub more than 20 years ago, will tell you it's because the place offers



Crown & Anchor owners, Sarah and Tony Sutton-Deakin. Photos by Mike O'Bleness, Monterey Herald

The CROUIN & ANCHOR



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• Best Pub

- Best Late Night Stop Best Bar/Restaurant to
- Cure a Hangover

SECOND PLACE

- Best Burgers
- Best Fried Food

TIE

THIRD PLACE

- Best Comfort Food
- Best Gastro Pub
 Best Happy Hour
- Best Server Nic Moisoto
- Best Watering Hole with Character

HONORABLE MENTION

- Best All American Classic Menu
- Best Bartender Michael Macedo
- Best French Fries
- Best Service
- Best Sports Bar / Restaurant
- Best Restaurant in Monterey
- Best Artichoke Items
- Best Dog Friendly Eatery
- Best Locals Menu



When you've been in business over fifty years, you learn a thing or two about true customer service. From the very beginning, we've always said, "If we make you feel like you're at home, we've made a million dollar mistake." That's because at The Sardine Factory, our goal is to make you feel even *better* than at home—otherwise why would you go out? Our guests are our number one priority and without loyal patrons like you, we wouldn't be here today. That's a fact. We appreciate you all so much and thank you for your continued support year after year.

We're incredibly thankful to readers of The Monterey County Herald for recognizing our efforts at The Sardine Factory with eight awards, including "Best Restaurant on Cannery Row." We were also awarded for Best Service, Best Wine Selection, Best Fine Dining, Best Date Night, Best Historic Restaurant, Best Romantic Restaurant, Best Dining with Live Music. At The Sardine Factory, our staff works tirelessly to provide award winning food, wine, and service that creates a dining experience that's second to none. From the front of the house to the back of the house, it's because of their dedication to excellence that we may celebrate these awards together.

To all our staff at The Sardine Factory: We're truly honored by your dedication to bringing the very best to our customers each and every day. We could not do this without you. Thank you from the bottom of our hearts.

We love you all!

Ted Balestreri & Bert Cutino



READERS' CHOICE WINNER

Best Fine Dining Best Restaurant on Cannery Row Best Historic Restaurant Best Service Best Wine Selection Best Date Night Best Romantic Restaurant Best Dining with Live Music

The Sardine Factory | 701 Wave Street | Monterey | 831.373.3775 | Free Parking | Sardinefactory.com



Crown & Anchor Readers' Choice winners, Nic Moitoso and Michael Macedo

good food and good cheer, and because it's a friendly, welcoming place with a dynamic atmosphere, which has earned the loyalty of a lot of regular patrons.

The term "pub" comes from "public house," a private home opened to the public, says Sutton–Deakin, where people can eat, drink and be merry.

"I came up with the name," he says, "because it's authentic. The crown represents royalty. And I come from Portsmouth, a port city and naval base on England's south coast, with a great maritime history, which I love. So, being by the Monterey Harbor, it all works."

Sutton-Deakin had the Penny Farthing Tavern in Salinas for 17 years before moving his business to Monterey.

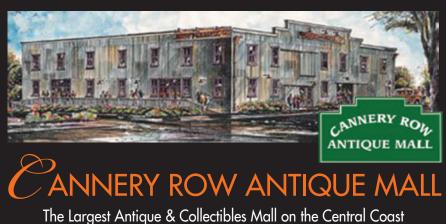
Prior to coming to California, Sutton-Deakin attended hotel-and-restaurant school and then spent many years working in the trade before he was invited to move to America in 1980. Two years later, he opened his first pub.

"I'm British; that's my trade," he says. "It makes sense to have a pub that serves British food — Cornish pasties, fish 'n chips, shepherd's pie, bangers and mash — but also salads, fish, burgers, plus beers, wines, scotches and brandies. We want everyone to feel welcome." Sutton-Deakin recently celebrated his 80th birthday with a huge party at the pub. In addition to numerous Readers' Choice awards related to their establishment and extensive menu, server Nic Moistoso, 29, and bartender Michael Macedo, 29, both natives of Monterey, received awards as well. Ironically, both Moistoso and Macedo are of Portuguese descent and from the Azores. Both received numerous votes in their respective categories, landing them both into the Top 4.

Crown & Anchor features a television at either end of an imposing, well-stocked bar, so sports fans can sidle up, order a beverage, and watch the game among comrades. The back of the house hosts a restaurant, where friends and family can gather to dine in comfort, in a quieter setting more conducive to conversation. "At Crown & Anchor," says Sutton-Deakin, "you should be a stranger here but once."



Thank You Monterey County for voting Cannery Row Antique Mall your "Best Antique Shop."



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DU

BEST CLAM CHOWDER

First - Old Fisherman's Grotto Second - Sardine Factory Third - Rosine's Restaurant Honorable Mention - Domenico's On The Wharf Honorable Mention - Vivolo's Chowder House

BEST COFFEE SHOP

First – Acme Coffee Second – Alta Bakery and Cafe Third – Carmel Valley Coffee Roasting Honorable Mention – Castle Rock Coffee & Mercantile Honorable Mention – Rosine's Restaurant

BEST COMFORT FOOD

First – Rosine's Restaurant Second – Black Bear Diner Third – Crown & Anchor Honorable Mention – Old Fisherman's Grotto Honorable Mention – Poppy Hall

BEST DATE NIGHT DINING

First - Sardine Factory Second - Old Fisherman's Grotto Third - Esteban at Casa Munras Honorable Mention - Chart House Honorable Mention - Mission Ranch

BEST DELI

First – Compagno's Market & Deli Second – Bruno's Market Third – La Sala's Bi-Rite Market & Deli

BEST DESSERT SELECTION

First - Rosine's Restaurant Second - Layers Third - Old Fisherman's Grotto Honorable Mention - Paris Bakery Cafe

BEST DINING FOR RACE FANS

First - Baja Cantina Second - Turn 12 Third - Tarpy's Honorable Mention - The Golden Tee Honorable Mention - The Crown & Anchor

BEST DINING WITH LIVE MUSIC

First – Sardine Factory Second – Folktale Winery Third – Sly's Refueling Station Honorable Mention – Baja Cantina

BEST DIVE BAR

First – King's Den (KD) Second – Alfredo's Cantina Third – The Running Iron Honorable Mention – Segovia's Honorable Mention – Pearl Hour

CONTINUE TO PAGE 22





Monterey Recreation would like to thank the readers of the Monterey Herald for voting **Whispering Pines Day Camp** Second Runner Up for Best Summer Camp on the peninsula.

Day Camp Registration for Summer begins March 25!

Visit **www.monterey.org/rec** or call **831.646.3866** for more information.



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BEST DOG-FRIENDLY EATERY

First – Cypress Inn Second – Forge in the Forest Third – Esteban Restaurant Honorable Mention – Alvarado Street Brewery Honorable Mention – Tarpy's Roadhouse Honorable Mention – Crown & Anchor

BEST DONUTS

First – Red's Donuts Second – Monterey Donut Shop Third – Marina Donuts and Bagels Honorable Mention – Pavel's Bakery

BEST FAMILY FRIENDLY DINING

First – Rosine's Restaurant Second – Gianni's Pizza Third – Gino's Honorable Mention – Old Fisherman's Grotto

BEST FARM-TO-TABLE / LOCAL & FRESH

First – Poppy Hall Second – Sardine Factory Third – Old Fisherman's Grotto Honorable Mention – Estéban Restaurant

BEST FAST FOOD

First - In-N-Out Burger Second - Five Guys Burgers & Fries Third - Chipotle

BEST FINE DINING

First – Sardine Factory Second – Old Fisherman's Grotto Third – Fandango Restaurant Honorable Mention – Whaling Station Honorable Mention – Chart House

BEST FIRESIDE DINING

First – Forge in the Forest Second – Sardine Factory Third – Tarpy's Honorable Mention – Esteban at Casa Munras

BEST FIXINS' FOR A PICNIC

First – Bruno's Market & Deli Second – Compagno's Market & Deli Third – Star Market

BEST FRENCH FOOD

First – Fandango Restaurant Second – Bistro Moulin Third – La Bicyclette Honorable Mention – Paris Bakery

BEST FRENCH FRIES

First - In-N-Out Burger Second - McDonalds Third - Esteban at Casa Munras Honorable Mention - Five Guys Burgers & Fries Honorable Mention - Crown & Anchor

CONTINUE TO PAGE 24



1st Place for Best Swimming Lessons
1st Place for Best Fitness Center/Gym
2nd Place for Best Personal Training
3rd Place for Best Recreational Activity

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A big THANK YOU to everyone that voted for us in the Monterey Herald Readers' Choice awards **for three years in a row!** We are honored and appreciate all of you who place your trust in us. It has been our pleasure to serve Monterey County for 41 years.



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BEST FRIED FOOD

First – Old Fisherman's Grotto Second – Crown & Anchor Third – Giant Artichoke Honorable Mention – Abalonetti Bar & Grill

BEST GASTRO PUB

First – Alvarado Street Brewery Second – Peter B's Brewpub Third – Crown & Anchor Honorable Mention – Melville Tavern

BEST GLUTEN-FREE OR ORGANIC

First - Happy Girl Kitchen Second - Estéban at Casa Munras Third - Hulas Honorable Mention - Rosine's Restaurant

BEST GREEK FOOD

First - Dametra Cafe Second - Epsilon Third - Petra Restaurant, Pacific Grove Honorable Mention - Petra Mediterranean Cafe

BEST HAPPY HOUR

First – Esteban at Casa Munras Second – Sardine Factory Third – Crown & Anchor Honorable Mention – Cibo Ristorante Italiano

BEST HIGHWAY 1 DINING

First – Nepenthe Second – Big Sur River Inn Third – Rocky Point Restaurant Honorable Mention – Deetjen's Big Sur Honorable Mention – Whole Enchilada

BEST HISTORIC RESTAURANT

First – Sardine Factory Second – Mission Ranch Restaurant Third – Deetjen's Big Sur Honorable Mention – Old Fisherman's Grotto

BEST HOT DOGS

First – Pig Wizard Second – Archie's American Diner Third – r.g. Burgers

BEST ICE CREAM/ YOGURT

First – Revival Ice Cream Second – Cold Stone Creamery Third – Ghirardelli

BEST INDIAN FOOD

First - Ambrosia India Bistro Second - Aabha Indian Cuisine Third - Avatar Indian Grill

BEST IN-HOTEL RESTAURANT

First – Saltwood at The Sanctuary Beach Resort Second – Esteban at Casa Munras Third – Schooners at Monterey Plaza Hotel Honorable Mention – The C Restaurant at InterContinental Honorable Mention – Jack's at Portola Hotel

BEST ITALIAN FOOD

First - Cafe Fina Second - Gino's Fine Italian Third - Gusto Handcrafted Pasta & Pizza Honorable Mention - II Vecchio Honorable Mention - Little Napoli Honorable Mention - Gianni's Pizza

CONTINUE TO PAGE 26



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MONTEREY

ALVARADO STREET BREWERY



Passion for guality brew continues to fuel Alvarado Street Brewery team

For nearly six years, Alvarado Street Brewery, located in a historically registered building in Old Monterey, has proudly served locally sourced, gastropub-influenced fare built around it's beers that are produced on-site. The Brewpub has plenty of indoor seating in a very comfortable setting, as well as a shaded sidewalk patio overlooking Alvarado Street.

Located behind the brewery is the Beer Garden which customers can access from either Alvarado Street or Calle Principal. The outdoor, pavilion-like structure features communal seating for 50, two fire pits with lounge-style seating, and a separate bar with 12 house beers on tap. On weekends, there is a menu of rotating specials in the Garden, sometimes including Chef Brandon Miller's smoked barbecue items. They also offer vegetarian, gluten-free and vegan options.

When J.C. Hill, Co-owner & Head Brewer was notified about the recognition received in this year's Monterey Herald Readers' Choice awards, he said, "It feels great to be recognized, especially as we're approaching six years of brewing and serving the community come May. A lot has changed since we've been open, but our focus remains the same - brew the highest quality and most exciting beer we can, and passionately serve the locals and visitors to Monterey. That's our way of contributing to the thriving food and beverage culture here on the Peninsula."

In addition to the restaurant, brewery and beer garden in Monterey, Alvarado Street Brewery also opened a Salinas Production Brewery in April of 2016 at 1315 Dayton Street. This location supplements house offerings at the Brewery & Grill in Monterey, and allows them to supply draft beer to quality minded local establishments. The tasting room is set smack dab in the middle of the brewery, allowing patrons to witness the brewing process and be a part of the action. To learn more, visit www.alvaradostreetbrewery.com.

Thank you



Visit our tasting room at **5 West Carmel Valley Road** in Carmel Valley Village 831-298-8021 www.bernardus.com

for voting us First Place for Best Tasting Room and one

B

DUS

BEST JAPANESE FOOD

First - Crystal Fish Second - Sapporo Third - Benihana Honorable Mention - Kokoro

BEST KOREAN FOOD

First (TIE) – New Korea Restaurant First (TIE) – Orient Express Third – Yi's Korean BBQ

BEST LATE NIGHT STOP

First – Crown & Anchor Second – In N Out Burger Third – Nacho Bizness Honorable Mention – Sly's Refueling Station

BEST LOCAL / FAMILY OWNED RESTAURANT

First - Rosine's Restaurant Second - Old Fisherman's Grotto Third - Sardine Factory Honorable Mention - Fandango

BEST LOCALS MENU

First - Old Fisherman's Grotto Second - Rosine's Restaurant Third - Red House Cafe Honorable Mention - Abalonetti Honorable Mention - The Sandbar & Grill Honorable Mention - Cafe Fina Honorable Mention - Crown & Anchor Honorable Mention - Poppy Hall Honorable Mention - Beach House at Lovers Point

BEST LOCAL'S SECRET

First – Esteban at Casa Munras Second – Rosine's Restaurant Third – Old Fisherman's Grotto Honorable Mention – Sandbar & Grill Honorable Mention – Golden Tee Restaurant @ Monterey Airport Honorable Mention – Poppy Hall

BEST MEXICAN FOOD

First - Michael's Taqueria Second - Baja Cantina Third - Sarita's Honorable Mention - Jose's Mexican Restaurant

BEST NACHOS

First - Nacho Bizness Second - Baja Cantina Third - Whole Enchilada Honorable Mention - Peter B's Brewpub

BEST RESTAURANT ON CANNERY ROW

First – Sardine Factory Second – Whaling Station Third – Chart House Honorable Mention – Fish Hopper Honorable Mention – Schooners

BEST ON-GOLF COURSE RESTAURANT

First - The Bench at Pebble Beach Second - Sticks at Spanish Bay Third - Del Monte Golf Course Grill

BEST OUTDOOR DINING

First - Nepenthe Second - Schooners Third - Esteban at Casa Munras Honorable Mention - Mission Ranch Restaurant

Thank you, readers of The Monterey County Herald, for voting California State University, Monterey Bay "Best College in Monterey County"!





California State University MONTEREY BAY



BEST PHO

First - The Noodle Palace Second - Chop Stix Third - Noodle Bar

BEST PIZZA

First – Gianni's Second – Pizza My Heart Third – Cafe Rustica Honorable Mention – Gusto Handcrafted Pasta & Pizza

BEST PLACE TO EAT AT THE BEACH

First – Phil's Fish Market Second – Beach House at Lovers Point Third – Rocky Point Honorable Mention – Roy's at Spanish Bay Pebble Beach Honorable Mention – Schooners

BEST PLACE TO SATISFY A SWEET TOOTH

First – Rosine's Restaurant Second – Lula's Chocolates Third – Layers

BEST POKE

First – Poke Bar Second – Poke House Third – Poke Bowls and Rolls Honorable Mention – Poke Time

BEST PUB

First - Crown & Anchor Second - Peter B's Brewpub Third - Dust Bowl Brewing Honorable Mention - Dubbers

BEST RESTAURANT KNOWN FOR GIVING BACK

First - Old Fisherman's Grotto Second - Sardine Factory Third - Rosine's Restaurant Honorable Mention - Passionfish Honorable Mention - Rio Grill

BEST RESTAURANT ON FISHERMAN'S WHARF

First – Old Fisherman's Grotto Second – Cafe Fina Third – Domenico's On The Wharf Honorable Mention – Scales Honorable Mention – Abalonetti

BEST RESTAURANT TO WATCH THE SUNSET

First – Roy's at Spanish Bay Pebble Beach Second – Nepenthe Third – Rocky Point Restaurant Honorable Mention – Beach House at Lovers Point Honorable Mention – Old Fisherman's Grotto Honorable Mention – Mission Ranch Restaurant

BEST RESTAURANT WINE SELECTION

First - Sardine Factory Second - Old Fisherman's Grotto Third - Passionfish Honorable Mention - Esteban at Casa Munras Honorable Mention - Grasing's Honorable Mention - Bernardus Lodge Honorable Mention - Montrio Bistro

CONTINUE TO PAGE 28



BEST ROMANTIC RESTAURANT

First – Sardine Factory Second - Old Fisherman's Grotto Third - Casanova Honorable Mention – Fandango Honorable Mention - Chart House Honorable Mention - Mission Ranch Honorable Mention - Whaling Station

BEST SANDWICHES

First - Compagno's Market & Deli Second - Bruno's Market & Deli Third – LaSala's Bi-Rite Market & Deli

BEST SEAFOOD

First - Old Fisherman's Grotto Second – Passionfish Third - Phil's Fish Market Honorable Mention – Sardine Factory Honorable Mention – Cafe Fina

BEST SERVER AND RESTAURANT

First - Luis at the Golden Tee @ Monterey Airport Second – Christian at the Fireplace Lounge Hyatt Regency Third - Nic Moitoso at Crown & Anchor Honorable Mention – Joe at Old Fisherman's Grotto Honorable Mention – Roxanne Roark at Cafe Fina Honorable Mention - Don at The Sardine Factory Honorable Mention - Katy at Rosine's Restaurant

BEST SERVICE

First - Sardine Factory Second - Old Fisherman's Grotto Third - Rosine's Restaurant Honorable Mention - Crown & Anchor Honorable Mention - Cafe Fina

BEST SPORTS BAR/ RESTAURANT

First - Knuckles at the Hyatt Regency Monterey Second – Turn 12 Third - Peter B's Brewpub Honorable Mention - Sticks Spanish Bay Honorable Mention - Dubbers Honorable Mention - Crown & Anchor

BEST STEAKHOUSE

First – Whaling Station Second - Chart House Third - Sardine Factory Honorable Mention - Tarpy's Roadhouse Honorable Mention - Seventh & Dolores aka 7D Honorable Mention - Mission Ranch Restaurant Honorable Mention - Old Fisherman's Grotto

BEST SUSHI

First - Crystal Fish Second - Ocean Sushi Third - Sushi Heaven Honorable Mention - Sushi Time

BEST TACOS

First - Baja Cantina Second - Mi Tierra Third - El Charrito Market Honorable Mention – Jose's Mexican Restaurant

BEST THAI FOOD

First - Zab Zab Thai Cuisine Second - Baan Thai Restaurant Third – Lemongrass CONTINUE TO PAGE 40











Julia Hanson-Brown Best Real Estate agent in Salinas Valley 831-320-0779 DRE# 01458897



Brandy Monasmith 3rd Place Best Real Estate agent in Salinas Valley 831-512-6117 DRE# 01962580



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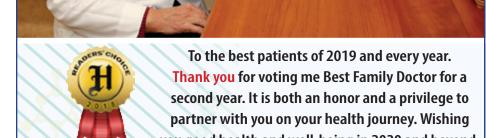
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To the best patients of 2019 and every year. Thank you for voting me Best Family Doctor for a second year. It is both an honor and a privilege to partner with you on your health journey. Wishing you good health and well-being in 2020 and beyond.

Cassandra Ohlsen, M.D., Inc.

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Thank you for voting the Kings Den (The KD)

Thank you for your support!

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Winner for **Best DIVE BAR** and **Best WATERING HOLE WITH CHARACTER** Honorable Mention for **Best Bar/Restaurant to cure** a hangover And, congratulations to Tyler who was recognized as Second place for Best Bartender!

The Kings Den Locally owned and operated by Tom and Kerri Nielsen (and Buster) 22 W Alisal St Salinas, CA 93901 (831) 422-1116

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CAFE

CASA OFFERS AN OPPORTUNITY TO VOLUNTEER IN A MOST REWARDING WAY

Established in 1995, Court Appointed Special Advocates (CASA) of Monterey County is a 501(c) (3) nonprofit that recruits, trains and supports community volunteers to advocate for our most vulnerable population-our foster children.

The purpose of CASA of Monterey County volunteers is twofold:

• To advocate for the best interests of the foster child, ensuring the foster child receives the services s/he needs and deserves, while pursuing a safe and permanent home for him/her.

• To be the stable adult for the foster child during the often confusing and lonely time they're in the Dependency court system, providing ongoing personal support.

CASA volunteers must be at least 21 years of age, are asked to make a minimum commitment of 18 months to a child, and can expect to spend approximately 12–18 hours per month assigned to a child's case in order to ensure stability and consistency for their assigned child.

CASAs are ordinary people with extraordinary hearts who want to make a difference. They are people from all walks of life, who are specially trained and continuously supported by CASA staff.

Could you be a CASA of Monterey County volunteer? Call (831) 299–CASA, or email info@ casaofmonterey.org to learn more about volunteer opportunities.

YELLOW BRICK ROAD

GIVING BACK TO THE COMMUNITY FOR THREE DECADES

Yellow Brick Road was started by Carmel Presbyterian Church more than 30 years ago. This unique, upscale store sells gently used items and returns the net proceeds to worthy Monterey County charities and scholarships. Over the past 30 years, more than \$6.5 million has been given back to the community. Yellow Brick Road Benefit Shop has three locations. The main shop offers clothing for women and men, home goods, jewelry and other items. The book shop includes items such as DVDs and music CDs and the third shop features furniture, art and linens. Visit Yellow Brick Road's shops on Carmel Rancho Lane, next to the Barnyard Shopping Village. For information, call (831) 626-8480. Shop hours are 10 a.m. to 4 p.m. Monday— Saturday, open Wednesdays until 6 p.m. Visit www.yellowbrickroadbenefitshop.org for more information. Congratulations to Yellow Brick Road for once again being chosen as one of Monterey County's Favorite Thrift Stores!

ALL YOUR PICNIC NEEDS Thank you for voting us your favorite place for Fixin's for a Picnic!



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What an honor! We are overwhelmed that for the past 3 years, the community has recognized Gianni's Pizza as the 'Best Pizza' on the Monterey Peninsula. Plus, this year we were recognized as one of the best family-friendly dining restaurants. These awards wouldn't be possible without our hard working

staff and managers. Gianni's Pizza would also like to thank the community and Herald readers who have continued to support our restaurant since we opened in 1974. We hope to continue to serve up delicious pizza, pasta, bread sticks and everything in between for years to come.

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Pacific Cancer Care (PCC) is a community-based private cancer center, providing comprehensive oncology and hematology services to Central California for almost 50 years. The highly qualified physicians and dedicated staff at PCC work diligently to provide patients and their family members with a comfortable and caring environment while delivering personalized care close to home. Pacific Cancer Care provides a wide-array of services, all designed with one thing in mind - the patients' healing and comfort.

It's no wonder Monterey Herald readers recognized two of Pacific Cancer Care's oncologists in the Readers' Choice awards for 2019 in the best Oncologist category. First place honors went to Dr. Nancy Rubin and 3rd place to Dr. Koontz. Taking a look at the reviews of these doctors and the entire team at Pacific Cancer Care, the words "compassionate" and "caring" appear many times. One patient even noted that she felt she was "treated like family" when she was there. During a stressful time like going through cancer treatment or dealing with other serious illnesses, those are key qualities patients and their families are sure to appreciate. Pacific Cancer Care strives to exceed patient expectations by offering prompt, convenient and compassionate care in a community-based, state of the art treatment center and making each and every patient a priority. Visit www.pacificcancercare.com to find out more.



From left to right: John Hausdorff, MD, Zach Koontz, MD, Mallory Sandridge, NP, Nancy Tray, MD, Debbie Branson, NP, Lulu Zhang, MD, Roger Shiffman, MD, Nancy Rubin, DO, Ashley Sandridge, NP, (Not pictured: Dennis Niekro, NP)





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6

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Best Place to Eat at the Beach Restaurant with Amazing Views Best Locals Menu

Best Place to Watch the Sunset



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Thank You Herald Readers& Community for Voting Us the Best



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Best Property Management Company Monterey Peninsula

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f (O)

BEST VEGETARIAN OR VEGAN

First - Happy Girl Kitchen Second - Julia's Vegetarian Restaurant Third - Ambrosia India Bistro

BEST VIETNAMESE FOOD

First – The Noodle Palace (Carmel) Second – ChopStix Third – Noodle Bar

BEST VINEYARD WINE TASTING (ON-SITE)

First – Folktale Winery Second – Bernardus Winery Third – Scheid Vineyards Honorable Mention – Hahn Winery Honorable Mention – Morgan Winery

BEST WATERING HOLE WITH CHARACTER

First – King's Den (KD) Salinas Second – Baja Cantina Third – Crown & Anchor

Honorable Mention – Sardine Factory Honorable Mention – Alfredo's Cantina Honorable Mention – Pearl Hour

BEST WINE TASTING ROOM

First - Bernardus Winery Second - Folktale Winery Third - Cowgirl Winery Honorable Mention - De Tierra Winery

BEST/MOST AMAZING RESTAURANT VIEWS

First - Nepenthe Second - Rocky Point Restaurant Third - Schooner's Coastal Kitchen & Bar Honorable Mention - Beach House at Lovers Point Honorable Mention - Fish Hopper Honorable Mention - Old Fisherman's Grotto

BEST RESTAURANT IN BIG SUR

First – Nepenthe Second – Big Sur River Inn Third – Rocky Point Restaurant

BEST RESTAURANT IN CARMEL VALLEY

First – Cafe Rustica Second – Baja Cantina Third – Corkscrew Cafe Honorable Mention – Roux Honorable Mention – Lodge at Carmel Valley Ranch Honorable Mention – Lucia at Bernardus

BEST RESTAURANT IN CARMEL-BY-THE-SEA

First – The Noodle Palace Second – Grasing's Third – La Bicyclette Honorable Mention – Mission Ranch

BEST RESTAURANT IN MARINA

First – Salt Wood Kitchen and Oysterette Second – Michael's Taqueria Third – Noodle Bar

CONTINUE TO PAGE 42

Thank you for voting for Gater Chiropractic!



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BEST RESTAURANT IN MONTEREY

First – Old Fisherman's Grotto Second – Rosine's Restaurant Third – Sardine Factory Honorable Mention – Hula's Island Grill Honorable Mention – Esteban at Casa Munras Honorable Mention – Cafe Fina Honorable Mention – Crown & Anchor Honorable Mention – Montrio Bistro

BEST RESTAURANT IN MOSS LANDING

First - Phil's Fish Market Second - Whole Enchilada Third - Haute Enchilada Honorable Mention - Moss Landing Cafe Honorable Mention - Lemongrass Thai Restaurant

BEST RESTAURANT IN PACIFIC GROVE

First – Fandango Second – Il Vecchio Third – Poppy Hall Honorable Mention – PassionFish Honorable Mention – Red House Cafe

BEST RESTAURANT IN SALINAS

First – Gino's Second – First Awakenings Third – Patria Honorable Mention – Dubbers Honorable Mention – The Steinbeck House Restaurant

BEST RESTAURANT IN SEASIDE/SAND CITY

First – Breakfast Club Second – Gusto Handcrafted Pasta & Pizza Third – The Butter House

ENTERTAINMENT

BEST ART GALLERY

First - Carmel Art Association Second - Monterey Museum of Art Third - Monterey Bay Aquarium

BEST COMMUNITY EVENT

First – Concours d'Elegance Second – SPCA Wag n'Walk Third – Monterey Jazz Festival

BEST GOLF COURSE

First – Pebble Beach Second – Bayonet and Black Horse Golf Course Third – Pacific Grove Golf Links

BEST HISTORICAL SITE

First - Carmel Mission Second - Point Lobos Third - Cannery Row Honorable Mention - Old Fisherman's Grotto Honorable Mention - Steinbeck House

BEST LIVE MUSIC BAR/CLUB

First – Sly's Refueling Station Second – Folktale Winery Third – Cibo Ristorante Italiano Honorable Mention – Golden State Theatre

CONTINUE TO PAGE 44







Thank you for voting us the best in Monterey County! First Place Awards

Best Family-Friendly Restaurant • Best Dessert Selection • Best Comfort Food Best Local/Family Owned Restaurant • Best Place to Satisfy a Sweet Tooth

Runner Up & Honorable Mentions

Best Restaurant in Monterey • Best Service • Best Breakfast • Best Brunch • Best Burgers Best All American Classic Menu • Best Clam Chowder • Best Restaurant to Cure a Hangover Best Locals Secret • Best Restaurant Known for Giving Back • Best Server-Katy • Bakery Best Coffee Shop • Locals Menu • Best Gluten Free/Organic

434 Alvarado Street • Monterey 831-375-1400 • rosinesmonterey.com





BEST LIVE PERFORMANCE VENUE

First – Sunset Center Second – Forest Theater Third – Golden State Theater Honorable Mention – Western Stage at Hartnell Honorable Mention – Pacific Repertory Theater

BEST LOCAL BAND

First - Chicano All Stars Second - The Money Band Third - Red Beans & Rice Honorable Mention - Johnny Tsunami and the Shoulder Hoppers

BEST LOCAL RADIO OR TV PERSONALITY

First – Dan Green – KSBW Second – Dave Marzetti – ShagBag Radio Show Third – Drea Blackwell – KSBW Honorable Mention – Brittany Nielsen, KSBW

BEST MARTIAL ARTS STUDIO

First - Body Worx Academy Second - American Karate of Monterey Third - Warren's Martial Arts

BEST MOVIE THEATER

First – Century Theater Del Monte Center Second – Osio Theater Third – Lighthouse Cinemas

BEST MUSEUM

First – Monterey Museum of Art Second – Pacific Grove Museum of Natural History Third – Steinbeck Center Honorable Mention – MY Museum Honorable Mention – Steinbeck House

BEST MUSIC/COMEDY VENUE

First – Golden State Theatre Second – Folktale Winery Barrel Room Third – Sunset Center

BEST TOURIST ATTRACTION

First – Monterey Bay Aquarium Second – Cannery Row Third – Refuge Honorable Mention – WeatherTech Raceway Laguna Seca

FAMILY & YOUTH SERVICES

BEST COLLEGE / HIGHER LEARNING INSTITUTION

First – Cal State University Monterey Bay (CSUMB) Second – Naval Postgraduate School Third – Middlebury Institute

BEST COMMUNITY COLLEGE OR CREDENTIAL PROGRAM

First - Monterey Peninsula College (MPC) Second - Hartnell College Third - Alliance Career Training Solutions

CONTINUE TO PAGE 46

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<image>

ROSINE'S RESTAURANT CELEBRATES 40TH ANNIVERSARY WITH UNIQUE SPECIALS

Photos provided by Rosine's Restaurant

Founded by the Culcasi Family in 1980, the award-winning Rosine's Restaurant has reached a milestone of 40 years in business. To celebrate this grand achievement, Rosine's is cooking up some unique specials and other new items throughout the year.

Located in the heart of historic Downtown Monterey at 434 Alvarado Street, Rosine's is open for breakfast, lunch and dinner Sunday through Thursday from 8am — 9pm and until 10pm on Fridays and Saturdays. They also feature fabulous Weekend Brunches, beer, wine and select cocktails.

When Rosine's originally opened its doors at the Del Monte Shopping Center, it was known for offering great

food at a great price, including their 'Del Monte Special.' 40 years later, the family is turning back time and offering that special again — now called the 'Downtown' in reference to the current Alvarado Street location. Four pancakes, your choice of bacon or sausage and one egg cooked any style for just \$4.00! It will be offered Mondays through Thursdays from 8am — 12pm for a limited time only.

Beginning April 1st, Rosine's will offer a 4-course special dinner menu for just \$19.80, tax not included. Guests can enjoy a special appetizer, cup of soup or salad, a throwback entrée and one of Rosine's famous desserts. It will be available for dine-in and take-out. This special will be available 7 nights a week from 5 pm - 8 pm for a limited time.

Since its founding in 1980, the family has happily shared in the work, from cooking and baking to serving and greeting. An instant success, Rosine's established a reputation with satisfied customers who enjoyed their delicious homemade soups, hearty meals, homemade fresh pies and sumptuous array of delicious homemade, award-winning cakes. After five years at the Del Monte Shopping Center, they relocated to the current location in historic downtown Monterey where they are now a third-generation family-run restaurant celebrating 40 successful years.

In 1980, Jim Sr. and Rosine Culcasi, along with their children, founded Rosine's Restaurant on the basis of serving delicious, homemade food in generous portions with friendly customer service. When Jim Sr. retired in 1994, Jim Jr. took the helm and now reigns as CEO. You can still find Jim Sr. mingling with customers, and you never know when Rosine will be in the kitchen making her scrumptious meatloaf and fruit pies. Daughter Renee left in 1986, and authored a cookbook featuring some of the restaurant's most beloved recipes. The book is currently out of stock, but the family hopes to reprint the book later this year. Daughter Annette helped run the restaurant for many years, and in 2017 left to pursue her own ventures.

According to Rosine, "When we first opened in 1980, I felt like my customers were coming as





guests in my home," she says. "That's never changed. They tell me they get a good feeling when they come in. It's so inspiring and fulfilling to us to see our returning customers, both locals and visitors, now that includes their children and grandchildren. And we truly appreciate the many awards we have received but most of all we enjoy seeing the smiles on the faces of our happy customers. We're truly blessed."

The third generation of the Culcasi family – Chris, John and Michael – have all worked in the restaurant and John and Michael still work there. John rose to the position of general manager and works closely with his father Jim Jr. to run the restaurant. Jim's wife Susan is

instrumental in building Rosine's presence, online through its website and social media, networking and customer relations.

In 2014, Rosine's was featured on the popular Food Network show "Diners, Drive-ins and Dives" with Guy Fieri. The celebrity chef joined Jim Jr. in the kitchen as he prepared his renowned Minestrone soup and delicious Lasagna. According to Jim, "It was a great experience filming with Guy Fieri, our episode 'Stuffed and Twisted' introduced Rosine's to a global audience and frequently airs in syndication." The segment can also be found on the homepage of Rosine's website, www.rosinesmonterey. com.

For 40 years, Rosine's Restaurant has been a consistent favorite among the populace, winning dozens of awards in local and national publications. Over the years, readers of the Monterey Herald have named Rosine's the Best in Monterey County in a multitude of categories including 'Best Family-Friendly, Best Dessert Selection, Best Comfort Food, Best Place to satisfy your sweet tooth, Best Restaurant in Monterey, Best Service, Best Local-Family Owned and more!' In 2016, Rosine's California Club Sandwich earned the #3 spot for 'Best Avocado Sandwich in California' in a USA Today Readers' Choice poll. In early 2019, Jim Sr. and Rosine were honored to be given the Italian Heritage Award, and in Dec 2019 the restaurant was presented with the 'Downtown Anchor Award' by the OMBA. And Rosine herself was presented with the John "Spud" Spadaro Hospitality Award in 2013.

On weekends and holidays, Rosine's may have a wait for a table, so they are offering a convenient new solution with their exciting new "Table's Ready" program. Check in with the host and give them your cell number — then you're free to take a stroll along historic Alvarado Street. Rosine's will text you when your table is ready.

To view menus and find out more, visit www.rosinesmonterey.com or call (831) 375-1400.

BEST NONPROFIT

First - Court Appointed Special Advocates - CASA Second - SPCA for Monterey County Third - Monterey Bay Educational Center

BEST PRIVATE SCHOOL

First – Anthem Christian School Second – Trinity Christian High School Third – Robert Louis Stevenson

BEST RECREATIONAL ACTIVITY

First – Monterey Bay Aquarium Second – Exodus Escape Room Third – Monterey Sports Center Honorable Mention – Carmel Valley Athletic Club Jr. Tennis Academy

BEST SUMMER CAMP

First – SPCA Animal Camp Second – Whispering Pines Day Camp Third – Carmel Valley Athletic Club

BEST SWIMMING LESSONS

First – Monterey Sports Center Second – Carmel Valley Athletic Club Third – YMCA

BEST YOUTH ARTS / ENTERTAINMENT

First – Pac Rep Theatre Second – Ariel Theatrical Third – Youth Arts Collective Honorable Mention – MY Museum Honorable Mention – Arts Council for Monterey County

FINANCIAL & BUSINESS SERVICES

BEST AGRICULTURE RELATED BUSINESS

First - Taylor Farms Second - Ocean Mist Third - Tanimura & Antle

BEST LOCAL BANK

First – Monterey County Bank Second – 1st Capital Bank Third – Pacific Valley Bank

BEST COMPANY FOR GIVING BACK TO THE COMMUNITY

First - IMPOWER, Inc. Second - Taylor Farms Third - Pacific Restaurant Group (Shake Family) Honorable Mention - Cannery Row Company Honorable Mention - Carmel Realty Company

BEST CREDIT UNION

First – Monterey Credit Union Second – Central Coast Credit Union Third – Bay Federal Credit Union

BEST INSURANCE FIRM

First – AJim Russo Jr., State Farm Insurance Second – Carmel Insurance Agency

BEST INVESTMENT ADVISOR

First – Susan Yedlicka @ Morgan Stanley Second – Mark J. Williams @ Vestus Group Third – John Giammanco @ Wells Fargo

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Hours Mon–Fri 4:00am–3:00pm Sat 4:00am–2:00pm • Sun 4:00am–1:00pm



BEST INVESTMENT FIRM

First – Morgan Stanley Second – Vestus Group Third – Merrill Lynch

BEST LAW FIRM

First – Pierce King Law Second – Noland, Hamerly, Etienne & Hoss Third – Fenton & Keller

BEST LAWYER

First – Julie P. King Second – Andrew H. Swartz Third – Sara Boyns

BEST MEMBER ORGANIZATION FOR BUSINESSES

First – Monterey Peninsula Chamber of Commerce Second – Monterey County Business Council Third – Monterey Peninsula Young Professionals Honorable Mention – Carmel Chamber of Commerce

BEST MORTGAGE FIRM

First – OGI Mortgage Bankers Second – Platinum Captial Mortgage Third – Steinbeck Mortgage

BEST NEW REAL ESTATE AGENT

First – George Anderson, Steinbeck Real Estate Second – Sharmaine Torrey, Monterey Coast Realty Third – Angolee Bode, The Peninsula Group

BEST PROPERTY MANAGEMENT COMPANY

First – Carmel Realty Company Second – Sanctuary Vacation Rentals Third – Steinbeck Real Estate

BEST REAL ESTATE AGENT / MONTEREY PENINSULA

First – Dana Bambace, Compass Second – Ben Zoller, Monterey Coast Real Estate Third – Jen Jacobs Bolger, The Jacobs Team HM – Shelly Mitchell Lynch, Carmel Realty HM – Courtney Jones, Carmel Realty Company

BEST REAL ESTATE AGENT / SALINAS VALLEY

First – Julia Hanson–Brown, Dream House Realty Second – Angela Savage, Steinbeck Real Estate Third – Brandy Monasmith, Dream House Realty Honorable Mention – Chantel Henson, Vanco Real Estate

BEST REAL ESTATE BROKER - MONTEREY PENINSULA

First – Dana Bambace, Compass Second – Bill Mitchell, Carmel Realty Company Third – Stuart Shankle, Shankle Real Estate Honorable Mention – Judith Profeta, Carmel Realty Company

BEST REAL ESTATE BROKER - SALINAS VALLEY

First – Tami Monasmith, Dream House Realty Second – Angela Savage, Steinbeck Real Estate Third – Chantel Henson, Vanco Real Estate Honorable Mention – Connie Jo Stubblefield, Re/Max

CONTINUE TO PAGE 48

MONTEREY BAY EDUCATIONAL CENTER

Would like to thank the readers of the Monterey Herald



and the Monterey Peninsula Community for voting the Monterey Bay Educational Center as one of the best Non-Profits in Monterey County

As A Thank You



We would like to invite you to a one-of-a-kind workshop. Special Guest: Dr. Jeff Lester MD/DO

Topic: Presenting cutting edge solutions for Memory Issues, Brain Fog, and ADHD. Location: 2150 Garden Road, Suite B1, Monterey, CA 93940 Date and Time: Thursday, March 26, 2020 at 6:30PM

Please call as space is limited.

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BEST REAL ESTATE BROKERAGE / MONTEREY PENINSULA OFFICE

First - Carmel Realty Company Second - Compass Third - Century 21 Showcase Realtors Honorable Mention - Shankle Real Estate Honorable Mention - Monterey Coast Realty

BEST REAL ESTATE BROKERAGE / SALINAS VALLEY

First – Dream House Realty Second – Steinbeck Real Estate Third – Vanco Real Estate

BEST REAL ESTATE TEAM

First - Mitchell Lynch Second - The Jacobs Team Third - Monterey Peninsula Home Team Honorable Mention - Annette and Peter Boggs Honorable Mention - Team Beesley

BEST TAX PREPARER / CPA

First – Gail Delorey / Bianchi, Kasavan & Pope

Second – Clark Savage Third – Hayashi and Wayland Honorable Mention – Bianchi, Kasavan and Pope

BEST VACATION RENTAL COMPANY

First – Sanctuary Vacation Rentals Second – Carmel Realty Company Third – A.G. Davi

GENERAL SERVICES

BEST ANIMAL HOSPITAL / VETERINARIAN

First – Natural Vet Therapy Second – SPCA Veterinary Clinic Third – Romie Lane Pet Hospital Honorable Mention – Toro Park Animal Hospital

BEST COMPUTER REPAIR / TECH SUPPORT

First – Alvarez Technology Group Second – Katrina Calabrese Third – Rayne Tech

BEST DOG TRAINING

First – SPCA for Monterey County Puppy & Dog Training Second – Home Away From Home Pet Spa Third – Barbara de Groot

BEST DOGGIE DAY CARE / PET BOARDING

First – Peace of Mind Pet Sitting & Doggy Day Care Second – Home Away From Home Pet Spa Third – Dawg Gone It

BEST DRY CLEANERS

First - Vapor Cleaners Second - Owl Cleaners Third - Carmel Cleaners

BEST FUNERAL HOME / MORTUARY

First - Bermudez Family Cremations & Funerals Second - Struve & Laporte Third - Mission Mortuary

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CONTINUE TO PAGE 52
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THANKYOU!



We are honored that the Monterey Plaza Hotel & Spa has been recognized as Monterey County's Best Hotel! We are also thrilled that Schooners Coastal Kitchen & Bar received second place for Best Outdoor Dining, and Vista Blue Spa received honorable mentions in the Best Massage and Best Skincare Services categories. We thank our wonderful guests and our amazing associates for making these awards possible.

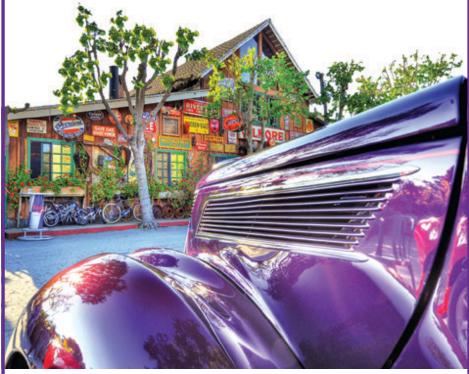
-Refreshingly Classic-







Thank you for voting Baja Cantina First Place for Best Dining for Race Fans, and Best Tacos!



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With 10,000 employees, including 2,000 on their Salinas based Retail Team, Taylor Farms is a widely recognized name in our community with a reputation for giving back. It's no surprise they were named the winner of the category of Best Ag Related Business in this year's Readers' Choice awards. Taylor Farms strives to deliver the best quality products to local grocery stores through a dedicated team of employees who they consider part of the Taylor Farms Family.

Community involvement has been part of Taylor Farms since the beginning. Their employees and leadership give back in myriad ways including running and walking for causes they believe in, donating bikes and backpacks to local schoolchildren, sponsoring local coaches, awarding scholarships, and so much more. The Taylor Farms Family is dedicated to sharing their success with our community.

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would like to thank you for your votes for Best Real Estate Agent and Best Real Estate Team. We are honored to be a part of your lives. Jen and Joy





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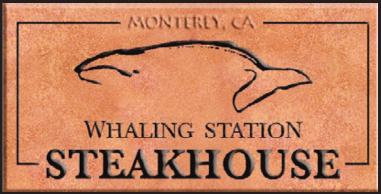
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Thank you!

Thank you *Monterey County Herald* readers for voting Monterey Bay Aquarium First Place for Best Tourist Attraction First Place for Best Recreational Activity Third Place for Best Art Gallery



BEST LIMO / CAR / BUS SERVICE

First - Monterey Airbus Second - Main Event Transportation Third – AITS (American International Transportation Service)

BEST PHOTOGRAPHER

First - Allie Rybinski @ Halcyon Media Second – Carol Oliva Photography Third - Creative Images Honorable Mention - Sherman Chu Honorable Mention – Cook's Photography Honorable Mention – Michael Troutman

BEST WEDDING VENUE

First - Folktale Winery Second - Gardener Ranch Third - Holman Ranch Honorable Mention - Carmel Valley Ranch

GROCERY STORE OR MARKET

BEST BUTCHER SHOP

First - Grove Market Second - Star Market Third - The Meatery Honorable Mention - Bruno's Market & Deli

BEST GROCERY STORE

First – Trader Joe's Second - Star Market Third - Grove Market

BEST HEALTH FOOD STORE

First – Whole Foods Second - Trader Joe's Third – Cornucopia

BEST PLACE FOR FRESH PRODUCE

First - Whole Foods Second - MPC Farmer's Market Third - Star Market

HEALTH AND WELLNESS

BEST ACUPUNCTURIST First - Oona Hull, L.AC. Acupuncture & Alternative Medicine Ctr. Second – Dr. Nuttall Third – J H Cho Acupuncture & Herb

BEST CHIROPRACTOR

First - Cater Chiropractic Second - Dr. Aaron Gaily, DC - The Back & Neck Pain Ctr of Monterey Third – Dennis Romero, DC

BEST DANCE STUDIO

First – The Dance Center Second - Golden State Elite Third - Carmel Barre Honorable Mention - Carmel Ballet Academy

BEST DENTIST

First - Dr. Constance Newton, DDS Second - TLC Dentistry Third - Dr. Brad Carl

BEST DERMATOLOGIST

First (TIE) - California Skin Institute First (TIE) – Rheim Dermatology Third – Dr. Christopher Barnard, Barnard Dermatology

BEST EYE DOCTOR

First - Vantage Eye Center Second - Hattori Vision Optometry Third - Blink Optometry

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Herald for naming our founder

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THANK YOU MONTEREY HERALD READERS!

Sunset Center is honored to have been named "Best Live Performance Venue" in the Monterey Herald's Readers' Choice 2019. We look forward to continuing to bring you the very best in performing arts and entertainment for seasons to come!



UD SUNSET PRESENTS **The Chieftains:** The Irish Goodbye Thursday, February 27 at 8PM Highly recognized for reinventing traditional Irish music on a contemporary and International scale, The Chieftains' music remains as fresh and relevant as when they

first began, fifty years ago.

SUNSET PRESENTS **Ballet Hispánico**

Thursday, March 5 at 8PM Continuing to mold the landscape of contemporary dance, their artistic programming ignites cultural pride and stresses the importance of exposing underserved communities to a language accessible to every body; dance.

SUNSET PRESENTS **Mnozil Brass**

Thursday, March 19 at 8PM Astounding musicianship is combined with offbeat humor and physical comedy. Add showmanship to serious musical chops on original compositions, classical favorites, jazz standards and popular hits, and you have got quite a spectacle!

Brought to you by: Sunset Cultural Center, Inc., a nonprofit 501(c)(3) • your source for culture and community For tickets visit: www.sunsetcenter.org • or call 831.620.2048 San Carlos Street at Ninth Avenue • Carmel-by-the-Sea

BEST FAMILY DOCTOR

First – Dr. Cassandra Ohlsen Second – Dr. Peter Franklin Third – Dr. Gerard Issvoran, Monterey Bay Ctr for Integrated Health Honorable Mention – Dr. Rebecca Abundis

BEST FITNESS CENTER / GYM

First – Monterey Sports Center Second – Carmel Valley Athletic Club Third – Carmel Barre

BEST HEALTH & WELLNESS CENTER

First – Refuge Second – Carmel Barre Third – Montage Wellness Center Honorable Mention – Spa at Pebble Beach Honorable Mention – Aqua Blue

BEST HEARING AID PROVIDER

First – Carmel Hearing Aid Second – Valley Hearing Third – Salinas Hearing Aid Center

BEST HOSPITAL SERVICES IN MONTEREY COUNTY

First – Community Hospital of Monterey Peninsula (CHOMP) Second – Salinas Valley Memorial Healthcare (SVMH) Third – Stanford Hospital Clinics Honorable Mention – Montage

BEST ONCOLOGIST

First – Dr. Nancy Rubin, Pacific Cancer Care Second – Dr. Thomas P. Bradley Third – Dr. Koontz, Pacific Cancer Care

BEST ORTHODONTIST

First – Dr. Tim Auger, DMD Second – Monterey Bay Orthodontics Third – Dr. Eisinger

BEST PEDIATRICIAN / PEDIATRIC GROUP

First – Monterey Peninsula Pediatric Medical Group– MPPMG Second – Pediatric Group of Monterey | Stanford Children's Health Third – Salinas Pediatric Medical Group Honorable Mention – Pacific Coast Pediatrics

BEST PERSONAL TRAINING

First – Carmel Valley Athletic Club Second – Monterey Sports Center Third – Carmel Barre Honorable Mention – Montage Wellness Center

BEST PHYSICAL THERAPY

First – Balance Physical Therapy Second – Community Hospital of Monterey Peninsula (CHOMP) Third – Damon Anderson & Associates Physical Therapy Honorable Mention – Performance Physical Therapy & Sports Conditioning

BEST PODIATRIST

First – Dr. Bobby Yee Second (TIE) – Dr. Alan H. Smith, DPM Second (TIE) – Dr. Ann Hudacek, DPM Monterey Bay Podiatry

BEST RETIREMENT COMMUNITY

First – Madonna Gardens Assisted Living & Memory Care Second – The Park Lane Third – Hacienda Carmel

CONTINUE TO PAGE 56



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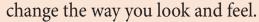
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Thank you! Best Skincare Services Best Waxing Services



Thank you so much for voting for us. My name is Diana Arroyo Robledo and I'm a California Licensed Aesthetician with a background in Medical Esthetics. I worked in a medical esthetics practice for several years under the supervision of a local Plastic Surgeon successfully treating problem skin. My training has also included studying under the renowned acne research dermatologist, Dr James Fulton, co-developer of Retin A and founder of THE ACNE RESEARCH.

My motivation is EMPATHY. I once had grade 4 acne with painful boils and cysts so I know what it's like to wish for better skin, and I've worked hard to master the best methods of achieving it. So whether you're looking for correction, prevention, or just thoughtful maintenance, my team and I will work together to develop a mix of treatments, products, and daily routine that will truly change the way you look and feel





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BEST URGENT CARE / EMERGENCY CARE

First – Community Hospital of Monterey Peninsula (CHOMP) Second – Doctors on Duty Third – Salinas Valley Memorial Healthcare (SVMH)

BEST YOGA STUDIO

First – Carmel Barre Second – Seaside Yoga Sanctuary Third – Om Studios

PERSONAL SERVICES

BEST DAY SPA

First – Refuge at CVAC Second – Complexions Skincare & Body Third – Aqua Blue Skin & Body Spa Honorable Mention – Magic Nails

BEST HAIR SALON

First – Oya Second – Furey's Barber Shop Third – Euphoria Lounge

BEST MASSAGE

First – Aqua Blue Skin & Body Spa Second – Refuge Third – Peak Performance Massage Honorable Mention – Pebble Beach Spa

BEST NAIL SALON

First – Magic Nails Second – Serenity Nails Third – Toro Park Nails

BEST SKINCARE SERVICES

First – Complexions Skincare & Body Second – Euphoria Lounge Third – Aqua Blue Skin & Body Spa

BEST TANNING SALON

First - Sahara Sun Second - Glamour Glow Third - Sun Your Buns

BEST TATTOOS / PIERCINGS

First – Creative Visions Second – Gold Coast Third – 831 Ink

BEST WAXING SERVICES

First – Complexions Skincare & Body Second – Euphoria Lounge Third – Aqua Blue Skin & Body Spa

HOME & SHOPPING

BEST APPLIANCE SELECTION First - Built-In Distributors

Second – Ferguson Third – Best Buy

BEST CARPET CLEANING

First (TIE) – Barry's Carpet Service First (TIE) – My Pro Dry of the Central Coast Third – Ferrante

BEST EXTERMINATOR

First – Monasmith Home & Termite Inspection Second – Clark Pest Control Third – Monterey Bay Pest Control

CONTINUE TO PAGE 62



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SANCTUARY VACATION RENTALS

Month-Long Vacation Rentals Offer Many Advantages to the Discerning Traveler

Anyone who has stayed in a short-term vacation rental is likely familiar with the advantages and conveniences of staying in a private home rather than traditional traveler lodging. You can often find better pricing, more flexibility, more space, more choices, and so forth.

Those advantages are still applicable when one opts for a longer-term vacation rental, such as a onemonth rental. Thirty days may seem like a long time, but when you vacation in an area like the Monterey Peninsula, a few days is certainly not enough to see and experience all the area has to offer.

Monterey based Sanctuary Vacation Rentals, named one of the best vacation rental companies in Monterey County in this year's Herald Readers' Choice awards, was founded more than 11 years ago and represents almost 100 homes across the Monterey Peninsula. The vacation rental professionals at Sanctuary Vacation Rentals specialize in both short-term and long-term rentals and have surveyed both renters and owners about the advantages and disadvantages of both.

Below are seven reasons to consider a one-month vacation rental:

1. You have a home base. It's your home away from home. You can sleep in, go on an outing, shopping, sightseeing or whatever you want to do. There's no check-out times. There's no getting awakened by housekeeping knocking on the door. If you're not feeling well, you can stay in for a day and rest and recuperate and not feel you're missing out.



2. You only need to unpack and pack once. You can unpack everything you brought with you without having to worry about packing up in a day or two, giving you more leisure time. And you're not living out of your suitcase.

3. You have more room and more time to use it. Vacation rentals have much more space than the average hotel room. There's more room to stretch out, relax and use areas of the home you may not use if you're only there for a day or two. Plus, there's usually more bathrooms and areas where you can get away from everyone else and have some quiet alone time.

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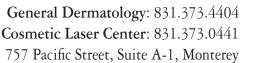


JAMES E. RHEIM, M.D. • JOSEPH R. RHEIM, M.D. Thank you to our patients and readers of the Monterey Herald for voting **Readers Choice "Best Dermatologist" 2019.**

We are honored by your recognition.



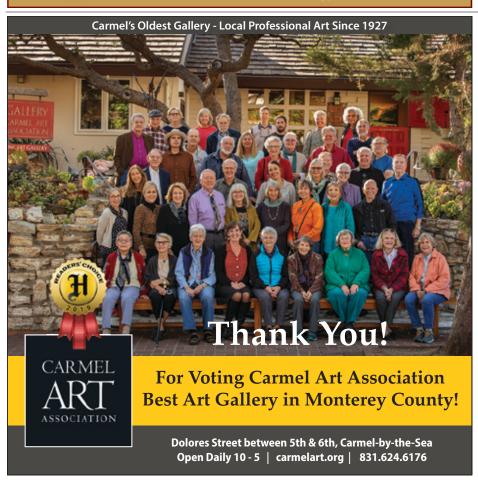
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John Hausdorff, MD, Zach Koontz, MD, Mallory Sandridge, NP, Nancy Tray, MD, Debbie Branson, NP, Lulu Zhang, MD, Roger Shiffman, MD, Nancy Rubin, DO, Ashley Sandridge, NP, (Not pictured: Dennis Niekro, NP) Bringing World-Class Cancer Care to Monterey County

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CONTINUED FROM PAGE 58

4. You can choose the type of property with the amenities and comforts you want. Unlike many hotels, you can pick a home that has a hot tub, Jacuzzi or even a pool or one that comes furnished with outdoor swings, fire pits, and gas barbecue grills. Some homes even come equipped with beach toys, bicycles, surfboards and other recreational equipment.

5. You can save money. By grocery shopping and cooking your own meals "at home," you can save money and use it on excursions and sightseeing instead of eating out every night. And if you want to eat out, you still have that option too. You can also split the costs with your friends and family and use it on weekends and still be ahead.

6. You have more flexibility. You can plan longer excursions or short trips or

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First – River House Books Second – Bookworks Third – Pilgrims Way Honorable Mention – Downtown Book & Sound

BEST BRIDAL SHOP

First – Epiphany Boutique Second – Nest, Pacific Grove

do them in stages, knowing you have more than a day or two to experience them all. You can invite family and friends to visit on weekends or for a couple of days.

7. Finally, you can do all of the above in the location of your dreams. Vacation rentals give you more options than a hotel room, whether it's a quaint Carmel cottage or a multi-room Pebble Beach mansion with an expansive view, you'll be able to find something that fits your dream perfectly.

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First – Swenson & Silacci Second – Fleurs Du Soleil Third – Seaside Florist

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First – Prim's General Store Second – Big Sur Deli Third – Fernwood General Store

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First - McWherter's Second - Bench Jeweler Third - B&G Jewelers

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First – Head Over Heels Second – Go Figure Activewear Third – 831 For Men Honorable Mention – Augustina's Honorable Mention – Bliss Boutique Honorable Mention – Marita's

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BEST MUSIC STORE

First – Recycled Records Second – Wise Music Third – Bookmark Honorable Mention – Vinyl Revolution

BEST PICTURE FRAMING

First – Glenn Gobel Custom Frames Second – Artistic Hangups Third – Monterey Custom Framing

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MONTEREY'S CASSANDRA OHLSEN, MD STRIVES TO BE YOUR PARTNER FOR A HEALTHY LIFE

Monterey Herald readers selected Cassandra Ohlsen, MD as Best Family Doctor in this year's Readers' Choice awards for the second year in a row. Dr. Ohlsen is more than just someone to facilitate your annual check up, she is a true partner in your overall health and wellness. She is a proponent of encouraging patients to take the time to do what's right for them and their health on a daily basis. This includes healthy eating, exercise, mental well-being, and most importantly making health a priority. Her approach to health is a holistic one, taking into account all of the diverse elements that work in concert to make up the foundation of your life.

Dr. Ohlsen says, "I believe that healthcare is far more than treating symptoms; my personalized approach focuses on you as an individual with a unique opportunity to flourish. Whatever your age or personal health goals, I welcome the opportunity to partner with you to help you to live life to the fullest."

Dr. Ohlsen has published a book to help people learn about how eating the correct diet contributes to achieving their weight goals. Her book, Enlightened Eating, is available at bookstores, libraries, and online and helps readers better understand the connection between what we eat and our

health and weight. Most of us don't give much thought to overeating and consuming high-calorie, fat-laden, prepared, processed, and unnatural foods. The quickest and surest way to reverse the results of our unhealthy food choices is to eat nutrient-rich, calorie-sparse natural foods—vegetables, fruits, beans, and whole grains. Dr. Ohlsen explores the extensive health benefits, food-enjoyment issues, psychological considerations, and earthly impact of a plant-based diet. This book takes the reader on a journey from the perspective of someone who was an overweight meat eater suffering many health challenges to transforming into a slim, healthy individual whose diet is entirely plant-based whole foods. Her practical advice includes how to change eating habits using Buddhist psychology and a master plan called the Eightfold Path to help establish and support healthy decision-making. Dr. Ohlsen interweaves nutrition, inspirational stories, and mindful eating to help us eat better, think better, and do better. To learn more about Dr. Ohlsen and how you can work toward a healthier lifestyle, please visit www.drcassandraohlsen.com or find her on Facebook.



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First - Thinker Toys Second - Zearly Carmel Third - Zucchini's Tricks n Things

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First - Go Figure Activewear Second - Head Over Heels Third - Macy's

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CONTINUE TO PAGE 68





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CAFÉ FINA SERVES UP AUTHENTIC ITALIAN MEALS DAILY



Cafe Fina owner Dominic Mercurio. Herald file photo

Monterey Herald readers chose Cafe Fina as their choice for the Best Italian Food in the county, and that makes owner Dominic Mercurio and his team very happy. The restaurant received numerous accolades in this years Readers' Choice Awards and they are all well deserved for decades of serving locals and tourists who visit the gorgeous Monterey Bay. Mercurio was happy to accept these awards but recognized that without the hard work of his employees, he'd not be able to offer the fabulous food and dining experience people have come to expect at Cafe Fina. "My staff is the best. I couldn't do this without them" he said.

Since 1958, Old Fisherman's Wharf has been like another home to Mercurio. "A bunch of us used to come down here every day in the summertime," he recalls. "We were 10 or 11 years old and

CONTINUE TO NEXT PAGE

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would leave home in the morning and not go back until dark. We'd be fishing every day, catching little smelts or mackerel."

Mercurio and his family are part of Monterey's famous fishing industry legacy. Fishermen from all over the world who settled in Monterey enjoyed a bounty of sardines, squid and other seafood, but when the sardines vanished in the 1950s, the fishermen ventured north to Alaska for salmon and to South America for tuna, seasons still observed today. "My father Jean introduced my brother and I to the fishing industry, and shared everything he knew. We are proud to continue his legacy," says Mercurio, pointing to one of the many family photos hanging from the walls of Cafe Fina. "He was born in a French province of North Africa. He was one of a group of Sicilians who went there to fish the sardines and who were kicked out during the French Revolution in the 1950s. That's how he and his five brothers ended up coming here — for the sardines."

Mercurio opened Cafe Fina, named after his mother Josephina, in 1989. Family recipes passed down from grandmother to mother are still used and provide an authentic Italian seafood experience on the Monterey Wharf. Homemade pasta and fresh fish have been main courses since the beginning. In addition to sourcing the freshest seafood, Mercurio also owns and operates a 25-acre stretch of sun-soaked land in Los Banos, CA, which produces organic produce for Cafe Fina to offer a true farm-to-table experience. Next time you have a craving for a delicious meal – prepared with care, using only the freshest ingredients – and you want to experience that meal while taking in an incredible view, make plans to visit Cafe Fina on Monterey's historic Fisherman's Wharf.

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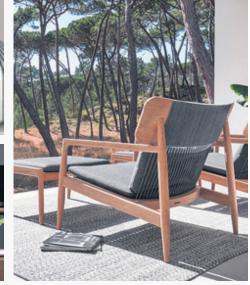




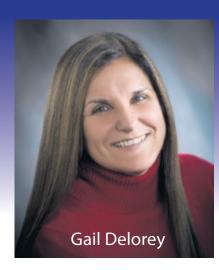
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