# Monterey

Special Advertising Section

## Picnic in the parklets

#### Build it and the people will return

#### By Lisa Crawford Watson

It's a Thursday afternoon, and Alvarado Street is pulsing with a vibrancy and activity reminiscent of a European village. Among nearly 20 restaurants in a three-block stretch in Monterey, many have created spaces for outdoor dining, and the community has turned out to sip, savor, and socialize from an acceptable distance.

Beneath a rust-colored arch bearing the words "Cocina Mexicana," is Papa Chano's Taqueria, a kitchen which, for 30 years, has been serving authentic Mexican cuisine by the Valle family. The secret, they say, is in the flavor.

"When I opened my restaurant, there was no Mexican food in town," said Everado Valle. "I saw how beautiful Alvarado Street was and said, 'This is my place.' All these years later, it is still the place where people come for authentic Mexican food, but with COVID, we have to serve it differently."

Papa Chanos was able to fit two sidewalk tables outside their doors; otherwise, people who enjoy sitting down to a Mexican meal with friends and family are ordering their food to go, and eating at home.

"We have been here a long time," said brother Sergio Valle. "People know Papa Chanos, and they still want our food, so they are placing orders to go. But still, we are losing a lot of business from those who like to eat

#### **Food for Thought**

The key to keeping a restaurant open to the public during a pandemic seems to be the ability to serve alfresco and to innovate every time the rules—or the weather—change. When COVID closed down indoor dining, Alvarado Street Brewery is one pub that has been able to pivot and keep the party going.

The Brewery, which opened in a historic building in 2014, is used to humming with energy and excitement as patrons partake of gastropub-style food created to complement fresh beer, produced onsite. While their indoor dining has been suspended, the restaurant has the benefit of a shaded patio adjacentAlvarado Street, plus a 35-seat beer garden out back.

"Thanks to the support of

the City, we've been able to extend our seating out front, and thanks to the additional space granted to us by Swenson & Silacci Flowers, we've been tremendously fortunate to be able to continue serving our patrons," said General Manager Andreas Mikulas. "Now that the weather is changing, we're a little concerned about how that's going to go, but we'll figure it out."

Just down the sidewalk, on the same side of the street, Rosine's Restaurant, which has been dishing up family-friendly fare since 1980, was decorated, for many years, to look like patrons were dining in a courtyard patio. Now, they

Rosine's has 17 tables outside, along the alley, and in front of the restaurant, accommodating some 68 diners, which is down from 38 tables inside, which seated 136 patrons.

"When the authorities allow us to open our restaurants again—which I don't see happening any time soon—they say we'll be allowed to have 25% occupancy inside," said Jim Culcasi, Jr., the only one of five children of founders Jim and Rosine Culcasi, still working in the restaurant. "No restaurant can survive on 25% of our business, so we'll have to keep our outdoor dining going as well." Fortunately, Culcasi says, patrons seem to really like dining outside.

"People appear more relaxed outside," Culcasi said. "They're ordering more food, drinking more, and lingering longer at the table. People are not holding back. They're having dessert, ordering a second drink, having a mimosa on a Tuesday morning. And why not? I think we all deserve this because of all the chaos in

our lives."

Known for its family-friendly atmosphere and menu selections, Rosine's serves homemade soups and a large selection of hearty meals. Yet the Culcasi family, which has been serving the community for three generations, is perhaps best known for their tall, indulgent cakes, whose recipes have been handed down and perfected among family members.

"Those are my recipes," said Culcasi, who has been a baker since 1995. "My mom was baking the cakes, but after she retired, I stepped in and took them to a different level. Now, I have another baker, who watched me from his prep table and mimicked my movements until one day, he began baking our cakes."

Rosine's was set to celebrate their 40th anniversary in September with an event they'd been planning for a year. Instead of a single celebration, they have introduced a happy hour for guests. The theme on their invitation is, "It's beginning to feel a lot like Cocktails."

"After 40 years in business, we'd never done a happy hour," Culcasi said. "We don't have a sit-down bar, but we have a service bar, so we said, 'Let's do it.' We're also doing a 'Sweet Hour' with a specialty drink. 'Tis the season, you know?" This is, indeed, a strange



Photo by Philip M. Geiger

time, Culcasi says, but it's also a time to make the most of it. Rosine's has framed their outdoor dining with planter boxes blooming with flowers and has added umbrellas, creating a very European atmosphere. "It's really working pretty well."

As long as it doesn't rain. "I've seen the tents being used in San Jose, and I'm not sure how well it's working," Culcasi said. "I don't know how we'll deliver food from the restaurant into the tents when it rains. We are working on having heaters and awnings installed. And, when it rains, we'll pivot again to provide takeout. At Off Alvarado near the

least we won't have snow." Marriott, at 150 W. Franklin Street, another longtime restaurant and gathering place for locals and tourists has increased their outdoor capacity. The Crown & An-

chor was already outfitted with a nice outdoor dining patio before the pandemic but was able to add more tables and heaters in the alley near the Osio Theatre to accommodate more patrons. This has proven to be a hit and they continue to be able to take care of their clients in the friendly, welcoming style for which they are known.

#### Change in the weather

Now that November is shifting the season straight from "late summer" to winter, the Monterey city council has been considering converting Alvarado Street into a single-lane road and erecting tents along the street to keep diners warm and dry as the cold and rain set in. This may enable other restaurants to increase "dine-in" in modified settings as others have been doing successfully.

### Multiple Ways of Learning

#### Monterey Peninsula College pivots during the pandemic to support students

#### By Lisa Crawford Watson

Throughout the week of March 9, students and faculty were working diligently in their classrooms, seven weeks into the spring semester at Monterey Peninsula College. Already well into the curriculum, everyone was keenly aware that, following one more week in class, the campus would close for spring break.

No one could have antic-

ipated that spring break would come a week early, or that no one would return to their classrooms. Not for the rest of the spring semester and, 14 weeks into the fall semester, not yet.

COVID came crashing down hard on the 73-yearold institution, closing the campus and giving faculty a week to completely redesign their curricula for

the balance of the spring semester. They are doing the same for the full fall semester, and the anticipation of spring 2021, as well.

"It has been a ride, very challenging but also very revealing," said Jamie Dagdigian, a 22-year veteran of the college, who teaches graphic art while serving as chair of the Creative Arts Division. "We have learned

how to retool a college curriculum, what courses would or would not work online, and just how flexible and resilient we are."

Dagdigian has been working closely with Diane Boynton, dean of Liberal Arts, to anticipate what they needed to develop, how to meet deadlines, and how to keep curricula and schedules consistent as faculty

help students execute their educational plans.

#### **Pivoting to Provide New** Pedagogy

The transition from inclass learning, up close, hands on, and in person, to remote or distance learning was abrupt, yet one week later, faculty was ready to roll, with a remarkable technology staff available

to implement new online

systems of learning, train teachers how to use them. and provide support along

the way as issues arise.

"Still, it has been challenging in different ways," said Dagdigian, "depending on the nature of what we teach. Maybe art history or introduction to theater or writing or math can make a fairly direct transition

continued on page 2

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to online learning. The performing arts—choir, instrumental music, theatrical performances—were trickier as we tried to figure out which classes could migrate online and which simply couldn't."

Then there was the decision of which classes should be taught synchronously online—with regularly scheduled class meetings via Zoom—and which might work well asynchronously—with all work assigned and supported through Canvas—a course management system that supports online learning and teaching, enabling professors to post grades, information, and assignments online. This meant no face-to-face interaction except through scheduled office hours for clarity and support.

Francisco Borja de Dorsch is a fulltime instructor who, for five years, has been teaching Spanish to native speakers of Spanish. Before the pandemic, when asked if he would be interested in teaching his classes online, he always declined,

imagining it would be hard to teach a language course online. And then, suddenly, he didn't have a choice.

"Now that I am teaching online," he said, "I really can't see how we will go back to in-class learning. I had no idea how much we could achieve online."

Dorsch learned a lot from his students by asking them to assess their online learning experience. Some said they need the presence of classmates and the motivation of an in-class session to be successful. Others, who work one or more jobs, saidremote learning helps them fit everything into their schedule.

"I attended a course provided by MPC on humanizing online teaching," Dorsch said, "which helped us learn how to be there for our students, to see their human side and let them see ours. We don't want them to feel like they're just wrestling with a machine but that we are there to help them."

Dorsch introduces his weekly lessons with a video he creates to connect with his students by introducing something he hopes will

"I am from Spain," he said, "so, I cooked paella, filming all the steps, and interviewing myself as if I were receiving questions from my students. Then I asked them to create their own recipe and explain the steps in Spanish."

engage them.

Dorsch recognizes that even when the campus finally reopens, systems and practices will have changed, in many ways, he believes, for the better. Some classes will be face to face, some will be fully online, and some will be hybrids, based on what works best.

"I had a very dynamic in-class experience," he said, "which involved a lot of engagement and moving around the room. I miss that, but I am trying to substitute that interaction by introducing work that is relevant to the students and making it all about them, so that what they learn is meaningful and useful in their lives."

Old Dynamics, New Tricks Molly May loves the

classroom experience. For 22 years, the English instructor, who specializes in



Francisco de Borja Dorsch -Provided Photo

public speaking and English as a Second Language, has found the energy in the room, the relationship-building, and the class culture deeply rewarding.

"The classroom is where my closet actress comes out," she said. "It's where the magic shows up. And, in person, is where I can get a read on what's working and what's not working for my students."

not excited to take her classes online, she has encountered some interesting surprises along the way. "I was a naysayer at first,"

While May initially was

she said, "but I've actually seen more success in my



Molly May -Provided Photo

speaking classes online.

I've had excellent atten-

been really engaged. In

dance, and students have

speaking with colleagues

and students, I now realize,

portant in society than face

how we present ourselves

online is often more im-

to face interactions, and

comfortable with that."

students are really getting

May also has found that

students are writing richer

in content, maybe because

space to consider their re-

sponses. And, by teaching

synchronous classes, she

is able to check in with her

students, and to see what

is working well and what is

they have the time and

challenging for them, which has enabled her to develop an online program that is relevant and engaging. "I'm proud of the will-

Jamie Dagdigian

-Provided Photo

ingness of our faculty and our students to give online learning a try," Dagdigian said. "I'm also appreciative of the College for the way we got right to work and collectively rolled up our sleeves to pivot during this pandemic. I have felt entirely supported by our administration in their willingness to invest in us to make this experience everything it could be for faculty and students. It has gone as well as could be

expected."

### Fisherman's Wharf Association announces photo contest winners

The Fisherman's Wharf Association recently held a photo contest. Entrants were invited to submit one photo of themselves, their family, a friend, or a special memory they had on Old Fisherman's Wharf. A

total of 3 winners were chosen, with the firstplace winner receiving \$100 in "Wharf Dollars," the second-place winner receiving \$50 in "Wharf Dollars" and the thirdplace winner receiving \$25 in "Wharf Dollars."

There were so many great photo submissions, the Fisherman's Wharf Association also awarded three runner-ups who received \$10 in "Wharf Dollars" which can be redeemed at any merchant on the

The results were as follows:

1st Place: Teri Hardy, Monterey, CA

2nd Place: Vivian Glitchet, Park

City, UT 3rd Place:

Michelle Sewell, Las

Vegas, NV Runner-Up:

Eric Palmer, Monterey, CA Runner-Up:

Yvonne Pete Ellis, Salem,

Runner-Up:

Monique Garcia, Gilroy, CA There will be a new Wharf

photo contest in December called "All Things Gingerbread Holiday Photo Contest" with details coming

For more information about Old Fisherman's Wharf, visit www.montereywharf.com or call 831.238-0777.



1st Place: Teri Hardy, Monterey, CA "Reflections on a beautiful winter day." Taken January 2014



2nd Place: Vivian Glitchet, Park City, UT



3rd Place: Michelle Sewell, Las Vegas, NV "Taken October 31st, 2019 for my 32nd birthday -Michelle Sewell and Vinnie Palermo

### Finding joy in art during trying times

Monterey based glass artist, Jill Casty, believes that art can positively impact our stress levels, which is especially important as we deal with the impact of Covid-19. Casty says art "can help infuse hope and a positive spirit with confidence that this pandemic will end ..."

The following excerpt is from Casty's webpage which can be found at 6feet.com.

Much has been said lately about saving the soul of America. I'll pass on that one for the moment. But it does bring to mind an old saying that art is good for the soul. I'm not sure about the soul, but, as an artist, I see the truth in that old saw. Especially in these troubled times, a time of anxious and fearful individuals, many in isolation for months now. In more personal and modern terms, I would say it this way:

Art brings a moment of grace, a moment out of time. But it is not escapist; rather, it is immersing, broadening, deepening into the fullness of existing. It stirs and restores emotions,



with permission

<u>Director of Operations & Advertising</u>

831-726-4343 darvig@montereyherald.com

Dana Arvig

**Monterey Herald Sales Team** 

Danielle Landaker Mike O'Bleness

Rachel Martinez Alyson Stockton re-shapes our perspectives. It refreshes, energizes our spirits. But it can be tricky. In these tumultuous times, art can be as divisive as politics. In a world of disorder and discord, dislocation verging on chaos, contemporary art is often an art of confrontation and provocation, aggressively breaking with tradition, even the tradition of Beauty. In this adversarial stance, the "B" word is often a symbol of the corruption in the old

order. There is still a place for an exuberant art, rich in color. In my glass and metal sculptures, I want to give the viewer an art that can still be a celebration in difficult times, an exuberant art that can be like a Toast: To Life! It sometimes has to be pointed out that beauty, and its impact on our spirits, can be evoked not only in realistic representations of idyllic figures or groups or lovely or dramatic vistas of nature. It resounds in color and shapes, in patterns and rhythms of

color and shapes. Flowing in a harmony that seems just right, however it might be defined or even achieved I strive for this kind of harmony in my fused glass sculptures. Their designs present abstracted images, essences, impressions of the natural world, or more intangible abstractions, expressions of the indomitable spirit of the realms of feelings and beauty.

True, nothing can match being with the physical, tactile work of art. But in this period where you're blocked from museums and galleries, there are endless opportunities to probably see more works, artists, museums, galleries, more variety, than you would have encountered or thought of seeing when you were free to roam.

In the virtual art world, you can more readily explore, giving something new a try, tracing a career, a style, a movement, a period of art. Besides discovering and using thematic programs that are available, you can build



Photo of Jill Casty used with permission

your own seminar, testing programs you encounter, hop-scotching from one program to the options supplied with it by algorithms.

This of course applies to the fun and widening of horizons for the other arts as well. Others that also feed the soul, raise the spirits. I'm a fan of YouTube and its endless offerings,

including items you can uncover through Search. An innovative practice in the art world today is making art with found objects. It's easy and fun to concentrate on discovering and selecting a spectrum of objects, organizing them

into a rhythmic artistic

pattern, gluing them to a sturdy backing. Or, trickier but possibly more of an achievement is to find appropriate objects and build your own small sculpture. It takes time and patience, and creativity, but it gives you the pleasures of art.

Doing or viewing, art takes you out of yourself and into its new harmony of sharing creating in the world. Opening into a new dimension of self and spirit, of mind and emotion. Liberating imagination. Doing or viewing (or hearing), it takes you into the joy of all kinds of Beauty. Still possible in the world despite all that assaults our

**Circulation Director** Mardi Browning 831-706-3265 mbrowning@santacruzsentinel.com

spirit.



**Lorraine Roque** 831-726-4366 Iroque@montereyherald.com

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### Treasure Hunt

Monterey Fairgrounds Flea Market offers income

and entertainment

By Lisa Crawford Watson

With fire evacuations behind them, and large festivals canceled by COVID, folks at the Monterey Fairgrounds approached former Pacific Grove Council Member Daniel Miller, a veteran of the entertainment industry and host of standalone events, to bring a flea market to the Fairgrounds. Miller had done it before, along with other events, like BaconFest, and it seemed, when people have lost jobs and homes, a good time to "turn trash into treasures" at the Monterey Fairgrounds Flea Market.

"This is a typical flea market," said Miller, "with everything from collectibles to antiques. It changes from week to week, based on what dealers have and what they are selling. One week, you can find someone selling all-new restaurant equipment, and the next week, encounter someone selling high-end jewelry. Ev-

ery week is an adventure."
Every Saturday, at least through November, vendors pay a \$40 fee to rent a 20x20ft section of grass for the day. Most set up tables, and some add canopies under which they present their wares. From 8 am to 1 pm, the community is welcomed in, with no admission charge, to shop for what they want, need, or discover.

"We have a lot of flea market veterans bringing in merchandise," Miller said. "The array of goods is very broad."

COVID Conscious
In a time when we are
seeking ways to make a
living, exercise, connect
with family, shop, socialize,
and stay safe, the Monterey
Fairgrounds Flea Market has
figured out a way to make it
happen.

"This is a safe event in the time of COVID," Miller said. "There really is zero risk with the protocols



Photo credit Mike O'Bleness, Monterey Herald

we've instituted, as long as everyone follows them. Everybody is required to wear a mask, and hand sanitizer is available. The main bathroom is disinfected on an hourly basis. There is a 12ft distance between dealers and a large spacing for walking around, so people don't have to shop or eat close together."

It also means kids have a place to run around in the grass and get fresh air, while parents and others have a chance to shop. Since the event has had

almost 100% compliance with pandemic protocols,

Miller considers this outdoor market safer than going to the grocery store—depending, he says, on which grocery store folks frequent.

"The Monterey Fairgrounds

Flea Market has been an important outlet for sellers who derive essential income from this event," he said. "This really is a family event, where everyone has fun. It's a bit like a scavenger or treasure hunt. We hope it brings a bit of normalcy and a diversion for people during this trying."

For more information, visit www.montereyflea.com.

# Wharf Walks - Walking Tours at Monterey's Old Fisherman's Wharf

The Monterey Fisherman's Wharf Association and noted Monterey Bay Fisheries Historian and author, Tim Thomas, offer fascinating monthly

"Wharf Walks - Walking Tours at Monterey's Old Fisherman's Wharf" the first Sunday of every month from 10:00 AM-Noon.

The next Wharf Walk will be held on Sunday, December 6, 2020, and the topic will be "Whaling Legends of the Monterey Bay." A portable speaker will be used to allow

but still hear this interesting presentation. Tours meet at the head of Old Fisherman's Wharf near the pink Harbor House store. Advance reservations are required by calling Tim Thomas at (831) 521-3304

or via email timsardine@

guests to social distance

yahoo.com.
Tour is for ages 10-adult only and the cost is \$20 for adults and kids are \$15 (10-15 years). Group Rates are also available.
For more information, email info@montereywharf.com or call (831) 238-0777.



Monterey Whaler Mike Noon on the Monterey Wharf, circa 190

# Bank of America Provides 76,000 Face Masks to Underserved Communities across Monterey Bay

Company has partnered with four local organizations to help ensure the most impacted communities get the resources needed

In communities across the country, Bank of America has been working with local partners to provide resources to vulnerable and underserved communities hardest hit by the coronavirus. In the Monterey Bay region, Bank of America is part-

nering with four nonprofits serving the communities most in need to provide personal protective equipment (PPE), specifically 76,000 masks, which will be distributed to communities most in need.

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nationwide effort by Bank of America, which has distributed more than 8 million masks to communities disproportionately impacted by the coronavirus, including communities of color, and is connected to its \$1 billion, four-year commitment of additional support to help local communities address economic and racial inequality accelerated by a global pandemic. "The health and safety

of our employees, clients, and communities remain our top priority during this prolonged health and humanitarian crisis," said Bill Tebbe, Monterey Bay market president, Bank of America. "In addition to providing almost half a million dollars in virus relief grants to local Monterey nonprofits, we are continuing to support our communities by working with partners to identify and distribute PPE to the most vulnerable populations. Here in Monterey Bay, this includes low-to-moderate income families, individuals experiencing homelessness, and area farmworkers, as well as organizations that serve these populations.

The coronavirus continues

to have a disparate impact on certain industries and communities, such as essential farmworkers and plant processing workforce. Bank of America's partnership with local organizations, including Grower-Shipper Association, is part of a wider community effort to help the Monterey Bay area recover and reopen.

"We're thankful for Bank of America's action to aid our ongoing protective efforts, as evidenced by their recent donations of more than 50,000 protective facial coverings to the Grower-Shipper Association (GSA)," says Chris Valdez, president, Grower-Shipper Association of Central California. "GSA will distribute these additional supplies to support ongoing measures to help protect the essential workforce."

The 76,000 masks will be



Provided photo of Bill Tebbe,
Monterey Bay market

president, Bank of America distributed across Monte-

rey Bay as follows:

· 50,000 masks to the
Grower-Shipper Association for the region's essential agricultural farmworkers and plant processing

· 14,000 masks to Food Bank for Monterey County, which will be distributed along with groceries to area families and individuals.

workers.

· 10,000 masks to Dorothy's Place for the 1,100 chronically unsheltered consumers participating in case management and transitional housing

services.
· 2,000 masks to Second
Harvest Food Bank Santa
Cruz County, which will be
distributed at food distribu-

For more information about Bank of America visit bankofamerica.com.

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### MPC football stadium announces new name

### Name to honor legendary MPC football coaches



Tor Spindler, Luke Phillips, Chris Pappas Sr - Provided photo

Following an outpouring of support from the community, the Monterey Peninsula College (MPC) District Board of Trustees approved naming the College's football stadium the Pappas-Phillips Community Stadium in honor of two legendary MPC coaches, Chris Pappageorgas ("Pappas"), Sr. and Luke Phillips. With a combined 117 years of dedicated service to the College and its students, Pappas and Phillips are among the most distinguished retirees in MPC's history and touched thousands of students' lives

during their long careers.

"The Board is pleased to be able to acknowledge the contributions of these members of the Lobo family by dedicating the stadium to their legacies," states Board Chair, Yuri Anderson. "The personal stories shared with us by so many community members were touching; it was a strong reminder of the powerful and long-lasting impact that MPC plays in our community."

"In the nine years I have served on the Board of Trustees," added Trustee Rick Johnson, "this has been my most joyful moment. This not only serves to honor both families, but also honors our student-athletes and many other students who are part of our community". After attending MPC, Luke Phillips transferred to the University of California, Berkeley where he played for two Rose Bowl teams. He was hired by MPC in 1957 as a Physical Education instructor, Assistant Football Coach, and Head Track & Field Coach. Chris Pappas was hired in 1963 to teach Physical Education, coach Baseball, and as an Assistant Football

Five years later, Chris became Athletic Director at MPC, and was instrumental in starting the women's athletic teams at MPC; the College was consequently one of the first California Community Colleges to field women's teams. In 1977, he established the MPC Adaptive Physical Education Program to support the special physical education needs of students with disabilities.

Coach.

During Luke's Head Football Coach tenure at

MPC (1962-1984), his teams compiled a record of 161-69. At the time of his retirement from football, Coach Phillips had the 3rd highest winning percentage of any Coach of his time. Both men have been inducted into the California Community College Football Association's Hall of Fame. Both were named Central Coast Conference Coach of the Year in multiple sports: Luke for football and golf, and Chris for football and baseball. In 1987. Chris received the Allen Griffin Award for Excellence in Teaching, annually given to MPC's Outstanding Educator, while Luke and his wife Victoria were bestowed the MPC President's Award in 2017. Luke was voted into the California Community Golf Coaches Hall of Fame in 2013 and the following year Chris, at the age of 83. was inducted into the California Community College Athletic Association Hall of Fame.

Chris Pappagergas Jr. comments, "The Pappageorgas family is so pleased that MPC has chosen to



Tor Spindler, Chris Pappas Sr, Luke Phillips - Provided Photo

honor Chris and Luke by naming the stadium the Pappas-Phillips Community Stadium. Both of these men would be very appreciative to share the naming of the stadium with one another." Luke's wife of 42 years, Victoria, noted, "I am absolutely thrilled for the MPC community and for the

community at large that these two men, Luke Phillips and Chris Pappas, are being recognized for their contribution to the college, students, and community they served. Luke and Chris represent the many visionaries who dreamed of MPC's many possibilities and made it a reality for its many students

# Monterey Peninsula College thanks the community for supporting Measure V

Monterey County Office of Elections reported as of Friday, November 13 that Monterey Peninsula College's \$230 million Bond Measure had more than the 55% of votes required to pass the measure. "We are so grateful to the

community for supporting Measure V," stated MPC Superintendent/President, David Martin. "Funds from this measure will finance critical campus facility and technology projects that will benefit tens of thousands of local students over the years."

Beccie Michael, MPC's
Vice President of
Advancement and the
MPC Foundation Executive Director, added,
"We were fortunate to
receive endorsements
from a broad spectrum
of community leaders,
including MPC Alumni

Congressman Jimmy
Panetta. With such clear
and proud public support,
coupled with the efforts
of the MPC Foundation
Board and a hard-working team of volunteers,
we successfully paved
the way for generations
of students to continue

receiving an excellent and affordable education at MPC."

Measure V will allow

the College to expand facilities at the Marina Education Center and develop a first responder training center on the College's recently acquired property at the former Fort Ord. According to the Monterey County Elections Office, final results will take another 30 days to confirm, but for now, the College remains optimistic and grateful for the strong showing of community support.

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Trejo Optometry is a full-service eye and vision care provider, accepting both eye emergencies as well as scheduled appointments with convenient locations in both Monterey and Salinas. Patients throughout the Monterey Bay area rely on Trejo Optometry because they know they will receive personal attention and professional care. Dr. Trejo and his team are dedicated to keeping clients comfortable and well-informed at all times. To that end, they explain each exam and procedure in detail and answer all of your questions. They also offer vision financing options and work with vision insurance

providers to ensure good eye health and vision care for all.

The doctors and staff make it their mission to provide the best in optometry services. With the help of exceptional opticians, Dr. Trejo strives to be the best primary eye care provider in the area. Serving Carmel, Hollister, Marina, Monterey, Pacific Grove, Prunedale, Salinas, Seaside and Soledad.

They provide innovative eyeglass lenses to fill the needs of a wide range of vision concerns such as computer strain, night driving and light sensitivity. With a selection of designer brands and everything from

high-end fashion to more basic frames. You will also find the perfect frames to suit your style and your budget which adds to the convenience factor by allowing one stop shopping. Visit their Instagram oage or website Products page to view some of the high quality frames they offer.

At the offices of Dr. Trejo, each member of the vision care team is selected by Dr. Trejo based upon his or her experience, professional demeanor, and dedication to providing personalized care to optometry patients. The entire Monterey and Salinas optometry staff is committed to ensuring the comfort and satisfaction of each

and every patient and will do their best to accommodate your busy schedule by finding appointment times that meet your needs. The knowledgeable staff at Trejo Optometry will work with you to help you understand your vision insurance coverage and provide financial alternatives to ensure you get the best vision care possible.

As optometrists in the 21st century, the practice provides comprehensive eye and vision services beyond the best contacts and eyeglasses available. They continue to invest in improving the quality of patient care, such as the Optos widefield retinal

camera at the Salinas location. They collaborate with medical professionals to care for patients with diabetes, high blood pressure, and monitoring high-risk medications. They treat a wide range of patient needs from vision problems to infections, allergies, dry eyes, conjunctivitis, glaucoma, and minor injuries. They also assist patients in arranging

surgical and specialist care when needed. For a complete list of services, visit the services page on their website, or call the Monterey office at (831) 373-1116 or the Salinas office at 831-443-4422. Get comprehensive eye exams that leave no stone unturned when you choose Dr. Trejo. Visit www.trejooptometry. com to learn more.



### Juan Trejo, OD and Catherine Winter, OD Doctors of Optometry



Southern CA College of Optometry

Enhancing the quality of life for patients, through visual improvement, is their passion!



of Ontometry

Dr. Trejo and Dr. Winter are dedicated to delivering complete optometric care. They team up with exceptional opticians to serve the vision needs of the Central Coast.

They are also able to provide exams in Spanish.



f B









Monterey 900 Cass Street Suite 102 831.373.1116 Mon - Fri Salinas 1630 N Main Street Harden Ranch Plaza 831.443.4422 Mon - Sat







New patients and referrals always welcome.

# VVINE

\* www.bernardus.com



BERNARDUS



### Peninsula Glow Medical Spa celebrates grand opening

### State-of-the-Art studio now open in Monterey

Peninsula Glow Medical Spa is proud to announce its grand opening at its new state-of-the-art studio at 243 El Dorado Street, Suite 200 in Monterey. As a boutique medical spa that provides a customized aesthetic plan for its clients to enhance their natural beauty in a safe and relaxing environment, the company offers a range of services that are performed by a team of highly trained and passionate providers.

Owner Stacy Rohrbough, NP exclaims, "We are so excited to offer the highest quality, most innovative anti-aging treatments that achieve natural and beautiful results for every patient

safely and effectively." With over 10 years as a nurse practitioner and aesthetic injector, she proudly earned recognition in 2020 as a "Recommended Provider" from The Best Aesthetic Injectors in America®. Rohrbough specializes in non-surgical treatments to enhance and restore natural beauty using a gentle and safe approach. She is an expert injector of Botox and dermal fillers, as well as having advanced training with PDO threads (thread lift), skincare, and lasers (skin rejuvenation, hair removal, tattoo removal, and skin tightening).

Rohrbough's passion is to make an impact by providing compassionate, knowledgeable, and individualized care. Her responsibility is to be proficient in nursing techniques and to stay informed on current practices, ensuring the safety of her clients. Her goal as an injector is to enhance her clients' natural beauty, leaving them feeling

refreshed and confident in their own skin. And her skillful eye provides clients with naturally gorgeous results!

Additionally, with 6 years in the aesthetic field is registered nurse Anna Rider who not only graduated from nursing school with honors, she is currently completing her Nurse Practitioner degree at San Jose State University. Rider has more than 12 years of experience in the neonatal ICU and brings that same gentle approach to the aesthetics team. She loves the integration of science and art within the aesthetics field and enjoys offering the latest techniques to achieve natural and beautiful results. She offers a natural approach to aging gracefully and is very skilled in the art of injectables, lasers, and PDO threads. "I genuinely enjoy the relationships with my clients and being able to give back through the skills I've developed in skin rejuvenation. It feels like I am contributing to another person's empowerment by increasing their confidence and overall well-being," commented

For the health and well-being of its valued clients, team members, and community, Peninsula Glow provides a safe, sanitized environment and is doing its part to follow CDC health protocols. The company has always prioritized cleanliness and safety,

and as such, has taken additional safety measures during this time.

Patients are asked to please call upon arrival to the office to assure CDC quidelines for social distancing are maintained at all times. Patients receive a temperature check upon

arrival, and utilize the convenient hand sanitation station. All treatment rooms are disinfected after each patient to assure cleanliness upon arrival of all patients. Checkouts are done one patient at a time and the lobby remains closed for

walk-ins and for purchasing products. Clients are instructed to call in advance to arrange all product purchases and to schedule appointments. To learn more about Peninsula Glow Medical Spa, call 831-233-3143 or visit peninsulaglow.com.



Provided photo of Stacy Rohrbough, NP and Anna Rider, RN

#### Peninsula Glow offers a wide variety of services including:

- Botox/Dysport
- Chemical Peels
- Dermal Fillers
- Diamond Glow and Signature Facials
- Laser Skin Rejuvenation
- PDO Thread Lifting
- RF Micro-needling Skin Tightening
- Tattoo Removal
- Laser Hair Removal

To celebrate their grand opening, Peninsula Glow Medical Spa is currently promoting these limited-time offers:

- \$25 off DiamondGlow Facial
- 10% off Elite iQ and Revlite Skin Rejuvenation
- \$50 off per syringe for Fillers (\$12 per unit Botox when combined with Filler)
- \$100 off per vial Kybella Fat Dissolver
- 10% off PDO Thread Lifting
- \$300 off RF Micro-needling Skin Tightening
- and more special offers!

The Peninsula Medical Glow Spa team loves exceeding client expectations and is proud to share a 5-star rating from a valued patient! Sabrina S. said, "I wish I was able to rate this office with more than 5 stars! From the moment you walk through their doors, you are treated like family! The office is extremely clean, the staff is so friendly, personable and makes you feel like you are top priority! Love this office! I am super apprehensive when it comes to injections, but with the injector's gentle approach, I never have to worry about discomfort being involved."



Provided photo of Peninsula Glow Medical Spa Staff: From left to right, Cristina Mendivil, Practice Manager; James Owen, MD; Anne Marie Smith, LE; Anna Rider, RN; Stacy Rohrbough, NP

### Traditional boxed Thanksgiving dinners curbside and carry out Thanksgiving meal prep solved!

If you don't want to spend the whole day in the kitchen preparing a full mouth-watering Thanksgiving Dinner this year, you don't have to! Founded in 1950, the award-winning Old Fisherman's Grotto has an easy solution this year. Chef Juan's Traditional Curbside/ To Go Boxed Thanksgiving Dinner will be available on Thanksgiving Day.

The delicious Thanksgiving Dinner will be available Family Style with all of the trimmings carefully packed to be enjoyed at home including Butter Roasted Carved Fresh Tom Turkey, Whipped Yukon Gold Potatoes, Seasoned Giblet Gravy, Candied Yams with Marshmallows, Fresh Organic Vegetables, Stuffing made with Dried Fruits, Nuts, Herbs and Sourdough Bread, Homemade Cranberry Sauce and

Pumpkin Pie with Caramel Sauce, Fresh Berries and Whipped Cream. The cost is \$120 for 4 people, \$180 for 6 people and \$240 for 8

According to Old Fisherman's Grotto owner Chris Shake, "Although there is no indoor dining allowed in Monterey County at this time, we wanted to provide a wonderful Thanksgiving dinner experience with all of the trimmings for our com-

munity at an affordable cost so that families can relax and enjoy this important holiday. Our 70 years of experience in the restaurant business will ensure a delicious dinner for

Preorder your special dinner no later than Monday, November 23 by calling 831-375-4604. Pickup, to go and curbside service will be at the head of Old Fisherman's Wharf on Thanksgiving Day from 11 am - 9 pm.



Provided photo of Chef Juan Ponce

### Monterey area stars again in new series and movie

Film production crews are welcome visitors to Monterey and surrounding communities. While the COVID pandemic cooled off the number of sizeable productions in the past months, the film industry is coming back to life with new safety, sanitation, and careful set protocols in place. Monterey County's locations filmed previously also starred in two other productions that debuted in September. "She's in Portland," an independent film, has a road trip theme and captured scenes while moving north from Gorda in Big Sur to the Inn at Span-

by-the-Sea with lots of recognizable Monterey Bay scenery. The first season of

ish Bay and Carmel-

"Ratched" on NetFlix reached number one in September. This production--the scary tale of what made Nurse Ratched of "One Flew Over the Cuckoo's Nest" fame become her evil character—filmed scenes at Lucia Lodge, Big Sur's Highway One, as well as Toro Place Café near Salinas. And, the 1940s period piece also took over Cannery Row's Fish Hopper

restaurant for some

Monterey dining scenes.

Filming in Monterey

County has resulted in revenues of more than \$118 million in local communities since the Monterey County Film Commission was established by the Monterey County Board of Supervisors in 1987. The nonprofit organization offers free assistance to productions and promotes local settings, accommodations, crew, and services to the film industry, and lets the rest of the world see the fabulous Monterey peninsula causing many people to add Monterey as a Bucket List destination. Visit www. filmmonterey.org to learn more.



Provided photo of one of the Monterey Bay's many beaches, which can be seen along with many other local spots, in the new film She's in Portland





### Meet the Glow Team

James Owen, MD • Stacy Rohrbough, NP Anna Rider, RN • Anne Marie Smith, LE Cristina Mendivil, Practice Manager

# Now Open!

We offer the upmost personal care and provide a customizable anti-aging and skin health plan for you. Peninsula Glow believes success is achieved while building a relationship with each client to better serve your skin care goals and customize an individual treatment plan. We believe this can better address your individual concerns and achieve the naturally beautiful results you will be confident about.

Botox/Dysport Chemical Peels Dermal Fillers

Facials
Laser Skin
Rejuvenation

PDO ThreadLifting
RF Microneeding
Tattoo Removal

243 El Dorado Street, Suite 200
Monterey, CA 93940
P: (831) 233-3143 • F: (831) 233-3921
www.peninsulaglow.com