

Message from the MVNA President

By Susan Nine

Two weeks ago, my husband and I received our second Moderna vaccine. We are now as fully immune as possible and we are both deeply relieved. We hope by the time this newsletter comes out, the vaccine is available to all. It seems unbelievable that we have both survived a year without contracting this potentially deadly virus. We are in an age group vulnerable to serious complications. We have been lucky but our hearts go out to

I GOT MY COVID-19 VACCINE!



those who endured illness or lost loved ones.

Hearing the daily barrage of bad news about those sickened or lost as numbers climbed alarmingly, we felt we had an obligation to each other, to medical personnel and everyone really, to take all recommended protocols seriously. Without vaccines, reaching herd immunity would take much longer and exact a far more deadly toll. Mass vaccination will

MONTEREY VISTA NEIGHBORHOOD ASSOCIATION

SPRING 2021 NEWSLETTER



Sticky Monkey-Flower
Mimulus aurantiacus

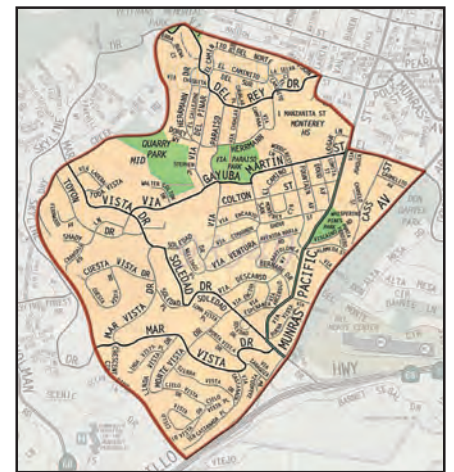
reduce the time the virus has to circulate and mutate into ever more resistant and deadly new variants. We have noticed many people letting down their guard here as casualties go down, but Covid is still going on. Some states, due to a combination of new variants, slow vaccine roll outs, lax protocols and/or resistance to getting vaccinated are seeing increases in cases and deaths.

This past year we have learned so much about how our bodies respond to pathogens at a cellular level. Dr. Fauci and other experts gave us all an education. What that education told us to do was to get the shots. The science was enough to overcome my own fear and dread of shots ever since a friend's mother became paralyzed with Gillian-Barre Syndrome from an early flu shot. But this is a different world and a different virus. We are aware that this is the first time RNA vaccines have ever been tested on humans. Those taking the virus will be the largest trial imaginable and the shots are being given without the usually required period of testing necessary to know long term side effects. It was a risk we were prepared to take. The Johnson and Johnson uses a more conventional approach for those wary of the RNA vaccines. Yes we were sick with flu-like effects for

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Save The Date! • 2021 MVNA BBQ • Sept 18



New Location: Veterans Park Picnic Area 2 (South Side of Veterans Dr.)

[The Monterey Vista Neighborhood Association \(MVNA\)](#) is one of fifteen City of Monterey neighborhood associations that represent the residents of Monterey.

Our goal is to preserve and improve the quality and character of our neighborhood areas.

Our services include review and comment on selected city programs, proposed ordinances, and building designs. We provide assistance to members in resolving neighborhood concerns.



Monterey Vista Neighborhood Association

532 Herrmann Drive Monterey, California 93942

Web: montereyvistaneighborhood.org Email: mvneighborhood@gmail.com

MVNA Membership Update

As you may know, because we unfortunately had to cancel our 2020 Annual MVNA BBQ/Picnic, we offered our current members a free one-year extension. But did you also realize that MVNA also allows new members to **join MVNA for FREE** until August 31st, 2021? Just send your name, address and email to mvneighborhood@gmail.com. Your support allows MVNA to preserve the quality and character of our neighborhood. We also review and comment on selected city programs, proposed ordinances, and building designs. You can learn about what we do on our website (montereyvistaneighborhood.org) and nextdoor.com, attend pertinent and informative events for our members and the general public, and request assistance in resolving neighborhood concerns. If you've enjoyed this newsletter, please feel free to pass it on to your friends and neighbors.

Message from the MVNA President

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twenty four hours after the second shot, but we have no regrets. Just the reduced anxiety of knowing we can begin to resume a more normal life with lessened probability of winding up in the hospital or worse is a great relief. We will still distance and wear our masks until virtually all threat is lifted.

The general population has no way to know who is and isn't vaccinated and most have come to avoid and fear anti-maskers. Even the best vaccines leave a five percent chance of ineffectiveness and scientists have not confirmed yet whether those protected by vaccines may still be carriers of the virus or how effective the vaccines are against all variants. As the northern hemisphere heads out of the flu season, it's natural to see a decline in viral infections. One good thing that was revealed during the horrible winter Covid spikes was that following the distance, hand-washing, and mask protocols contributed to fewer cases of flu as well as Covid.

Protocols work. But Covid is not done with us yet so please follow existing recommended protocols and get the shots.

You won't regret it. You will have far less to worry about and will have done your part to hopefully hasten us all to herd immunity. And by the way, the shots don't hurt. You barely feel anything.



To comply with state guidelines to prevent the spread of Covid our monthly Monterey Vista Neighborhood Association board meetings are held virtually, usually the first Monday of each month on an online conference application from 6:00 to 8:00pm. You are welcome to attend any of these virtual Board meetings, or to suggest agenda items to share your concerns. Please contact a board member for more information.

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Mountain lion recorded near Skyline Drive in Monterey

By Dennis L. Taylor dtaylor@montereyherald.com



MONTEREY — A mountain lion roaming along the Skyline Drive greenbelt was videotaped this week by a resident's motion-activated camera. Dan Presser caught the big cat on video sometime Tuesday night or in the early hours Wednesday where his home butts up to the woods. The lion was likely stalking deer, its favorite meal, experts say. That wooded area west of Skyline Drive in Monterey circles around pretty much unabated until it opens up into the Jacks Peak area.

Beth Brookhouser, vice president of marketing and communications for the SPCA Monterey County, said mountain lion sightings are not uncommon anywhere in California, particularly since their range can run from 10 square miles all the way up to 300 square miles. A mountain lion was spotted near Monterey High School a couple of weeks ago and another was seen in Carmel in February. More than half of California is considered mountain lion habitat, according to the California Department of Fish and Wildlife.

About five years ago Presser discovered a deer carcass behind his house that "was covered in pine needles, which mountain lions do," he said. Presser sent the video recording to a Fish and Wildlife biologist who confirmed it was a mountain lion. In the video, you can see the cat moving through a corner of the frame with its unmistakable black-tipped tail. "I can guarantee that it's seen me even though we couldn't see it," Presser said. "That's why I was ecstatic when I watched the video."



Presser has had an up-close-and-personal encounter with a mountain lion a number of years ago. He owns Four Winds Travel in Carmel and specializes in photo safaris all over the world. One year he was in Costa Rica as a guest of a woman who rescued all manner of big cats. "She had three mountain lions in enclosures and asked if I wanted to pet one," he said. "The guy in there said not to run and let the cat come to you. It did and I was able to scratch it behind its ears."

But those cats were used to humans and Presser is the first to say mountain lions need to be respected. He recommends a Fish and Wildlife publication the biologist provided him for residents living in mountain lion territory called "[Keep Me Wild: Feeding Wildlife is Dead Wrong](#)" ([link here](#)). Presser keeps his backyard area unfenced for good reason, he said. If wildlife wanders onto his property he wants to make sure they don't get trapped inside a fenced area. He'd rather they just mosey on their way.

While deer are a mountain lion's go-to diet, they will attack and eat other animals. They have been known to kill dogs, cats and even young kids. Fish and Wildlife officials encourage pet owners to keep their animals inside at night if living in a mountain lion habitat. Thought rare, adults have been pounced on and killed in Southern California.

The first rule of thumb if a person comes across a mountain lion is not to approach it. Do not run and do not turn your back to it, Fish and Wildlife advises. Face the animal and make noise and wave your arms to look bigger. If possible, throw rocks or other objects at it.

LETTER TO THE EDITOR

*The letter below is published here as a courtesy to a group of concerned neighbors.
The opinions expressed are not necessarily that of MVNA or its Board.*

Is This Intersection A Disaster Waiting To Happen?

Submitted by "Safety for Skyline Forest at Highway 68"

Every day thousands of vehicles travel on State Route 68 (Holman Highway) past Skyline Forest Drive. Every day hundreds of vehicles enter or leave the highway at this intersection. Speeding vehicles consistently drive faster than the posted 40 mph speed limit. Adverse weather conditions such as rain or coastal fog, make it hard to judge the speed and distance of oncoming traffic. Reaction time and stopping distances are also affected. In a cul-de-sac of only eight homes in Skyline Forest, two families have been involved in serious accidents trying to make a left-hand turn at this intersection. Their cars were totaled and the jaws of life were required in one case. Recently neighbors in Skyline were hit by a speeding car as they turned left onto Highway 68. They were taken to a hospital trauma center.



The only entrance to the Community Hospital of Monterey (CHOMP) is on Holman Highway, 1/2-mile east of Skyline Forest. Access to the hospital is slowed considerably by the heavy traffic on Highway 68. It's often a long wait for people trying to turn left from Skyline Forest Drive onto the Highway. This adds time to the trip which is critical for victims of stroke, accidents or other emergencies. Access to CHOMP is very important to Skyline Forest and Monterey Vista residents and others.

Residents living close to Highway 68 and concerned residents who use this intersection have formed a grassroots organization called **Safety for Skyline Forest at Highway 68**.

We and many others recognize this to be a highly dangerous

intersection and believe something needs to be done to avoid more accidents and eventually fatalities. Currently, this intersection only has an arterial stop sign and a dangerous short merge lane. We believe everyone who uses these roads would benefit by having a stop light at this dangerous intersection. A light would reduce excessive speeding and allow easier and safer access to our hospital, homes and community. This would reduce accidents and save lives. It would also eliminate the need for a dangerous merge lane.

Our group of concerned volunteers has created a petition asking Caltrans to install a stoplight at Skyline Forest Drive. To read and hopefully sign our petition, please use this link and share it with friends and relatives : <https://www.thepetitionsite.com/takeaction/340/261/270/>

For your privacy only the first name and initial of your last name will show on the petition. If you wish to keep informed of our progress please send your email address to us at: safeskyline@gmail.com. Your email will not be shared or published for any purpose.

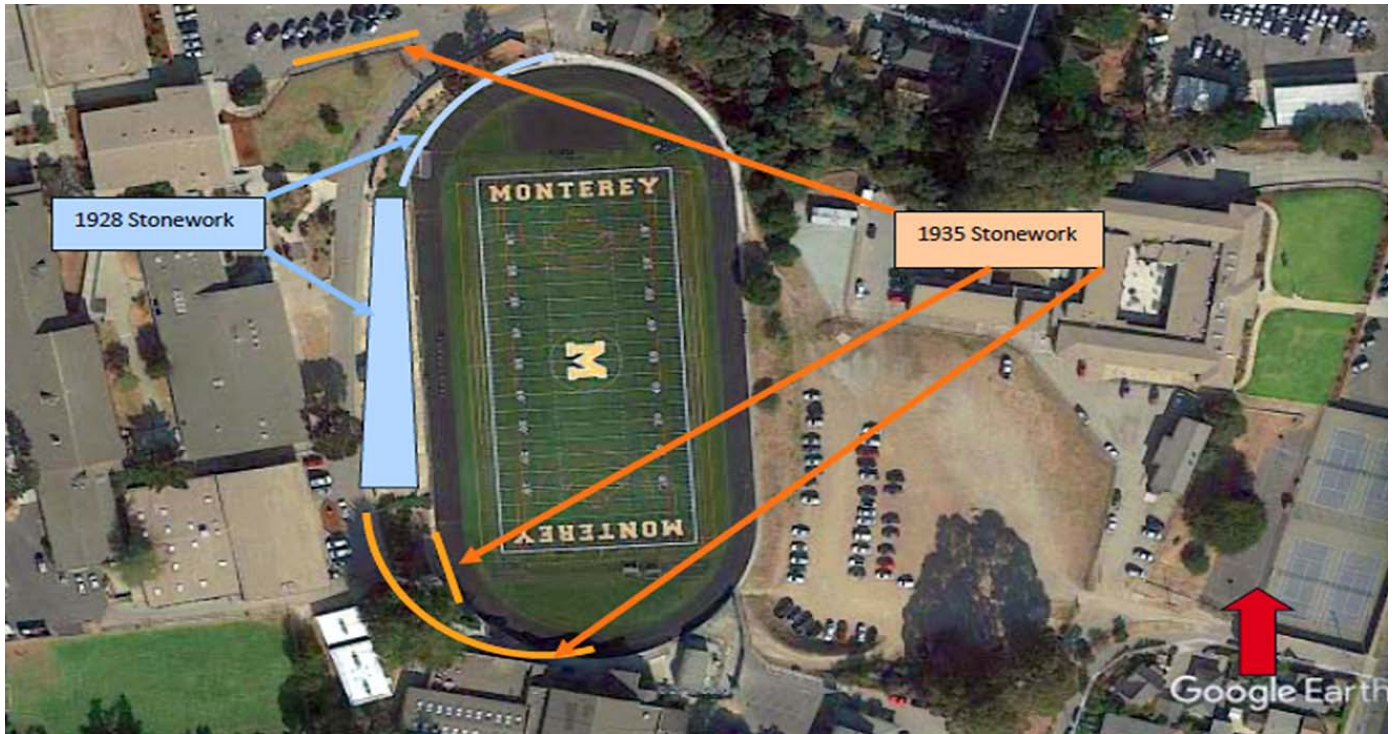


Monterey High School: A Historic Local Treasure

By Mimi Sheridan, Alliance of Monterey Area Preservationists (AMAP)

AMAP is the largest, most active group of historic preservation advocates in Monterey County. AMAP was founded in 2004 to save the 1880 wings of the Del Monte Hotel from demolition and, along with the Naval Postgraduate School, received awards from the national Advisory Council on Historic Preservation and state-wide California Preservation Foundation for their successful efforts.

Monterey High School, a vital part of the Monterey's history, has been on its present site since 1915, with numerous additions and alterations over time. Not surprisingly, many of its features are historically significant but are not always recognized. Now is an opportunity to bring recognition to these features.



In the development of the high school campus, local Carmel stone was widely used for walls, patios, walkways, and curbs. Many of these elements have been severely damaged, or even destroyed, without environmental

review. The current round of improvements involves the school's most visible historic element—the bleachers at MHS Stadium (christened in honor of Coach Dan Albert in 2009).

The stadium has remained relatively unchanged since its construction in 1928 and has retained the Carmel stone bleachers and the nearby stone walls added in 1935. They showcase extensive the use of this local stone and the exquisite



1928 bleachers



1935 retaining wall

Monterey High School: A Historic Local Treasure

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craftsmanship of talented stonemasons, making them a truly a unique contribution to Monterey's history.

The use of Carmel stone in such important and highly visible projects fostered the careers of a few master stonemasons working in, and around, the Monterey Peninsula. Some of these masons are still at work in the region and have the training and experience to choose the appropriate stone and mortar for repairs and to protect the stone from environmental intrusions.

A search through archival copies of the yearbook, *El Susurro*, revealed that the main set of concrete steps of the bleachers had been constructed on the hillside slope in 1917, with additional concrete steps added in 1925. The stone bleachers were constructed in 1928, in time for their appearance as a backdrop for student photographs in the yearbook. This would place the stone bleachers' construction before the beginning of the Great Depression, the election of Franklin Delano Roosevelt, and the creation of the New Deal programs that provided so many .



An experienced architectural historian, Pam Daly, has evaluated the bleachers and found them to be eligible for the California Register of Historical Resources and the National Register of Historic Places. Placement on these historic registers would increase recognition of their historical significance and raise public interest in their preservation and appropriate treatment.

The Carmel Stone bleachers are not the only historical treasure located on the MHS campus. During the Great Depression of the 1930's, the Federal government created several programs to provide jobs for the masses

of unemployed people, including artists. Some the best-known reminders of the New Deal are the murals created by the Federal Art Program and similar efforts. Above is a picture of the tile fountain mural, neglected and unused at MHS.



[The Alliance of Monterey Area Preservationists \(AMAP\)](#) is seeking funds to complete a National Register Nomination for the Carmel Stone bleachers. If you are interested in preserving a little part of history right here in our neighborhood at the Monterey High School campus please contact: Nancy Runyon, nancy@nancyrunyon.com or Mimi Sheridan mimisheridan@msn.com. AMAP is a 501c3 and donations are tax deductible.

AMAP's mission is to educate the community about the value of recognizing, preserving, securing, and displaying the Monterey area's historic assets for public benefit, support activities which interpret and share the Monterey area's rich cultural heritage with residents and visitors, and encourage residents to be advocates for ideas, programs, and plans which contribute to the understanding of the Monterey area's cultural, ethnic, artistic, and architectural legacy. <http://amap1.org/>

Young Families Return to Monterey Vista *By Kristin Dotterer*

For most of my childhood I lived on a quiet, little Monterey Vista cul-de-sac, and got to visit my grandma almost daily who lived just a few streets away on Via Paraiso. Then came a decade and a half of college and jobs up in the Bay Area and a short stint in Portland. A few years ago I moved back to Monterey Vista and am so happy that its beauty, history, and people have captured my husband's heart just as much as they have recaptured mine. I consider myself one of the lucky few who was able to move back to Monterey before retirement age! While most of my Monterey childhood friends no longer live in Monterey, I'm fortunate to be able to raise a family in the same house my grandparents built on a lot that was relatively affordable in the 1950s.

My mom, Jonina, grew up here in the 50s and 60s. Her older brother was in one of the very first Monte Vista Elementary classes. If you're a longtime peninsula resident, you might remember her waitressing at her parents' popular Alvarado St. restaurant, The Poppy, which they owned from 1950 to 1979. The shouting of kids riding bicycles without



Sky peeks over his Via Paraiso fence to chat with the neighbor's grandson, Beau.

parental supervision and the roar of chainsaws during a building boom filled these little streets back then. But in the decades since, my mom has witnessed neighbors lamenting the decrease in our neighborhood's younger homesteaders. As property values rose, so declined generational diversity. I could write an entire book on the challenges facing Millennials, such as job location or debilitating student loan debt, or trends such as marrying later in life. For now it's enough explanation to say that three-bedroom Monterey Vista houses are being sold for over \$1 million.

For whatever reason, after a low point that included the temporary repurposing of our elementary school, it now seems like young families are trickling back into Monterey Vista. It's possible I'm just noticing them more because I have my own little one, but other longtime neighbors have expressed similar observations. I have fond memories of visiting my grandma almost daily growing up in the 80s and 90s. Instead of using the phone, I would call over Grandma's back fence to the neighbor's daughter to come over and play. Today the same neighbors my grandma had still live over our back fence. Their daughter visits often from the Bay Area with her own three kids. Recently my 4-year-old son, Sky, climbed up on our compost bin, peaked over the fence and had a fun, interactive, and Covid-safe conversation with her youngest son, 3-year-old Beau. Sky was excited to let him borrow his ride-on tractor. On our other fence side lives a young family with another little boy, 2 1/2-year-old, Arlo. The mother and I became friends and I eagerly await the day our sons can call over the fence whenever they want to play. In keeping with tradition, Sky's grandparents live in Monterey Vista, too, just a few streets away.



Via Chualar residents, Leo and Scarlet, show off their Valentine's Day loot dropped off by neighbors.

A few months before the Stay-at-Home order I set up an online group on the social networking site for neighbors, NextDoor.com, called "Monterey Vista Parents Group" in order for those young families to more easily connect with one another. Parents began to introduce themselves and post photos of themselves and their kids. A few of us began to meet up for playdates at the park or walks around the neighborhood. Especially since kids are not roaming the streets anymore, but more often in their homes, backyards, or daycare, families might benefit from this type of networking. Hopefully as in-person socializing becomes safe again this group will find newfound purpose. This last Valentine's Day, the online group, was optimal for organizing Monterey Vista's First Annual Valentine's Card Exchange with the neighborhood kids. About a dozen kids participated making homemade valentines for another kid they were assigned and dropping the card in their mailbox. Through social networking sites like NextDoor or the parents' groups on Facebook, or through my flagging down the stroller moms, I've found a small but strong community made up of Monterey natives, military families, and new transplants.



The author's son, Sky, finds Easter eggs at his grandparents' Via Buena Vista house.

Meet Matt and McKayla

By Nickie Bach

Already married for six (6) years, they are the “twenty-something” parents of three active girls ages 5, 4, and 2 years old; the entire household is looking forward to the arrival of the 4th new member of the family who is expected in October.

When Matt and McKayla first started their family, they lived in Seaside. Being given the opportunity to be able to move to the Monterey Vista neighborhood was unexpected, and they gladly set down new roots. They now live down the street from Matt’s parents, so their children and the grandparents get to share a lot of time and love together.

Matt and McKayla really like the Monterey Vista neighborhood, “its big back yards . . . it’s quiet, safe, and there’s not too much traffic.” But to the parents of three small children, from time to time, the quality and character of our neighborhood can present its own challenges. The lack of sidewalks can make it difficult to navigate children, bikes, and strollers easily and safely to the local park. When the family meets the occasional vehicle speeding on the street, sometimes, because of the narrow streets and parked cars, “there’s nowhere to go.” When parents once again begin dropping off and picking up Monte Vista Elementary School students, 2020’s temporary scarcity of vehicles in the neighborhood will vanish, the number of speeders may increase.



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The Exercise Mommy Helps Monterey Vista Moms with Fitness

By Kristin Dotterer

In the last newsletter, I interviewed Jennie Veitengruber and her young family who had just moved into one of the oldest, most historic houses in our neighborhood. This newsletter, I interviewed Dawn Maslehati, who like me, is a neighborhood mom who was actively seeking out other moms when she moved here. We met through online social networking, and other than Sky meeting her 5-year-old daughter, Scarlet, at the park and library pre-Covid, I’ve been one of Dawn’s first eager fitness clients as she was actively creating her business, The Exercise Mommy. She is also Mom to 14-year-old, Beau, and 19-month-old, Leo. Read on for my interview with her and find out what she’s doing to help moms in the area achieve their goals.



KD: When and why did you decide to move to Monterey?

DM: My husband, Arash, previously lived and worked here, at Balance Physical Therapy, like he does now, before we met. He brought me on a trip here for Thanksgiving of 2014 and we both loved this area so much we wanted to live here!

KD: What do you miss and not miss about Colorado?

DM: I mostly miss our families in Colorado. Fortunately, we are able to have regular video chats, which helps! I do NOT miss the traffic, snow, or the frigid temps that come with Winter in Colorado.

KD: What do you love about Monterey Vista neighborhood?

DM: I love the scenery the most! I love that there is a feeling of the mountains, mixed with the fog and ocean air. The accessibility to nearby parks, and also, I love that the area isn’t busy and lends well to walking with the kids. I love that the Quarry Trail is so close that you can have a “wilderness walk” without having to go a long distance to get there.

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Meet Matt and McKayla *Continued from previous page*

Matt and McKayla are not strangers to the Monterey Vista neighborhood. McKayla (the youngest of four) was born and raised in Monterey, wanted to be a stay-at-home mom, but after she graduated from Trinity Christian High School (Monterey), she nonetheless trained to be a cosmetologist. Matt (the middle of 3 children) grew up in the Monterey Vista neighborhood, wanted to be an astronaut, but found himself attending the University of the Pacific (Stockton) and earning a degree in Business Management from the University of Colorado.

McKayla's vision is now real - in addition to meeting the challenges of being the family's principal stay-at-home parent, McKayla also homeschools the girls, and she is additionally the Chair of her local Classical Homeschool group. Matt is putting his training and education to use - he works in the Monterey-Salinas Transit (MST) grants department where he is tasked with finding, applying for, and obtaining the funds needed to keep our busses running.

Both Matt and McKayla are fully engaged parents who are active, athletic, love the outdoors, and delight in exposing their girls to the experiences, excitement, and pleasures of nature. When Matt was younger, he surfed and skateboarded, and those activities have now morphed into his current passion for snowboarding and bicycling. McKayla, who grew up riding horses "off and on," now has her own horse and she's enjoying teaching and sharing the equestrian experience with her children. In fact, if she could be an animal, McKayla would choose to come back as a horse because "they're majestic . . . built for speed . . . and they have food delivered to them twice a day." Matt would opt for being a bear so that he could experience the ursine "slow pace of life."

For fun, whenever possible, the family goes to the Carmel River; attends horse shows; goes to parks; goes camping; rides horses, scooters, and bikes. Two of the family's favorite destinations are Utah for skiing and camping, and Hawaii.

Both Matt and McKayla recognize and embrace the changes parenthood has brought to them. Like many new parents, their priorities have shifted, they've become more patient, and they no longer "sweat the small stuff." They now perceive life as "more joyful, purposeful . . . [and they] find God's glory in things." Parenthood has also given Matt and McKayla some favorite memories, as well as a heartfelt appreciation for one another.

When asked to describe Matt in three (3) words, McKayla couldn't hold herself to the three-word limit - - "Handsome devil. Hard-working. Good dad. Perfect." were her first few descriptors. To Matt, some of the happiest days of his life are when his children first said, "Da Da." Matt, in turn, described McKayla as "Magnanimous. Loving. Patient." One of the happiest days of her life was when she saw Matt holding their firstborn child.

Family is of central importance to both Matt and McKayla, and it touches and enriches their lives. Their favorite holiday is Christmas, in part because of the time and activities they share not only as a family, but also because of the time and activities they share with their own parents, i.e., the grandparents.

Like many of us, Matt and McKayla faced challenges in 2020. But they also managed to find a 2020 silver lining because their family gave them good things and memories for which they are thankful. In 2020, as he was working from home, Matt was able to spend breakfast time and lunchtime with his girls. He values those extra moments. Also in 2020, in his garage, Matt used a bicycle trainer to take part in a virtual Ironman 140-mile bicycle race. All three (3) of his girls were his personal cheerleaders and they encouraged him from the sidelines.

2020's Covid restrictions gave Matt, McKayla, and their girls more time at home together. This side-by-side, hand-in-hand time was a blessing, according to McKayla. It increased the family's appreciation for one another as well as for their extended family and friends.



The Exercise Mommy *Continued from page 6*

KD: Do you think Monterey Vista is a good place to raise young children?

DM: Monterey Vista is a great place to raise young children! The schools are within walking distance for us, and the neighborhood is slower paced. You don't have to worry about a lot of traffic, and it doesn't seem like there are a lot of people coming and going. And it looks like more young families are coming to this area also, so that's great for kids to make friends and play outside!

KD: Explain your new business venture, The Exercise Mommy!

DM: The Exercise Mommy is about fitness and wellness for women in all stages of Motherhood. I create workouts for Moms that are quick and effective (usually about 30 minutes long) to get you to your fitness goals without you having to dedicate hours to exercise. I help women find a balance between their own health and wellness and all of the demands that Motherhood places on us. I provide encouragement to embrace your body and where you're currently at on your own personal fitness journey, tips for making nutrition easy in your daily life, and will be releasing E-books chalked full of programming, hosting group exercise classes at the park and opening more private training slots in 2021!



KD: What drove you personally to start The Exercise Mommy?

DM: Physical activity has been something that has been a part of my life for a very long time. I played sports through my childhood and school years and started weight training when I was 15 years old, which really drove my desire to get my degree in Exercise Science. Through my education and job experience in Cardiac Rehabilitation & Wellness, Functional Exercise with Alzheimers and Dementia patients, and Private Training, I have seen first hand how exercise and healthy lifestyle changes can impact people's health and how they feel on a daily basis. After having Scarlet nearly 5 years ago and becoming a die hard Stay-at-Home-Mom, I began exercising by myself at home instead of going to a gym and started making more Stay-at-Home-Mom friends. I listened to many of them expressing their struggles with not being motivated because they're at home all day, or they're not able to get an hour workout in because they have so many other things to get done, or how they would have to put their kids into the daycare at the gym if they wanted to workout. These things got me thinking that maybe I could create an exercise community and programming for busy Moms that doesn't take forever and can be done at home. Then we moved to Monterey and my husband was really encouraging me to "Do exercise for Moms!". So I created The Exercise Mommy!

KD: What are a couple of quick exercise or health tips you could share with other moms reading this?

**Have a plan for your workout. Thinking about it ahead of time and putting it onto your daily schedule makes you much more likely to actually get it done because you've set time aside for it!

**If you're not exercising first thing in the morning, get dressed right away - going from daytime pajamas to nighttime pajamas doesn't lend much in the area of motivation for the day.

**Drink a large glass of water first thing in the morning to help with hydration.

**And remember...your exercise time doesn't always have to be by yourself. It is important to help our kids see us have healthy habits, and even take part in them! Encourage them to have fun with exercise and do it with them!



Dawn Maslehati - www.theexercisemommy.com

KD: Since moving here what has been your experience finding connections with other families or moms and what has helped?

DM: We only had a couple of months of finding new friends before Shelter In Place happened, so when we were out and about a lot more, I was finding it great to meet other Moms and kids at storytime and at the parks, Momma groups on Facebook or through the Nextdoor app. for our neighborhood.

KD: What kinds of things are your kids into?

DM: We love taking walks and "Exploring", as Scarlet puts it, going to the beaches and exercising at the park - Leo loves anything outside! And taking our weekly trip to the library to return books and pickup the ones on hold. We can't wait to be able to get back to storytime and playdates at the parks!

To get in touch with Dawn Maslehati you can visit her website at <https://www.theexercisemommy.com> She can be reached via email at dawnmaslehati@gmail.com, on Instagram and Facebook at [TheExerciseMommy](https://www.facebook.com/TheExerciseMommy) and of course, by phone 303-667-5857.

WIRELESS & UNDERGROUNDING NEWS

Utility Poles: Relics of the Past *By Ray Meyers*

In 1844 Samuel Morse demonstrated his new communication system by burying electric lines forty miles from Washington, D.C. to Baltimore, but due to faulty wires had to use wooden poles above ground. The utility pole was born, albeit by mistake, and the first transmission ever was, "What hath God wrought?"

Following in the path of the telegraph's success, telephones and power utilities were being installed to fortunate and privileged middle and upper-class homes across the country. Wooden poles were sprouting up from the ground by the thousands, which angered many people.

At the time people were so resistant to poles going up that homeowners and business owners would want to saw them down as fast as they were put up. The New York Times referred to this time as, "War on Telephone Poles" in 1889.



Utility poles Alvarado Street, Monterey c.1900

From Eula Biss's, Time and Distance Overcome:

In Red Bank, New Jersey property owners threatened to tar and feather the workers putting up telephone poles. One judge granted a group of homeowners an injunction to prevent the telephone company from erecting any new poles. Another judge found that a man who had cut down a pole because it was "obnoxious" was not guilty of malicious mischief. Telephone poles, newspaper editorials complained, were an urban blight. The poles carried a wire for each telephone sometimes hundreds of wires. The sky was filled with wires....

Despite the War on Telephone Poles, it would take only four years after Bell's first public demonstration of the telephone for every town of over 10,000 people to be wired, although many towns were wired only to themselves. And by the turn of the century, there were more telephones than bathtubs in America.

Fast-forward to today -- Climate change has led to extremely combustible vegetation, and more frequent wildfires result from both faulty equipment and downed trees contacting utility pole electrical lines. Since 1970, the number of acres burned in California due to overhead power lines increased by 600 percent, and since 2014, faulty PGE equipment has been blamed for causing more than 1,500 wildfires. Frequent power failures and the constant threat of wildfires are the new normal. Underground utilities are less vulnerable to power outages and they do not start fires.



The horrific loss of lives and property, costs of fighting wildfires, and vegetation management may actually exceed the cost of undergrounding. We can start undergrounding our utilities whenever roads are being rebuilt (Dig-Once Policy), or simply put in the conduit for future undergrounding when road reconstruction is underway (Underground-Ready-Roads). Multiple options now exist for sources of underground utility funds, as many cities are already proving across the country.

The question should not be, "Can we afford to underground?", but rather, "Can we afford to live with these dangerous utility poles much longer?"

Words to the Wise

By Jeana Jett Photos by John Jett

A 1765 dictionary's definitions illuminate the present

A new wave of urgency comes over me as more people are getting vaccinated and we're on the path to greater freedom: I have not completed the "to-do" list I made in March 2020 when staying at home became the norm for the unforeseeable future. A whole year to get a lot of unglamorous but necessary house-related chores completed, and still a slew of undone tasks.

Purging books on the shelves and in boxes was on the list long before lockdown. There is no excuse for not tackling this seemingly straightforward task before I resume pre-pandemic activities. If I don't tend to this chore now, I may not get around to it before the next cataclysm.

I breeze through the shelves and set aside the books I may someday re-read: "A Brief History of Time," "Things Fall Apart," and "The Dallas Symphony Orchestra Cookbook." A bag of books for my daughter and grandchildren and a generous box of books for Goodwill. I re-read and re-shelve the book that always makes me cry, Shel Silverstein's "The Giving Tree." Then, on to opening a sealed box hauled in from the storage area. From the box I lift something enveloped in yellowed crinkling-with-age plastic wrap. It appears to be an old and fragile book.

Purging books and speeding through the "to-do" list just came to a screaming halt. I am pleasantly distracted by the find. I carefully remove the plastic wrap and reverently open the deteriorating thick leather-bound cover. What I have in my hands is a 3-inch-thick book published in London in the year MDCCLXV. That would be 1765 A.D.

Unbeknownst to me until now, this 255-year-old book has been in my possession since my mother's death in 2016. It resided among some other books in a sealed box we did not get around to opening following my mother's move from Texas to Monterey. My mother probably purchased it when she was out "junking around," as she called antique shopping. It certainly is not a family heirloom, but it might become one in the future.

The old reference book is entitled: *A New General English Dictionary; Peculiarly calculated for the Use and Improvement Of such as are unacquainted with the Learned Languages.* (I won't delve into the grammar of the era, but the "f- likeness" is really a "s" in Old English.) And the 1765 Dictionary's subtitle? *Together with a Supplement of the proper Names of the most noted Kingdoms, Provinces, Cities, Towns, Rivers ETC. throughout the known World.*

"Throughout the known World." Now that is a phrase that resonates 255 years later when my "known World" suddenly seems to be very Unknown. Slowly I leaf through the dictionary, curious to know if I will find definitions that inform the most trending 2020 words. Suspecting that I will not find "pandemic," "asymptomatic" and "virus" in a 1765 dictionary, I am not surprised. Being a lover of words, I begin researching synonyms and related words, and how the 1765-ers explained their "known World." In the 1765 dictionary, here are words and definitions I found:

and publishes them as his own.
PLAGUE (S.) any sort of trouble, vexation, or affliction whatever; but particularly means any general, contagious, and pestilent distemper, that afflicts any particular country, city, &c. and occasions the inhabitants thereof to die in great numbers, and very speedily.
PLAGUE (V.) to trouble, torment, grieve, or afflict any body by words or actions.



PLAGUE — Any sort of trouble, vexation, or affliction whatever; but particularly means any general, contagious, and pestilent distemper that affects any particular country, city, ETC. and occasions the inhabitants thereof to die in great numbers, and very speedily.

Words to the Wise *Continued from Previous page*

of otherwise estimated.
QUARANTAIN or **QUA'RANTINE** (S.) a custom observed at *Venice*, by virtue whereof all merchants, or others, coming from the *Levant*, are obliged to remain 40 days in the house of *St. Lazarus*, before they are admitted into the city; but if the passengers bring letters of health, this time is frequently shortened; but without such testimonials, or if the plague happens to be in the place from whence the ship came, then the whole company are obliged to stay the whole time in the house of health, to be purified, though not one of them be sick, and likewise all the

EPIDEMIK — In physiks, is sometimes used for a contagious or catching disease, communicable from one to another, such as the plague, pox, ETC. but it is more particularly meant of a general or spreading disorder by means of a contagious or infectious corruption of the air, whereby people are universally affected without communicating with others.

QUARANTINE — A custom observed at *Venice*, by virtue whereof all merchants, or others, coming from the *Levant*, are obliged to remain 40 days in the house of *St. Lazarus*, before they are admitted into the city; but if the passengers bring letters of health, this time is frequently shortened; but without such testimonial, or if the plague happens to be in the place from whence the ship came, then the whole company are obliged to stay the whole time in the house of health, to be purified, though not one of them be sick, and likewise all

the cargo, which they fancy capable of infection from the air, ETC. and if any of the quarantineers fall sick of the distemper within the 40 days, the time is doubled. This house is built in the water, and surrounded with a wall, in which there are several apartments; some are shut up, and restrained in their conversation, and those whose time is nearly finished, are not permitted to talk with those who are but just come in: If any person is desirous to see a friend shut up in this Lazaretto, he must stand at some distance; and if any visitor touch a person that is performing quarantine, he must be confined, and stay as long as the director shall please to appoint to be thoroughly purged; all manner of provisions are brought hither from the city, and every person may have his food dressed as he please. In the times of the plague, England and all other nations, oblige those that come from infected places to perform quarantine with their ships, ETC. a longer or shorter time, as may be judged most safe; also the privilege allowed to the widows of landed men, to stay or remain 40 days after their decease in their chief mansion-house or messuage; also the time of Lent, or abstaining from flesh 40 days, according to the church appointment annually.

APOCALYPSE — A discovering or revealing something, particularly applied to the Revelation of *St. John*: Some have affirmed *Cerinthus* the heretick to be the author of it; and in the first centuries many churches disowned it to be canonical; but since the fourth century it has been generally received. There are many spurious books under this name, which have had their abbetors, and been affirmed to be wrote, some by *St. Peter*, others by *St. Paul*, ETC.

RESILIENT — The quality of leaping up, rebounding, or recoiling backward.

HOPE — Expectation, trust, affiance in, and dependance upon another; The Ancients represented Hope by a beautiful child in a long robe hanging loose, standing on tip-toes, holding a trefoil in its right hand, and a silver anchor in its left.

I did not expect the 1765ers to concern themselves with what now preoccupies me, that is, how our Democracy will survive. From the dusty pages of the 1765 dictionary:

DEMOCRACY — A form of government, wherein the supreme authority is in the hands of the people.

HOP (V.) to leap or throw the body from place to place upon one leg.

HOPE (S.) expectation, trust, affiance in, and dependance upon another; the Ancients represented *Hope* by a beautiful child in a long robe hanging loose, standing on tip-toes, holding a trefoil in its right hand, and a silver anchor in its left.

HO'PEFUL (A.) any person or thing that

How beautifully and reassuringly documented 255 years ago.

DEMOCRACY will guide us through the **PLAGUE**, **EPIDEMIK**, **QUARANTINE**, and the **APOCALYPSE**, given a healthy dose of **RESILIENCE** — **I HOPE**.

This piece was originally published on the Voices of Monterey Bay website: <https://voicesofmontereybay.org/2021/04/02/words-to-the-wise>

History of Wine in Monterey County: Prohibition to Present

by Marta Kraftzeck

People celebrated the repeal of Prohibition in 1933. For 14 years during Prohibition Americans had had little access to quality wine as the California wine industry had fallen into disarray with old equipment and cooerage. There was the assumption after prohibition that most wine was produced under mediocre conditions at best and descriptive terms such as basement rotgut, red ink and dago red became commonplace. As a consequence with the repeal of prohibition most Americans consumers turned to beer and spirits for celebration and inebriation.

Following the outbreak of World War II the federal government requisitioned all distilling operations and demanded around the clock production of high proof alcohol for the war effort. The distillers were left with little or no product and turned to the California wine industry in search of new sources to replace distilled spirits with much wine used for distillation.



The final blow to the wine industry came in 1943 when the War Production Board converted all the remaining 700 rail tank cars that were used for wine shipments into "transportation of essential wartime liquids". This meant that future bulk wine movements would be in barrels or in bottles, and this ultimately led to more wine being bottled directly at the wineries.

During the WWII most European exports of wine declined so East Coast markets that had previously been dominated by French and German producers opened to the California wine industry.

In 1942 the Food Rationing Program began affecting the American diet. Every American was entitled to war ration books with stamps used to buy restricted items such as sugar, meat, cheese, fats, canned fish, canned milk and even coffee. Since whiskey was unavailable wine began to be part of the diet. Per capita annual consumption of wine rose from 0.68 gallons/person in 1941 to 1.0 gallon/year in 1946.

Soldiers returning from the war brought enthusiasm for the wines they tasted in Germany, Italy and France and thus popularized generic wines such as Burgundy, Chablis and Rhine wine.

Continued on next page

Keep on having folks to your house for dinner. Let them taste low-ration-point dishes made a special way—and served with moderate glasses of wine

Ever make a "Crown Roast" of Spareribs? Have a side of fresh pork spareribs (2 to 2 1/2 lbs.) cut lengthwise into 2 long strips. Rub with salt and pepper and steam together to make a crown. Fill center with this stuffing: Mix 6 cups bread crumbs, 2 apples sliced, 1/4 cup dried onion, 1/2 cup raisins. Add salt, pepper, celery salt and sage to taste; 2 slices melted margarine or bacon fat; and 1 beaten egg mixed with 1/2 cup water and 1/2 cup California Sacerre wine. Bake in hot oven (400°) about 1 1/2 hrs., basting the crown occasionally with additional Sacerre (about 1/2 cup). Serves 6.

WINE lends a hand to wartime cooks

GOOD CHEER is a weapon, too! And perhaps the best of all places to build cheer is at your own dinner table, sharing food with your friends.

So invite people to your house often. There are many grand-catering main dishes that will keep a watchful eye on your ration points. Nourishing war dishes that take on extra delicacy of flavor when a little wine is used in the cooking!

You not only make these dishes with wine, you serve the same good wine at table. An age-old custom for building morale, it's hard to improve upon today.

We invite you to try this custom, starting with the foods and wines pictured here. For a new booklet filled with wonderful low-ration-point dishes cooked with wine, write the Wine Advisory Board, 85 Second Street, San Francisco, California.

■ If your wine merchant or restaurant hasn't your favorite wine type, let him suggest another California wine... it's your opportunity to become acquainted with some of the many other excellent types

Notes of the WINE BOARD

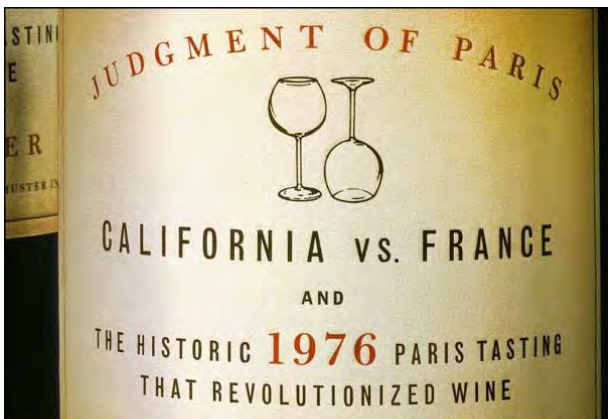
This is Stuffed Heart Burgundy: To serve 6, take 1/2 beef heart. Wash; trim off hard fat; remove white. Soak heart in salt water. Drain; pat dry. Fill with this stuffing: Mix 2 cups bread crumbs, 1/2 cup melted butter, 1/2 cup milk, 1/2 cup onion. To give pleasing appearance of steaks, matted intestine on heart fat, and 1/2 cup of wine drained from meat. Broil on grill over medium heat. Place in a deep square baking dish. Add remaining ingredients. Bake in oven at 350° F. or 3 hours, or until tender. Basting occasionally. Remove meat, slice off excess fat. Thickens and moistens remaining liquid for gravy.

Informal — but glamorous
that's *The California Way*
of Entertaining

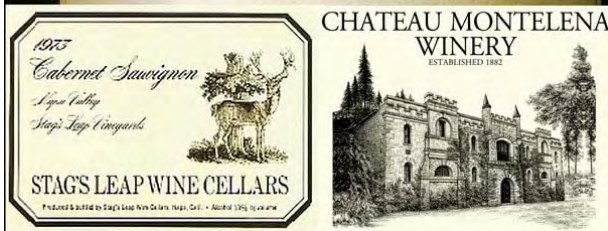
History of Wine in Monterey County *Continued from Previous page*

In the 1950's a public relations campaign by the California Wine Advisory Board was launched to persuade postwar Americans that California wine was a part of an attractive successful lifestyle. Magazine articles started to appear in Life, Look and Ladies Home Journal and California winemakers were interviewed on television and over 200 radio programs.

Technology led to the improvement of wine grape quality and by the early 1960's there was a growing consumer demand for varietal wine. In 1967 consumption of dry table wine finally surpassed sweet dessert wine for the first time. This shift in consumer preference saw the influence of industry leaders in dessert wine, located primarily in the Central Valley, gradually wane. The increased demand for high quality table wine and the recognition that coastal grapes and wine were superior to those from the Central Valley steadily led to higher prices for grapes grown on the coast.



In 1976, the British wine merchant Steven Spurrier organized a tasting to commemorate 200 years of American Independence. Spurrier sold only French wine and believed that California wines could not win. The judges for the tasting came from some of the most respected names in French gastronomy including sommeliers from the best restaurants in Paris and of the 11 judges there was only one American. There were 2 blind tastings of 10 wines each, one of top quality Chardonnays and another of Bordeaux red wines and Cabernet Sauvignon from California. This tasting has since been known as the Judgment of Paris.



The winners, much to the chagrin of the French, were the 1973 Stag's Leap Cabernet Sauvignon and the 1973 Chateau Montelena Chardonnay, both from California's Napa Valley. Also included in that tasting was the 1974 Chalone Chardonnay winning 3rd place out of a field of 6 California Chardonnays and four French white Burgundies. Chalone is the oldest bonded winery in Monterey County, with a small plot of Chenin Blanc planted in 1919.

The French were so appalled that none of the tasting results were published in the French press and Steven Spurrier was barred from purchasing wine futures in France for a year. The tasting results were initially only published in a small 4-paragraph article in the June 1976 Time magazine. Prior to that date most people believed that only France had the proper combination of soil and microclimate to make truly great wines. This tasting had a revolutionary impact on expanding the production and prestige of wine made in California.

California is the largest producer of wine in the United States accounting for roughly 90%



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History of Wine in Monterey County *Continued from Previous page*



of all the wine made in the US. We grow more than 608,000 acres of wine grapes, including approximately 110 different varieties of grapes, in 49 of California's 58 counties.

In the 1960's Monterey had just over 1000 acres of grapes planted, mostly French Colombard, but by the end of the 1970's the acreage topped 32,000. Currently Monterey farms roughly 46,000 acres of wine grapes. Monterey is one of California's largest premium wine grape producing regions behind Sonoma with 60,000 acres and slightly more than Napa at 45,000 and Paso Robles with 26,000 acres.

Monterey grape growers farm 53 different wine grape varieties. Our largest acreage is Chardonnay, approximately 40% of the total, and Pinot noir with 15%. More Pinot noir is planted in Monterey County than any other area in California!

Monterey County is fortunate to have 80 active wineries, 61 tasting rooms, 349 vineyards and over 125 different brands. As consumers there is a lot to choose from, something for everyone's taste. So enjoy a glass from one of our many local producers toast your friends and family and to everyone's health! **Cheers!**



Gardening in the Hood

By Susan Nine

Between skyrocketing water bills and continuous drought, many of us MVN gardeners have had to rethink our landscaping choices incorporating more hardscaping, removing lawns and avoiding pretty but thirsty plants in favor of drought tolerant varieties.



I have had success here in Monterey with succulents and many plants from the very large mint family (Lamiaceae). Below is a link to a wonderful list of readily available varieties within this family from the UC Master Gardeners in Sacramento. Sacramento has a very different growing climate than here but I have grown these same varieties successfully in Monterey. The family includes salvias (sages), lavenders, and several culinary herbs such as rosemary, thyme and oregano and the many mints including cat mints which your feline friends will drool over. These plants are mostly perennials that benefit from annual

cutting back. They are deer and gopher resistant and tolerate dry conditions well. They come in a wide variety of flower colors and many have extended bloom periods, some almost year round.



Beneficial insects, pollinators and butterflies are attracted to them as are hummingbirds. Many have medicinal and culinary uses. Another benefit is that almost all mint family members are easy to start from cuttings. These plants give your garden a lovely Mediterranean atmosphere. They are commonly grown in Provence, Tuscany, Spain and other Mediterranean countries which also have dry summers similar to here. The lavenders have a wonderful fragrance and are said to repel spiders and scorpions. Although not part of the mint family, lemon verbena is another drought resistant easy to grow herb that pairs well with salvias and lavenders. It is my favorite scent of all, and grows quite tall. It is also used in European soaps and perfumes. I like to put a leaf or two in champagne cocktails with a sugar cube or use in ice water or tea. So pretty, tasty and fragrant. Add lemon and or mandarin orange trees that come in dwarf varieties and you have a truly Mediterranean garden with so many wonderful fragrances and useful water wise plants.

University of California - Agriculture and Natural Resources

[Lamiaceae: The Mint Family in the Fair Oaks Horticulture Center Water Efficient Landscape](https://ucanr.edu/sites/sacmg/files/196286.pdf)

<https://ucanr.edu/sites/sacmg/files/196286.pdf>



Mixed Recycling

Clean, Empty & Dry!

Please place recyclable items directly in cart, do not bag unless it is shredded paper, which needs to be placed in clear plastic bags

Paper & Cardboard



Cardboard (flattened), newspaper, magazines, paper packaging, phone books, books, office paper, junk mail, shredded paper in clear bags.

Clean, empty & dry!

Tin & Aluminum



Tin/steel cans and lids, soda cans, clean aluminum foil, and empty aerosol cans.

Clean, empty & dry!

Plastic Containers



Bottles/containers (Numbered 1,2,4,5 & 7) rigid plastics such as buckets, crates, plastic plant pots, etc.

Clean, empty & dry!

Glass

Glass bottles and jars (lids removed).

Clean, empty & dry!



Please do not place in the recycle cart

- Plastic Bags/Film Plastic
- Tissue paper/Napkins
- Paper Towels
- Hangers
- Items with residue
- Plastics not listed above
- Metal Pipe, or plumbing fixtures
- Appliances or Electronics
- Hazardous Waste
- Hypodermic Needles
- E-Waste or Batteries
- Garden hoses
- CDs, Cassettes or VCR Tapes
- Paper or cardboard with metallic or wax coating
- Diapers
- Plastic trays
- Pizza Boxes with grease residue
- Christmas Lights & Decorations
- Plastic Utensils
- Paper Plates
- Clothing

Household Hazardous Waste & E-Waste

NO! Never put these items in these carts!



Monterey Disposal has collection programs for motor oil & household batteries

Other items can be taken to Monterey Regional Waste Management District
14201 Del Monte Blvd. Marina, CA 9393
(831) 384-5313 www.mrwm.org/hhw

FREE curbside motor oil & filter recycling is available for residential customers

Call for a container and more information
(831) 372-7977

Place oil container next to your blue recycle cart on your collection day.

Note: Please use the provided containers and filter bags. Oil mixed with other fluids will not be collected.

Trash



Non-divertible or non-recyclable material, bagged animal waste, vacuum dust, and cold ashes.

Yard Waste

Please, Do not bag yard waste



Lawn clippings, garden trimmings, hay/straw, house plants, leaves, pine needles, small untreated lumber, limbs up to 3" in diameter.

Please do not place in the Yard Waste cart.

- Plastic Bags
- Trash
- Food Waste
- Dirt, Rock, Sand
- Cactus or Succulents
- Palm Fronds
- Painted or treated wood
- Poison Oak
- Inorganic Materials
- Large limbs (Not >3")
- Animal Waste
- Pressure treated wood

Residential Battery Recycling Program

Collect your 9V, AAA, AA, C & D size Batteries. (Place tape on the terminals rectangular base batteries)



Place batteries in one quart or smaller zipper style bag.

Place bag on top of your recycle cart.

Do not place inside.

- Only one quart bag of batteries will be collected per week from a customer.
- Liquid-Acid Batteries or car batteries or batteries not listed above will not be collected.

Large Item Collection Service

Free to residential customers*
Please call to make appointment
(831) 372-7977



*Certain items may have additional disposal charges