Sonoma County reverses routes

The following businesses must close their doors again

• Bars (many bars have restaurants on-site, so they are offering indoor dining)

• Movie theaters

• Family entertainment centers (e.g. bowling alleys, miniature golf, batting cages and arcades)

• Gyms and fitness centers

Additionally, bars, brewpubs, breweries and pubs must close all operations both indoor and outdoor seating, except for takeout and delivery (drinks can be sold in the same transaction as food).

Countries that have remained on the country monitoring list for the last three days will be required to close restaurants and bars as well as cemeteries not open for the burial of COVID-19 victims starting Thursday at 5 p.m.

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A teachable moment—white privilege

By Cassandra May Although

This article in my teachable moment series looks at white privilege. If you are interested in talk about a specific type of privilege, we might look at privilege of wealth or gender. That’s the starting point. Otherwise we focus on an area that people may find uncomfortable or even distasteful.

White privilege is advantageous. Sometimes it’s easier to talk about having an advantage than discuss being a victim or oppressed. People are often confused about privilege, or they might feel they aren’t privileged; that they don’t have a special right or ability that others do not. White privilege is an advantage to a person’s race, gender, or social status. It can be very easy to overlook white privilege.

This privilege has to do with the financial status or worth of your family. If you live in the United States, you have to have more money than you have to pay for overlapping things. Having enough money so you don’t have to worry about basic nourishment. Making enough money so you don’t have to worry about the bills. White privilege is not to worry about debt. Your white privilege is that your employer paid you and your family so you don’t have to worry about paying for gas, airfare, or any other necessities of life.

Now, let’s look at white privilege. It’s not a difficult concept to understand. It’s an example of privilege as defined by the concept of privilege. It is a way of life. It is a way of thinking.

A teachable moment is something we do. We are interested in talking about the privilege of being white. The thoughts and opinions expressed in this article are based on the author’s learning and experience. The information presented is not intended to be comprehensive or exhaustive. This is not an endorsement or recommendation for any specific book or resource. Readers are encouraged to consult with their health care provider before making any new medical decisions. Ours is a time of privilege for the white community. The thoughts and opinions expressed in this article are based on the author’s learning and experience. The information presented is not intended to be comprehensive or exhaustive. This is not an endorsement or recommendation for any specific book or resource. Readers are encouraged to consult with their health care provider before making any new medical decisions. Ours is a time of privilege for the white community.

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**Sweeping up solutions**

Did you know that you can make your own floor cleaner with a few ingredients you already have? First, mix together 1 cup of baking soda, 2 tablespoons of liquid dish soap, and 1/2 cup of white vinegar. Pour this mixture into a spray bottle and add a few drops of essential oil. This solution is effective and natural. Never use a plastic bottle for this as it may not be too good for your environment. It is recommended to use a glass bottle. The bottle that I use is orange and it looks like a bottle of spray paint. By using this type of bottle, you can store your cleaner in a safe and hygienic manner.

**Dip & Dip**

Did you know that when you are painting your room, you can use a paint sprayer to get the job done faster and more evenly? Paint sprayers use a mixture of air and paint to help the paint adhere to the surface. This makes the process much faster than using a roller or brush. To use a paint sprayer, simply fill the container with paint and set it on the floor. Then, hold the spray gun at a distance of about 12 inches from the wall and move it back and forth in a smooth, even motion. Make sure to test the spray gun on a small area first to make sure it is working properly.

**Lime Conservators**

Did you know that you can improve the safety of your bicycle with a few simple modifications? First, install reflectors on your bicycle to increase its visibility. These can be purchased from a local bike shop or online. Next, consider adding a bell or horn to alert others of your presence. This can be an especially important feature for cyclists who ride in areas with heavy traffic. Finally, invest in high-quality tires and tubes that are designed for your specific type of riding. By taking these steps, you can greatly reduce the risk of accidents and injuries while on the road.

**We are your friends and neighbors Who are we in the community? We are Rotarians**

The Rotary Club of Rancho Cotati

We hope all of you are staying safe during this crisis. We are doing our part to serve our community to the best of our abilities. If you are interested in joining us in assistance please call (707) 282-1847.
### Coping with Coronavirus Stress

#### By Shainna Ali, Ph.D.

It's a member of a family of viruses associated with the novel coronavirus disease 2019 (COVID-19) pandemic, which has had a significant impact on mental health.

1. **Manage what you can release what you cannot.**

   - **Stress:** Stress is a normal response to life's challenges. It can help you take action in a safe environment. Family bike workshops address defensive driving skills and techniques. You'll also learn how to lock garage and bike shops report record highs in sales and repairs. The phenomenon has been helped by the pandemic's restrictions on vehicles and traffic congestion, improves physical and mental health and

2. **Self-care:** The stress of the COVID-19 pandemic has increased the need for mental health resources. Many people feel helpless, anxious, and depressed. It is helpful to pay attention to the trends in your life which increase or decrease your feelings of anxiety. Improving your signs, symptoms, and behaviors will help you to manage your stress.

3. **Invest in your relationships:** Distancing and avoiding large gatherings are also key to curbing the coronavirus. There are several steps you can take to support your family and friends during this time.

4. **Rest:** It is a time that we need ample rest. Then you may tailor your self-care to include a time for when you can check the news and limiting the information that you received.

5. **Consider your needs:** It is a time to take care of yourself and others. When you have been noticing a spike in your stress, you're not doing what you can release what you cannot. It is a time to consider your needs. Self-care includes practices that invest in your general wellness during the COVID-19 pandemic.

### Taking action to protect America's nursing homes residents

#### By Seema Verma

In the age of the COVID-19 pandemic, with outbreaks causing high rates of mortality, it's clear that we need to make sure that we are protecting our nursing homes residents. We have a responsibility to ensure that we are providing the best possible care for those who are in our care.

1. **Data collection:** About 15,400 nursing homes nationwide are certified to accept Medicare or Medicaid. A new system of national reporting for nursing home residents has been established. This system requires nursing homes to report every COVID-19 case that occurs.

2. **Nursing home staff training:** The Centers for Medicare & Medicaid Services (CMS) has developed a system for requiring nursing homes to report every COVID-19 case. This new system of national reporting for nursing home residents and their families and how essential it is for them to know what is going on inside nursing homes.

3. **Assessment:** The CMS system also allows for the assessment of the nursing home staff's ability to protect their residents from COVID-19.

4. **Voluntary measures:** The CMS system also allows for the assessment of voluntary measures taken by nursing homes.

5. **Attention:** Those most at risk include nursing homes residents and their families and how essential it is for them to know what is going on inside nursing homes.

### Redwood Empire Food Bank needs volunteers

The Redwood Empire Food Bank is seeking volunteers to join our fight against hunger. A wide variety of important volunteer opportunities are available.

1. **Leaflet handouts:** Volunteers are needed to handout flyers and informational brochures at community events.

2. **Food drive volunteers:** Volunteers are needed to help with our food drives.

3. **Food bank volunteers:** Volunteers are needed to help in our food bank.

4. **Community outreach volunteers:** Volunteers are needed to help in our community outreach efforts.

5. **Office volunteers:** Volunteers are needed to help in our office.

### Free cycling safety classes

The benefits of cycling are many. It reduces carbon emissions and increases exercise. It is also a great way to stay healthy and happy. But we can't do this alone.

1. **Cycling safety classes:** We are first responders in this crisis, as we have been during the coronavirus pandemic.

2. **Volunteer opportunities:** Volunteers are needed to help in our volunteer opportunities.

3. **Office volunteers:** Volunteers are needed to help in our office.

4. **Leaflet handouts:** Volunteers are needed to handout flyers and informational brochures at community events.

5. **Food drive volunteers:** Volunteers are needed to help with our food drives.

### Why bother to treat pain

By Mickey Zidows

It is a common misconception that animals do not experience pain. This is not true. Animals experience pain in much the same way that we do. They have the same pain receptors and the same pain pathways in their brains. Animals also have the same ability to feel pain and the same ability to suffer.

1. **Animals are sentient beings:** Animals are sentient beings. They can feel pain and suffer.

2. **Pain management:** Pain management is an important part of animal care. It is important to provide pain management for animals in need.

3. **Pain relief medications:** Pain relief medications are available for animals. It is important to provide pain relief medications for animals in need.

4. **Pain assessment:** Pain assessment is an important part of animal care. It is important to assess pain in animals.

5. **Pain management guidelines:** Pain management guidelines are available for animals. It is important to follow pain management guidelines.

### Free online community voice

For more information, please visit https://refb.org/volunteer-opportunities/ or call (707) 485-7900 to learn more.

### Redwood Empire Food Bank

The Redwood Empire Food Bank is a wonderful resource to stay involved in the community.

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2. **Leaflet handouts:** Volunteers are needed to handout flyers and informational brochures at community events.

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4. **Redwood Empire Food Bank need volunteers:

5. **Free cycling safety classes:

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   - **Food drive volunteers:** Volunteers are needed to help with our food drives.

### Free online community voice

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CRUSD

No decision, but a sense of direction

By Cassandra M. Abraham

The Cotati Reopening Unified School District recently concluded its public comment session and has the decision-making process in full swing. The next session is scheduled for July 26 at 7:30 p.m. The public is encouraged to attend and will have a chance to give their input.

Single parents or dual working parents expressed frustration at trying to work and help their kids with school and offered suggestions to alleviate the burden.

Dr. Perez discussed that a hybrid model was added due to economic pressure on lower middle-income families for childcare and related expenses when kids are not in school.

Gaspar and son were interested in community workshops. "Despite the early cost, the workshops have blown away the expectations of the council with one being most important and five being strenuous on the survey, that included five questions for residents. The council and perhaps the staff as a parallel effort to the listening sessions. Additional information in the town hall, which was the Cotati City Council Community Listening Sessions." The other big topic of the night was the update on "Community Listening Sessions." The dates have been set for five additional community meetings with the next session on August 17 at 6:30 p.m. in the Council Chambers.

The meeting wrapped up with O'Bid updating the dot members on the recent developments regarding the COVID-19 pandemic. If Sonoma County gets the infection rate down, the county has a need to house their most vulnerable residents, particularly during this time of Covid-19. The meeting is expected to be placed on the agenda.

The Santa Rosa Valley and Santa Rosa Plain in an effort to learn about groundwater in these basins and to help define the water supply community to make sound decisions. The project priorities are based upon the need to improve safety for walkers, cyclists and driving as well as local first responders. The final report of the project is due in December 2020. The report will be used to guide the future efforts of the city and its residents.

The workshops provide residents an opportunity to share groundwater concerns

Sonoma County's three groundwater sustainability agencies are holding "virtual" community workshops to learn about groundwater in Sonoma County.

Of Hispanic heritage, a child of immigrants who is bilingual; Perez isn't shy in self-identifying herself as a Latina. She said, "when a community makes that kind of commitment, it's like a beacon," and that it will be a powerful message to the school board. Whatever the ultimate decision is, "it's not going to be easy," she said. It's an opportunity for the community to engage in meaningful dialogue and to have their voices heard.

The workshops provide a chance to get back to normal, but it's up to us to make it happen. The public is encouraged to attend the next session and give their input.
Show your support and subscribe to The Community VOICE TODAY

Less than $3 per month anywhere in the US

The Community Voice has been providing the local news, sports, entertainment to our readers and marketing tools to local businesses at affordable prices. We have gone through many phases including twice a week, tabloid and more. We now have been a weekly newspaper for over 15 years taking pride in providing a crisp quality newspaper.

As a parent of athletes, you know firsthand, we have done our best to cover sports along with amazing photos. As parents and teachers of elementary school children, you would agree we have recognized all students and their achievements as they were made available to us.

Since 1993, as the owner and publisher of The Community Voice (a family-owned newspaper), we have made all efforts to have the communities of Rohnert Park, Cotati and Penngrove receive a FREE publication for their convenience if they choose not to subscribe. Other local papers have closed in Northern California over the past three months and the communities who have lost their newspaper are not seeing their local news and not having their voices heard.

We are doing well and with your support we will continue to do so.

With rising costs and a tumbling economy, we need to make adjustments to continue to provide local news, sports and much more.

Slowly we will be making adjustments to charge for newspapers at stores and newsstands.

With the co-operation of U.S. Postal service offices from San Francisco, Petaluma and our own local post office (Rohnert Park/Cotati), we will able to get the paper delivered to you on Fridays.

We thank you in advance for your support and hope you understand these changes are necessary during these challenging times.

The Community VOICE

Only $35 per year

Delivered by U.S. mail to your home.

Call 707-584-2222

Or

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If you are interested in also receiving our FREE online e-Edition and breaking local news, select e-Edition.

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Email: ___________________________________________________________________

If you prefer, please fill out this form and mail it along with a $35 check made payable to The Community Voice to The Community Voice, P O Box 2038, Rohnert Park, CA 94927.

We have a limited presence at the office during the stay at home order. Please call prior to visiting our office.
Dressing/Marinade:
1 cup feta cheese
1/4 cup red onion, finely sliced
4 sliced Lebanese cucumbers
1/2 cup fresh mint leaves
1/2 cup fresh dill
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper

Smash the onion, cucumber, mint, and dill with a mortar and pestle, and add to bowl.

Combine all ingredients in a bowl and mix well. Let sit for at least 2 hours and up to 8 hours before serving.

Recipe courtesy of Culinary.net

Recipe from Adapted from Taste of Home

1 package (10 ounces) frozen sliced strawberries, thawed
1 tablespoon sugar
1 tablespoon lemon juice
1 teaspoon vanilla extract

In a blender, puree the strawberries, sugar, lemon juice, and vanilla. Pour into a bowl and let chill in the refrigerator.

Recipe from toast

Serves 6

Grilled Greek Kebabs

Ingredients

125 F is rare, 130-135 F is medium-rare, 140-145 F is medium, 146-150 F is medium-well, and 160 F is well done. Depending on the thickness of your steak, you’ll want to check for doneness about 4-5 minutes before the last temperature you want to achieve. Simply stick a thin metal skewer into the meat and let it reach room temperature before grilling.

Let rest

Before you fire up your grill, consider these five basics for a sizzling steak or a juicy burger, but no backyard barbecue is complete without a good hard-earned sear.

A two-zone fire is usually the way to go – one side of the grill should be hot (using direct heat) with the other side not quite as hot (indirect heat). This allows you to create a sear over direct heat while keeping the temperature lower on the other side. Warm (indirect heat). This allows you to create a sear over direct heat which will help the meat cook more evenly and evenly re-distribute flavors.

The Community Voice Newspaper of Rohnert Park-Cotati-Penngrove Friday, July 17 2020 - 7

Less Prep, More Summer with a Skewered Solution

James Wiseman

You can grill kebabs, skewers, even fish on the grill for a fun summer meal. It’s a great way to feed a crowd and it can also be a great way to keep the kitchen cool. It also involves less clean up.

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The Community Voice Newspaper of Rohnert Park-Cotati-Penngrove Friday, July 17 2020 - 7

Duo bagged Creamer Potatoes, cut in half
salt, to taste

To prepare skewers: Add potatoes and chicken pieces to bowl and toss with skin off. Place kebabs on top and drizzle with dressing.

Preheat grill to medium heat.

Stir in cucumber, green onion and dill. Spoon mixture on top of tortillas and fold in half. Serve with salsa.

6 lemon-lime soda, chilled
1 medium cucumber, peeled and diced
1 package (8 ounces) cream cheese, softened
24-48 cherry tomatoes
15 oz. package stewed tomatoes
2 cups The Little Potato Company Dynamic Duo bagged Creamer Potatoes, cut in half
1 medium tomato, diced
2 tablespoons orange juice
41/2 tablespoons sugar
2 teaspoons lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper

Addives might include a big dinner roll, corn on the cob or a salad, a side of French fries, we encourage you to add BBQ sauce and shred the meat with two big forks, you can decide how to finish the tender, cooked meat. You had not planned out ahead of time allows it to warm to room temperature before grilling.

We offer private property towing and keep you quenched while enjoying the sun’s rays.

Recipe courtesy of Culinary.net

24-48 cherry tomatoes
pimento
1 cup feta cheese
1/4 cup red onion, finely sliced
4 sliced Lebanese cucumbers
1/2 cup fresh mint leaves
1/2 cup fresh dill
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper

Smash the onion, cucumber, mint, and dill with a mortar and pestle, and add to bowl.

Combine all ingredients in a bowl and mix well. Let sit for at least 2 hours and up to 8 hours before serving.

Recipe courtesy of Culinary.net

Recipe from toast

Serves 6

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Let rest

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Fulfilling Dreams and Building Relationships!

To wear a hairnet?

What’s the difference between normal ketchup and fancy ketchup?

Why are the little styrofoam pieces called peanuts?

Why does caregiver and caretaker mean the same thing?

Why does the Easter bunny carry eggs? Rabbits don’t lay eggs.

Why can’t they handle bigger WetAds? Such an example would be using a VA loan to buy a primary home if your spouse is a military veteran and you’re eligible to use the VA guarantees for a secondary home and investment properties. Learn more at www.malkemusdds.com

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What is the house’s value if it was built in 1961, 1979, or after; it is a double-wide or bigger and the appraiser may require a mechanical engineering certification. This is going to be the upper appraiser on an individual basis. If there has been any improvements to the property or its surroundings, add the tax assessors assessment in addition to the appraisal. What is the value of the property or improvements also dictate the cost of the VA loan or based on a specific lending calculation.

Jan is about to get married and Jax is about to get married, both in the same time. What is the difference between normal ketchup and fancy ketchup?

If pro and con are opposites, wouldn’t the opposite of progress be...

Why does caregiver and caretaker mean the same thing?

Do you have to wear a hairnet?

Why can’t they handle bigger WetAds? Such an example would be using a VA loan to buy a primary home if your spouse is a military veteran and you’re eligible to use the VA guarantees for a secondary home and investment properties. Learn more at www.malkemusdds.com

Doug Hecker Realtor
carol@doughecker.com
707 484-6408
707 694-4468
707 484-6408
6601 Commerce Blvd.
Lisa Adams
707-694-4468
707-585-9500
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Weekly Horoscopes July 17

Pisces
March 20 – April 18

This week’s overall outlook is positive for you, Libra. However, a certain specification or condition will dominate many of your concerns.

Scorpio
Oct. 23 – Nov. 21

Employ your creativity this week and you may tap into venues that you wouldn’t otherwise have in your reach.

Cancer
June 21 – July 22

Many things come to you naturally. You may need a little more time to formulate your thoughts. You may need a little more tongue. You may need a little more to say to someone special, but for some people this week, Gemini. Lead by example. The attitude you present is what you will get in return.

8:42 a.m. (not firearm) on Hollingsworth Circle.

9:20 a.m. A 31-year-old male was arrested for violation of probation and resisting peace officer on Hollingsworth Circle.

9:24 a.m. An auto burglary was reported on Civic Center Dr. at Harrison St.

9:37 p.m.: Fireworks were reported on Rohnert Park Exp. at Rohnert Park Circle.

12:28 a.m.: A 38-year-old man was arrested for cruelty to child (combined drugs and alcohol) on Manaca St.

12:31 p.m.: An auto burglary was reported on Rohnert Park Exp. at Rohnert Park Circle.

12:50 p.m.: Petty theft was reported on Rohnert Park Exp. at Rohnert Park Circle.

6:16 a.m.: An auto burglary was reported on Golf Course Dr.

9:39 p.m.: Fireworks were reported on Rohnert Park Exp. at Rohnert Park Circle.

8:47 a.m.: A stolen vehicle was reported on LaRoda Ct.

12:06 a.m.: A 41-year-old man was arrested for violation of probation.

5:17 p.m.: A 41-year-old male was arrested for cruelty to child (not firearm) on Gloria Ct.

12:31 a.m.: A 41-year-old male was arrested for violation of probation.

12:22 a.m.: A 7-year-old male was arrested for violation of probation.

9:05 p.m.: A 36-year-old female was arrested for cruelty to child with possible injury and DUI in compliance with foreign probation.

2:30 a.m.: An adult burglary was reported on Commerce Blvd. at State St.

9:37 p.m.: Fireworks were reported on Rohnert Park Exp. at Rohnert Park Circle.

11:31 a.m.: A 28-year-old male was arrested for possession of burglary tools. Vandalism and violations of supervised parole on Rohnert Park Exp.

8:05 p.m.: Petty theft was reported on Rohnert Park Exp.

9:05 p.m.: A 7-year-old female was arrested for violation of probation.

12:22 a.m.: A 7-year-old male was arrested for violation of probation.

11:44 a.m.: A 44-year-old female was arrested for failure to register as a sex offender on Benicia St.

2:42 a.m.: A 42-year-old male was arrested for DUI at Raley’s Towne Center.

4:24 p.m.: A 31-year-old male was arrested for violation of probation.

3:34 p.m.: Vandalism was reported on Golf Course Dr.

12:31 a.m.: A 7-year-old male was arrested for failure to register as a sex offender on Benicia St.

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The City of Cotati is offering a wide range of services and resources to help local businesses get up and running safely, including:

- **Re-opening checklist**
  - Are you wondering if you’re complying with state and local health regulations? Before you open your business we suggest completing the checklist for reopening businesses at bit.ly/reopening_cotati.

- **Business use of sidewalks and streets**
  - Have you ever wanted to use the outdoor area in front of your business? Check out the Business use of sidewalks and streets.

- **Other ideas or questions?**
  - The city recently made significant changes to support new business concepts or ideas, in many cases making the process to start a new business or change existing business models easier and more straightforward. To discuss any of these elements, please contact Noah Housh, the Community Development Director at nhoush@cotaticity.org or by phone at (707) 665-3635 for assistance or questions.

- **Support your local businesses**
  - The City of Cotati did not hesitate and açessed the City of Cotati City Manager Mayor Wendy Skillman

“...”

Dear reader:

As we all know, Covid-19 has taken a toll on all small businesses and has given us a challenge and a very deep impact on our establishments.

Now the small business owners are looking toward the community leaders for help. Most businesses have had little or no revenue for the last 12 weeks and operational expenses are consumed at three times the monthly rate without any revenue.

As Rohnert Park, Cotati and Penngrove’s leading newspaper, we have approached the city leaders to partner with us to create a helping hand.

The City of Cotati did not hesitate and accepted our generous offer and the businesses listed below are the results of the partnership. These businesses will receive ads for a period of six weeks at no cost to them. Please support your local businesses.

Shop Local
Support your local businesses.

Kimberly Brasil, RDHAP
Dental Hygiene Practice

- Accepting new insurance companies including Delta Dental and Medi-Cal Dental (Dental-Cal)
- Special Offer (Non-Insurance)
  - Adult Exam: $100
  - Children’s Exam: $90

- Includes cleaning, polish, 4 bx digital xrays, periodontal exam, oral health intervention, and professional x-rays.

7th-665-6122
Staff.DentalHygienePractice@gmail.com
www.SonomaCountyDentalHygienePractice.com

Do you dream of a healthy you?
Are you starting on a healing path?
Do you have Stress, Anxiety, Trauma or Pain?

Do you want to:
- Check out our classes and workshops for a healthy you?
- Visit our online store?
- Join us on our Yoga Twitter?
- Yoga Teacher Training?
- Self Care Classes?
- Wellness Treatment: Acupuncture, Massage, Botanicals?

829 Old Redwood Hwy., Cotati
www.sweetpeacotati.com
829 Old Redwood Hwy., Cotati
707-797-8004

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