



Carmel-by-the-Sea

Special Advertising Section

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Cooking like a professional chef made easy

Local service provides ingredients and inspiration

By Lisa Crawford Watson

Life during the COVID lockdown has changed the way a lot of people acquire and consume food. Some people have gone back to basics, baking bread, cultivating a victory garden, making more food from scratch. Others, tired of cooking or inspired to support restaurants, have ordered out. Every night. Some people are reluctant to enter a supermarket; others look forward to it as their one daily outing. Some folks have simply stocked up on TV dinners.

Yet, there's another way to find, fix, and feed. It's called "The Chef's Stash," five nights of all the best local ingredients and recipes needed to make cooking fun, fresh, and family-friendly. Particularly during the pandemic. And it's all curated by two local celebrity chefs who also found themselves wondering what to fix for dinner.

Despite being born into a family-focused on fresh, fine food, chef and restaurateur

Gabe Georis has faced his own dilemmas in figuring out how to feed his family during the pandemic. He grew up in the kitchen of his family's Casanova restaurant in Carmel, where he later ran the wine cellar for eight years. He trained in Spain, where he worked at a gastronomic pub, before returning home to establish his Basque restaurant, Mundaka. In 2013, he opened the local bar, Barmel. And, in 2017, he opened his Baja-based Pescadero restaurant.

Yet, during the first shutdown of 2020, Georis and his family felt a reticence to go anywhere. He was willing to cook but reluctant to go to the grocery store. Realizing other folks might feel the same way and yet not have access to the quality food he's used to acquiring in bulk for his restaurants, Georis started to think outside the box.

He quickly realized his solution was inside the box. What if, once a week, he divided a

large order of fresh food into individual boxes from which friends and family could cook? What if he included basic recipes, so folks knew what to do with a parsnip, how to roast a chicken with shallots and mushrooms, and ways to convert leftovers into pasta? The "what ifs" worked so well, friends told friends, also wrestling with cooking during COVID.

Georis' boxes quickly became a business. His wife, Mandy, named it "The Chef's Stash," suggesting access to the inside track, where folks can cook from the same quality foodstuffs chefs use.

"My initial circle of friends became the kick-off to a business. At that point," said Georis, "I talked with Chef Brandon Miller, with whom I'd stayed in contact ever since we stopped working together at Mundaka, about partnering and taking this public."

Miller suggested they introduce some prepared foods in the box as well, so people who've been cooking on their own for months could rely



Chefs and restaurateurs Gabe Georis (left) and Brandon Miller toast to the success of their new venture, Chef's Stash, a box of meats, seafood, fruits, vegetables and more curated by the two chefs for weekly pickup.



Chef's Stash curated boxes are packed with seasonal fruits and vegetables, poultry, meats, and seafood as well as rustic breads, eggs and cheeses, and varies week from to week.

on re-heatable entrees instead of cooking from scratch every day.

"I don't think you have to be a particularly good cook to work with The Chef's Stash," Miller said. "You just have to want fresh, local, quality ingredients, plus a few special items, like our favorite vinegar from Italy. People are getting tired of their own cooking. With us preparing things, you get restaurant-quality food you can eat right out of the box."

Imagine having access to a personal shopper and private chef during a pandemic. Here's how it works. The Chef's Stash comes in two sizes, a two-person and a four-person box.

Folks can sign up for a single order as a trial or perhaps a gift box for friends and family, a bi-weekly order, or a weekly subscription. Every Friday, between 3 pm and 7 pm, shoppers can collect their box in the former banquet room at the back of Casanova restaurant, which was once the legendary Clam Box restaurant. The simple process is spelled out at thechefsstash.com, where patrons place their orders.

"Besides keeping people from having to wander the aisle of a market, we're showcasing what we've sourced in this area," said Georis. "We know who

grows the best tomatoes, peppers, blackberries, and when they're at their peak. We support the local farmers and fishermen, and we know to get sausages from Pig Wizard, gnocchi from Bistro Mulan, and bread from Ad Astra and Lafayette Bakery, or croissants from Parker Lusseau."

What Georis and Miller want to eat, what they cook and serve their households is what they put in their "chef's stash."

"This is working so well for my family and for so many others," said Georis, "I can see it continuing long

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after COVID has been curtailed. This is definitely convenient during a lockdown, but people are always busy, always looking to mix up their menus, and not everyone has access to the quality products we do. Until now.”

Georis and Miller receive weekly “love letters” from folks, who appreciate the convenience, the simple directions, and the diversity of fresh food available to them.

“People could curate these boxes themselves,” said Georis. “But, to source all the products, they’d have to drive to the Wharf and talk to the fishermen, timing it right to get something off

the boat. Then, they’d have to head out to the guy who raises cattle in Corral de Tierra, and get out to the farms at harvest, and then meet the bakers and beekeepers. . .or they can let us do it for them.”

In the meantime, Georis and Miller are working with Sanctuary Vacation Rentals, based in Monterey to curate welcome boxes for travelers, filled with local coffee and honey, crackers and cheese, fresh fruit, and a baguette—all the things people wish they had upon arrival or on that first morning out of town.

“Over the years, in all my travels,” said Miller, “I’ve put together my own kit of all the things I wish I had with me

when I land and haven’t had time to find the market. I bring coffee and my spice kit, and I know the knives won’t be sharp.”

While “The Chef’s Stash” ramps up business, Pescadero restaurant persists through take-out orders, and Georis looks forward to the day he can reopen Barmel.

“People miss the camaraderie of dining with each other in a happy environment at Pescadero,” he said, “so we look forward to returning, at least, to outdoor dining. And I think Barmel will bet really busy once this pandemic is over. In the meantime, folks can create a festive evening at home with the help of The Chef’s Stash.”



Chef’s Stash boxes (and bags!) can be picked up from 3-7 p.m. every Friday at Mission Street between Fifth and Sixth avenues, across the street from Katy’s Place, in Carmel-by-the-Sea.

Ami Carmel home-goods boutique a creative collaboration

By Lisa Crawford Watson

When yoga instructor Kim Theobald opened “Ami,” her home-goods store in Carmel, she wanted it to be a symbol and reminder of the importance of living with elements of stillness, of beauty, of celebration. Ami, which means “friend” in French, seemed to resonate with customers, particularly Theobald’s close friend Annee Martin, who told her the week she opened, if she ever decided to sell her store, Martin wanted first right of refusal to buy it. “I was in love with the store Kim had created,” said Martin, “and I’ve carried this feeling that curating home goods for customers is something I’d want to do. I love to find cool things that put positive messages into the world. Everything I love—beauty, engaging people, celebrations—all of that was in Kim’s store.” Seven years later, when Theobald finally felt the stirrings to create stillness in her own life, Martin made good on her offer and bought the store. During a pandemic. But she didn’t do it alone. Martin, who makes her home in Marina, has lived many career lives — among them psychotherapy, catering, cookbook authoring, interior design, staging, real estate, innkeeping, vacation rentals. Yet, she knew the store would be more successful if she brought her friends into the business, creating a complement of experience and camaraderie. AnneMarie DeFreest, who lives in Vermont, once owned a home in Carmel Valley and has been visiting Carmel for 20 years. She and Martin were partners in “A&A Hospitality,” based on a historic round barn set on a 245-acre farm. In addition to a 12 guestroom inn, the site became a premier destination-wedding site. Annie Darling, who lives in Maine, is a graphic artist by trade, and a fine-art painter by

passion. She has owned two design firms, a stationery business, and a company that helps other artists find their path. Singer-songwriter Hayley Jane Soggin was performing a home concert in Vermont for Martin’s sister’s birthday when she mentioned she was moving back to her hometown of Pacific Grove. Martin took in the measure of her creative energy and ability to connect with her audience and invited her to come work in Ami Carmel. Not as an employee, but as the fourth partner in the business. “This is about the ability to create a lifestyle, to pursue our passions and bring our own gifts to this business,” Martin said. “We come to this business with a deep connection, and we want to connect to the community. Once we get through COVID, we want to be the favorite gift store in town. Kim Theobald laid that foundation for us.” At exactly midnight, Dec. 31, “Ami Carmel” became theirs. Each of the four friends brings a different sensibility and skillset to their store, plus her own story that led her to Ami Carmel. AnneMarie DeFreest was maintaining a full schedule, running her inn and destination-wedding business in Vermont when the successful treatment of a second brain tumor told her it was time to change her life. She sold the inn and went back to school to get a master’s degree in positive organizational development, which focused on how to build and sustain a business through best practices, built on a culture of collaboration. “I knew what Annee Martin could bring to the business and what I could, and what parts were missing,” said DeFreest, “such as a really developed e-commerce, as well as a brick-and-



The four-woman partnership of Hayley Jane Soggin, Annee Martin, Annie Darling, AnneMarie DeFreest have become owners “Ami Carmel,” a home-goods store. (Provided photo)

mortar business that was more than just a store.” Every successful business Martin and DeFreest have built has been based on creating an experience, she said. So, in making a commitment to Ami Carmel, they wanted to find a shopkeeper who would “not just sell stuff” but would develop relationships, create experiences, and satisfy needs. Martin and DeFreest found that shopkeeper in Hayley Jane Soggin. “As a musician, I’d been on the road a long time,” said Soggin, “but I was feeling the pull to return home, where my heart lives. When Annee called with the idea to have me work in Ami Carmel on a daily basis, to present things to people in a beautiful way and create experiences for people, I knew this was something I wanted to be a part of.” Soggin, who has performed as Snow White for Disney California, has sung with an award-winning band, and traveled the country performing Folk and Americana music in her rich, earthy alto voice, says her favorite part has always been creating an entertaining experi-

ence for people. “With a shop that has such a wide variety of special items,” she said, “you never know why someone comes in the door. I love that I get to be responsible for creating a moment for people, and affect them in a way that is meaningful. Much the same way music does.” Guests can count on finding Soggin’s music in the store, sometimes, live. Although artist Annie Darling lives in Maine, she will come to Carmel for long stretches, as she is doing now to get Ami Carmel ready for its reopening later this month. “I’ve known Annee Martin since the early ‘90s, and we’ve created a lot of art together over the years,” said Darling. “Our energy is so good together; when she said, ‘I’m not going on this adventure without you,’ I didn’t think twice about it. Every woman involved is super strong and accomplished, and has the spirit to make this store happen.” Ami Carmel had a soft opening and is open daily from 11 a.m. to 5 p.m., and closed Tuesdays. Beginning Feb. 1, hours will shift to 10 a.m. to 6 p.m., still closed on Tues-

days. This spring, Ami Carmel will introduce an e-commerce website, as a way to expand the reach of the store, enabling customers to shop from anywhere, particularly during the pandemic. Although, those who shop in-store are likely to get a complimentary fresh-baked cookie and a warm cup of coffee. “If we could figure out a way to deliver a virtual chocolate chip cookie online,” said Darling, “we would.” Les quatre amies — the four friends — are keenly aware that buying a store and working to expand its presence in the community during COVID is tricky, particularly when other stores are struggling. Yet they also recognize the following Theobald has created over the years and understand they are bringing the kind of feel-good products to the store that people are reaching for these days. Martin has introduced a small section based on characters from beloved books, “The Velveteen Rabbit,” “Winnie the Pooh” and “The Little Prince.” Although the products are presented for children, she is keenly aware that these stories reach

deeply into the hearts of adults. “I cling to strong women,” said Soggin, “who don’t apologize for their femininity and sensitivity, and are able to do life with a firm but soft hand. We four are a wonderful complement; I’m earth, Annie’s air, AnneMarie is fire and Annee’s water. I love that Annee is connected to ‘The Velveteen Rabbit’ — something so sweet and gentle and nostalgic — and the message is superb. Her focus is on spreading kindness, and she lives by it.” All four new shopkeepers are grateful to Kim Theobald for laying the foundation for their new adventure. “Sometimes,” said Theobald, “you don’t realize the impacts and connections you’ve made in a community until you leave. I keep telling everyone ‘Ami Carmel’ will be way better now. Annee Martin knows how to celebrate life even better than I do. You’ll see. I’m excited to see Annee and her team take the shop to the next level.” Ami is located on Dolores Street between 5th and 6th avenues in Carmel. Phone: 831-601-8605. website: www.amicarmel.com.

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Carmel Commerce Carries On

Retailers continue to pivot and persist during the pandemic

By Lisa Crawford Watson

At the stroke of midnight in Times Square, the ball dropped, and folks kissed and drank champagne, celebrating the end of 2020 and the promise of a New Year. And then they awoke with the sun to realize it was just the next day. Yet still, they have hope, which is what has sustained the shopkeepers of Carmel throughout an unprecedented year of shutdowns, infernos, and a recession they didn't see coming.

That, and a little help from their friends, families, vendors, landlords, and loyal customers.

A few of Carmel's longtime local retailers took a moment to share what they're doing to remain in business when commerce has been so severely curtailed due to COVID.

Peggy Raker, who has owned Mark Fenwick women's contemporary clothing for 33 of its 40 years in business, and who designed and opened Carmel Sport women's apparel 27 years ago, got into fashion because she enjoys helping people find the right thing to wear. For a retired social worker for the Red Cross, fashion may seem like a leap, except in both careers, she's helping and building community.

"We're committed to this community," said Raker, which ties into how we've been getting through the pandemic. It isn't about money. It's a business about buying and selling, but even more important than income is the social interaction and support of our customers."

A few days after the first shutdown, in March, Raker's landlord for Carmel Sport, John Plastini, called a meeting among his tenants on Ocean Avenue.

"John made it clear he is in this with us, every step of the way," Raker said. "He's committed to our survival and to keeping Carmel viable by keeping the stores filled. He reduced our rent by 70%, which gave us the chance to regroup, to survive. He checks in, gives motivational talks. He's kept a lot of people in business. He under-

stands this community. He's integral to this town."

Raker's own commitment was, first, to her longtime staff and keeping them employed. She got a PPP loan (Payroll Protection Program), and her employees volunteered to take a pay cut, so they could remain a team. "They would have made more money on unemployment," said Raker, "but they wanted to work."

Raker also reached out to her vendors, arranging payment plans and renegotiating contracts. "We were used to doing a lot of business," she said, "and then our income dropped to zero. I value loyalty and realize our vendors didn't have to work with us, but they have."

Ultimately, Raker changed her merchandise mix. When the stores closed in March, she was featuring winter apparel. When they reopened, it was summertime. It took some creativity and more negotiating with vendors to make sure she was carrying garments relevant to the season and the circumstances—shifting apparel for conventions and classic-car convivial to casualwear for the home, and clothing for outdoor dining.

Similarly, Jim Ockert of Khaki's of Carmel, a longtime purveyor of menswear, both tailored sportswear, as well as fine footwear, spent a reported two months talking with vendors, relying on a long investment in relationships, as they worked together to support his store. Because much of his apparel assortment typically transcends the soft season changes on the Peninsula, he was less anxious about his merchandise mix and more concerned about his customers and their comfort level when returning to his store.

"Of course the restrictions put a dent in our business," he said, "but, during the three-month closure, we stayed in contact with our customers and continued to satisfy their needs. We made a commitment to taking COVID serious-

ly, from sanitizing the store and erecting safety zones, to offering hand sanitizer, and requiring masks."

Regarding merchandise orders, Ockert stocked his apparel last spring and then slowed down the timing or reduced the amount of clothing coming in to meet demand.

"We've been in business nearly 30 years," he said. "My job is merchandising, which is always about reading the market conditions and customer needs and expectations. So, we've just done it a little differently this year. Our primary goal is safe access and taking care of our customers. It's about community."

If the Shoe Fits Tess Calhoon surveyed the selling floor of Lloyd's Shoes, grateful that she had brought in the hot brand "ON Running" to her women's shoe store. Not only is the Swiss performance running shoe a best-seller for casual and athleticwear across the country, but it has kept her store going during the pandemic.

Lloyd's, a premier women's shoe store which opened in 1975, would have celebrated its 40th anniversary in its current location on Ocean Avenue, except the store was temporarily closed due to COVID. Calhoon, who operates the store she co-owns with her father, Jeff Greenberg, thinks it is more than a currently casual lifestyle that has supported her stores. She believes it is her loyal customers who are committed to keeping her doors open.

"Our local customers, plus those coming to second homes, and our visitors really have sustained us during this time," she said. "We're in this beautiful area where people still want to come, to escape or adjust their reality, which is why we've remained intentional about buying new products that address what people need and want."

Rather than canceling orders, Calhoon adjusted them, committed to bringing in new styles, even when people could



Augustina in Carmel carries gorgeous fashion from furs to footwear! Photo credits: Philip Geiger

only window shop. This is probably why so many people picked up the phone to place orders. It's also what has led Calhoon to accelerate the development of her e-commerce site, which she launched earlier this month.

"Through our website, people can shop Lloyd's and get their shoe fix from home," she said. "I really believe people still have a desire to dress, if only in cool casualwear. I do think people miss and crave the more leisurely in-store shopping experience, which will happen once things open up more fully again."

Calhoon recognizes that with restaurants once again reduced to take-out dining, fewer folks are coming into Carmel, which means fewer folks are wandering up the street and into her store.

"People come to Carmel to eat, to go to these fabulous restaurants, and have the Carmel dining experience. We are so much busier," she said, "when the restaurants are open. We support the restaurants reopening, and their business supports ours." *Creative Commerce*

In the 30 years Tracy Delaney Odle has had Augustina designer boutique and leathers, this is the hardest period she has experienced—by far. Since the March shutdown, Odle has changed her display windows at least every other day, sometimes daily, to reach out to customers who have been window shopping

and then calling to make purchases. It has kept her going during the shutdown and ever since.

Sometimes, Odle designs a display window just to show a particular customer what's possible and then packages it up for the purchase.

"We have to have the most special, unique merchandise assortments possible," she said, "to entice our customers, who tend to be affluent, worldly people. If it's not special, why walk in the door? Especially now."

Odle begins her day before dawn, working with social media as a way to access clientele who want to shop without leaving home. She also works with clients by appointment, closing the store to the public, so they can meet, one on one, from a social distance, in their masks.

Twice a week, she closes the store, so she and her staff can spend the day, sanitizing her stores.

"It's emotionally and physically exhausting to be in the retail business today. I thank God," said Odle, "that I have a great husband and staff and customers who are dedicated to seeing Augustina succeed. Carmel has done an amazing job taking care of the community to keep us safe; now the City needs to take care of our commerce. People want to shop and dine in Carmel, and we need them to be able to."

At Carmel Plaza, the

legendary shopping hub atop Ocean Avenue, whose architecture looks like Aspen, management recognizes that their success lies in their tenants' sustainability.

"Many of our retailers have very loyal customer bases, who have continued to support these businesses throughout this pandemic," said Carmel Plaza Manager Gayle Speare. "Communication with these customers has been key. Some local business owners have strengthened their online presence, which has provided additional revenue beyond the brick and mortar store, while national retailers market products and special offers online, and then fulfill those orders from the local stores."

Meanwhile, Carmel Plaza restaurants are offering takeout orders, and many are using Doordash or Grubhub for food delivery and takeout, focusing on menu items that are popular and portable during the COVID closure.

"Even in a pandemic," said Speare, "we've opened new stores, such as Arhaus, Sea Bags, Cariloa bamboo products and, very soon, Sugar Farms Marketplace, and Links Club golf simulation experience. It's a testament to this unique destination that people have continued to come to Carmel, face masks and all, to have a 'feel-good' experience for a little while."



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Carmel mourns the death of a ‘Champion of the Arts’

By Lisa Crawford Watson

Judith Weintraub, who along with her husband Malcolm accepted the Arts Council for Monterey County’s “Champion of the Arts” award in 2019 for service to the community, died in early November 2020 at her home in Carmel. She was 85. “Judy Weintraub was a remarkable woman, a woman of passion, which was about her six kids and her love for Malcolm, but also her love of art,” said former Central Coast Congressman Sam Farr. “She brought the art world into the lives of so many people in Sacramento and also was able to transfer that kind of love of the arts to people here on the Monterey Peninsula. She will be dearly missed.” Carmel’s Carl Cherry Center for the Arts was a

welcome home for Mrs. Weintraub’s energies and ideas in later life. She and her husband participated actively in the Center, recognizing it as a “unique little gem” she was determined to make not bigger, but even better. “Not only did Judith champion our film series and attend every event we hosted, but she had an uncanny ability to bring a really good eye to art exhibits,” said Executive Director Robert Reese. “Judith introduced us to some remarkable artists. An advocate for arts education, she was quite a mentor to artists and art galleries and always encouraged dialogue about their work.” The Weintraubs honeymooned in Carmel at The Highlands Inn. Finding the city by the sea to be a special, inspiring place, they re-

turned for weekends and summer visits over the years, eventually retiring to Carmel in 1996. But first, they settled in Sacramento and raised their family there, where Mrs. Weintraub also became passionate about raising awareness and support for the arts, for culture, for the community. “My mother knew Chicago and New York, and understood that culture and art were seminal in the lifeblood of a community and its people,” said son Anthony Weintraub. “In moving to Sacramento, she couldn’t discern the culture, so she went on a one-woman expedition to bring people along with her as she created the city she wanted to thrive.” Mrs. Weintraub balanced raising children with raising a visual



Monterey County’s “Champion of the Arts” award-winner Judith Weintraub died in early November at her home in Carmel. (Photo courtesy of Weintraub family)

and performing arts community. She served on several community and nonprofit boards, among them the California Arts Commission, the Capital City Ballet, the Sacramento Ballet, the Crocker Art Museum Association, and the Sacramento Symphony. She later extended her influence to the board of the University of California Berkeley Art Museum and Pacific Film Archive. Mrs. Weintraub was a patron of the arts, remembered as someone who loved championing young and emerging artists through her art consultancy business and in establishing her eponymous art gallery in what had become a thriving art enclave in downtown Sacramento. In 1986, Mrs. Weintraub and celebrated gallery owner the late Michael Himovitz founded the “Second Saturday” art walk in downtown Sacramento, which evolved into a monthly art celebration that continues today. “Enamored with the burgeoning Califor-

nia Pop Art scene,” said Anthony Weintraub, “she also developed relationships with teachers in UC Davis’ emergent art program, among them the renowned Wayne Thiebaud, Gerald Walburg, and the late David Gilhooly.” The Weintraubs maintained their affinity for “big city culture” by traveling to Europe and to New York where, for 15 years, they kept a second home, from which they enjoyed live theater, art exhibitions, and visits with two grown children and grandchildren living there. Yet once they moved to Carmel in 1996, the couple became ensconced in the coastal arts community to which Mrs. Weintraub turned her attention and devotion. In addition to the arts, Mrs. Weintraub was committed to higher education, motivating her children’s academic pursuits, and continuing her own by taking courses at Monterey Peninsula College and via the Osher Lifelong Learning Institute (OLLI) at CSU

Monterey Bay. When the Weintraubs accepted the Arts Council for Monterey County’s “Champion of the Arts” award last year for service to the community, she said, “Collecting visual art is a commitment, a way of life, life itself.” In addition to her husband, Malcolm, Mrs. Weintraub is survived by her children — Rachel Weintraub (Allston James); Sarah LaCasse; Andrew Weintraub (Shalini Ayyagari); Anthony Weintraub (Caroline Baron); Nicholas Weintraub; and Ariel Weintraub; as well as her six loving grandsons, Julian and Gabriel LaCasse, and Noah, Asher, Emmanuel, and Amir Weintraub. In lieu of flowers, the Weintraub family asks that donations be made in Mrs. Weintraub’s honor to OLLI@CSUMB, a learning community for adults age 50 and older (<https://olli.csUMB.edu/donate/>), or the Oakland Museum of California (<https://museumca.org/annual-fund>). *This story appeared previously in The Monterey Herald on December 28, 2020.

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MoGo — A new kind of urgent care

Just as the COVID-19 pandemic arrived in Monterey County in 2020, Montage Health opened its first location of MoGo Urgent Care in Monterey, giving residents and visitors a new option for smarter, faster care for minor illnesses and injuries. Today, MoGo has three locations, with additional clinics in Marina and, most recently, Carmel, providing convenient access to the entire Monterey Peninsula. With MoGo, Montage Health has turned urgent care as you know it on its head, delivering on-demand care, completely redesigned around the patient experience. At each clinic, MoGo:

- Offers more services — clinicians, medications, lab work, and X-rays — all under one roof, to save you time
 - Offers online reservations and walk-in service, whichever is most convenient for you, with extended hours — 8 a.m. to 8 p.m., 365 days a year
 - Provides the exceptional level of care you have come to expect from Community Hospital of the Monterey Peninsula and the rest of Montage Health Patients experience a warm, welcoming, safe, and clean environment and can expect to complete most simple visits in about 30 minutes.
- You can quickly book a reservation through the website, [MoGoUrgentCare.org](https://www.MoGoUrgentCare.org). Or you can just walk in. When you do, you are greeted right away by a clinical concierge who oversees your entire visit, walking

you directly to an exam suite where registration occurs and vital signs are taken. A nurse practitioner examines you and discusses a diagnosis and treatment plan. X-rays, many commonly prescribed medications, visit-related lab work, and medical supplies such as crutches and splints are provided on-site and included in the flat-fee pricing.

“That means, in many cases, you don’t also have to go to a drugstore to get a prescription filled, or to an imaging center or a medical supply store — stretching your ‘urgent’ visit into a half-day ordeal, all while you are sick or pressed for time,” says Chris Stegge, chief operating officer of MoGo. “We want to make urgent care as painless as possible and streamline the entire experience without losing the human touch.”

MoGo accepts many types of insurance; for those who don’t have or aren’t using insurance, there is a flat fee of \$250, which covers the visit and any related lab work, medications, X-rays, and medical supplies that can be provided onsite.

The centers treat many minor injuries and illnesses, including colds, flu, earaches, fevers, respiratory infections, minor fractures, sprains or breaks, rashes or poison ivy, scrapes or minor cuts, and urinary tract infections. COVID-19 tests are provided if the clinician determines the patient has related symptoms. MoGo has all appropriate measures to protect patients and staff, including screening



MoGo Urgent Care in Carmel is located in the Carmel Rancho Shopping Center, off of Carmel Valley Road, and is open 8 a.m.-8 p.m. every day.

and mandatory masks. MoGo also offers sports and school physicals, and will work with local employers to provide occupational medicine, including physicals and drug testing.

MoGo uses the Epic system for patient records, the same secure system used at Community Hospital and Montage Medical Group. This gives care providers a fuller picture of their patients wherever they may go within the Montage Health system or the many healthcare providers nationally using Epic. Personal health information, including lab and X-ray results associated with a MoGo visit, are available to patients through MyChart, Epic’s patient portal.

For patients who need a primary care provider for regular care, includ-

ing long-term prescriptions, extensive testing, chronic disease management, or a specialist for further studies (such as MRI scans) or treatment beyond the urgent care visit (such as an orthopedic specialist), MoGo will arrange referrals to local

providers.

MoGo is not, however, a substitute for the emergency department when that care setting is actually needed. Chest pain, head injuries, serious allergic reactions, and severely broken bones are among the

conditions that should be treated in the nearest emergency department.

“With MoGo,” says Stegge, “we provide care that is accessible and exceptional, on your schedule, from the people you know at Montage Health.”



Make an online reservation — [MoGoUrgentCare.org](https://www.MoGoUrgentCare.org) — or simply walk in to any of the three MoGo Urgent Care locations, in Carmel, Marina, and Monterey.

Art Gallery celebrates 10 years in Carmel

Artist offers new series of his prints on metal

Artist and gallery owner Scott Jacobs, of Scott Jacobs Gallery, is celebrating 10 years in Carmel. Jacobs’ paintings are best described as sculpted oils on canvas, up to 3 inches thick of textured oil paint on any given work. He recently introduced a new series of prints on metal, gloss varnished, and ready to hang. Jacobs says that he priced these affordably “for the times” at only \$45. So even during a pandemic and uncertain times for many, everyone has an opportunity to own a piece of his wonderful art. Prints include Monterey Fish Company, The Sandlot, and his most sought after Bill Murray prints, and all are hand-signed!

Images of these works can be viewed in person at The Scott Jacobs Gallery on Mission St. between 5th and 6th near Casanova, or on the gallery website www.scottjacobsgallery.com. Orders can be placed via email to scottsbart25@yahoo.com or by calling 831-383-0930.



Provided photo of a 36" x 36" Scott Jacobs oil painting on canvas called “Park Avenue, Monterey, C”



**CARMEL
ART
ASSOCIATION
IS ONLINE AND WELL!**

Current Show (through March 2nd):
Lilli-Anne Price “Somewhere in Time”
New oils capturing the essence of the Monterey Peninsula.

February/March Show:
“All Together Now”
A two month, all-member exhibition of new work.
February 4th through April 6th

Private appointments now available!
Call or text: **831-250-3347**
View on-line at **carmelart.org**
or call for appointment: **831-250-3347**
Thursday through Monday, 10:00 a.m. to 5:00 p.m.
Closed Tuesday & Wednesday.



Landed in the rough?

MoGo

URGENT CARE



MONTAGE Health

Smarter, faster urgent care.

8 a.m.–8 p.m. every day
including holidays

Walk in or make a reservation online
MoGoUrgentCare.org

Visit-related X-rays, lab work, and
medications onsite and included in
your co-pay or flat fee.

LOCATIONS

CARMEL

26135 Carmel Rancho Blvd., Suite B-1

MARINA

2930 2nd Avenue, Suite 120

MONTEREY

2020 Del Monte Avenue, Suite B