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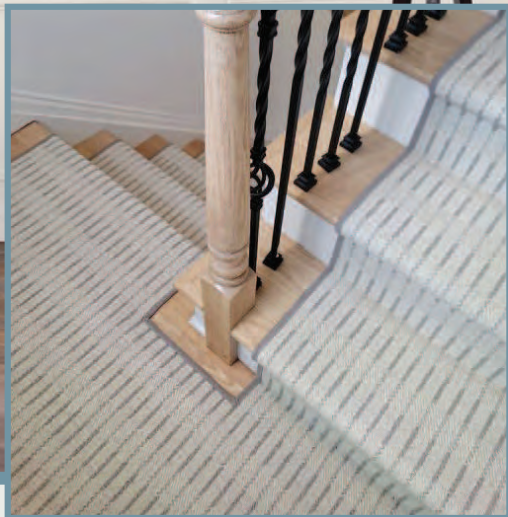


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More than vineyards: Napa Valley's open spaces

SARAH DOWLING
Special Projects Editor

Driving into the Napa Valley — more specifically the city of Napa — for my first day at the Register, I was blown away by the scenic beauty of the rolling hills and vineyards all around me. Commuting from Sacramento for over a year and growing up in nearby Vallejo, this was not the landscape I was accustomed to. But it was the landscape I expected. After all, Napa Valley is world renowned for its wine. But as time rolled on and I later moved to the city of Napa, I wondered



SARAH DOWLING

what other scenery the region had to offer beyond the vineyards.

This issue explores the parks and other open spaces the public can embrace when visiting the Napa Valley. In it, our writers and photographer Nick Otto showcase various spaces such as Napa's downtown Fuller Park, where Riley Palmer gathered information on how to build the perfect picnic. Katie DeBenedetti, after talking to leaders of local hiking groups, put together a Napa Valley hiking guide. The guide features several trails, including those under the Napa County Regional Park & Open Space District umbrella. Columnist Sean McCawley provides a list of tips for the health-conscious hiker

out there.

Learn about Mead Ranch on Atlas Peak, a new area donated to the Land Trust of Napa County. Barry Eberling explains the history behind the ranch. He also talks with students who participated in the Watershed Explorers program in American Canyon, learning about the environment around them.

Our hope is that this magazine will inspire readers to explore the environment outside Napa Valley. Please enjoy our Summer/Fall 2024 issue.

On the Cover: Andrew Brooks with Napa Open Space District pauses while riding in Suscol Headwaters Park. Photo by Nick Otto.



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Nick Otto Photos, Register

Botanist Jake Ruygt, right, and Mike Palladini with the Land Trust of Napa Valley inspect flowers as they walk through a vernal pool on Thursday, May 2 at the Mead Ranch property, which the Land Trust recently acquired.

Land Trust gains Mead Ranch on Atlas Peak

BARRY EBERLING

Jane Whitaker Mead’s family ranch and surrounding environs in the Atlas Peak area far above the Napa Valley seeped into her nationally recognized poems.

She wrote of the vineyard “where my father tempts life from dirt to wine in a habit of seasons stronger than love.” She wrote of “the rocky draw, the waterfall” off Atlas Peak Road.

Mead died in 2019 at age 61. Her estate recently donated the 1,318-acre ranch — two square miles — to the Land Trust of Napa County.

“She made this gift,” Land Trust CEO Doug Parker said. “She wanted to protect

the land forever.”

Mead left her position as poet-in-residence at Wake Forest University in 2003 to oversee management of the ranch after her father’s death. Her obituary said that “much of Mead’s poetry was informed by her devotion to the land.”

Here on the ranch grows Mead’s owl’s-clover, known to be found only in this immediate area. Consulting botanist Jake Ruygt discovered the yellow flower and in 2012 named it after the Mead family.

Here grow other rare plant species, including the few-flowered navarretia, Napa bluecurls and holly-leaved ceanothus. Here are birds ranging from the

ash-throated flycatcher to the wrentit.

Mike Palladini and Kimberly Howard of the Land Trust recently joined Ruygt on a visit to the Mead Ranch. They hiked out to the vernal pools, in an area with volcanic rock that fills with a few inches of water during rains.

Sopped soils teemed with tiny juvenile tree frogs. Tadpoles swam in a vernal pool. Yellow and white flowers by the thousands peaked up above the green grasses.

“To have a protected a wetland of this magnitude with the level of rare plant values we have here ... is just a wonderful part of this conservation project,” Palladini said.

Then the three walked to vineyards



The rare Mead's owl-clover is seen on the Mead Ranch property.



Botanist Jake Ruygt inspects a nodding harmonia, right, as well as a similar flower on Thursday while exploring the Mead Ranch property, which the Land Trust of Napa Valley recently acquired.



A scene from the Mead Ranch property which the Land Trust of Napa Valley recently acquired.

Narrowleaf mule ears flowers are seen on the Mead Ranch property, which the Land Trust of Napa Valley recently acquired.



where a tractor drove. The Land Trust is typically more involved with preserving habitat than farming. But Howard said the vineyards will remain for the immediate future, as there is a long-term lease for their use.

"This is new for us and outside the norm for us," she said.

Palladini, Howard and Ruygt walked to the remains of the Mead homes, which were destroyed in the 2017 Atlas Fire that

started nearby. Stone walls remain.

Ruygt recalled first visiting the property in 1990. He built a relationship with the Mead family and has been there many times over the years looking at plants.

Parker said Mead Ranch fits in with efforts to create a wildlife corridor in the eastern mountains framing Napa Valley, from Robert Louis Stevenson State Park near Calistoga southeast to American Canyon.



Nick Otto Photos, Register

The ruins of the Mead Ranch house which burned in the Atlas Fire are seen on Thursday, May 2. The Land Trust of Napa Valley recently acquired Mead Ranch.

Mead Ranch will become part of the Land Trust’s system of preserves. It could have some public access, Parker said.

“I talked to Jane before she passed away,” Parker said. “She wanted to have some education programs out there.”

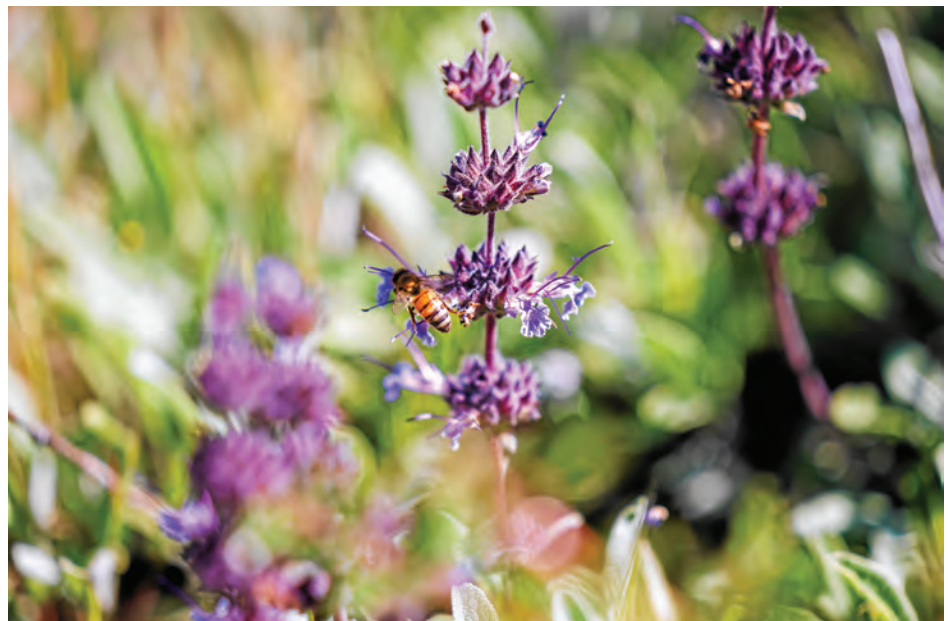
The Mead family bought the ranch in 1913. Mead’s father Giles grew up there and later started the family’s relationship with the Land Trust.

Giles Mead’s career included being a Harvard professor of ichthyology and director of the Los Angeles Museum of Natural History. In interviews, he recalled he had desired to return to the family’s Napa ranch, which he ultimately did.

“This place has been my life and love for over a half-century and my children share these sentiments,” Giles Mead wrote to his Atlas Peak neighbors in 1989.

He gave a conservation easement on the property to the Land Trust that year. The family retained ownership, but gave up development rights to ensure the property never became a patchwork of ranchettes.

“The potential use of this property no



A scene from the Mead Ranch property which the Land Trust of Napa Valley recently acquired.

longer rests on the whim of politicians or subsequent property owners,” Giles Mead said in a Feb. 1, 1990 article in The Napa

Register.

By forgoing development rights, “I think we’ve gained the ranch in a more

permanent way,” Jane Mead added at the time.

Giles Mead donated \$1 million to the Land Trust in 1999. A charitable foundation named after his parents provided hundreds of thousands of dollars in grants to the Land Trust. When Giles Mead died in 2003, the Land Trust’s executive director at the time, John Hoffnagle, called him “the Land Trust’s premiere patron.”

As Parker noted, with the gift of the Mead Ranch to become a Land Trust preserve, Jane Mead is part of that pantheon. Her legacy will be both the preserved land and her words that live on in poems such as this one.

“Whenever the experiment on and of my life begins to draw to a close I’ll go back to the place that held me and be held. It’s O.K. I think I did what I could. I think I sang some, I think I held my hand out.” ■



A few-flowered navarretia, which is listed as endangered under the federal Endangered Species Act, is seen on the Mead Ranch property, which the Land Trust of Napa Valley recently acquired, during a tour.



Photos: For more images from Mead Ranch, point your smartphone camera at the QR code and tap the link. [NEWSVU](#)



Video: For a look through the preserve, point your smartphone camera at the QR code and tap the link. [NEWSVU](#)



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Nick Otto photos, Register

People enjoy a picnic at Fuller Park in Napa on Friday, July 19.

So you want to build a **PICNIC?**

Two picnic ideas for two under \$50 in the Napa Valley

RILEY PALMER

Summer in Napa is the ideal time to lounge about in the heat, lay down a gingham blanket on grass and chow down on local eats. In a place as high-profile as Napa, a tourist's idea of a summer picnic could be at one of the Napa Valley's many wineries that allow you to bring your basket

of provisions, but a local's may look a bit different.

There is no shortage of picturesque hidden gems in the valley, and many are often in search of them. But there are others hidden in plain sight that offer a sense of a community, leisure and simplicity that helps people destress.

Bougie options are oozing out of Napa,

but where can the average person go in Napa County to relax? Unwind? Eat a sandwich surrounded by the sound of the outdoors? Napa and St. Helena offer the ideal environment to try two different picnic ideas for under \$50.

WHY THE BUDGET?

To put it simply, U.S. food prices have

gone up in and out of the home. In the U.S. Department of Agriculture’s food price outlook for 2024, the price of all food went up by 2.1% between May 2023 and May 2024. Nationally, restaurant prices increased 4% between May 2023 and May 2024, while grocery prices went up 1% in the same period.

Many Napa County grocers from Trader Joe’s to the Oxbow Public Market have exactly what you would need to create a spread – fancy cheese, jam, sandwich ingredients – at customizable prices to fit your wallet and appetite.

But for those looking to ditch the at-home assembly and plop down on their blanket with ready-to-go local eats, Frankie’s Deli inside First & Franklin Marketplace in Napa and Sunshine Foods Market in St. Helena offer two different approaches to a summer picnic.

IDEA ONE: FULLER PARK WITH FRANKIE’S DELI PROVISIONS

THE PARK

Occupying one of Napa’s most central locations, the historic Fuller Park at 560 Jefferson St. has been serving residents since its incorporation in 1905. The city bought the 10 acres of parkland that was once known as Campbell’s Grove for \$12,000 at the time, and the park was named for C.H Fuller, a former Napa mayor who oversaw the purchase.

According to the city’s website, the park also used to host a variety of interesting tree species from sycamores to elms, maples and mammoth redwoods.

According to Napa’s city parks and recreation director Breyana Brandt, the park today has 272 total trees from 56 species. The most common tree at Fuller Park is the coastal redwood, followed by the crape myrtle, red maple, pin oak and cedar.

“A lot of (the trees) aren’t native to Napa,” Brandt said. “There’s really a collection of trees from all around the world.”

Brandt thinks Fuller Park is the perfect picnic spot because it’s family-friendly, always pulsing with activity, and provides amenities other parks in the city don’t.

“The park is very vibrant because of the great amount of use it gets,” she said. “It’s a fun place for people to watch and see a lot of activity. You can see all ages really utilizing the park.”

On any given day people of all ages



People enjoy a picnic in Fuller Park in Napa on Friday, July 19.



Veggie Crunch salad that comes with edamame, quinoa, cranberries, shredded carrots and broccoli.

can be found enjoying the park’s play structures, which are currently being redesigned; taking a tree walk where people can peek at tree placards to glean more information; or smelling the city’s only rose garden, which is maintained in partnership with the UC Master Gardner program.

In terms of practicality, the city’s website states that the park is disabled-accessible and has bathrooms on-site, and also has a barbecue area should picnickers

choose that route.

Fuller Park has nine picnic tables that can accommodate between 30 and 60 people and can be reserved online, but for a nice weekend picnic, grabbing a spot on the lawn with Frankie’s Deli provisions will do.

THE FOOD

A good picnic is only as good as the food you set down on the blanket, and



People enjoy a picnic in Fuller Park in Napa.

Fuller Park is walking distance from many delectable downtown spots – including Frankie’s Deli, which is nestled in what is now called the First & Franklin Market-place at 1331 First St. after Ox & the Fox’s departure from the space in June.

Marketplace owner Chuck Meyer, who has also owned the Napa Palisades Saloon for the last 10 years, has run the deli since 2020. His vision for the marketplace is to provide a downtown hub to get fast, easy food at any time of day either at the deli or at Cousin’s Corner Bar, which opened July 1.

“We’re really trying to be that community-orientated spot,” he said.

Curating a \$50 picnic with Meyer’s selection of sandwiches, salads and soft drinks wasn’t a hard task. Meyer suggested two sandwiches, Frankie’s classic Jankbot turkey, bacon and avocado, and its vegetarian Shroomin’ portobello

sandwich his way, which is on rye bread and toasted.

The Jankbot is the deli’s most popular sandwich because of its simplicity.

“The sandwich is a basic play on a turkey club,” said Meyer. “Turkey, avocado, bacon. It’s got a spiciness to it with the spicy aioli. It’s the number one sandwich every day.”

In terms of sides, Meyer suggests the Veggie Crunch salad that comes with edamame, quinoa, cranberries, shredded carrots and broccoli. The two sandwiches, a classic potato salad and two soft drinks together run \$49.20.

Meyer said that order could feed a very hungry couple, or up to four people who are interested in sharing the generously sized sandwiches.

“The sandwiches are pretty hefty,” Meyer said. “I’m a pretty big eater and I usually eat a half and save the rest for

later.”

After the afternoon sun has waned, Meyer suggests a stroll back to Cousin’s Corner Bar, to sip one of its “Pour decisions.” He recommends the summer cocktail “Son of Beach,” which mixes rye whiskey, lemon, Aperol, amaro and pineapple syrup.

IDEA TWO: A SUNSHINE FOODS’ CHARCUTERIE BOARD AT LYMAN PARK IN ST. HELENA

THE PARK

The Upvalley is known for its hotter temperatures and grandiose wineries, but those looking for something more approachable can head to Lyman Park at 1498 Main St. in St. Helena for an idyllic, small-town picnic.

St. Helena’s parks and recreation

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Frankie's classic Jankbot turkey, bacon and avocado, and its vegetarian Shroomin' portobello sandwich his way, which is on rye bread and toasted.

Nick Otto photos, Register

director Dave Jahns said that those looking for a casual experience, with the passage of his- tory and time being part of the picnic experience, are best suited for Lyman. The park is home to a historic gazebo, green space and one restroom.

The park is named after a pioneering St. Helena's family named the Lymans,

who owned 800 acres of land in Napa County in 1871. The Lymans sold the land in 1924 to St. Helena, which was then home to a German social club that William W. Lyman owned.

According to the St. Helena Historical Society, Lyman Park has been a hub for concerts and leisure since the city took ownership. Almost immediately a band- stand, also referred to as the historic gazebo, was built, and community groups

such as the St. Helena Sanitarium (Hos- pital) Band made it their regular venue.

During the summers, St. Helena has continued the tradition of music in the park with a concert series in June and July, with performances scheduled for evenings to avoid the midday heat.

Jahns pointed out that St. Helena's Crane Park is also an option for those looking for a more active experience. The park's 12 acres are home to six lighted



tennis courts, eight lighted bocce ball courts, two Little League baseball fields, one lighted sand volleyball court, children's playgrounds, individual and group picnic areas, and two restrooms.

THE FOOD

St. Helena is no stranger to fancy, Michelin-star offerings. By contrast, Sunshine Foods at 1115 Main St. is an

approachable, local grocer that offers a mix of both simple and luxurious options perfect for picnicking, and is less than a 10-minute walk to Lyman Park.

According to store owner Jay Smith, Sunshine Foods seeks to offer "real-deal" products that prioritize quality over cheapness. For 50 years, he said the market has given locals quality offerings and also gone a step further, providing causal catering options – which include

charcuterie boards at various price points.

Smith said Sunshine Foods been making trays of all kinds for 25 years, ever since owners first noticed their popularity. The market's wine and cheese experts usually assemble 50 to 60 boards a week in July for tourists, locals and neighboring wineries, he added.

"We deal with a lot of the same people The French Laundry does," Smith said.

Sunshine Foods' causal catering



**People
enjoy a picnic in
Fuller Park in Napa on
Friday, July 19.**
*Nick Otto Photos,
Register*





People enjoy a picnic in Fuller Park in Napa.

approach is an ideal way to pick up a picnic charcuterie board for two for less than \$50, if you give the market at least a day's notice.

"We'll put everything together, but you pick it up yourself and serve it yourself," Smith explained.

St. Helena picnickers can grab a James Tray for two off Sunshine Foods' casual catering menu for \$47.98. Business partner and son Matt Smith said the tray is named after the store's previous cheesemonger.

James was "the one who came up with that particular mix of charcuterie and cheese, and it is considered top-notch," Matt wrote in an email. "Rich triple cream Brie, with really interesting, small-production local and imported cheeses and charcuterie."

The James Tray is adorned with items like rosemary ham, prosciutto de Parma soppressata, house-made roast beef, Domaine du Vallage triple cream cow's-milk cheese, and goat cheese as well as an assortment of olives, fresh fruit and dried fruit.

According to Matt, the portions usually feed more than specified on the Sunshine Foods menu. He said the boards are highly customizable, with offerings varying by season, though he admits people enjoy the help.

"People like having the work done for them," he said. "We choose the meats and cheeses, slice and arrange them, and then package and send them with all the things you may need." ■

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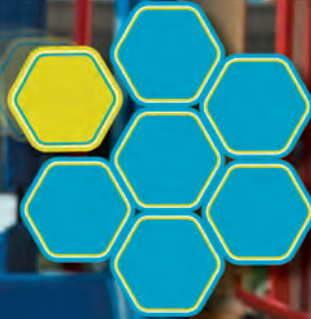
Nick Otto, Register

Fourth-grade students from Donaldson Way Elementary School collect plankton samples for inspection during a Watershed Explorers tour at Wetlands Edge park in American Canyon on Tuesday, May 14.

Watershed EXPLORERS

AmCan program introduces youth to Napa wetlands

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BARRY EBERLING

About 60 young “watershed explorers” came to the south Napa County wetlands where avocets stride along mudflats, salt marsh harvest mice hide amid pickleweed, and plankton teem in murky waters.

Where better to learn about the marsh than in the marsh? That’s the approach taken by the American Canyon Community & Parks Foundation’s Watershed Explorers program.

Donaldson Way Elementary School fourth-graders participated. They came to an area once known for its dump, wastewater ponds and salt ponds, before the government spent millions of dollars to restore historic wetlands.

Student Arhum Khurram peered through a magnifying device at water taken from an adjacent, mossy pond. He consulted pictures and guessed he had found a riffle beetle.

“It does look like a riffle beetle,” Jessica Ardizzone of the Napa County Regional Park and Open Space District told him.

Hidden in those pond waters are an array of macroinvertebrates. These small organisms without backbones can range from dragonfly nymphs to mosquito larvae.

At another learning station, student Annalayah Hernandez looked at tidal wetlands trying to find birds. She found ducks, nothing exotic.

Timing plays a role in birdwatching here. Tammy Saunders of the Napa Solano Audubon Society said that once the tide fell and the waters became shallower, the shorebirds would come out.

At a third learning station, Danielle Ashton of the Napa County Resource Conservation District talked to the fourth-graders about plankton.

“That’s the type of plankton you see on ‘SpongeBob,’” she said, pointing to a chart. “And it’s called a copepod.”

And at a fourth station, Mike Lombard and Melisa Guillen of the city talked about American Canyon’s nearby wastewater treatment plant.

They showed a jar full of gunk called a fatberg, which is formed by such things as

Fourth-grade students from Donaldson Way Elementary School use binoculars to look for birds during a Watershed Explorers visit at Wetlands Edge park in American Canyon on Tuesday, May 14.

Nick Otto photos, Register



Donaldson Way Elementary School fourth-grader Dominic Lloren looks for living things through a magnifying device during the Watershed Explorers program at Wetlands Edge park in American Canyon.



Fourth-grade students from Donaldson Way look at a sheet with photos of phytoplankton during the Watershed Explorers program at Wetlands Edge park in American Canyon.

grease and oil and can clog up the sewer. This little fatberg was nothing like the one discovered in an England sewer in 2021 that was a half-mile long.

Don't put grease down the drain, Lombard urged the students.

Students reflected on their favorite part of the American Canyon wetlands.

"I like walking," Arhum said, and he has plenty of company, given the number of people who can be seen strolling on the miles of trails there.

"It's like really fun and cool how you get to see nature," said Steve Charrette, who had just seen some birds he believed to be doves and bluebirds.

Annalayah singled out the animals and the birds. "There's beautiful stuff here," she said.

Watershed Explorers is in its third full year, according to Janelle Sellick, executive director of American Canyon Community & Parks. The program serves about 300 fourth-graders.

There are three parts to the Watershed Explorers course, said Joy Hilton, the foundation's education program director. Students learn about the Napa River watershed in the classroom and practice writing in a nature journal. Then they have the field day in the marsh. Then they visit the foundation's mobile wetlands classroom.

Unlike the Watershed Explorers, many people in the pioneer-era mid-1800s didn't see a regional wetlands wonderland to be treasured. They saw a smelly, mosquito-breeding swamp taking up valuable space, so they put up levees to create dry farmland.

By the 1980s, much of the area to the west of American Canyon no longer looked like a welcoming place for the clapper rail or other creatures. There was a dump. Cargill harvested salt from a series of evaporation ponds covering 11,000 acres.

Cargill Salt shut down in 1989, selling most of its ponds to California in 1994 and still more in 2003. The dump last accepted trash in 1995.

Then the tide turned for Bay Area tidal marshes. Federal, state and regional scientists and officials in 1999 put out the Baylands Ecosystem Habitat Goals.

The Bay Area had seen 190,000 acres of historic tidal marshes shrink to 40,000 acres, researchers found. They said the Napa River area presented an "excellent opportunity" to restore large patches of tidal marsh near a river system.

Then began a massive,



Nick Otto photos, Register

A Donaldson Way fourth-grader reacts to a jar of solidified grease found in a drain during talk about wastewater treatment during a Watershed Explorers tour at Wetlands Edge park in American Canyon.

multimillion-dollar wetlands restoration effort that included having the state buy the old Cargill salt ponds and breach levees. Also, American Canyon restored some wetlands.

The area adjacent to American Canyon remained largely off-limits to the public until 2010, when the city opened a trail leading to the Napa River. In 2012, a loop trail around the closed landfill opened. So did a trail along former salt ponds, now once again under tidal influence.

American Canyon had a wetlands world where people could go to walk and bike – and, as in the case of the Watershed Explorers, to learn about nature. ■



Video: For a virtual wetlands tour, point your smartphone camera at the QR code and tap the link.

NEWSVU



Photos: For more scenes from the wetlands, point your smartphone camera at the QR code and tap the link.

NEWSVU



Jessica Ardizzone with Napa County Open Space District talks to fourth grade students from Donaldson Way Elementary School about the local wetlands during the Watershed Explorers program at Wetlands Edge park in American Canyon.



Donaldson Way Elementary School fourth-graders Sofia Vasquez and Ava Jade Jimenez look for living things through a type of magnifying glass during the Watershed Explorers program at Wetlands Edge park in American Canyon.



Fourth grade students from Donaldson Way Elementary School look for plankton under a microscope during the Watershed Explorers program at Wetlands Edge park in American Canyon.



Donaldson Way Elementary School fourth grader Luke Quiatchon uses binoculars to look for birds during the Watershed Explorers program at Wetlands Edge park in American Canyon.

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CYCLING

in Suscol Headwaters Park



REGISTER STAFF

Accessible through Skyline Wilderness Park — located at 2201 Imola Ave. in Napa — a new park continues to take shape in the region.

Suscol Headwaters Park is a newer addition to the Napa County Regional Park & Open Space District list of parks.

“The 709 acres that comprise Suscol Headwaters Park were acquired by the Napa Open Space District between 2015 and 2017,” according to the district website. “It is immediately south of Skyline Wilderness Park, which has over 25 miles of trail, building and expanding upon the existing hiking, biking, and horseback-riding opportunities.”



Nick Otto photos, Register

Andrew Brooks with Napa Open Space District rides in Suscol Headwaters Park on Thursday, July 18.





Nick Otto photos, Register

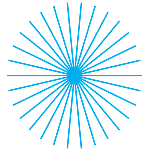
Andrew Brooks with Napa Open Space District rides in Suscol Headwaters Park on Thursday, July 18.

Suscol Headwaters officially opened as a public park in 2020, the district website states, and the district is currently designing the trail system that will be built over the next several years. Eventually, the district will have access points in addition to the Skyline Park entrance. Currently, there is an official trail leading to The Prominence at the peak of the property as well as dirt fire roads that are hiker/cyclist friendly.

Andrew Brooks with the Napa County Regional Park & Open Space District recently took advantage of the cycling trails.

For more information, visit napaoutdoors.org. ■





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'The cheese, the cheese, the cheese'

Napa Valley 'cheese-experience' business seeks to elevate knowledge and appreciation

RACHEL RASKIN-ZRIHEN

Contrary to some popular old tunes/sayings it is not “love that makes the world go ‘round” and it isn’t “all you need,” nor is the “bird the word” or the “hokey pokey what it’s all about.” Napa resident Hayley Pingree knows the answer to all of the above is, in fact, cheese.

New York natives, Pingree and her older sister and business partner, Maren Swenson are the owners/operators of The Napa Table, LLC, “a food and culture experience featuring cheese tastings, cheese and charcuterie boards, virtual courses and cheese tours to France and California.”

Located in Napa Valley, the two-year-old business has options to host guests at its private tasting barn, L’Atelier, or travel within Napa Valley and the Bay Area for off-site tastings and events, the women said.

The thing about cheese is the “romantic” and “grand” process, Pingree said.

“I bought this book about French cheese on a whim and there’s something so romantic about the process to me. It all seemed so grand to me. It really opened up my eyes. It made me appreciate it so much more. I love the stories behind how the cheeses are made. The history of things. The animals.”

The business grew out of this.

“The Napa Table is a dream that I never thought would become a reality,” said Pingree, 33, in a statement.



Hayley Pingree photo

The Napa Table offers cheese tastings, cheese and charcuterie boards, virtual courses and cheese tours to France and California.

“Three years ago, I found myself deep in the obsession of the slow food movement, mindful-eating culture and the amazing world of artisanal and farmstead cheese. Book after book, late-night internet searches and long, philosophical conversations couldn’t satiate the passion and excitement I felt toward this long-time-calling.”

The slow food movement, which started in Italy in the 1980s, is basically, “a rebuttal to the fast food movement,” she said. “It’s designed to help preserve heritage and traditions being lost in the fast food culture. It encompasses the work of trying to preserve heritage and agriculture.”

Pair this love of cheese and the slow food/mindful-eating movement with her life-long fascination with all things French and a move to Napa Valley, and The Napa Table was only a natural outgrowth, she said.

“As a Francophile, my travels in France (and reading, researching and talking

endlessly about it) always focused on the culinary world and the pure pleasure and passion the French derive from the simple act of preparing and eating meals, eventually led me behind the cheese counter, where I mongered (sold) for one of the greatest cheese shops in the country, Antonelli’s Cheese Shop in Austin, Texas.”

Commuting from San Antonio, Pingree said she brought home “bites of knowledge” and lots of cheese, to share with friends, which turned into teaching small groups about cheese in their homes “and sharing as much as I could about the slow food movement in a town that otherwise was filled to the brim with BBQ, burgers and queso.”

Then the pandemic hit, she and her husband of 14 years had a baby — a now 3-year-old son — and they moved to Napa, Pingree said.

“Life eventually landed us in Napa, and into my gastronomic heaven,” she said. “From bounties of produce at the Farmer’s

Market, to cheese shops, local grocers, world-class restaurants, rolling hills and vineyards, I felt right at home.”

Watching “the fig tree, then the apple tree, and then the pomelo tree all blossom right in our backyard,” made Pingree think about “sharing this love of mine around the table, under the trees and bistro lights in the crisp Napa air,” she said.

Not that there was anything in her early family background that might have predicted this outcome, she said. The family isn’t French, for instance.

“I’m just French at heart. It’s hard to know how it happened,” she said. “When I was younger, I had a romanticized view of France and Paris. I was bored in my advertising job. I married at 19 and felt I’d skipped a lot of stuff, like studying abroad.”

Pingree always wanted to visit Paris, and learned when she did, the food culture there had much to teach.

“Little did I realize that going there multiple times really scratched an itch for me,” she said. “They have the cure for the Victoria’s Secret school of eating – No one was stressed about what they were eating. All low stress, and I’d never experienced that in American diet structure. It sparked something in me. It helped me reframe my way of looking at eating.”

American food culture lacks balance, Pingree said, describing it as a “vicious cycle of binge, restrict, repeat.”

The concept that grew into the Napa Table is based on the approach born from these experiences and lessons learned.

“When I started the idea for the Napa Table I was living in Texas as a yoga teacher and decided to take the modality of mindfulness and translate it into a way of approaching food. I started with cheese specifically,” she said.

“Cheese seems simple but is really complicated. When you think about what goes into it, it has to be really mindful from the beginning, through every step, and I fell in love with that.”

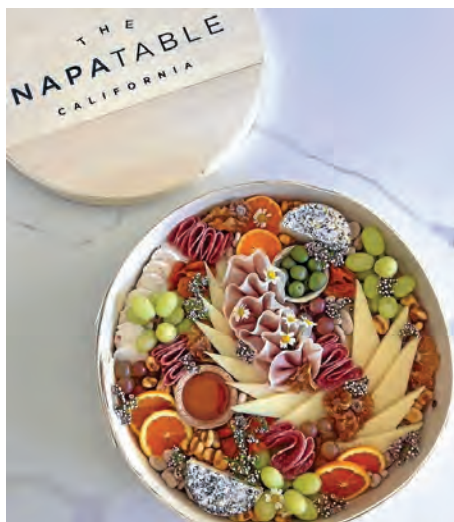
They hope clients will come away with a more thoughtful way of eating and seeing cheese.

Those who engage with The Napa Table, will experience the company’s “beautiful cheese and charcuterie boards” and expert lessons for “you and your friends to do the same,” according to the firm’s website.

“Offering public classes, private events and subscriptions..., we introduce you to the best cheese, wine and food pairings and how to eat and entertain mindfully,” the site said.



Angie Clayson photo
Hayley Pingree (left) sister and business partner, Maren Swenson are the owners/operators of The Napa Table, LLC “a food and culture experience featuring cheese tastings, cheese and charcuterie boards, virtual courses and cheese tours to France and California.”



Hayley Pingree photo

The Napa Table offers cheese tastings, cheese and charcuterie boards, virtual courses and cheese tours to France and California.

The sisters are two of four siblings.

Swenson experienced a life-altering event in the form of a divorce and remarriage that changed her perspective on everything, she said.

“I was used to business, chaos, doing things to meet others’ expectations, and not spending a lot of time developing myself,” she said. “After my divorce, then a remarriage and blending of families, I needed a reboot on life.”

Discovering “mindfulness and breath work,” the mother of three biological and three step children said she also found “connection with myself,” and that “once I cultivated these parts of my life, I was able to be more present and give more fully to those around me.”

Making the conscious effort to “move through life joyfully and mindfully,” Swenson said she was determined not to just survive.

“I want to live,” she said. “And today, I live. This company and all that we stand for is a reflection of my inner-work and values. The cheese, the cheese, the cheese.”

The sisters said they hope that clients walk away from a Napa Table experience, “first and foremost with a greater understanding of the cheese world; how to better taste and pair cheese. Maybe seeing cheese doesn’t have to be unreachable and stuffy. Making it more accessible and they can pick it out with more confidence – making it less intimidating,” Pingree said.

“The most important thing to know about cheese is to have an idea of what you like. Like wine, it’s a good cheese if you like it. Start with what you like and branch out from there. Don’t be afraid to ask questions. A good cheese monger will be happy to give you advice and help you find something you’ll like.”

As far as Pingree is concerned, the best part of being involved in this business is the human connections being made.

“Primarily those coming to cheese tasting or classes. There’s something so connecting about sitting around a table and sharing food,” she said.

“Alongside that, the amazing people in the cheese world. People really trying to make a difference in the sustainable and regenerative dairy industry.”

Not that there are no challenges. There are.

“I find it hard to balance everything,” she said. “There’s so much exciting opportunity in the valley. Amazing partnerships. But as a mom, I’m tired a lot of the time. And awareness – helping people feel that eating high-quality dairy products is important. Not just for the ag industry but for the environment. That can be tricky!”

Info: thenapatable.com, hello@thenapatable.com ■



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Nick Otto photos, Register

Lake Hennessy seen from Moore Creek Park on Tuesday, July 16.

Spotlight on MOORE CREEK PARK

A turkey vulture sits on a branch in Moore Creek Park.



REGISTER STAFF

A part of the Napa County Regional Park & Open Space District, Moore Creek Park is ideal for hiking, mountain biking and equestrian use, according to the district's website.

"Moore Creek Park includes 1,600 acres of rugged terrain including Oak woodlands, Douglas Fir & Madrone forest, grasslands, and chaparral. Wildlife in the park is plentiful, including large mammals such as black bears, mountain lions, bobcat, gray fox and coyote," the district website states. "Prior to its acquisition by the Napa Open Space District in 2008, the 700 acre Moore Creek Unit was a privately owned cattle ranch. The 900 acre Hennessy Unit consists of water-shed land purchased by the City of Napa when it developed Conn Dam and



Ryan Ayers with the Open Space District walks along a path under hanging Spanish Moss in Moore Creek Park on Tuesday, July 16.
Nick Otto photos, Register





An Egret sits on a submerged tree branch in Lake Hennessy as seen from Moore Creek Park
Nick Otto photos, Register



A Moore Creek Park visitor takes a bike from bike riding to sit on a bench near Lake Hennessy on Tuesday, July 16.



Two people are seen fishing from a canoe on Lake Hennessy.

Lake Hennessey in the 1940's. The lake was named after Edwin R. Hennessey, a Napa banker who helped secure local development of the reservoir when an earlier Federal flood control project stalled.”

The park is open from sunrise to sunset and its main parking area is located at 2602 Chiles Pope Valley Rd. in St. Helena.

For more information, visit napaoutdoors.org. ■



Nick Otto photos, Register

Members of the meet up group Napa Valley Hikers traverse a hill while hiking to the Bale Grist Mill in Calistoga on Saturday, June 29.

A Napa Valley HIKING GUIDE

KATIE DeBENEDETTI

While the Napa Valley might be better known for rolling vineyards and lots of wine, the region also features a wealth of breathtaking hiking trails for locals and visitors alike who are looking to get active. Here are six favorites from locals who lead hikes in the Napa area.

Members of the meet up group Napa Valley Hikers walk past a cemetery while on a history hike to the Bale Grist Mill in Calistoga.



SKYLINE WILDERNESS PARK

Just about 10 minutes outside of downtown Napa, Skyline Park offers 25 miles of hiking trails, places to barbecue and bike. According to Visit Napa Valley, the two-and-a-half main trail is good for hikers of all abilities, while a more difficult alternate route is available “for a better workout.” Both trails, along which hikers will catch glimpses of the San Francisco Bay and Marin Headlands, lead to Lake Marie. The trails offer minimal shade, according to Gerry Parrott, who runs the Hiking with Pride group, so he tends to only visit in the fall and spring.

Skyline does require a pass for parking and/or biking or walking in, which can be purchased for between \$3-6 on its website at skylinepark.org.

Address: 2201 Imola Ave. Napa, CA 94559

Hours: 7 a.m. – 7 p.m. (Spring/Summer), 7 a.m. – 5 p.m. (Fall/Winter)

WESTWOOD HILLS PARK

For a slightly easier hike, check out Westwood Hills. Most of the routes in the park are between two and three miles, according to Lisamarie Landreth, who started the Napa Valley Hikers group this spring.

“There’s a few different routes around, and it also offers a beautiful vista of both sides of Napa,” she said. Landreth suggested stopping into nearby Browns



Nick Otto photos, Register

Members of the meet up group Napa Valley Hikers look at a map at while on a history hike to Bale Grist Mill in Calistoga on Saturday, June 29.

Valley Market for sandwiches or heading to Journey Coffee for a pick-me-up after the hikes. The Carolyn Parr Nature Center is also close by for kids who want more hands-on experience with some of the creatures on the trails.

Westwood Hills has free parking and lots of benches and tables for picnicking or resting before or after a hike.

Address: 3107 Browns Valley Rd, Napa, CA 94558

Hours: Sunrise – Sunset

MOORE CREEK PARK

Located east of Lake Hennessey, Moore Creek Park is another of Parrott’s favorites. He recommends the Valentine Trail, about a four-mile loop through the park. The 1,600-acre park has many other trails as well, some of which Parrott said are fairly easy for more amateur hikers. Be careful walking though, as the park is popular for bikers. Contact with the lake, a key source of drinking water, is not permitted at any time.

There are no fees to park or hike at Moore Creek.

Address: 2602 Chiles Pope Valley Rd, St. Helena, CA 94574

Hours: Sunrise – Sunset

BOTHE-NAPA VALLEY STATE PARK

Further north along St. Helena Highway between St. Helena and Calistoga, Bothe Park offers a reprieve from all of the vineyards and wineries that line the valley. The park is full of redwood trees, creeks that span along the trails and even a swimming pool that can be accessed for an additional fee. Parrott’s favorite route is the Redwood Trail to Coyote Peak, but he said there are plenty of paths to take.

“One of the things that I love about it is that I would say probably about 80% of it is under canopy. Even on a hot day, you can still go up there and hike and not feel like you’re going to be completely exposed,” he said.

Another trail, recommended by Landreth, is the Bale Grist Mill history hike.



Members of the meet up group Napa Valley Hikers explore the Bale Grist Mill while on a history hike in Calistoga on Saturday, June 29.



Nick Otto photos, Register

Members of the meet up group Napa Valley Hikers look at a map at the entrance to the Bale Grist Mill while on a history hike in Calistoga.

“You will see an old cemetery where members of the Donner Party are buried and some of the founders of the Valley are buried,” she said. “You can see all the history of the mill, and if you get really hot from hiking, you can jump in the pool after which is kind of fabulous.”

Parking is available for \$10 per car, with lower rates for seniors and those with ADA accommodations. Hiking or biking in is free.

Address: 3801 St. Helena Highway, Calistoga, CA 94515

Hours: 8 a.m. – Sunset

TABLE ROCK TRAIL

Also in Calistoga, Table Rock Trail offers a more difficult hike. The route is pretty strenuous, with lots of rocky patches and up-and-downs – “I wouldn’t say it’s for the faint of heart,” Parrott said.

But the views are stunning – from the canyon where people have built labyrinths out of lava rock, to the peak of the hike, a southwest viewpoint of Calistoga.

“When you get up to the very top of Table Rock, no matter how tired you are



Members of the meet up group Napa Valley Hikers make their way to Bale Grist Mill while on a history hike in Calistoga .

or how much you’re cussing because your feet hurt, it’s so breathtaking,” Parrott said.

To access Table Rock, park in the Mount St. Helena Trailhead parking lot off of Highway 29 and keep south. The All-trails app has a map and directions to the head. Unlike the other trails on this list, Table Rock does not have amenities like bathrooms or water fountains, so come prepared with lots of snacks and water.

Address: 4625 Lake County Hwy, Calistoga, CA 94515

Hours: Sunrise – Sunset

BARTHOLOMEW PARK

If you’re feeling more adventurous, Landreth also recommends heading over to Sonoma’s Bartholomew Park, her

favorite hike in the area.

“You feel like you’re in an enchanted forest,” she said.

The privately-owned park features about a four-mile trail, and a winery if your group is itching to go wine tasting. Landreth recommended Sonoma’s Best, a nearby coffee shop and deli, for a post-hike reward.

There is a parking lot for hikers located on Castle Road. Groups of more than eight will need to make reservations, and might not be accommodated during peak hours. To book a wine tasting for after your workout, visit bartholomewestate.com.

Address: 1695 Castle Road, Sonoma, CA 95476

Hours: 10 a.m. – 4:30 p.m. (trailhead closes) 6 p.m. (park closes) ■



Members of the meet up group Napa Valley Hikers wait to enter the Bale Grist Mill in Calistoga while on a history hike on Saturday, June 29.



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Members of the meet up group Napa Valley Hikers make their way to Bale Grist Mill while on a history hike in Calistoga on Saturday, June 29.

A journey through Napa's scenic beauty

As we step into summer and early fall, Napa is granted longer periods of sunlight and warmer afternoons bracketed by moderate temperatures throughout the morning. Evenings offer a brisk and refreshing break from the intense summer heat. The concave topography of the Napa Valley provides a panoramic view of mountainous terrain. A welcoming sight of rolling hills appears after driving over the Napa River at the southern crossing coming from American Canyon. Majestic visual



SEAN MCCAWLEY

beauty and Mediterranean climate make Napa one of the most desirable places to exist in the world. One could rarely find themselves in an area where it's not too

hot, yet not too cold. Napa's atmosphere lacks extreme humidity, dust storms, or tornadoes. Furthermore, most of the valley lacks the hustle and bustle of busy freeways that create a sense of frantic cacophony present in a morning drive to work. Along with the natural beauty and social harmony Napa brings to the table, a unique hiking adventure awaits people looking to appease their desire to observe the fauna and breathtaking views of the vast array of hiking paths and parks in this wondrous jewel of the world.

The Westwood Hills hiking trail is a friendly beginner-level hike located in the Browns Valley neighborhood just a stone's throw away from the downtown Napa area. A simple hike that spans straight up to the summit offering a majestic display of the city of Napa brings the hiking participants through groves of eucalyptus

trees, a vineyard view of the Carneros wine region, and fresh air filtered by the abundance of trees in the park. If you're looking for a brief 30-to-45-minute hike to stimulate the cardiovascular system and lower extremities, the Westwood Hills hike is an easy-to-locate park to visit with a quaint yet invigorating hiking experience.

State parks, historic trails, and natural reserves make their home in the Napa Valley. Bothe-Napa Valley State Park sits atop the northern end of St. Helena. Along with panoramic views of Mount St. Helena to the northeast and a peer into the Kenwood, Santa Rosa, and Windsor area at the highest point at Bothe, traversing the trails offers a tour of a brisk and refreshing stroll under a grove of redwood trees. Expect to see red-tailed hawks, squirrels, and lizards observing

you as you venture through this unique ecosystem.

About another half-hour drive north toward the town of Angwin, you'll find a trailhead to Mount St. Helena. One of my favorite hiking memories is taking a "sunrise hike" up to the top of Mount St. Helena. A peer of mine who was known for hiking and exploring monumental natural wonders of the world including hiking Mount Kilimanjaro and camping in Hudson Bay by the Arctic Circle in Manitoba, Canada recommended we should hike to Mount St. Helena's summit to catch the day's first light. So, we woke up at 2 a.m., met at the trailhead at 3 a.m., and began our ascent up to the peak with a set of headlamps, flashlights, and a backpack full of pancakes and coffee made the night before to enjoy and share after we reached the top. The experience is etched in my mind as one of the most jaw-dropping and elaborate displays of what sunrises of planet Earth can bring as the amber and orange hue of the meniscus of the sun emerged from the southwest horizon and illuminated the fog that covered the vineyards and cityscape of the Napa Valley. Needless to say, waking up at 2 a.m. in a pitch-black setting to hike a few hours at a trailhead may not be the most desirable. However, this particular experience of seeing the first beams of light from the morning sun hit Napa Valley was unforgettable.

The experience of traveling to these high points of Napa can't be duplicated by a streaming Netflix series or buzzing through Instagram and TikTok feeds. A person needs to get out of their house, travel to a trailhead, and take one step at a time up an inclined surface. While Napa's hiking scene creates unforgettable memories from the sights, smells, and sounds present in this Narnia-like setting, hiking up hills requires physical strength and a cardiovascular system that can endure prolonged strenuous physical activity. A few preparatory tactics can set us up for a successful physical performance when hiking so we can take in the full effect the natural wonders of Napa Valley offer. Along with wearing apparel offering protection from the harsh sun such as hats, UV protective shirts, and long pants to deter the likelihood of scratches from blackberry bushes or a tick making a home on your exposed legs, here are a few tactics to set the body up for an enjoyable hike:



Nick Otto, Register

Members of the meet up group Napa Valley Hikers make their way to Bale Grist Mill while on a history hike in Calistoga..

Wear the proper shoes: Before getting in the car to travel to the trailhead of these amazing hiking sites, footwear should be prioritized. The last thing anyone wants is to be impeded by a foot slipping around in the inside of shoes or an ankle rolling due to poor medial and lateral support. These trails offer uneven surfaces that either have intense rocky terrains or dusty downhill trails lacking friction. Remember to wear hiking boots or trailing running shoes that have sufficient ankle support, sufficient tread on the sole, and are overall comfortable.

Warm up the hips, knees, and ankles: Before any of our training sessions are conducted with our personal training clients, we have a routine warm-up that lasts about two minutes and activates the neuromuscular pathways of the joints of the neck, shoulders, and lower extremities. We require this ritual of movement prep before a concentrated exercise session that focuses on a full-body resistance training lesson plan. A 30 to 60-minute hiking adventure shouldn't be treated any differently. To avoid injury and optimize the potential of the body to perform competently while hiking, be sure to pick a few dynamic stretches that warm up and lubricate the hip, knee, and ankle joints.

Hydrate before starting: Outside the canopy of the trees covering the trails

is the powerful sun. Ultraviolet rays of the sun hit our exposed skin with the velocity of a turbojet and heat our body temperature to the point we can literally evaporate. While losing water from rigorous exercise in the form of sweat is inevitable, hiking in sunny and warm environments accelerates this process. It's critically important to not only bring a water bottle along with you on your hike but to also hydrate before starting a hiking expedition. A useful piece of advice we share with our personal training clients is to ensure to consume a full glass of water first thing in the morning immediately after waking.

The Napa Valley's hiking trails gift us with unforgettable sights and sounds. To fully embrace these moments of pure magic, it's important to prepare so we can take in the full dose of accomplishment felt at the top of each of these trails. Remember to equip yourself with the appropriate footwear, drink lots of water, and physically prepare your body before embarking on these experiences that will be remembered forever.

Sean McCawley, the founder and owner of Napa Tenacious Fitness in Napa, welcomes questions and comments. Reach him at 707-287-2727, napatenacious@gmail.com, or visit the website napatenaciousfitness.com. ■

Eye on Napa Valley

Moments captured by
Register photographer
Nick Otto



▲ American Canyon High School graduates smiled as they left the Wolf Den Stadium field at the conclusion of their commencement on Tuesday afternoon, June 11. About 400 departing seniors received their diplomas.



▲ A member of Napa High School's Class of 2024 looks towards the Memorial Stadium stands where friends and family are seated at the start of the school's commencement exercises Tuesday evening, June 11.



▲ Valley Oaks High School graduate Roberto Avifa hugs his mother after the Class of 2024 ceremony at Memorial Stadium in Napa on Monday.



► Vintage High School's graduating class of 2024 walk past friends and family seated in the bleachers of Memorial Stadium in Napa at the start of this year's graduation ceremony on Wednesday, June 12.



◀ Friends and family wait to enter Wolf Den Stadium at American Canyon High School on Tuesday afternoon for the Class of 2024's graduation ceremony.



◀ A scene from Napa High School's graduation ceremony held at Memorial Stadium in Napa on Tuesday, June 11.



Nick Otto, Register

Patrons are seen at Armistice Brewing Company in downtown Napa on Thursday, May 9.

Behind the BREWERY

Sibling duo behind Armistice talk history and future

RILEY PALMER

For the brother-sister brewing duo Gregory Zobel and Alex Zobel, beer was their cease-fire.

As siblings who grew up in separate households, Alex at their dad's house in Concord and Gregory at their mother's in Napa, their relationship blossomed over a pint of brew.

"Reconnecting as young adults over beer was really important to us," Alex

said.

Thus arose the name of their brewing company — Armistice, meaning a truce or ending of a war. The brewing company opened its taproom in Richmond in 2017 and a second location in Napa last fall, but their move into wine country was a long time in the making.

The road to Napa began in Los Angeles.

Brother and sister spent a good amount of time living in separate places, but by

the time they were in their 20s, Alex and Gregory both found themselves in Southern California. Gregory was working in the television and film industry, while Alex was getting her doctorate in 16th- and 17th-century English literature from UCLA.

They went from drinking to brewing on Alex's 26th birthday, when Gregory gifted her a homebrewing kit. Naturally, it wasn't a gift only for Alex.

As all little brothers do, I said, ‘I want to do this too. You can’t do this by yourself;’” Gregory said.

They started off brewing at Alex’s place in Culver City, experimenting with amber ale, a beer style that the siblings agree is forgiving due to its sweetness. They also agree their first beers weren’t very good.

“We were hooked from that point on,” Gregory said.

Since then, the two have brewed around 400 beer recipes from India pale ales to English ales and raspberry smoothie beer – the list goes on.

Alex said that they try to bring a homebrewing ethos to their process, and don’t like to make the same thing again and again.

“We have a lot of flexibility to brew a lot of different styles and to be constantly tinkering, which is a little unusual,” Alex said. “Most breweries have flagship or core brands.”

They have the flexibility to brew so many different styles of beer because of their business model. The siblings said that since they are a small brewing operation, most of their money comes from taproom sales rather than retail.

But it wasn’t beer that brought them back to Napa.

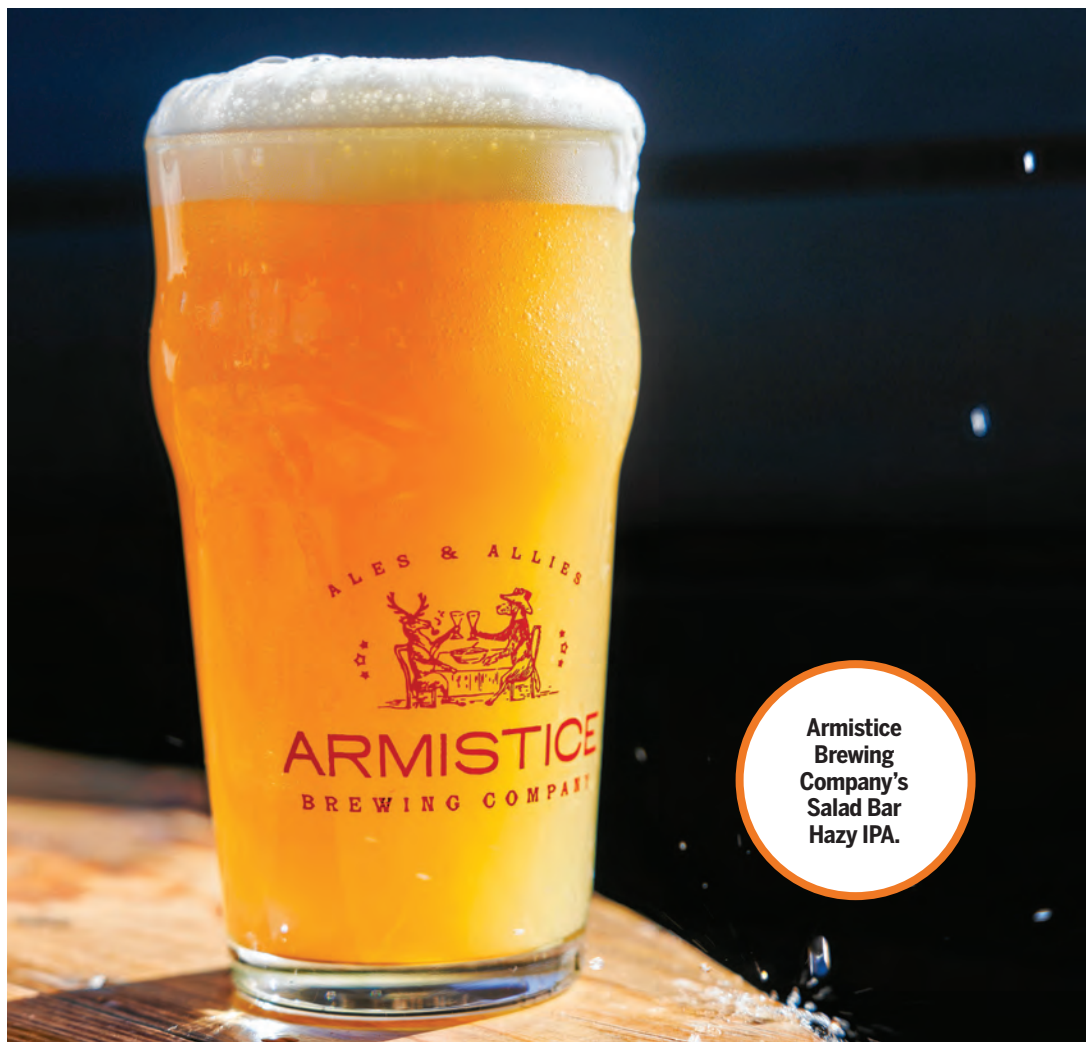
Alex and Gregory’s mother had been battling breast cancer since the 1990s. By 2013, the cancer had metastasized to her brain and she needed full-time care. Gregory quit his job and moved back north, and Alex was working on her dissertation, which allowed enough flexibility to also move back.

Outside of caring for their mother, Gregory and Alex had more time to brew, and joked around about making it bigger than a hobby.

“It was a lot of work taking care of mom, but it was also a lot of waiting for her to wake up. So we were sitting there thinking maybe we should bang out a business plan,” Gregory said.

Bang out a business plan they did. During that time, the two began getting their “tool kit” in order. Gregory got a job working at the Windsor brewery St. Florian, gaining as much knowledge as possible before embarking on their business venture.

“If we’re going to think about opening a brewery, one of us should probably have worked in one so don’t kill ourselves,” Gregory said.



Armistice Brewing Company's Salad Bar Hazy IPA.



Co-owners and siblings Alex (right) and Gregory Zobel at the counter of Armistice Brewing Company in downtown Napa on Thursday, May 9.



Armistice Brewing Company's Raspberry Coulis Smoothie Sour.
Nick Otto photos, Register

beer and 49% fruit. The siblings said that although the fruit changes, they usually have one smoothie beer on their menu at a time.

Outside of beer, Armistice also offers a smaller selection of French and Italian wines. The siblings like the idea of continuing to add something different to the Napa scene, as there are already a plethora of local tasting rooms that provide the classic Napa Valley wine experience.

As for the brewery itself, the siblings said they have a wish list of things they're hoping to get done, which include creating a private event space and adding more social events like karaoke on top of their established game and trivia nights.

The siblings take pride in their appeal to locals, which Alex calls their bread and butter, and feel they've found the right place in Napa after all these years.

Gregory worked his way up from keg washing to brewing, while Alex worked in the taproom briefly. Gregory also worked at PRESS in St. Helena to get a feel for the hospitality side of things.

When their mother died in 2015, living long enough just to hear the business plan, the siblings got to work staking out a location. Napa had always been a priority for them because of their ties to the community, but the market was too expensive. A big chunk of their budget was tied to the life insurance money they collected after their mother's passing.

"It's not exactly the easiest place to open a business. It's one of the most competitive alcohol markets," Gregory said.

The two eventually landed in Richmond in 2017 and saw success selling beer and Mexican food through a partnership with El Garage, a viral Richmond-based brick-and-mortar operation known for quesabirria.

Gregory said that he and his sister never stopped looking in Napa, and the two were able to secure their spot at 1040 Clinton St. last fall.

"We never took our toe out of the market here," Gregory said. "If a building is available between 2015 and 2023, we've looked at it."

Their Napa space feels inviting, the blue walls adorned with images from the English broadside ballads, which were lyric sheets sold on the streets of London in the 1700s.

The location has a selection of around



Patrons are seen at Armistice Brewing Company in downtown Napa on Thursday, May 9.

16 beers and seltzers that are in continuous rotation — here one day and gone the next. Alex and Gregory both agree their favorite beer to drink is usually something easy and crisp like their Rich City Pils. It's a German-style pilsner and the only beer option that is always on the menu.

One of their more interesting selections currently is called a Raspberry Coulis, a smoothie beer made with 51%

"Being here in downtown is great because there's tasting rooms on one side and on the other side, it's residents. So locals will come here, they'll just be walking down the street," Alex said.

Armistice Brewing Company's Napa location at 1040 Clinton St. is open from 11 a.m. to 9 p.m. Sunday through Thursday, and stays open until 11 p.m. Friday and Saturday. ■

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