

# NAPA *Spotlight*



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*Monica Stevens:*  
**Thankful for the Generosity  
of the Napa Community**



# EMBRACING *THE* HOLIDAYS



*In February 1923, Miriam Minton, a senior at Lodi Academy, took a trip to the Sierra Nevada for her 18th birthday. After graduating, Miriam studied nursing at Loma Linda University where she met and later married fellow medical student, Lawrence Peterson. The two would settle in Lodi, where Miriam managed her husband's medical practice and successfully raised five children. At the time of this photo, the Bank of Stockton had been serving customers for 56 years.*

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# NAPA *Spotlight*

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# Dear Neighbor,

**L**eaders of the Jameson Humane animal rescue organization and sanctuary, Monica Stevens came to Napa from Chicago in 2006. She met her husband, David, less than a month later, and the pair have steadily grown Jameson Humane with programs that serve animals as well as people.

"Jameson exists to change the paradigm for humans in the way they think about and care for horses and farm animals," Monica told me. "And to truly make a difference in the welfare of animals, worldwide."

Her story is on page 6.

I hope you enjoy this December edition of *Napa Spotlight*. Happy Holidays!

*Isabelle Schmaltz,*

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# Monica Stevens:

## Thankful for the Generosity of the Napa Community

By Isabelle Schmaltz • Photo by Cyndi DeBoard

**E**ight years after meeting at Napa's Poetry Inn, Monica and David Stevens founded Jameson Humane, a non-profit no-kill rescue organization and sanctuary for homeless animals.

The non-profit is named in honor of Monica and David's beloved dog—an adopted Great Pyrenees who lived to the age of 14. Today, the couple share a 4-year-old St. Bernard named Beethoven.

Monica, who serves as the President of Jameson, is originally from Chicago. She attended the University of Illinois, where she earned a degree in Biology. She then worked for the Mondavi family, which ultimately inspired her move to Napa in 2006.

She met David less than a month after moving here.

What Monica loves most about Napa is its beautiful landscape and the generosity of the community.

"Napa Valley is a breathtaking, world class destination filled with such amazing people," she said. "Our magical wine community filled with incredibly generous and charitable people make humans' and animals' life on earth better."

Passionate about animal welfare from a young age, Monica said she was driven to find solutions to critical animal issues including pet overpopulation, food scarcity, homelessness, and domestic animal abuse and neglect.

She and David have steadily grown Jameson with programs that serve animals as well as humans, including the Senior Citizen Pet Wellness Program, Pet Pantry, and Community Animal Assistance Program.



In 2023, the sanctuary is launching a brand new human-animal bond program titled “Animal-Assisted Healing.” The goal of the program is to provide therapeutic experiences to help people with mental health issues.

“My career has been one of many amazing jobs, opportunities, and entrepreneurial adventures,” Monica said. “I am an extrovert and my background is public relations, people, and building relationships—all very valuable when running a nonprofit that advocates for animals.”

Before moving to Napa, Monica built a career in luxury lifestyle public relations and hospitality. After she and David married, the couple opened a boutique retail wine salon, called 750 Wines, in St. Helena.

Monica said the friendships she made in the wine industry are “invaluable,” and she credits her friends for the success of Jameson’s annual fundraiser “WineaPAWlooza.”

The fundraiser has been ranked within the top 10 by Wine Spectator as one of the most coveted wine auctions in the nation. The event helps raise millions of dollars for Jameson’s initiatives each year.

Outside of work, Monica loves spending time with family, friends, and colleagues exploring new restaurants (particularly vegan dishes), and new wines.

“I used to travel extensively,” she said. “But I haven’t been able to since starting Jameson Humane in 2014!”

Monica also enjoys visiting her colleagues throughout Northern California who operate animal rescues and sanctuaries.

“Jameson exists to change the paradigm for humans in the way they think about and care for horses and farm animals—to foster and build emotional connections with them, just as we do our cats and dogs—and to truly make a difference in the welfare of animals, worldwide.”



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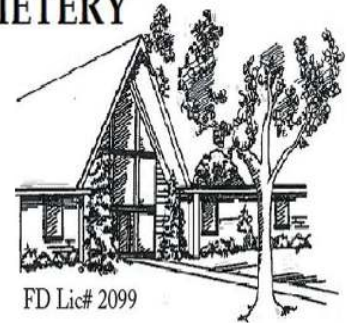
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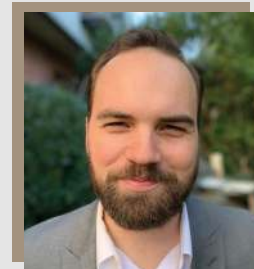
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Sold	22 Reno Ct	2,816	3	3	\$1,500,000	\$1,582,490
Sold	15 Jami Lee Ln	2,060	4	3	\$1,198,000	\$1,105,000
Sold	108 Silverado Springs Dr	2,195	3	3	\$1,575,000	\$1,600,000
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Sold	322 Deer Hollow Dr	2,197	3	3	\$1,795,000	\$1,675,000
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Sold	1066 Mount George Ave	3,791	4	5	\$4,850,000	\$4,850,000

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# All I Want for Christmas

By Dr. Scott Perryman

**A**s the holidays approach and visions of sugarplums dance in my head, I can't help but imagine the many challenges my patients will face in the coming weeks.

This holiday season is replete with beautiful messages of kindness, giving, gratitude, joy, and love. And while these messages may fill our hearts, there are also several messages focused on food to fill our bellies.

Whether it's "marshmallows for roasting" or someone who "brings us a figgy pudding," most of the food associated with the holidays is relatively high in sugar and fat. It's no wonder so many people gain weight over the holidays.

Aside from the vivid imagery of fatty/sugary foods, there is the constant pressure to "be of good cheer." For those struggling emotionally, this time of the year can bring exceptional stress and anxiety that may lead to uncharacteristically poor food choices.

While there is nothing we can do to change the climate of the holidays, we can undoubtedly change our response to it.

Being aware of your inner emotional state is the first step. Through guided meditation, we can allow ourselves the space to explore our emotions and their associated thoughts. Once we are emotionally aware, we are in a better position to make a conscious and responsible choice.

The hope is that with time, you might have the following conversation with your inner self: "I realize that I'm stressed and that my mind is telling me that peppermint bark will make me feel better. But I'm going to make a responsible choice NOT to eat it since it can't take away my stress and in time will create bigger problems."

This is the practice of Heartfulness: Responsible choice in the presence of emotional awareness, and it is the key to making it through the holidays without gaining weight.

So this holiday season, let your heart be light, meditate, and practice heartfulness. Soon, all your troubles will be out of sight. Happy holidays!



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# Real Pets of Napa

By Isabelle Schmaltz



Buster (left) and JuJu (right) are French Bulldogs who live in the Silverado Country Club area



Al, age 15, and Kirkey, 10, love soaking up the sun!

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# Prevention Pays!

## Avoid These 3 Holiday Pet Dangers

By Lucinda Hahn

### GIFTS & ORNAMENTS

When animals ingest ribbon, tinsel or parts of ornaments, they often can't pass them, resulting in blockages or intestinal wounds—and an emergency vet visit.

*Quick fix:* If possible, place your Christmas tree and gifts in a room that can be closed off by shutting doors or using a barrier. Don't use ribbons or tinsel as festive collars; buy a pet-safe holiday collar instead so they can look cute in their holiday gear!

### "PEOPLE" FOOD

Some of the most common holiday vet visits are caused by pets suffering vomiting, diarrhea or bloody stool, or just generally acting ill. This is often due to ingesting fatty "people food" such as turkey, gravy, eggnog, and even alcohol.

*Quick fix:* Refrain from sharing with your four-legged family members, and make sure all guests know they should do the same. You can amp up the fun by making your furry loved one their own holiday treats; start by Googling "vet-approved holiday pet recipes."

### FLAMES

Candles create a beautiful holiday vibe. But the flickering flame can be enticing to cats and dogs, and may lead to a burned nose, tail or, if knocked over, a house fire.

*Quick fix:* Never leave lit candles unattended. Place candles away from curious pets to limit the chance of an accident caused by a wagging tail or playful paw. A better option can be flameless, electrical candles.





# Why the Seas are Salty

By Rylan Bates

*About the Author: Rylan Bates is 12 years old and a student in Napa. He wrote this story for his English class. He loves to read and write and hopes to become a writer when he grows up.*

**P**oseidon was a man known throughout the oceans. Two heads taller than the tallest man he stood, trident in hand. His muscles would ripple whenever he strained, and a tattoo of a dolphin covered his entire chest. A small tuft of hair stood in place of the dolphin's eye. Dionysus, god of wine, had recently been wedded to his oldest daughter, Bella. Poseidon secretly detested this arrangement, but it was for the good of the kingdom. Quick to anger but slow to please, the young Dionysus was stymied on how to bond with him. Then, one night he dreamt about a surprise party thrown in his new father-in-law's honor. "That's it!" He said to himself, "That's what I'll do to please Poseidon!"

And it was so. Dionysus threw a grand party, and as he was the god of wine, supply wasn't a problem. Demand was, until a cousin called Poils, and the messenger god, Hermes, teamed up to produce and distribute flyers. Poils was an amazing artist, short and stout. Her long black hair flowed over her shoulder in a great wave. Hermès' winged sandals let him deliver better than Amazon, and his brown hair was close-cropped. On every door in the city hung Dionysus' advertisements, but nobody stopped to read them. They were all at the party, drunk and stumbling about.

As Dionysus stood on the balcony, cracking bad jokes, Poseidon awoke and started screaming. "IT'S FOUR A.M.! FOUR AM! WHAT ARE YOU DOING?!" Poseidon's anger had been aroused, and there was no escape. "T-t-t-t-t," Dionysus stuttered,



"STOP STUTTERING AND OPEN YOUR BIG MOUTH!" Poseidon screamed, his face an inch from Dionysus' spit flying. In his anger, he shoved him. For a second, Dionysus wobbled. A surprised look replaced a frightened one as he tilted far enough back to look down at the crowd. Then he screamed as his back folded and dropped off the balcony. It turned a somersault as it fell. A hush came over the crowd and his body, limp and lifeless, lay on a barren floor.

Poseidon drew back in horror. All was still. Then a man moved far off in the doorway. Poseidon recognized him as Hermès. Piled in his arms were bunches of flyers. As his and Poseidon's eyes met, Hermès dropped them and flew out the door. As he ran, his winged sandals warmed up, and he lifted off the ground. Hermes' mind whirled. Who should he tell? Dionysus' wife? She was out of town, on business, and anyway, Hermès had not the slightest notion where she resided. No, not her. Who else? Thirty seconds later, he had his solution and banked east towards the now-rising sun.

The water pressure was astounding as Hermes jammed the doorbell. Then he heard a sound. A man, groaning, opened the door. It was Dionysus's best friend, William Howard Hoover, god of salt. He lived in a rock salt cave under the sea. A tattoo of salt on one arm and a salt gun on the other, he stood with hairs upon hairs and gorgeous thigh muscles. Unfortunately, the same cannot be said for his seriously huge gut, which bulged. A handlebar mustache sat perched on his lip which he twirled. As Hermès told him the news, he started twirling away at light speed. After Hermès finished, he shouted in anger, "MY BRUDDA HAS BEEN MURDERED," and shot to the surface. Bursting from the deep, he cried, "Forever I curse Poseidon's seas to be filled with salt as a reminder of his fateful folly!" And it was so. Still now, Poseidon looks back on this day as the day all his seas changed forever.

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# Beavers: Back from the Brink and Here for the Future

Text & Photos By Andrew Lincoln

Like many aquatic mammals, beaver populations were decimated by the California fur trade that began in 1785. We've come a long way, as California was the first state to ban fur trapping in 2019. Thanks to reintroduction efforts, social shunning of fur trapping and restoration of waterways, beavers are making a comeback! This is a net benefit as they are ecosystem engineers who increase biodiversity and improve water quality. The Napa River Flood Project reconnected the river to its historic floodplain and the presence of beavers testify to the plan's environmental success.



Beavers snack on tree bark, leaves, woody stems and aquatic plants. For winter, they will store branches on the pond floors beneath their lodge, which acts like a refrigerator by keeping it fresh and preserving nutrients.

Beavers mate for life and form strong social bonds. Breeding will take place in the late winter and the young will remain with their parents for two years, helping to maintain the lodge and raise the next generation of kits.

Beavers are the largest rodents in North America and one of the few animals that significantly modifies their habitat.

Want your photos featured in Napa Spotlight? Send photos of you and your family celebrating holidays and special occasions, attending local events and more to [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com).

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# December 2022

Please be advised that events are subject to change without notice. Please check with the venue ahead of time to confirm the listed event is still scheduled.

THURS.-SAT. DEC. 1-3, 8-10, 15-17, 22-23

## Santa Train Jolly Journeys

@Napa Valley Wine Train

All aboard for a merry adventure through Napa Valley! Begin your festive voyage at the station before boarding and discover even more holiday magic from cheerful carolers and a welcome cup of hot cider or cocoa to a fun photo opportunity with Santa and a merry mailing station for postcards to the North Pole.

Time: 5-7:40pm

Cost: \$75-\$195 per person

Winetrain.com

FRI.-SUN. DEC. 2-4, 9-10

## It's a Wonderful Life: A Live Radio Play

@NVC Performing Arts Center

This beloved American holiday classic comes to captivating life as a live 1940s radio broadcast. With the help of an ensemble that brings a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve.

Time: 7pm (Dec. 4 is a 2pm showing)

Cost: \$15-\$25

performingartsnapavalley.org/events

SAT. DEC. 10

## December Holiday Dance

@1500 Jefferson St.

Napa Ballroom and Social Dancers presents the J Silverheels Band for a special December holiday dance. The evening includes a champagne toast and a Cha-Cha dance lesson provided by Slow Fox Dance Hall.

Time: 6:45-9:30pm

Cost: \$20

Napaballroomdancers.com

SUN. DEC. 11

## Gingerbread Ranch Decorating

@Long Meadow Ranch Winery & Farmstead

We need your help filling our Farmstead Gingerbread Ranch with farm animals!

Join us in the barn at Farmstead to get into the holiday spirit and enjoy festive cookie decorating with your family. Add a cow, pig, chicken, or horse to the Gingerbread Ranch and take one or two home with you.

Time: 10:30am-1pm

Cost: \$25-\$60 (Registration required)

longmeadowranch.com

THURS. DEC. 15

## Bardessono Latke Throw Down

@Yountville Community Center

Bardessono is excited to host its second annual Latke Throw Down. Bardessono's very own Executive Chef, Jim Leiken, is hosting and also competing in the latke-making competition.

Guests are invited to observe and taste the latke creations from a competitive set of contenders.

Time: 5-6pm

Cost: \$10

Bardessono.com

SAT. DEC. 17

## Holiday Open House

@Oakville Grocery

Enjoy delectable bites, special wine pours, enticing holiday offers, activities for children and of course, pictures with Santa! In the spirit of giving and spreading holiday cheer, we are accepting toys for the Toys for Tots national toy drive. Bring an unwrapped new toy and receive an additional 10% savings on purchases.

Time: 2-4pm

Cost: FREE

oakvillegrocery.com/

SUN. DEC. 18

## Greystone Winter Faire

@CIA at Greystone

The Greystone Winter Faire promises to be fun for the entire family. There will be live music, hot drinks, festive food, and activities for all ages. You can stroll through the Barrel Room and enjoy seasonal food and beverages, while doing a little shopping with local vendors. Kids under 5 are free.

Time: 11am-3pm

Cost: \$20-\$45

Sthelen.com

MON. DEC. 19

## Holiday Light Tour

@Yountville Community Center

Are you ready to get into the holiday spirit? We will travel to local homes in Napa and then venture out to Candy Cane Lane in Vacaville to view over 1 million lights throughout two blocks of homes. We will enjoy hot cocoa or wine, holiday

cookies, candy canes and listening to Holiday tunes on our luxurious bus with a restroom.

Time: 6:15-9:45pm

Cost: \$25

Townofyountville.com

WED. DEC. 21

## Holiday Pies

@CIA at Copia

As you gear up for the holiday rush, take time in our kitchen learning to make tender, flaky pies—arguably the star of the holiday table. From fruit-laden and latticed to everyone's seasonal favorites, you'll discover the secrets of dough mixing, rolling, blind baking, decorative borders, and lattice work! It's a fun day in the kitchen, no matter how you slice it!

Time: 9am-2pm

Cost: \$250

Ciaatcopia.com

SAT. DEC. 31

## New Year's Eve Party

@The Meritage

Ring in the new year at our special celebration, which includes several ways to step into 2023 with style—from raising a glass of famed wine and sharing a toast to dancing the night away with your other half. These unforgettable experiences will help you to start the new year perfectly.

Time: 10pm-1am

Cost: \$110

meritageresort.com



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# CanDo's Napa Valley Give!Guide

By Nancy Fireman

**F**or the past nine years, it's become fairly common each November to notice a bright orange circle in places up and down the Napa Valley: on the backs of buses, in shop windows, on lawn signs. Still, people ask: what's the Give!Guide?

It's a call to action.

We're calling on you, a citizen of the Napa Valley, to give as little as \$10 to help the wonderful nonprofit organizations (NPOs) who serve our community. And in doing so, learn about these fantastic groups and the populations they serve. You can become a philanthropist. And you may even know someone in need of their services.

The Give!Guide's goal is to raise both funds and awareness of these NPOs, who work to help our community, our arts, our animals, our youth and seniors, our environment, and help improve our education and our health and wellness.

Using our website, [CanDoGiveGuide.org](http://CanDoGiveGuide.org), you can read about each NPO, give to multiple NPOs in just a few clicks, and discover other ways you can help improve our community. The campaign runs from 'GivingTuesday' on November 29 through December 31; contributions can be made with a credit card or check.

"Each year, the selection committee is always so struck by the myriad ways these NPOs help such a large cross-section of our valley's communities. And often with extremely limited resources in terms of both cash and people," said Patricia Moynihan, CanDo volunteer and committee chair.

Of course, the pandemic has led to greater demands for local nonprofit services, while at the same time limiting opportunities for fundraising. In the past nine years, the Give!Guide has raised \$4 million for 135 nonprofits, many of whom have participated multiple years.

This is the 10th year that the all-volunteer group from Napa Valley CanDo is sponsoring the Give!Guide and we want to make it the best yet.

We have a record 72 Napa County-serving nonprofits featured this year. The NPOs vary in organization size, in location from American Canyon to Calistoga, and serve seven different categories: Animals, Arts and Culture, Community, Education, Environment, Health and Wellness, Youth and Seniors.

While many of this year's participants are well-known, CanDo is dedicated to bringing attention to the nonprofits that may be less familiar to many local residents, thirteen of them in 2022.

Donors can feel confident in giving to these organizations as they've been vetted by CanDo: all are registered 501(c)3's, operating for at least 2 years in the Napa Valley. Plus, all funds raised go directly to the NPOs; CanDo takes no fee.

"It's hard work but it's a labor of love and it's our gift to the communities of the valley," said the late Hilary Zunin, CanDo co-founder.

Thanks to our Give!Guide Guardians: Napa Valley Vintners, Bank of Marin, Napa Recycling & Waste Services, Kamer Consulting, Del Sur Mortgage, Oxbow Public Market, and Wyman Property Management.

Please go to [CanDoGiveGuide.org](http://CanDoGiveGuide.org) and help us make this 10th anniversary year the biggest yet!



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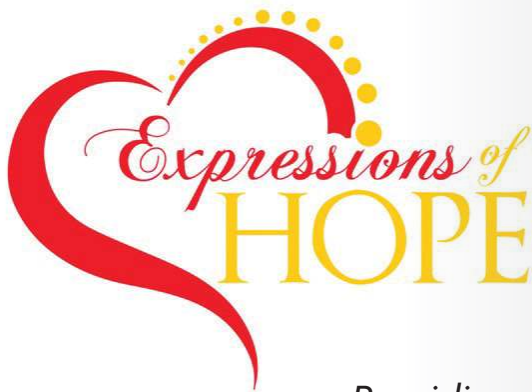
# Adoptable Pets of the Month

By Maral Papakhian

Who says black cats are bad luck?! We sure don't! Boo, Binx, Treat, and Luna are sweet kittens looking for their forever home. They are all playful, have great house manners, and are a fun mix of play time and snuggles. Each one would love to be adopted with at least one of their siblings! They have been spayed/neutered.



To learn more about adopting Boo, Binx, Treat, or Luna, please email Companion Animal Program Manager, Melissa at [Melissa@JamesonHumane.org](mailto:Melissa@JamesonHumane.org)



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Find us in the Napa Valley CanDo Give Guide!



**Caring for those who  
open their home to  
an at-risk child.**

# Artist Profile: Muna Halabi

By Isabelle Schmaltz

Local artist Muna Halabi was born and raised in Jordan, where she began her artistic career immersed in a rich culture of art and architecture.

Before moving to the United States, Muna was featured in the 1991 photography exhibit, "The Natural Abstraction of Petra," held at the French Cultural Center in Amman, Jordan. A mixed media collage piece of her's was also permanently displayed at the College of Fine Art at Yarmouk University Irbid, Jordan.

In 1995, Muna moved to Northern California to raise her family.

Her work has been displayed at Solano Community College, and she has participated in numerous other art-related groups and exhibitions around Northern California. Among these include the Fairfield-Suisun City Visual Arts Association, in which she promotes creative expression in her community through collaboration and education, and the CCACA Ceramic Sculpture Conferences, which she has been involved with from 2011 to 2019 in Davis.

To see more of Muna's artistry, visit her on Instagram @munahalabi.art and on her website munahalabi.com.



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**Featured Article**







Image Courtesy: Gabe Marsh

## Swimmer with no legs and one arm asks, "What's your reason to quit?"


By Zaakirah Mujid, BVM Sports Journalist

**BVM SPORTS**

Gabe Marsh is an 18-year-old swimmer who was born without legs and one arm. What makes Marsh more extraordinary is that he's training to qualify for the Paris 2024 Paralympic Games and he's changing the lives of others through his story of perseverance. At 5 years old, Marsh started getting coaching lessons from his mom so that he could begin competing. All these years later, Marsh hasn't used prosthetics. In fact, he doesn't even use his wheelchair unless he's at work... Scan to continue reading.



[bvmsports.com](http://bvmsports.com)

 @BVMSports @bvm.sports

# Napa Christian Hosts Holiday Basketball Camp

By Isabelle Schmaltz

**N**apa Christian will host a youth basketball camp during the holiday break from Monday, Dec. 19 through Thursday, Dec. 22. The camp takes places from 10 a.m to 2 p.m. and costs \$199 per camper. Sibling discounts are available. Single-day walk-ups are allowed for \$65 per day.

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## VOLUNTEER SPOTLIGHT

Are you or someone you know an active volunteer in Napa? We're looking to feature volunteers with a photo and short story about how they're giving back to the community. Please send submissions to [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com)



## YOUNG WRITERS

Is your teen an aspiring journalist? Or, perhaps, a future novelist? We're looking to feature young writers in Napa. Please send submissions to [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com)



## REAL PETS OF NAPA

We love our pets! We are looking for photos of pets to be featured in future issues. Images need to be a minimum of 1mb or greater and in JPEG format. Please send submissions to [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com)



## CALLING ALL ARTISTS AND CRAFTERS

We are looking to feature photos, artwork, and other creative projects. Please email [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com) with your submissions.



## READER RECIPES

We're looking for delicious recipes from our readers! Have you created a sweet or savory dish you'd like to share? Please email [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com) with your submissions.



## FUNDRAISERS

Do you have an upcoming fundraiser that you would like to share with the community? Email [ischmaltz@bestversionmedia.com](mailto:ischmaltz@bestversionmedia.com) to find out how your event can be featured in a future issue.



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