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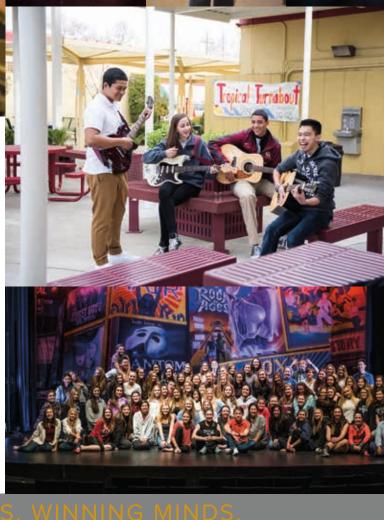
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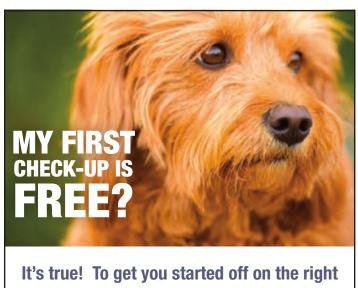
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# Publisher's

**Thank you Fountaingrove Life residents** for all the content submissions. We've gotten to know so many great residents and all the amazing things you are doing. This publication is here to celebrate you, so keep them coming! 

I'd also like to add a regular feature when kids can submit content and artwork. This can be for kids of all ages. It could be about spring break adventures, summer plans, original stories and poems, and anything kids want to share. If there is an aspiring writer out there, wouldn't it be fun to be a junior writer and do stories about your friends and neighbors? If you have any special events like birthdays, anniversaries, graduations, retirements, new business endeavor or new additions to the family, please submit them to blake.bascherini@n2pub.com. Thanks to each of you for coming out to the Neighbors' Night Out resident social events. It is always nice to catch up and see so many familiar faces.

Did you know that there is room to grow? Do you have an idea for a new article that would be a great addition? Everyone enjoys the Kid2Kid/Young Achievers articles and Precious Pets ... especially if you are the kid, young achiever or proud parent. What else would be an interesting read? A Pet's Perspective is a new article written from the view of a pet's life.



I hope you enjoy this month's edition of Fountaingrove Life. As always, please reach out with any ideas, comments or suggestions you have for YOUR resident publication.

Take care,

### Blake Bascherini

Area Director Fountaingrove Life 707.490.9707 | Blake.bascherini@n2pub.com



# June 9 - Laser Tag Night 7 p.m.- 9p.m.

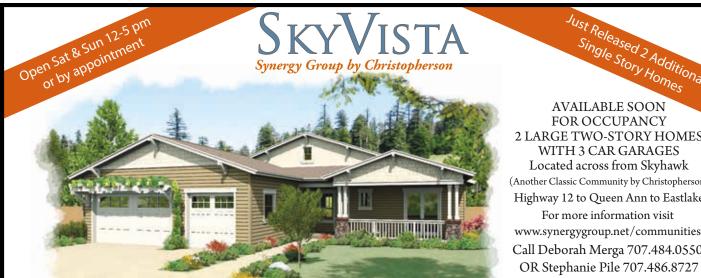
Laser Tag of Santa Rosa, 3011 Santa Rosa Ave Please join some of your fellow residents and families from Skyhawk and Proctor Terrace/ McDonald Ave area for a few rounds of laser tag. Laser tag is a game for all ages where players (individually or as a team) score points by tagging opponents with a light beam in a multi-level arena with lighting effects, fog and exhilarating music.

Please RSVP with Blake at blake.bascherini@n2pub. com or with Zarina at zarina.decastro@n2pub.com.

# **Community Garage Sale in June!**

Many of us have thought it would be a grand idea to have a One Day Multi-Family garage sale. We can sell items that are taking up space and we want to get rid of and/or see what our neighbors are selling and find a bargain or two. More information to follow. We are looking at Saturday, June 25th. (That is not set in stone.) Contact Sheri DeCarlo, either through the Nextdoor app (Fountaingrove) or email her at SherDC24@aol.com. It's ALL about community building.





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**High School Seniors!** 

We will be publishing photos of the graduating seniors from the neighborhood in an upcoming issue. Send us your senior photo, with copyright release from your photographer, and a brief biography no later than April 1 if you wish to be included.

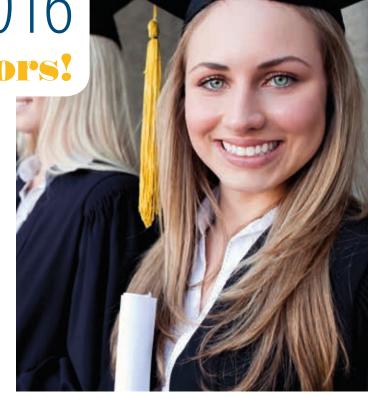
Be sure to include the following information with your photo:

Parents' names:

**Graduating from:** 

College attending or other plans for next year: Special interests/achievements in high school:

Photos can be emailed to blake.bascherini@n2pub.com or contact Blake at 707-490-9707 if you have questions!





# **Financial Check-up**

How do you perform a background check on your financial advisor?

# Below are five search engine sites that will get you started:

- 1) Financial Industry Regulatory Authority (FINRA)
- 2) Securities and Exchange Commission (SEC)
- **3)** California Department of Insurance
- 4) Certified Financial Planner Board (CFP®)
- 5) Financial Planning Association (FPA)

# All 5 can conveniently be found at:

www.honestfinancialplanners.com/Financial-Advisors-Background-Checks.5.htm



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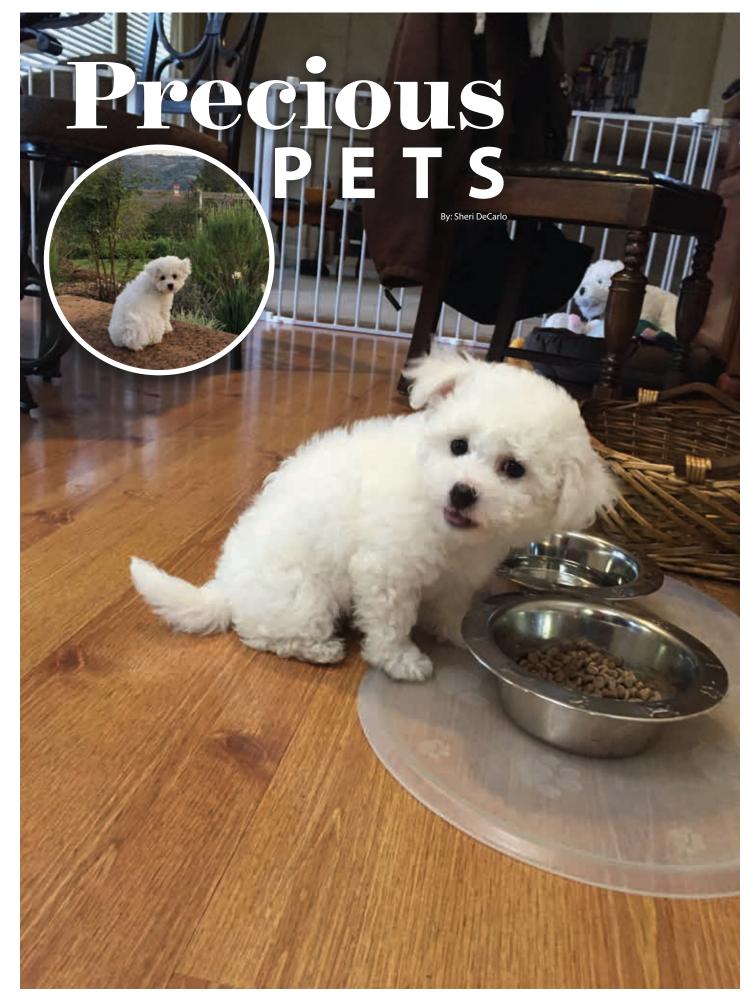
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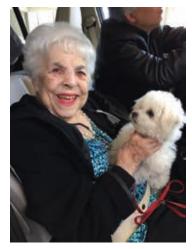








Sheri and Phil with Cozette at four weeks old. The bigger dogs in the picture are Cozette's parents.



Cozette with her grandmother.

We adopted Cozette (Cozy) from California Bichons, a bichon frise breeder who is located in the foothills of the Sierra Mountains. (We owned a rescue bichon/poodle in the past and fell in love with the breed then.) She was born on November 3, 2015 and is still just a puppy. My husband and I are "empty nesters," and moved into the neighborhood right near Rincon Ridge Park last

summer. Having recently retired and moving up to Santa Rosa from the city of San Francisco, I knew I would have a lot of time on my hands. After teaching Middle School Special Education Students for over 15 years, I knew I wanted to continue to work by helping children and the elderly. Training Cozette to be a therapy dog seemed to be the perfect fit.

She is named after one of the lead characters in the book/play *Les Miserable* by Victor Hugo. Since this particular character is an orphan child, we thought it was appropriate that she come live with us. Plus, the name is French in origin and so is the breed. Like most bichons, Cozette is very friendly and does not hesitate to go up to anyone young or old. In fact, this is one area that I am going to train her to be not so outgoing. But, it obviously is a plus when you consider that she is going to be working with people of all ages. So far, since she is just a pup, she is showing great ability in learning commands and playing, non-stop, with any number of her toys. She loves to chase after the toy and brings it right back to start the process over again.

We were able to finally go to a dog park this week as she finished her series of puppy shots last week. Both she and I were new to the park and were thrilled to see other dogs romping around. They were all much bigger than she; however, she held her own and loved running around with them, and then, often, sat still watching them behave as adult dogs. It was almost as if she was taking notes as to how to behave. (I am hoping to have a small dog/puppy playgroup in the neighborhood and am looking for anyone who would like to join us.) It is very important that she is not spoiled; however, as my husband put it, she won the doggie lottery since I love dogs so much.

We are a VERY family oriented family. Our two grown kids live in the Bay area, and we get together with extended family quite often, Cozette has become the newest addition to our family. Wherever we go, she goes. Two weeks ago, we drove down to Los Angeles where she got to meet more family. In particular, she met my mother, her "grandma," and got to see what an assisted living facility is like. There is nothing like a dog. Cozy has enriched our lives in many ways. From making us exercise while we take her on walks, to laughing at her antics as she prances around during playtime, to giving us kisses when we hold her close, to laying quietly and winding down at the end of the night...I couldn't imagine life without her. Thank you for this opportunity to share our precious pup.



**Have a cute pet?** Share your funny stories! To have your pet(s) highlighted in this publication, email Blake @ **blake.bascherini@n2pub.com**.

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# Bicycle safety

By **St. Joseph Health** 

Kids love to ride their bicycles – they're fun AND offer great exercise. However, without proper protective gear – healthy fun can end in injury. The most common (and often most serious) injury with this equipment are head injuries. However, helmets can prevent 85 percent of head injuries.

A properly fitting helmet is essential. Helmets should fit properly on you and your child's head and also be fastened correctly. A properly fastened and fitting helmet does not move around on the head.

## Which helmet to purchase?

Helmets should be approved by the American National Standards





Institute, the Snell Foundation, or the American Society for Testing and Materials.

Helmets should fit comfortably and snugly. It should sit on the head in a level position and not rock from side to side. It should have a chin strap and buckle to keep it in place. Helmets should be made out of a hard outer shell and an absorbing liner at least one-half inch thick.

### **Bicycle Safety:**

You cannot control a bicycle that is too large. You should be able to straddle the bike and stand with both feet flat on the ground.

Younger children may need to ride a bicycle with training wheels.

A child must be able to stop the bike by using the brakes.

Learn the proper hand signals for left turns, right turns, and stopping and observe all traffic signals and signs. Children not yet coordinated enough to use hand signals and still maintain control of their bike should not ride in the street.

Children should ride on sidewalks until they are at least 10 or 11 years old.

Look left, right, and left again, before riding into traffic from a sidewalk, driveway, or parking lot.

When riding on the street, children should be in a straight line near the curb, and be alert for car doors opening into traffic lanes. Both children and adults should ride with rather than against traffic.

Children should not ride a bike at dusk or at night as this is when most fatal accidents occur. If a child is still outside when it turns dark, the bicycle light must be turned on and the child should be wearing light or reflective clothing.

Make certain the bike has safety reflectors. All bikes should have reflectors on the front, rear, and wheel spokes.



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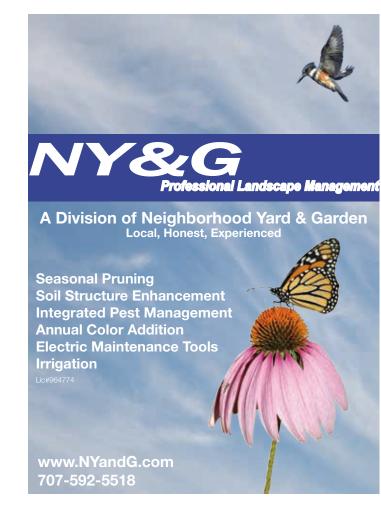
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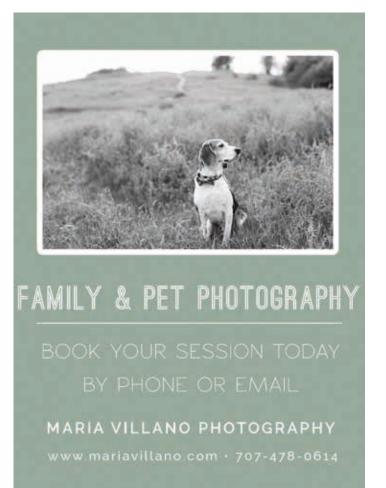
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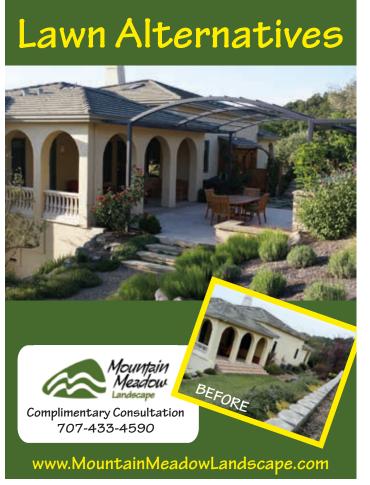
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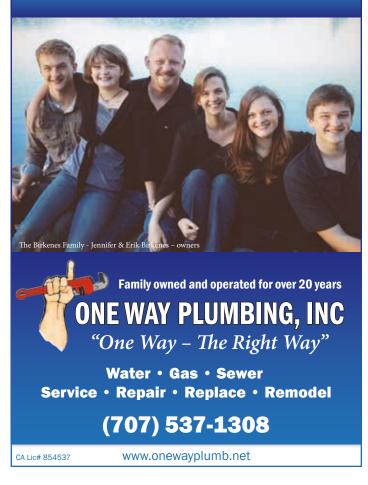


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# Ham and Leek EMPANADAS

By: Dian Patricl

# Ingredients

1 ½ tablespoons unsalted butter

1½ cups small-diced leeks, white and light green parts

1/3 cup creme fraiche

4 ounces (1/4-inch-diced) smoked ham, such as black forest

4 ounces grated Gruyere cheese

2 ounces fresh baby spinach, coarsely chopped (2 cups)

2 tablespoons julienned fresh basil leaves

½ cup freshly grated Parmesan cheese

Kosher salt and freshly ground black pepper

All-purpose flour

3 sheets frozen puff pastry, defrosted (2 packages)

1 egg beaten with 2 tablespoons milk, for egg wash

Fleur de sel or sea slat

# Directions

Preheat the oven to 400 degrees. Line 2 sheet pans with parchment paper.

Melt the butter over medium-low heat in a medium (10-inch) sauté pan. Add the leeks and sauté for 4 minutes, until tender but not browned. Stir in the creme fruit and simmer for a minute.

Combine the ham and Gruyere in a medium bowl. Add the leek mixture, then the spinach, basil, Parmesan,  $1\,1/4$  teaspoons salt, and 1/2 teaspoon pepper. Mix and set aside.

Sprinkle a cutting board with flour, roll out one sheet of pastry to an IIxII-inch square, and cut in into 4 equal squares. Brush the edge of each square with the egg wash and place 1/3 cup of the filling in the middle. Fold the squares diagonally to make a triangle, lining up the edges of the pastry. Place the triangles on the prepared sheet pans and press the edges with the tines of a fork to seal. Brush the triangles with the egg wash and sprinkle with flour de sell and pepper. Repeat with the remaining pastry and filling. Bake for 20 to 25 minutes, until puffed and golden brown. Allow to cool for 5 minutes and serve hot.



Have a good recipe? Share it with your community! Email blake.bascherini@ n2pub.com to have your recipe highlighted in Fountaingrove Life!





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By: **Don Allcock**, resident writer, and Rhonda Alderman



**Phone:** 707-328-7653

Email: Rhonda@RhondaAlderman.net Website: www.RhondaAlderman.net

Facebook: www.Facebook.com/RhondaAldermanRealEstate

"There is no wealth, but life." John Ruskin (1819-1900)

Rhonda Alderman is a licensed real estate agent for Keller Williams Realty, and one multi-faceted lady! She lives life to the fullest and is always ready to provide her clients with a fulfilling experience in selling or buying their next home.

Rhonda comes from a family of real estate broker/agents, her father and mother, who owned a successful real estate office in San Francisco for many years. She has evolved into an agent with tremendous expertise and a reputation as a highly recognized and respected listing agent with local and global sales exposure. She has trademarked her proven and successful "Elite Showcase Marketing Program" which provides sellers the top of the industry's most effective marketing tools and strategies available to gain the ultimate in maximum exposure and attention when selling your home.

Rhonda grew up in the Peninsula area of San Francisco and came to Santa Rosa 18 years ago. In that time she has garnered the status of Top Listing Agent in Units sold for Keller Williams every year since 2011, as well as consistently ranking in the Top Percentage of Sonoma County Realtors throughout the years. The accolades do not stop there.

In addition to being a consistent Top Listing Agent, Rhonda's additional accomplishments have established her as a truly unique agent:

She is a Certified Luxury Marketing Specialist with a CLHMS Designation (The designation is recognized as the mark of accomplishment in luxury markets around the world, assuring affluent buyers and sellers that the agent has the knowledge, experience, competence and confidence they require).

Rhonda is an Accredited Staging Professional. ASP Certified.

Rhonda has earned the Keller Williams Home International Designation

Rhonda is also a ProxiPro Member, offering her clients Global MLS exposure.

When clients hire Rhonda they work with her directly. She puts her client's interests first and is proud of the many personal relationships she has developed as a result. Rhonda offers her clients concierge service and arranges everything that will help you get full value in the sale of your home, including professional luxury photography, custom brochures, print ads and targeted luxury buyer marketing campaigns. She has a wealth of qualified referrals including, contractors, electricians, handymen, plumbers, landscapers etc.

Her 16 year listing agent experience has made her into a very skilled negotiator knowing what's best in obtaining the highest price and best terms for her clients as well the process of maximizing multiple offers. One of her listings generated 26 potential buyers.

Rhonda's personal life is similarly multi-faceted. She loves volunteering her time for The Redwood Gospel Mission, serving food for the homeless as well as helping at New Vintage Church. She is currently enrolled in Anthony Robbins University studying the art



of living a life filled with passion as it applies to both her personal and business dreams and goals. Rhonda is a proud mom of two boys, Brian, age 18, a Senior-Art Quest Student at Santa Rosa High School and avid rock climber. Brandon, age 8, is attending school in Rincon Valley and is a very skilled trampoline acrobatic gymnast.

Rhonda herself spent time ("before kids," as she states) competing in free style skydiving-aerial gymnastics and achieved over 800 jumps. She prides herself in being a fitness enthusiast and enjoys boot camp classes at LP Fitness Playground several times a week and is also an avid runner. You may have seen her in the recent City of Santa Rosa-St. Patrick's Day Race and other local races. Additionally, she has earned a second-degree black belt in Shorinji Kempo and trained in Japan Town, San Francisco for over 10 years.

As you can see from her personal achievements and successful 16-year real estate career, Rhonda goes above and beyond in anything she does and will do the same for you to help you sell your home and achieve your real estate goals.

Check out the many wonderful testimonials from satisfied clients on Zillow at: http://www.zillow.com/profile/RhondaAlderman/?rx=true

You will see that Rhonda is a professional, experienced, personable, and grounded agent that can showcase your home to develop the true value you know it's worth!







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The tasting room of Marimar Estate Vineyards and Winery at the Barlow was literally packed on a chilly Thursday evening with residents of Fountaingrove and Skyhawk for an exclusive tasting event. We got a taste of their wine club exclusive, the Albarino (2014), a Spanish varietal grown in the Russian River Valley and aged in stainless steel. They are one of three wineries that make it in Sonoma County. It was a favorite for the night for many, including me. Erin said "it's sweet and smooth with a light finish." Jeff described it as "excellent and flavorful," while his wife, Sheri, said it's "light, crisp, not too sweet and would be good as a summer wine."

The 2013 La Masia Chardonnay, the house Chardonnay aged in French oak for ten months was served as well, along with the 2012 Mas Cavalis Pinot Noir, the 2013 Cristina Pinot Noir (named after Marimar's daughter) and the 2013 Tempranillo dubbed "excellent" and with a "rich, thick texture." Delicious and filling appetizers were also shared that evening by K&L Bistro and Woodfour Brewing Company, establishments within the Barlow. K&L Bistro served walnut and blue cheese shortbread with balsamic onion jam and dried black mission figs. A resident said, "it's a standout-just so amazing in richness, texture and taste. Yum!" Woodfour served some refreshing prawn cocktails, crunchy mushroom crostini, and the "delicious and flavorful" prosciutto-wrapped arugula.

The tasting room gave us just that, a taste of the subdued elegance and the Catalan heritage their winery in Sebastopol has to offer. Family pride and integrity have enabled Marimar Torres to blend centuries-old traditions with the latest innovations to pro-









Pacific Union agent Sudha Schlesinger enjoying her time with some Fountaingrove residents.



Interim Healthcare owner Cathy Olsen enjoying a conversation over some wine.



Gateway financial advisor Jerry Mendes chatting with some of the guests.

duce outstanding wines known the world over. Marimar herself has become a symbol of this heritage as she is acknowledged as a world-renowned ambassador of Spanish wines in North America (then Prince Felipe paid a visit in 1995; he is currently the reigning King of Spain).

I encourage you to visit the estate at 11400 Graton Road in Sebastopol. The metal statues of her beloved English Springer Spaniels, Chico, Brandy, and Bonita will welcome you to the Catalan farmhouse-style winery. Check their website www.marimarestate. com or call (707) 823-4365 for hours and upcoming fun wine club events such as Sports Day in the Vineyard-Tennis, Bocce Ball and Lunch in May, a Spain trip in June, and Summer Paella in July.

**DISCLAIMER:** The business reviewed in this section provided products and/or services free of charge in exchange for this review.



Keller Williams agent Rhonda Alderman



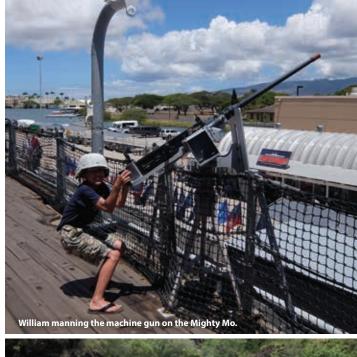




Last summer my family and I went to the island of Oahu, the third largest in the state of Hawaii. We were away for a week and four days. My favorite foods were tropical fruits, mango and of course pineapple. One of the beaches that I really enjoyed was the small bay of Waimea. We saw a few green turtles swimming around barley below the surface of the clear water. I also went to see Pearl Harbor and went aboard the Missouri "Mighty Mo" Battleship. The Hawaiian Islands are continental and therefore offer a verdant display of tropical plants. I'm planning to return as a commissioned officer if not sooner. The historical impact is just too much to ignore.



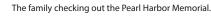
Been on a cool vacation recently? Share your adventure with the residents in our Travel Tales section. Email blake.bascherini@n2pub.com to find out how!













William and his two siblings at a local market.



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# health & beauty

# Kybella Vs. Coolmini: The Battle Of The Double Chin

Every year, more and more people become interested in cosmetic procedures. Interest in reducing chin and neck fat has especially grown in a dramatic way in recent years.

In 2015, Kythera launched its revolutionary Kybella treatment, aimed at reducing the appearance of double chin via injection. Kybella was the first treatment of its kind and the excitement surrounding it was surely justified. Allergan, the makers of Botox, Juvederm and Voluma, went on to acquire Kybella in late 2015.

Recently, however, Zeltiq of CoolSculpting fame threw its hat into the ring as well. CoolSculpting is another cosmetic procedure that had a very exciting and successful launch, offering a non-invasive method of removing fat on larger areas of the body, like the love handles. Zeltiq's new FDA-approved Cool-Mini applicator takes CoolSculpting to places it's never been before-namely, the chin!

### SO WHAT'S THE DIFFERENCE?

One thing to note is that, due to the nature of each of the treatments,



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Second CoolSculpting\* Session Photos courtesy of A. Jay Burns, MD

the result is the same on a cellular level. Both Kybella and CoolSculpting permanently destroy fat cells inside the body and utilize the body's natural functions for the removal of those cells. Since the cells are destroyed, the fat cannot return in the same way ever again.

### **Method of Treatment**

To most obvious difference between the two: Kybella is an injection and CoolSculpting is performed using a cooling suctioned applicator. Each has its advantages, but if you don't do needles then you may already have your answer.

### **Treatment Duration and Number of Sessions**

Kybella offers the quickest treatment times, making it the easiest to pencil in on a lunch break. Each session lasts approximately 15-20 minutes. To achieve their personal best results, patients generally require two or three sessions at four-week intervals.

CoolSculpting takes a bit longer, clocking in at around 60 minutes per session. There's no downtime after the procedure, so you can continue with your day as normal. Many patients see results after a single session, but you may need subsequent treatments to achieve your desired results.

### **Patient Candidacy**

CoolSculpting is a good option for patients with looser skin, as the applicator can more readily target the necessary areas for the best results. CoolSculpting still works for younger patients, but may be hindered if your skin is too taut.

Since Kybella comes in the form of an injection, it's a good choice for anyone experiencing the appearance of fat under the chin.

# **Results and Side Effects**

Patients begin to see the full effect of their results anywhere from two to four months after the treatment. This is mainly due to the fact that the body needs time to process and remove the dead fat cells.

The most common side effects of each procedure are swelling, soreness, and redness, all of which do not last very long. Both Kybella and the CoolMini can cause some numbness in the area, which generally lasts a shorter period of time with the CoolMini.

Artemedica in Santa Rosa offers both Coolmin and Kybella treatments and can help you determine which is the best procedure for you during a complimentary consultation.

# Add a Splash of Fun to Your Life!





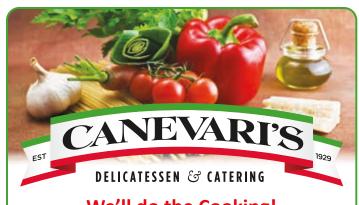
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healthy living • Written by N2 Staff Writer, Elizabeth McCabe

# Staying Healthy

THROUGH BETTER SLEEP

Sleep. Everybody needs it but no one seems to get quite enough of it. Blame it on the demands of a digital age, the stressors of family life, or simply being overscheduled. Sleep is one of those precious commodities that our bodies need to function at their optimum level. Did you know that sleep helps repair your blood vessels and heart? That night of sleep even helps your brain remember information, as well as work properly.

A lack of sleep can create a multitude of problems, such as making bad decisions, depression, and can even control one's emotions. An increased risk of obesity and high blood pressure can also be caused from an ongoing sleep deficiency. Not to mention making one more susceptible to accidents. The Three Mile Island nuclear incident and the Exxon Valdez oil spill were both linked to sleep-deprived workers.

# **How Can You Sleep Better?**

According to the National Sleep Council, a bedtime routine is important for establishing a healthy sleep pattern. A routine helps to cue the body that it's time to settle down and prepare for sleep. Whether that involves meditation, prayer, reading or yoga, getting your body ready for bed is important. Stick to the same bedtime every day for the best results. Create a conducive environment for sleep by banishing cell phones, television, and all electronic devices from your bedroom. Make your room quiet, dark and cool. Don't overlook a supportive mattress and foundation for a good night of sleep either. Still tossing and turning? Consider a supplement like magnesium and calcium, 5-HTP, valerian root or melatonin. Or sip some hops tea. Hops binds to the melatonin receptors in the brain. In random studies, the effect of hops is equivalent to sleeping medications without the side effects.

# **Results Of Sleeping Better**

Sleep can be overlooked in the hustle and bustle of life, but don't neglect getting your precious ZZZs. Improve your memory through sleep, especially when learning new skills. Reduce inflammation through sleep. According to research, those who sleep less than six hours a night have higher blood levels of inflammatory proteins. Cut your risk of heart disease, arthritis, stroke, diabetes and stroke, as well as premature aging through sleep.



can even foster creativity, increase athleticism,

and help you maintain a healthy weight. According to a study at the University of Chicago, dieters who were well rested lost more fat than those who were sleep deprived (who lost more valuable muscle instead). Sleeping sufficiently will even curb your appetite since the same sectors of the brain control sleep and metabolism. Never underestimate a good night of rest!



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# what drives us?

# AUTOMAKERS PLAN FOR THE FUTURE



The Audi RS 7 piloted driving prototype "Robby" tested limits of speed and handling at Sonoma Raceway



Tesla Autopilot

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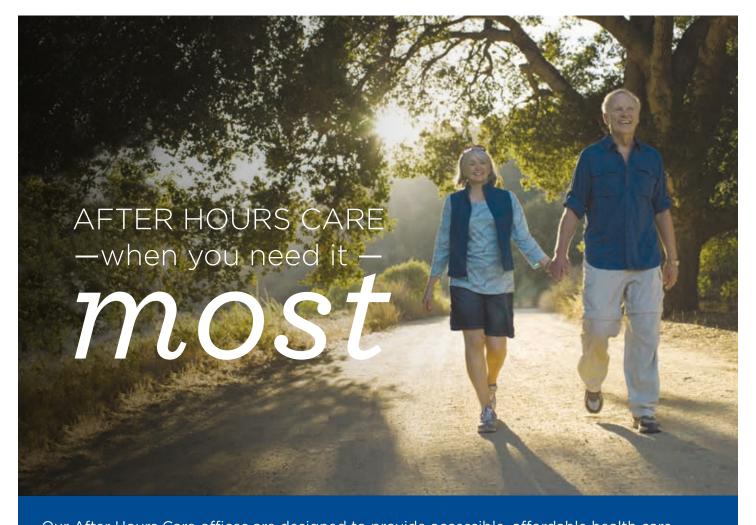


BMW i3

BMW's i3 is all about forward-thinking technology with aluminum chassis driven by an electric motor, augmented by a two-cylinder gasoline-fueled "range extender" engine. The passenger cell is skinned in carbon fiber to keep its weight down for improved efficiency and quicker acceleration. It is rated to cover 72 miles on electricity while the 170-hp range extender gas motor keeps it going for approximately 70 more miles. The cabin is surprisingly roomy in BMW's rather funky-looking intro to the future. With a price tag in the \$50K range, it is likely to be purchased as a toy second car by Euro sports car drivers.

While truly driverless cars are still a few years away, Tesla Autopilot, available on its new Model S, functions like the systems that airplane pilots use when conditions are clear. The driver is still responsible for, and ultimately in control of, the car. Tesla designed Autopilot to give more confidence behind the wheel, increase safety on the road, and make tedious everyday driving a thing of the past. Using cameras, radar and ultrasonic sensors, Autopilot takes the stress of stop-start traffic away by steering, changing lanes and adjusting speed for you.

Rupert Stadler, chairman of the executive board of Audi, says, "The intelligent car can unfold its enormous potential only in an intelligent city." Audi and the city of Somerville, Massachusetts agreed to develop an urban strategy for Somerville, applying technologies automated parking, and networking cars with traffic lights. In addition to networked infrastructure, Audi is bringing automated parking to the project. Self-parking cars result in three different benefits: 1) Parking garages can be relocated from the city center to less attractive places. 2) The parking area required per car is reduced by approximately two square meters. 3) The cars park closer together and need fewer, much narrower lanes in garages, where pedestrian paths, elevators and stairs are no longer required. A parking garage of the same size can then take up to 60 percent more vehicles - sufficient to end curbside parking.



Our After Hours Care offices are designed to provide accessible, affordable health care throughout Sonoma County. We serve adult, senior and pediatric patients on a walk-in basis, and offer a convenient means of treating most minor ailments, illnesses and injuries such as:

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- Sprains and minor injuries

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# **SEBASTOPOL**

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# **home** matters

# DESIGN 2016 ESIGN TRENDS



Spring is the perfect season to refresh and update the style of your home. 2016 brings with it many exciting ideas and creative liberties. Designer Jonathan Adler sums it up perfectly, saying "We live in an anything-goes world where it's okay to mix high with low, mid-century with minimalist modern, colors, patterns and everything in between. The best trend I'm seeing is people forgetting about the 'rules' and loving what they love unapologetically."

# COLOR OF THE YEAR

Each year, Pantone releases a Color of the Year, which influences fashion and design trends in a major way. Leatrice Eiseman, Executive Director of the Pantone Color Institute, best describes the color pair of 2016, saying "joined together, Rose Quartz and Serenity demonstrate an inherent balance between a warmer embracing rose tone and the cooler tranquil blue, reflecting connection and wellness, as well as a soothing sense of order and peace."

# ECLECTIC KITCHENS

The kitchen, often referred to as the heart of the home, has become a blank canvas for showcasing personal style. Black stainless steel appliances are an increasingly popular alternative to the more traditional stainless options. Mismatched upper and lower cabinets are a wonderful way to incorporate various paints, stains and finishes. Countertops made of concrete, recycled glass or wood add texture and individuality.

# FORMAL SPACES

In an intentional effort to be more present, many are opting to turn off the television in favor of tech-less living rooms. Creating spaces for conversation and relaxation is becoming increasingly more important. For the same reason, formal dining rooms are making a comeback. Fireplaces (both traditional wood-burning and more sleek, electric versions) will be focal points for many of these formal spaces.

# BATHROOM RETREATS

To many, the bathroom is becoming just as much about luxury as it is function. Heated flooring, steam showers and towel warmers create a relaxing environment. The bidet, a sanitation staple in many other countries, is gaining popularity in the United States. Adding a lounge seating area to your bathroom can make the space feel more spa-like. Bathroom mirrors that make a statement and metallic wallpapers add elegant touches.

# Design Accents

Adding some unique accents to your spaces will truly make your

house a home. Whether you collect pieces while traveling or create your own artwork, here are some trending ideas for 2016:

- · Geometric patterns in tile, fabrics, and artwork
- · Graphic, colorful throw pillows
- · Black and white mixed with wood tones
- · Mixing various shades of gray
- · Typography art, including signage or marquee lights
- · Artisan wares, such as woven baskets and tapestries
- Framed photography as art, purchased or DIY



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# **business** beat

# Meet One To One Learning Center

# **One to One Learning Center**

52 Mission Cir #204 (707) 539-0675 www.OneToOneLearningCenter.com

The greatest gift you can give your children is literacy and aid in building their self-esteem.

One to One Learning Center was established in 1993 as a professional organization of teachers, offering quality programs for students who struggle with learning differences and tutoring in math, reading, spelling, writing, study skills and all subject matter support. The business was originally started by local teachers and eventually became privately owned. A major prerequisite of the center was, and continues to be, that all teachers are California certified and credentialed. The center insures that specialized programs are continuously provided to staff members, enabling them to provide students with the necessary skills for their development of reading, writing and math skills.

One to One acknowledges that students need one to one intervention in order to accomplish the necessary development of appropriate skills and the ability to find their learning style. Education is the key to our future and One to One's mission is to provide the support which enables students to move forward toward the attainment of their goals for the future. One to One offers evaluative, diagnostic and prescriptive services for students of all ages. All programs offered to students are designed to meet their individual needs by way of an intake assessment. The center is sensitive to enabling a student to feel comfortable with themself, and their respective learning style is extremely important to all staff members at the center. Being able to ask questions and not feel intimidated with the learning process helps the student find their optimal performance. Once a student experiences success, it is amazing to observe their improvement and how they become responsible and take ownership for their development as well. One to One offers the opportunity to explore the students learning styles or differences and serves as a facilitator of that process.

One to One offers the ability to select opportunities for students from nine teachers and five aides who help to support them in their learning styles. Our teachers bring experience to the center from different levels of classroom teaching, special education, speech and language and specialized areas of learning.

As a parent you are your child's only advocate to help them move forward with successes in all areas of their lives. A child spends more hours in school than





at home and if they are struggling it is an injustice to their success in life. Don't wait until you see your child frustrated with learning, offer them an opportunity to academically move forward and One to One Learning Center is here to help you and your child develop the necessary academic support and build their self-esteem and preparation for life.

Some our staff members reflections on having the opportunity to help individual students:

"I don't think there is any greater feeling than when a light bulb goes on and the student begins to make connections with their skills. That is when we have reached that student and they feel successful with the process," expresses Diane Wall, owner and director.



"I love making that special connection with a child, seeing that self-confidence bloom, and observing their eyes light up when they are successful. I genuinely love my job and feel privileged everyday to be where I am, doing what I do." Natalie Tyler, assistant director.

"I love being able to teach with a child-centered approach, rather that one based on testing. We are able to connect with our students on a much deeper level, which brings great results for everyone." Allison Smith, instructor

"Working at One-to-One allows for student-based instruction that is specific to that child's needs. This approach produces positive and accelerated results. The confidence building within our students is very rewarding. I love my job!" Jamie Kline, instructor

"I love when a child has a breakthrough, the smile it puts on their face!" Diane Walsh, instructor









### Saturday, April 9

## **BUBBLES AND BLOOMS**

Join Gloria Ferrer for their first Bubbles and Blooms Festival and get ready for Spring and Summer entertaining. Enjoy Gloria Ferrer award winning wines and chef prepared tasty bites, perfect ideas for your warm evening get-togethers. Meet professionals from *Flower Magazine* and learn creative floral arranging, displays, wreaths, and more! There will be colorful flower art installations perfect for special occasions. Talk with local professionals to steer you in the right direction for spring flower/vegetable gardens and outdoor living spaces. Peruse the on-site garden market for plants and fresh arrangements to get you started enhancing your home. Get inspired with DIY tips for highlight-







# Jeri Nilson can help you design your dream room!

My background in design stems from a lifelong love affair with architecture, nature and art. I encourage my clients to develop a complete room plan before they purchase the first piece. Then purchase as much as you can, when you can, knowing you will love the end result. At Pedersen's, my design service is complimentary with your purchase, will save you time and help you avoid costly mistakes.

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707 5th Street, Santa Rosa • (707) 542-1855 www.pedersensfurniture.com ing your indoor/outdoor décor. Test your luck winning raffle prizes ranging from floral arrangements to garden equipment.

**WHEN:** 4/09, 12 - 4 p.m.

WHERE: Gloria Ferrer Caves and Vineyards, 23555 Highway

121, Sonoma

**COST:** \$80 (\$70 for wine club members)

### Saturday, April 16

### **LOOK! BOOK ARTS**

LOOK! BOOK ARTS is an art exhibition that provides a look at diverse forms of bookbinding, printing, calligraphy, papermarbling, and other arts and crafts associated with traditional forms of making books by hand, and explores present day use of alternative materials and methods used by contemporary artists to create art in the form of books. Curated by C.K.Itamura, Artist Member of The Center for the Book Arts in New York, Director of Marketing and Events at San Francisco Center for the Book, and Board Member and Exhibition Committee Chairperson for Healdsburg Center for the Arts. Join in the Opening Reception on April 16. Exhibit runs April 14-May 22, with a Closing Tea on May 22. The Healdsburg Center for the Arts is a 501(c)(3) non-profit organization dedicated to creating, inspiring, and promoting the arts through community education programs, events, and exhibitions.

**WHEN:** 4/16, 5 – 7 p.m.

WHERE: Healdsburg Center for the Arts, 130 Plaza Street, Healdsburg

**COST:** Free admission

### Sunday, April 17

### **EARTH DAY AND WELLNESS FESTIVAL**

Join over 3,000 enthusiastic participants to enjoy numerous activities including live entertainment, recreation class demonstrations, health, wellness and environmentally focused information booths, and food vendors. Look for spring produce and food at Windsor Farmers Market, children's games and crafts, and enjoy live music and entertainment throughout the day at Sparks Memorial Stage.

**WHEN:** 4/17, 10 a.m. – 2 p.m.

WHERE: Windsor Town Green, 701 McCLelland Drive, Windsor

**COST:** Free

# Saturday, April 23

# **WALK MS: SANTA ROSA 2016**

Walk to create a world free of MS. Ending multiple sclerosis for good will

take all of us. It's why Walk MS matters so much. And it's why you matter so much. Walk MS helps us team up with friends, loved ones and coworkers to change the world for everyone affected by MS. Together, we become a powerful force and with every step we take, every dollar we raise, we're that much closer. Together we will end MS forever.

**WHEN:** 4/23, registration opens at 8 a.m., walk starts at 9:30 a.m. **WHERE:** Maria Carillo High School, 6975 Montecito Boulevard, Santa Rosa

**COST:** walk for free, donations are welcome, visit the website at main.nationalmssociety.org

# Saturday, April 23

### **BUTTER AND EGG DAYS PARADE AND FESTIVAL**

All Aboard! Next Stop Petaluma. Petaluma's best-loved event returns for its 35th year and is celebrating the city's rich railway history and tracks to the future with the arrival of the SMART train in 2016. Watch over 110 units march through Downtown Petaluma, enjoy food and drink, music, arts and crafts and an area just for kids! Come early to watch the Cow Chip tossing contest at 10 a.m., The Cutest Lil Chick Contest at 10:15 a.m., and the kids' Pre Parade at 11:30 a.m. Main parade steps off at 12 p.m. at Fourth and D Streets, loops around to Petaluma Blvd North, and ends at Petaluma Blvd South at D Street.

WHEN: 4/23, 10 a.m. - 5 p.m.

WHERE: Historic Downtown Petaluma, 210 Lakeville

Street, Petaluma COST: Free

# Saturday, April 23

# SANTA ROSA EARTH DAY FESTIVAL

The 7th Annual Earth Day Festival in downtown Santa Rosa is a fun, FREE, and family-friendly way to inspire awareness and build community through environmental protection. Don't miss this opportunity to enjoy great food, live performances On Stage at Courthouse Square, local and earth friendly products, and eco-friendly crafts and activities for kids. The outdoor showcase of Santa Rosa's performing arts scene includes The Chalk Board Players and their themed theater for children, the Redwood Empire Chinese Association's Dragon Dance, H-Town Youth Theater, and the 24 Karat Brass Quintet (Members of the Sonoma County Philharmonic).

WHEN: 4/23, 12 – 4 p.m.

WHERE: Courthouse Square, Fourth Street and Mendocino Avenue,

Santa Rosa
COST: Free

# May 5

### "Hidden Talents Art Show" Fundraiser

A fund-raising opportunity and social get-together benefiting Sonoma County Medical Association Alliance Foundation Programs. A casual evening that features the best Sonoma County has to offer: artistic talent, wine, good food, camaraderie, and sensational views! This event is family-friendly, with a separate children's space providing sitters and art activities for children 12 and under.

**WHEN:** 5/5

**WHERE:** Paradise Ridge Winery

INFO: www.scmaa.org

COST: TBA



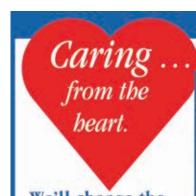
### **CASTLES AND KITES**

This annual festival features spectacular kites, demonstrations and training on the beach with sand sculpture creations. Park representatives are on hand with tools and molds to help you create your own!

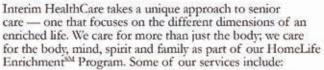
Overnight camping available

WHEN: 5/07, 11 a.m. - 4 p.m.

WHERE: Doran Regional Park, 201 Doran Beach Road, Bodega Bay COST: Free admission, Parking is \$7 or free for regional parks members



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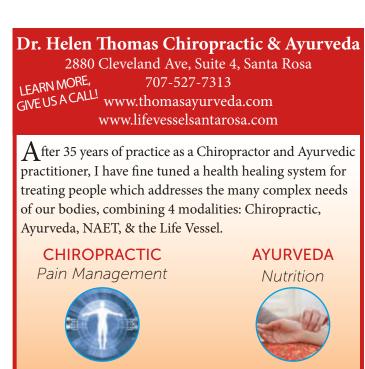
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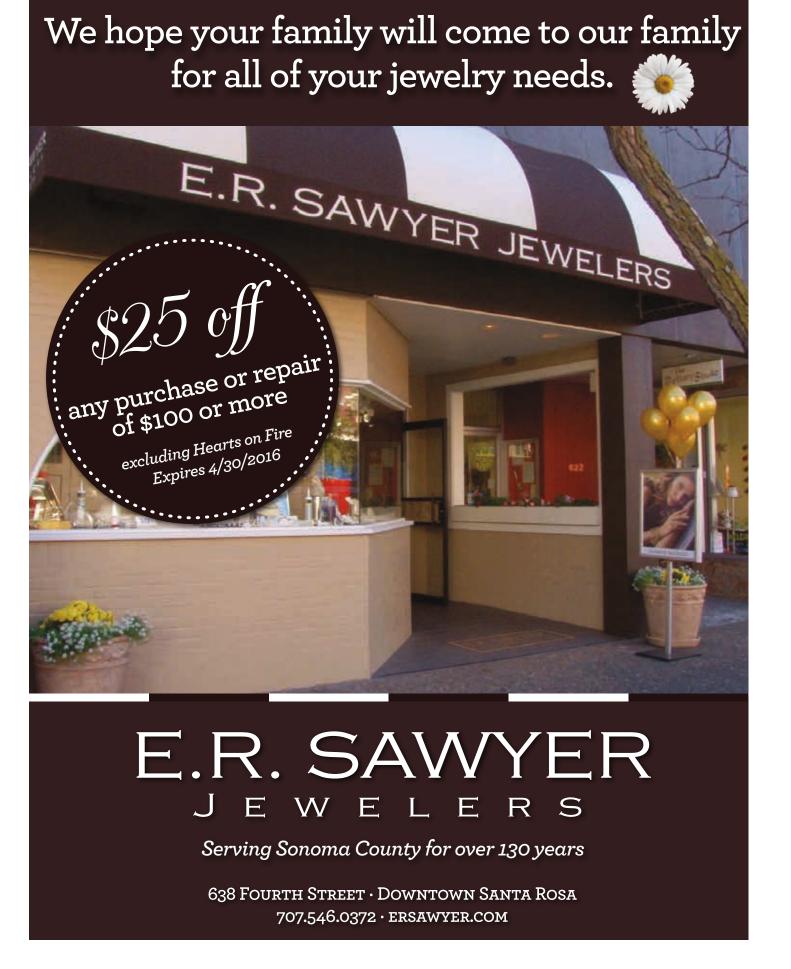


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Featured properties may not be listed by the office/agent presenting this brochure.

Source Multiple Listing Service. All information herein has not been verified and is not guaranteed.

Information provided by Mike Del Curto, Del Curto Real Estate.



				_	_	
Address	Sale Price	Sold Date	DOM	Beds	Baths	Sq Ft
3527 Hanover Place	\$1,410,000	02/09/16	78	4	4	4525
2168 Wedgewood Way	\$1,375,000	01/08/16	69	4	4	3980
3961 Millbrook Drive	\$870,000	12/08/15	32	5	3	3315
3760 Crosscreek Road	\$815,900	12/22/15	221	4	4	3380
3680 Banbury Court	\$1,435,000	11/23/15	54	5	5	4605
3954 Hansford Court	\$1,225,000	11/17/15	48	5	4	4137
3929 Hansford Court	\$1,349,500	10/29/15	36	4	4	3980
2116 Wedgewood Way	\$1,058,000	10/26/15	109	4	5	3446
3643 Hadley Hill	\$989,000	10/15/15	39	4	4	2818
3788 Saint Andrews Drive	\$1,095,000	10/06/15	108	3	3	3000





"Your Neighborhood Realtor"

Buying or selling a home can be stressful at times. I strive to make every transaction a positive experience. Being a resident of Fountaingorve I am always up to date on the home values. Looking forward to meeting all of your real estate needs.

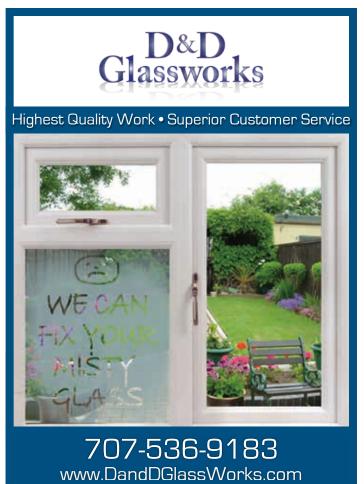
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