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VOL 8 NO 1 | SEPTEMBER 2023

fresno flyer

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EDITOR'S NOTE

Historically, our food and drink issue centered the 'drinks' portion of the theme around alcohol. For years, we narrowed our focus to breweries, wineries, and distilleries. But this year, we felt like we were leaving out an entire group of people who either could not partake in alcoholic beverages or simply didn't care for them. Upon recognizing our limited worldview, we challenged ourselves to revisit this theme with a new perspective.

It also dawned on us that we were working hard to amplify a problematic relationship between society and alcohol. Alcohol just doesn't need our help to get in front of your faces; it's everywhere we look - billboards, commercials, movies, grocery stores, restaurants, and convenience stores located on just about every corner of our neighborhoods. This oversaturation downplays the struggles so many people endure with alcohol - not just the afflicted but their friends and families as well. It made sense for us to take a break from putting it front and center in the Flyer.

To be clear, this doesn't mean we'll never feature a craft brewer or distiller on our pages - we'd have a hard time ignoring a talented wizard who comes out of the lab to share their intoxicating creations with us. We just simply see a compelling reason to expand our horizons



and include a broader range of options when we talk about 'drinks.'

That said, we initially set out in this new direction to explore a variety of teas, iced and hot coffees, bobas, agua fresca, etc. But we didn't get a chance to include as much conversation around them as we would have liked. And I assure you, it's not for lack of trying - this is a fresh approach for us, and I think it will take one or two more attempts to get it right. Hopefully, that's where our readers will step in.

As a publication, we work hard at getting a variety of content into the Flyer that serves the community or uplifts the small businesses within it - and many of those small businesses are restaurants or food trucks. However, it is impossible for us to have our finger on the pulse of every local eatery making waves across the valley. That's where you come in by telling us who we should keep an eye on so that when we gear up for the next 'food and drink' issue, we know exactly who to visit.

The Central Valley has a killer food scene, but it's somewhat underground - we have more "hidden gems" than we know what to do with. But they shouldn't be hidden or underground; they should be upsetting the status quo and making the major food chains nervous. Our local chefs, bakers, and dreamers should dominate the stage, so let's put them in the spotlight.

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Cardamom Dreams



and Ube Delights

By Lisa Talley | lisa@fresnoflyer.com

For me, food is an experience - it's home, family, adventure. But an artisan coffee paired with something joyfully sweet? Now, that's a combination ripe with the potential for a spiritual awakening. Bab Al-Yemen Cafe was a lesson in elevated coffee chemistry, but Bread and Butter reminded me that beauty also exists in simplicity.

Bab Al-Yemen Cafe

Nestled in an unassuming shopping center on the west end of Shaw, between The Curry Pizza Company and Triangle Burgers, is a powerhouse of flavors. While their impressive selection of traditional Yemeni coffees steals the show, Bab Al-Yemen also offers an array of appetizing Yemeni and Middle Eastern pastries.

Seeking an authentic experience, I hid my true intentions from the owner - I was not a reviewer or the editor of a local publication - but another fresh-faced customer trying his concoctions for the first time. I simply asked the owner for his most popular items and, with his help, selected a bevy of treats: mufawar, the Bab Al-Yemen latte, pistachio baklava, and khalyet nahel.

MUFAWAR

There was a time when I thought I was a coffee connoisseur, but one sip of the mufawar made it abundantly clear that I was, at best, a novice.

Mufawar is a medium roast coffee prepared with cream and cardamom. I was not ready for the explosion of spices that enveloped my mouth. I had never tasted anything like it - it was forceful, rich, smoky, and earthy. It had notes reminiscent of a slight peppery kick, similar to a good rye whiskey. The creamy bitterness of the coffee punched right through my tastebuds, stunning them into submission. Then, a confusing yet wonderful potion of spices floated in on the afterglow. It's a flavor I cannot adequately pin down in words, but I know that it was so enchanting that I unconsciously reached for the cup in pursuit of another sip and another until it was empty.

Mufawar isn't for the faint of heart. It's for those who don't flinch at taking their coffee black, order a scotch neat, and probably don't mind a bite of black licorice. It's the kind of drink that lives in your head rent free.

BAB AL-YEMEN LATTE

Where the mufawar slapped the first-timer square on her well-formed cheekbones, the latte led the way with a gentle hand.

Familiar to the more common American palate, the latte came dressed with a balance of foam-to-spice ratio. It's a double espresso with steamed milk accompanied by cardamom and cinnamon. While the spices put a delicate twist on the coffee that made me ashamed to have gone so long without it, I can't say that it was as memorable as mufawar. To be fair, it was a tough act to follow. But the latte presented a profile I already knew, but with a flourish - like seeing an old friend with a new hairdo.

The Bab Al-Yemen Latte is a first-timer's mellow introduction to a robust world of Yemeni/Turkish coffee.

PISTACHIO BAKLAVA

Anyone with the skill set to master the finicky phyllo dough enough to hold a rich, sticky, delightful center will make a fan out of me. However, I've only known baklava to be a messy ordeal - a crumbly outside, flaking all over the table, and a viscous core melting all over my fingers. But Bab Al-Yemen crafted a baklava that refused to let me lose a single drop of the chewy center.

The pistachio filling was subtle in its sweetness - not overbearing, but like a soft touch on the shoulder to remind you it was a dessert. It was almost maple-like, a first cousin to brown sugar. The crispy dough was airy, buttery, and far from oily - an artful pairing to its equally crafted core.

KHALYET NAHEL (Honeycomb)

Khalyet nahel is described as a cream cheese-filled bread drizzled with honey, cut into a pizza-style slice that is prepared like a pull-apart bread. The top is lightly toasted, sprinkled with white and black sesame seeds, and kissed with honey.

Expecting a sweet treat, I was surprised by how the yeasted bread's aroma pushed forward ahead of the distinct flavor of honey. It was warm, light, fluffy, soft - like an elevated dinner roll delicately dancing between sweet and savory. And considering how expensive honey is generally and how liberal Bab Al-Yemen chose to brush the bread with it, I was also surprised at the size of the slice they served for \$7. Addiction is a strong word, but if I hadn't already filled up on the various treats I ordered - a person might come back with a nub if they tried to

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Gluten Freedom: finding a sweet oasis in a gluten-filled world.

By Mason Dupras | dupras.mason@gmail.com

“Let’s go out to dinner!” “Hey! Do you want some?” “Try this, it’s delicious!!” These are phrases you have probably heard often if you are lucky enough to have friends. And these harmless expressions are usually, and hopefully, followed by delectable tasty delights. But what happens when you have to ask, “Is it gluten-free?”

When I was first diagnosed with Celiac Disease in early January of 2020, everything changed. I had so many questions for anyone who might have answers. However, as time passed and my need for food remained constant, my questions dwindled to a single staple: “Can I get that gluten free, please?”

Some food groups lend themselves very well to those who are gluten-less. Mexican food is, thankfully, typically gluten-free, and so is pho – depending on how authentic it is. However, the biggest food causalities in my life have been desserts. Much to my dismay, most of those delightfully sweet treats contain gluten. Fortunately, over the years, more and more places are starting to have gluten-free options!



The first: Ampersand.

Now, I know that picture looks very uninspired. But that is part of what makes this place great. It does not need to be more than what it is: ice cream that does not rely on artificial flavors and sugar to be good. Above is a double scope of strawberry ice cream. Notice how the color is not offensively red. This particular ice cream does a wonderful job of working with the natural tart and sweet combination of the berry while adding a subtly sweet and creamy finish.

The best part? They have an allergy scoop! When asked for it, the workers will go into the back, pull out a clean scoop, and scoop from a brand-new ice cream container. This prevents all possible cross-contamination. Will you frustrate the twenty-something working behind the counter with this request? Yes. Is it worth it? Every. Time.

The Second: Indulge Right Bakery

While some would argue that a pastry is not a dessert, I beg to differ. They certainly can be desserts, and that is good enough for me! This lovely bakery is 100% gluten-free. From their cinnamon rolls to their homemade biscotti, there is not a single gluten in



sight. My personal favorite is the blueberry scone. The pastry itself is soft and crumbly. With each bite, the buttery pastry melts into your mouth with surprise pops of sweet blueberry. To top it off, literally, there is an indulgent glaze over the top that has just enough lemon to make it a party.

Of course, as any good bakery should have, they also have phenomenal chocolate chip cookies and brownies. The



chocolate chip cookies from this business make the Girl Scouts run for the hills. At room temperature, they have just the right amount of bend before breaking. The pastry is sweet with a slightly salty taste that works very well with the sweetness of the chocolate. They leave a taste that will have everyone reaching for a second, third, and fourth. As to the brownies, they are considered pretty easy

to make. Yet something about these brownies is different. They are not the chocolate bombs that overload the senses with sweetness. They are moist chocolate cakes with a slight crunch from the top and a respectable amount of chocolate chips.

While most places find that gluten-free means twice the price for half the flavor, this place rises above. Their pastries deliver in a big way, especially with the ease of not worrying if the bread will kill me. Unfortunately, this establishment does follow the trend that gluten-free is quite expensive. My only hesitation for this bakery is the price. Does that stop me from going back? No. But do I go as much as I would like to go? Also no.

I hope this has shed some light into the dark, dessert-less world in which those restricted from partaking in gluten due to arbitrary autoimmune disorders live. I highly recommend both establishments, and I am happy to say that all the items from Indulge Right and Ampersand have been entirely gluten-free.

Mason Dupras is a bow tie wearing Gen-Z golf aficionado and baseball enthusiast who studied English Literature at Fresno State and is currently pursuing a law degree at San Joaquin College of Law.



Psychedelic therapies show promise. Is California ready to bring them into the mainstream?

By Ana B. Ibarra | ana@calmatters.org

Psychedelics are having a moment. A nationwide push to bring magic mushrooms and other psychedelics into the mainstream is gaining traction, and some Californians want in.

While hallucinogens are often associated with the drug culture of the 1960s, today's movement on psychedelics is largely about using them to help treat the nation's ballooning mental health crisis. Growing research portrays the drugs as a promising tool in helping people heal from various mental illnesses, including depression and post-traumatic stress disorder.

Now several proposals floating around in California seek to make psychedelics more accessible for therapeutic and personal use. These include one legislative proposal that would decriminalize use of certain natural hallucinogens and two pending initiatives for next year's ballot, one that would legalize the use and sale of psilocybin mushrooms and a second that would fund a \$5 billion agency to research and develop psychedelic therapies.

One recent UC Berkeley survey offers a glimpse of where the public currently stands on these types of reforms. For example, more than 60% of those surveyed supported psychedelics for therapeutic use. Seventy eight percent supported making it easier for researchers to further study psychedelics. Meanwhile, 49% said they supported removing criminal penalties for personal use.

Some researchers, doctors and parents urge caution around personal use because psychedelics aren't for everyone and potential risks are still not all that well understood. Use of these substances should be done with safeguards in place, they say.

The bill to decriminalize plant-based psychedelics faces a key test this week at a hearing that could determine whether it moves forward this year. Senate Bill 58, by Sen. Scott Wiener, a San Francisco Democrat, would ensure that people do not get arrested for possessing and ingesting specified quantities of psilocybin and psilocin, the psychoactive ingredient in hallucinogenic mushrooms; mescaline; ibogaine and dimethyltryptamine, or DMT.

The bill does not, however, legalize the sale of any of these substances.

"A huge number of people right now in California are using psychedelics, despite the fact that it is banned," Wiener said during an Assembly Health Committee hearing last month.

Decriminalizing these substances, he argued, promotes responsible use. "If you think you're doing something wrong, you're less like-

ly to seek information or talk to someone about how to be safe," he said.

His bill would also order the state's health agency to form a workgroup that would make recommendations regarding supervised medical use of these psychedelics — although any psychedelic-assisted therapies first need approval from the U.S. Food and Drug Administration.

This is the second time Wiener has tried to decriminalize psychedelics; the first failed last year. This time around his bill is more narrow in that it excludes synthetic psychedelics, such as LSD.

If Wiener's bill makes it through the Legislature and across the governor's desk, California would follow Oregon and Colorado, where voters have already decriminalized psychedelics. Some cities in the Golden State are a step ahead — Oakland, San Francisco, Santa Cruz and most recently Berkeley, have already passed measures that order law enforcement to back off arresting people for using plant-based psychedelics.

Benefits and risks of psychedelics

Supporters of decriminalization point to promising data about some psychedelic-assisted therapies now in end stages of clinical trials, such as the use of MDMA (commonly known as ecstasy) to treat symptoms in patients with post-traumatic stress disorder.

Additionally, psilocybin, found in hallucinogenic mushrooms, is being studied for treating depression. For example, early data from The Johns Hopkins Center for Psychedelic and Consciousness Research, has shown that psilocybin therapy can reduce major depressive disorder symptoms for up to a year.

Wiener has taken combat veterans and retired first responders to testify before the Legislature about their "transformational" experiences using psychedelics to help relieve suicidal thoughts and PTSD symptoms.

According to the U.S. Veterans Affairs Department, about 6% of the U.S. population will have PTSD at some point in their lives. About 1 in 5 adults live with a mental illness, according to some national estimates.

Researchers believe public attention on the worsening mental health crisis during the COVID-19 pandemic may also play a role in this renewed interest in psychedelics.

"Suddenly you've got this discussion about mental health issues in a way that, at least in American culture, we really hadn't been

discussing," said Jennifer Mitchell, a neurology professor at the University of California, San Francisco who has been working on the development of psychedelic therapies and collecting safety data.

Mitchell opposes Wiener's decriminalization bill because she believes access to psychedelics for therapeutic use should come before personal use.

Currently, psychedelics are only allowed for clinical research. If and once therapies are approved by the FDA, those lessons, she argues, could then help inform safety guidelines for personal access.

"[Psychedelics] are actually exceedingly safe physiologically; psychologically, is where we get into trouble," Mitchell said. "Because if you take a drug and think you can fly, you're capable of self harm. If you take a drug and think you can breathe underwater, you are capable of self harm. And those are the types of reasons why when you take a psychedelic, we want you to be in a facilitated environment where you're being watched and well maintained."

A California mother's campaign

One powerful voice opposing Wiener's bill is a coalition led by mothers who have lost a child to an adverse reaction after ingesting psychedelics. Kristin Nash, for one, has widely shared the story of her son who died two months before his college graduation. In blogs and Op-Eds, Nash has shared that in 2020, Will took two grams of psilocybin mushrooms and in his altered state mistook a jar of protein powder for a water jug and suffocated.

Nash now runs a foundation named after son, William, through which she works to raise awareness and advocates for harm reduction efforts, such as better tracking of adverse reactions and training for college campus responders. Nash said she is not against allowing veterans and others to use these substances for treatment, but she'd like to see Wiener's bill amended so it includes safety measures for personal use.

Nash, who also has a background in public health and most recently worked at an AIDS nonprofit, is a participating author in a Stanford-led study (yet to be peer reviewed), that showed emergency room visits in California linked to hallucinogens jumped 84% from 2,260 in 2016 to 4,161 in 2021. But that data includes a spectrum of substances, from plant-based psychedelics to MDMA and ketamine. Authors note that currently data is collected in

a way that makes it difficult to comb for specific substances.

"I don't believe people should be arrested for possessing and using mushrooms," Nash told CalMatters. "These are being used whether we legalize them or not. And so I would argue that we need these safeguards. When we make this policy shift, we know that use will increase further, that adverse events will increase further, and so I feel like we don't have to choose between social justice, equitable access and safety, we can do all of those things."

Mushrooms on the ballot

California voters may hear more about psychedelics next year even if Wiener's bill fails as advocacy groups attempt to qualify ballot initiatives for the November 2024 election.

One group, Decriminalize California, is looking to legalize hallucinogenic mushrooms. Its proposal goes further than Wiener's bill by legalizing not only possession, but also the sale and commercialization of these substances. If approved by voters the measure would go into effect in January 2025.

"Originally we wanted to go for all psychedelics, but the problem was there wasn't enough public comprehension about what else was out there," said Ryan Munevar, campaign director at Decriminalize California. Noting that voters are a lot more familiar and likely more comfortable with magic mushrooms than any other psychedelic drug.

A separate measure would ask voters to approve \$5 billion in bonds to create a government agency that would focus on psychedelic research with the goal of developing therapeutics. The idea, according to proponents, is to dedicate more resources to research that shows promise but has for long been underfunded.

Dr. Jeannie Fontana, the chief executive officer of TREAT California, who is spearheading this initiative, said California's lead on innovation makes it the ideal location for this type of research. TREAT stands for Treatments, Research, Education, Access and Therapies.

"The federal government is not there yet. They recognize the problem, but they just don't know how to deal with this psychedelic hangover from the '60s and '70s," Fontana said. "California is a progressive citizenry. We are innovators and leaders in many things."

CalMatters.org is a nonprofit, nonpartisan media venture explaining California policies and politics.

Fresno mayor wants 10,000 people to live in the city's downtown. Here's the plan

Fresno has received nearly \$300 million from California to help revitalize the city's struggling downtown.

By Omar Shaikh Rashad | omar@fresnoland.org

[This story was originally published by FresnoLand, a nonprofit news organization]

On top of the \$250 million in state funds for revitalizing downtown Fresno over the next three years, the city is set to receive \$43.7 million in state grants to build downtown infrastructure for housing.

City officials said the new funding from the California Department of Housing and Community Development (HCD) will finance key infrastructure improvements to water, sewer, streets, and parking to support a minimum of 862 downtown housing units — of which 557 are marked for affordable housing.

“The overall intent is to create a vibrant downtown where the folks who live

there will not have to rely on a vehicle should they choose,” Mayor Jerry Dyer told FresnoLand. “There will be walkable neighborhoods where they can buy groceries, go to a pharmacy, go out to dinner.”

\$43.7 million for revitalizing downtown Fresno

\$16.8 million for sewer improvements

\$14.3 million for water infrastructure improvements

\$11.7 million for a structured parking garage on Fulton Street

\$913,000 for street improvements near the Tuolumne Street and Van Ness Avenue intersection

Dyer said the goal of revitalizing Fresno's Downtown is to increase its residents from 3,000, currently to 10,000. After that, “your downtown really takes off on its own,” Dyer said, adding that it will take both the \$250 million and \$43.7 million state investments to get there.

After the infrastructure is built, the City of Fresno will release a request for proposals so developers — local ones and those based outside Fresno — can submit plans for developing land for the minimum of 862 housing units.

“We have to be very intentional about how we as a city make investments that will attract developers to do what they do,” Dyer said. “It is a catalyst for the development of housing that will eventually create momen-

tum that will allow us as a city to step back and watch it flourish.”

Going forward, the state grant funds must be approved by the Fresno City Council.

Monday's announcement was also the same day public feedback ended on the environmental impact report regarding a major city expansion project in Southeast Fresno.

Dyer has said that increasing housing supply is a key method to stabilizing rent in Fresno, but his administration has yet to say how much it will cost taxpayers to turn 6,700 acres of Southeast Fresno farmland into 45,000 new homes.

... Delights cont'd from pg 3

reach for my honeycomb uninvited.

Aside from a stunning first impression, part of what made Bab Al-Yemen Cafe unique was how far removed it was from the typical “hustle” embedded in most other coffee shops. The ambiance invites you to stay rather than rush out of the way for the next customer. With its deep-seated leather chairs and light Middle Eastern music wafting in the air, it begs you to have interesting conversations with friends or to enjoy a drink in quiet reflection. Without effort, it invites you to come back - soon and often.



Bread and Butter

Filipino desserts never held my attention as a kid - my mom often picked up her favorites from the Asian markets while saying, “You won't like it.” Growing up in America, with its sickly sweet standards for candy and desserts, rather than in the vibrant neighborhoods of my mom's hometown of Olongapo, she was right. I just wasn't mature enough yet. Now, I understand what all the fuss is about.

Bread and Butter is a Fresno-based Filipino bakery driven by a mission to bring world-class Filipino cuisine to food connoisseurs. With a brick-and-mortar bakery on the corner of Gettysburg and Fresno St., Bread and Butter regularly appears at the newly established Tower District Farmer's Market.

PAN DE UBE

If ube isn't already a staple in your list of go-to treats, you're doing desserts wrong. Ube is a purple yam native to the Philippines that maintains a vivid violet-purple color throughout the cooking process. Like its relative, the sweet potato used in so many southern candied yam recipes - ube is slightly sweet, slightly nutty. Or, for you boba fans, ube is reminiscent of the famous taro flavor profile but with less intensity. And pan de ube is a traditional Filipino sweet roll filled with an ube pudding or paste in the center.

Bread and Butter offers a batch of roughly half a dozen rolls, each about the size

of a baseball, for \$7. It may seem like a commitment, at first, to purchase them in bulk rather than in singles - especially for an ube virgin. But don't worry, Bread and Butter know what they're doing. As sure as I am that the sky is blue, you'll eat every last crumb.

The roll is dense but not heavy and has a light, chewy texture. The ube filling in the bread's center pocket is thick but creamy, similar to cheesecake and pumpkin pie, holding its shape until your tongue smooshes the filling across the roof of your mouth. It is somewhat grainier in texture, but where cheesecake kills you in richness, ube calms the palate with delicately sweet pistachio/vanilla notes.

Pan de ube is a complimentary companion to a cup of coffee or tea. Enjoy it as a stand-alone snack or as a dessert. If you're looking for a sinfully luscious treat, this isn't for you. For me, it'll have a permanent home on my kitchen island to satisfy my newly developed, ube obsession.

SEÑORITA BREAD

A Filipino Spanish bread, the roll is oblong, like a short hotdog bun, but prepared somewhat like a cinnamon roll. The key ingredients are melted butter and sugar, with a light dusting of bread crumbs around the outside for some added crunch.

It was no surprise that Bread and Butter had such a fundamental Filipino bread in their repertoire of offerings. Patrons can

expect to get a full dozen of the warm, buttery, sweet breads for \$15 total. Naturally, I couldn't leave their table without one.

The señorita bread was compact and tightly rolled so that the melted butter oozed out along the edges of the rolls. Like the pan de ube, the rolls were dense, but it seemed more appropriate in this context because the thick bread was a suitable vessel to soak up any stray filling from the bottom of the container. Once the rolls cooled, both the bread and the butter hardened. However, mixed with the sugar, the buttery fusion created a rich, candy-like texture along the outside. Re-heated, the bread softened again and absorbed the melted butter back into itself, balancing the dryness of the bread.

Dessert connoisseurs might vehemently disagree with my choice to include sweet breads as desserts here, but any category worth its salt will have range. There is a time and a place for earth-shatteringly rich delicacies, and there is undoubtedly a time and place for subtlety. I don't like to overwhelm my palate, and I find that limiting my exposure to those luscious delights preserves the experience in its purest form. Choosing to experience the subtle sweetness more frequently than a crushingly rich one makes my palate more sensitive to nuanced flavors hiding in every dish. Not everything needs to hit hard like a hammer - there is so much beauty in the simplest things; we just have to be willing to look for them.

Dave's Sweet Picks

By Dave Fountinelle | dave@fresnoflyer.com

Kogetsu-Do Confectionary

920 F Street, Fresno
(559) 237-2670
Kogetsu-do.weebly.com
Hours: Friday - Tuesday, 9am-1pm
Traditional Japanese Confections, Ice Cream, Sno Cones

Sugimatsu Ikeda first opened Kogetsu-Do on Kern Street in Fresno in 1915. Shortly after, they found their forever home on F Street in 1920, where his granddaughter Lynn Ikeda runs the shop today. For 107 years and counting, they have been making mochi, manju, and ice cream using the same recipes handed down for three generations. Even the syrup in their sno-cones comes from the original Ikeda family recipe. Mochi is a rice cake steamed and pounded into a chewy, elastic paste, then molded into various shapes. When used as a confection, mochi is wrapped around fillings such as red bean paste, fresh fruits, and ice cream. Manju is similar to mochi, except it's prepared with flour instead of rice (Kagetsu-Do uses cake flour) and red bean paste. Manju confections are also filled with sweet ingredients.

Kogetsu-Do is the only traditional Japanese confectionery in the San Joaquin Valley and one of only a handful in the country that prepares the traditional New Year's mochi and rice cakes. During the warm summer months, Kagetsu-Do serves sno-cones with homemade lemon or strawberry syrup. You can even order your sno-cone with an ice cream or sorbet scoop in the middle as an added treat. They have been a not-so-hidden gem in Fresno's Chinatown for decades. Loyal customers know to get there early because the lines are long and they sell out fast. And if your favorite flavor happens to be sold out, fear not; Kogetsu-do will take large-quantity and special orders as long as you call about two or three days ahead.



La Luna Bakery and Cafe

2421 E. Clinton Ave, Fresno
(559) 230-1569
facebook.com/lalunabakery16
IG: @labakeryandcafe
Hours: Monday - Saturday, 6am - 8pm.
Sunday, 6am - 7pm
Traditional Oaxacan bread, pastries, food

La Luna Bakery and Cafe serves a wide assortment of fresh-baked bread and pastries. Everything from traditional sweet rolls, conchas, cookies, and cakes to soft boleo rolls and fritangas (Mexican fritters with sweet or savory fillings) are all made fresh daily. They also serve a mouth-watering menu of lunch and dinner items, including tortas, tacos, burritos, seafood, sandwiches, paninis, and more. Feel free to pair them with a refreshing horchata, comforting champurrado, coffee, tea, or an ice-cold soda. And don't forget to take a bag full of pan desserts home to enjoy later. La Luna Bakery and Cafe is a must-try for anyone who wants to experience an authentic taste of traditional Oaxacan flavors, from breakfast to dinner.

Yava Bakery and Cafe

7775 N. Palm Ave, Fresno
(559) 840-2101
facebook.com/yavabakery
IG: @yavabakery
Yavabakery.com
Hours: Daily 6am - 6:30pm
Mediterranean Bakery and Cafe

Yava Bakery and Cafe celebrated its first anniversary in August, and in just one year, it has managed the impressive feat of becoming one of Fresno's most popular and Insta-worthy dining spots. Yava creates traditional Mediterranean dishes fused with French, Italian, Asian, and Mexican-inspired twists. You can order a lasagna bolognese, Mediterranean birria tacos, a Thai beef salad, a



brioche French toast dipped in caramelized sugar and rose water, cardamom and date pancakes, a beef shawarma scramble, and, of course, avocado toast that will be the envy of your social media followers list. And this is just a tiny sample of Yava's tempting menu offerings.

Not to be outdone by its mouth-watering meals, Yava also serves one of the best cups of coffee you will find anywhere in the city. Customers rave about Yava's specialty coffees, such as the Yava orange latte and the spiced cocoa mocha. And their Arabic coffee is rich and robust, with a perfect kick to start your morning. Yava also offers a variety of fresh smoothies with intriguing flavors like olive oil milkshake and lemon mint avocado.

From the clean and casual ambiance to the exceptional service to the stunning and delectable menu, Yava is the perfect spot for an upscale breakfast, a fun brunch with friends, a casual business lunch, family get-togethers, or to simply have a truly one of a kind dining experience that will leave a lasting impression.

Cum With Me 559

506 E. Olive, Fresno
(559) 515-6012
IG: @sexypancakes559
Cumwithme559.com
Hours: Monday - Thursday, 11am - 8pm,
Friday Saturday - 4pm - 1:30am, Sunday,
11am - 5pm
Erotic-themed bakery

Maria Silva is not someone who likes to be told "no." So, when her husband said "no" to her idea of opening an erotic-themed pancake bakery, Silva went right out and did precisely that. Starting with a pancake stand

at ArtHop and other events, the buzz around Silva's sexy, sweet, and delicious treats spread quickly. In July, Cum With Me 559 officially opened its brick-and-mortar location in the Tower District.

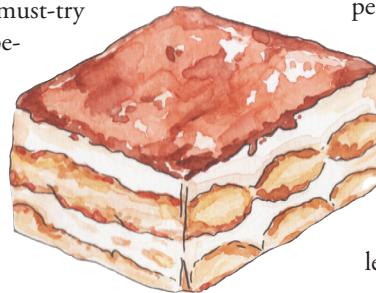
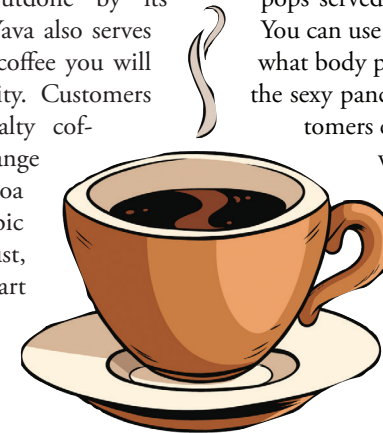
Silva makes her pancake batter from scratch, then cooks it in specially-designed molds to make "D" pops and "V" pops served on a stick or "dirty pillows." You can use your imagination to figure out what body parts those terms refer to. Once the sexy pancakes are out of the mold, customers can eat them plain or top them with various frosting, syrups, or even cereal.

Since opening its Tower location, Cum With Me 559 has blown up on social media, with several Central Valley foodie influencers featuring the titillating treats on their TikToks. However, all that social media hype wouldn't amount to a hill of dirty pillows if the pancakes came up short in flavor. Fortunately, Silva's creations taste as good as they look, and the reviews have been glowing. If you're looking for a fun and tasty treat, a sexy and silly gift idea, or a dessert on a stick that will surely turn heads, Cum With Me 559 has got you covered. All puns intended.

Alchemist Coffee Lab

1306 N Wishon Ave, Fresno
facebook.com/alchemistcoffeelab
IG: @alchemistcoffeelab
Alchemistcoffeelab.com
Artisan coffee, tea, pastries, and more

For owner Hamzeh Mahmoud, getting into the coffee business happened a bit by accident. The former Bullard High student moved to Jordan after graduation and began grinding his own beans out of frustration - not a decent cup of coffee was anywhere in sight. Through much trial and error, Mahmoud gradually honed his coffee brewing skills to the point that his creations were in



Continues on pg 17...

Sunhine's Farm

HELLO FALL FESTIVAL

30 SEP	10am-5pm 284 S. Temperance Ave Fresno, CA 93727
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ON THE SCENE - HELPING HOARDERS

By Amber Lynette | amberlynette@reaperclean.com



Everybody knows somebody who is messy or a collector of knick-knacks, but more and more people are coming forward in need of help with the over-accumulation of stuff in mass quantities. Collecting and neglecting are easy when much of life revolves around cheap goods, convenient delivery, exhausted schedules, and well-being that fall by the wayside of underlying health conditions. A cocktail of items and illness or trauma can ultimately lead to a hoarding situation, which can be difficult to escape without help.

The first hurdle in seeking help requires overcoming thoughts and feelings about shame. Those who come forward often experience a fear of judgment. Families are sometimes embarrassed that they didn't know their loved one was hoarding or that they didn't help them sooner—hoarders themselves can be extremely self-conscious and protective of the things they have accumulated. So, when you get a hoarder or family member asking for help, it is a monumental step forward.

Reaper Clean, Fresno's local biohazard remediation company, receives hoarding clean-up inquiries a few times per month from all across the Central Valley. This initial conversation is crucial in determining the next steps and comfortability for all parties involved. However, being able to provide an estimate or service doesn't always happen right away. A family member may be calling on behalf of a hoarder, and the hoarder may not be aware that their loved one has called for help. Sometimes, the person is deceased, and the family is just finding out about the death and the over-accumulation of stuff all at once. Or, there may be declining cognitive abilities or health conditions that would require rehabilitation or coming to terms with a new kind of care/legal arrangement, all of which may need to be planned out before the team can step in. Before respirators go on and shovels come out, some ground rules have to be established for safety.

Crime Scene Cleaners cannot go into a hoarding situation without consent and cannot quote hoarding jobs without first walking through and seeing the hoarding

themselves. Consent also has to be in writing and must be verbally maintained throughout the entire process. The level of privacy should also be discussed, as well as the details of the removal and any cleaning expectations. There is also a likelihood that repairs will be needed afterward - something Crime Scene Cleaners cannot do. Once a home is emptied, it will require a lot of additional work that may involve different field specialists (structural and pest-related) to bring the home back to a livable condition. There is no telling what that is until the hoarding has been removed and the space can be thoroughly evaluated.

In most cases, it is best that the hoarder not be present during the clean-up. It can take an emotional toll on the person as well as the team, and maintaining healthy boundaries is essential. It can also impede the amount of work being done. An example would be living in areas of the home where access was needed, cross-contamination, unwillingness to throw out specific personal property, conversing/distracting workers, or bringing things back inside that were already removed. If hoarders cannot leave their homes but are willing to cooperate, it can be done, but labor hours will vary based on the situation at hand.

Reaper Clean has worked on hoarding jobs from start to finish in many different circumstances. The compiling of gross filth, trash, random items, animal waste, or packages may be familiar territory, but getting to know a person through their things has a way of bringing their humanity to the surface. From a young RN who fell into a deep depression and turned to alcohol during the onslaught of COVID-19 to a retired grade school teacher with declining health also caring for her elderly pets and husband with dementia—hoarders weren't always living like this. Something happened to them, and something can happen again to create change for the better.

For more information about Reaper Clean, go to www.reaperclean.com, email onthescene@reaperclean.com, or follow on Facebook, Instagram, or Tiktok @reaper_clean.

Calendar **Events**

Arts

A Conversation with Heather McGhee. Wednesday, September 27th, 6:30pm. Fresno High School, 1839 N Echo Ave, Fresno. The Central Valley Community Foundation and Fresno DRIVE are hosting a community-wide read featuring: The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together by Heather McGhee. The New York Times bestseller is a groundbreaking call to action that examines how racism affects and harms all of us and how we need to face it head-on, together.

Candles and Cocktails. Saturday, September 30th, 5:30pm. Legacy Business Hub, 3025 W Shaw Ave, #ste 108, Fresno. Join me for another candle making event. As a guest, you will make your own custom candles while enjoying mixed drinks. You will choose your own scents to mix and create your candles.

Theater.

Eric Schwartz LIVE. Saturday, September 9th, 7pm. Full Circle Brewery, 712 Fulton St, Fresno. Multimedia and comedy collide on stage as Eric Schwartz unleashes a cutting-edge performance filled with musical comedy, physical antics, multicultural satire and social commentary.

Tips Monday Comedy Show Headlining Antonio Martinez + Open Mic. Monday, September 11th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. Comics Every Monday from Comedy Central, BET, MTV, BOB N TOM, NETFLIX, HULU and more with Open Mic following Headliner. FULL MENU AND BAR. Antonio Martinez is an up and coming stand-up comedian with great energy, funny takes and lovable personality from Fresno, California. Born and raised in the Central Valley he has a unionize view of growing up in Fresno's south east side.

Monday Karaoke Party @ Grogg's. Monday, September 11th, 8:30pm. Groggs Traditional Irish Pub, North Willow Ave, #180, Clovis. Get ready to sing your heart out at our Monday Night Karaoke Party!

JUST THE TIPS Comedy Show + Open Mic :Headliner Heather Winter. Wednesday, September 13th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis.

Just The Tips Comedy Show Headlining Wendy Wilkins. Wednesday, September 13th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. Comics Every Wednesday from Comedy Central, BET, MTV, BOB N TOM, NETFLIX, HULU and more with Open Mic following Headliner.

Slice of Comedy Headlining David "Rosie" Rosenberg. Friday, September 15th, 8pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. .

Visalia Comedy Night with Rick Martinez. Saturday, September 16th, 8pm. Republik Ultra Lounge, 115 N Locust St, Visalia. Get ready to laugh your socks off at the Visalia Comedy Show featuring the hilarious Rick Martinez!

Erik Power & The Fun Junkies present Comedy Night at L'amore. Saturday, September 16th, 8pm. L'Amore Wine and Dine, 138 S Center St, Turlock. Erik Power & The Fun Junkies present Comedy Night at L'amore Wine & Dine. Come out to our first ever show in Turlock!! It's going to be a great night of laughs, eats, and wine!!! This lineup features 4 of California's top comics and special guests. Get your tickets before they're gone!

Tips Monday Comedy Show Headlining Jesse Andrade + Open Mic. Monday, September 18th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. Comics Every Monday from Comedy Central, BET, MTV, BOB N TOM, NETFLIX, HULU and more with Open Mic following Headliner. FULL MENU AND BAR. Jesse Andrade A Comedian with the ability to make people crack up laughing about his disability. Jesse got it from a car accident at the age of four.

Monday Karaoke Party @ Grogg's. Monday, September 18th, 8:30pm. Groggs Traditional Irish Pub, North Willow Ave, #180, Clovis. Get ready to sing your heart out at our Monday Night Karaoke Party!

Just The Tips Comedy Show Headlining Jonathan Flanagan. Wednesday, September 20th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. TIP BASED SHOW/ Tips expected suggested Tip \$10/ Comedy from BOB N TOM, Comedy Central, BET with open mic to follow.

Comedy show EL GORDO MAMON. Friday, September 22nd, 6pm. Ravello's Event Center, 560 W 18th St, Merced. Comedy show EL GORDO MAMON.

NO FILTER OPEN MIC. Friday, September 22nd, 6:30pm. The Labyrinth Art Collective, 1470 N Van Ness Ave, Fresno. No Filter Open Mic - an open mic night for any and all forms of self expression and performance. - great for first time performers and anyone who has something to say

Slice of Comedy Headlining Steven Lolli. Friday, September 22nd, 8pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. Nationally touring comedians every Friday from BET, NETFLIX, Comedy Central, BOB N TOM, HBO, and more.

Gender Euphoria 2023. Saturday, September 23rd, 6pm. Fresno City College, 1101 E University Ave, Fresno. Come celebrate our transgender community and enjoy speakers, live entertainment, food, wine/beer, and a silent auction! All funds raised go directly to our programs, allowing us to continue providing vital, life-saving resources to our community. This year's theme is "Masquerade Ball" and dressing in theme is strongly encouraged. Please bring your own masquerade mask.

Laughter for All with Comedian Nazareth. Saturday, September 23rd, 7pm. Merced Theatre Foundation Inc, 301 W Main St, Merced. An Evening of 100% Clean and Hilarious Laughter and Encouragement with Award-Winning Comedian Nazareth. Also appearing Dry Bar comedian Dennis Gaxiola. Hosted by Comedian Cizzle C.

Tips Monday Comedy Show Headlining Colton Irvine + Open Mic. Monday, September 25th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis.

Monday Karaoke Party @ Grogg's. Monday, September 25th, 8:30pm. Groggs Traditional Irish Pub, North Willow Ave, #180, Clovis. Get ready to sing your heart out at our Monday Night Karaoke Party! This in-person event is the perfect way to kick off your week with a bang.

Just The Tips Comedy Show Headlining Lindsay Glazer. Wednesday, September 27th, 7pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. TIP BASED SHOW/ Tips expected suggested Tip \$10

Comedy at The Labyrinth Art Collective. Friday, September 29th, 7:30pm. The Labyrinth Art Collective, 1470 N. Van Ness Ave, Fresno. Stand Up Comedy; Headlining Ernest Romero & Chris Williams. Featuring Amber Ellis and JR Martin. Hosted by Mike Wooten.

Slice of Comedy Headlining Quincy Johnson II. Friday, September 29th, 8pm. DiCicco's Italian Restaurant, 408 Clovis Ave, Clovis. Nationally touring comedians every Friday from BET, NETFLIX, Comedy Central, BOB N TOM, HBO, and more.

Monday Karaoke Party @ Grogg's. Monday, October 2nd, 8:30pm. Groggs Traditional Irish Pub, North Willow Ave, #180, Clovis. Get ready to sing your heart out at our Monday Night Karaoke Party! This in-person event is the perfect way to kick off your week with a bang. Join us every Monday!

Comedy Show. Friday, October 6th, 7pm. Calvary Assembly of God, 1021 R St, Merced. \$5.00 Discount for Veterans, First Responders, City Workers, County Workers, & Teachers. Type "Calvary" for Discount. Waters sold will benefit Calvary Assembly of Gods Youth Department.

Smiley G.'s Stand-UP Evening of Comedy. Sunday, October 8th, 8pm. The Fulton, 1243 Fulton Mall, Fresno. If you love stand-up comedy, then you're gonna love this show! Co-headliners married couple Nick Larson and Danielle Arce will rock the night, Downtown Fresno style! Plus we'll have local comedians Brandon G. Roy, A.J Gonzales and Joseph R. Simon rock the stage - it's gonna be one helluva funny night - come laugh your ass off with us!



Champions presents the
16th ANNUAL RECOVERY FEST

Recovery Fest is to help increase awareness and understanding of mental health and substance use disorders as well as celebrate those pursuing a lifestyle of recovery.

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KINGS COUNTY behavioral health kcbh.org

KINGS COUNTY SUICIDE

Self-Improvement

Workshop Series: Create with CMAC. Wednesday, September 13th, 6pm. CMAC, 1555 Van Ness Ave, Suite 201, Fresno. Are you new to the world of content creation? This course is designed to teach you the basics of recording video. You will walk away with a strong foundation in visual storytelling, camera, audio, and lighting techniques that you can apply to all video formats.

Tamale Time Again. Thursday, September 14th, 6pm. Clovis Culinary Center, 3185 Willow Ave, Clovis. Learn the Mexican tradition of creating tamales. During the holidays' Mexican families and friends of all ages gather in the kitchen to help spread masa on corn husks and assemble and cook tamales. It's always a party in the kitchen which culminates in delicious comfort food. From the basics of working with

fresh masa to creating fillings and sauces along with techniques for assembling, and steaming, you'll learn the step by step process. Each participant will make a dozen tamales to take home and enjoy! Ticket cost is \$100 per person, which includes instruction and all the ingredients.

Composition in Photography. Thursday, September 14th, 6:30pm. Horn Photo, 7899 N Blackstone Ave, Fresno. Composition is equally as important as lighting and proper camera settings. This class will take you beyond the basics of photography and teach what it takes to make your images interesting. Emily Bunting, Fine Art Landscape Photographer, will teach this class. Check out her website: <https://www.emilykathleen-photo.com/>

Promote your event with us. Call, text or email us today (559)472-7182 FRESNOFLYER.COM

Workshop: Introduction to Podcasting. Friday, September 15th, 4pm. CMAC, 1555 Van Ness Ave, Suite 201, Fresno. Join us for our Introduction to Podcasting workshop where you will learn the basic structure of a podcast, get familiar with equipment in our podcast studio, and create a teaser for your show. Attendees are encouraged to come with an idea for a podcast. Seating is limited. Membership required.

The Cool Aunt Series: Human Trafficking Prevention Course for Youth. Sunday, September 17th, 1pm. 764 P St, Fresno. 'The Cool Aunt Series' was developed by Rachel Thomas, M.Ed. as a way to discuss human trafficking from an authentic lens while providing education, resources, and support throughout and after the curriculum. Central Valley Justice Coalitions' Youth Advocate, Tiffany Richards, will host 'The Cool Aunt Series' once a month for adolescents.

Coats Speaker Series--Guest Speakers-- Eugenia Rentería and Maria Bonner. Friday, September 22nd, 4:30pm. University of California Merced, 5200 Lake Road Conference Center, Room 110, Merced.

Next Level Couples Retreat. Friday, September 22nd, 6pm. Historic Seven Sycamores Ranch, 32988 Road 164, Ivanhoe. Ready to take your relationship to the Next Level? This couples retreat will be tailored for those in all stages whether dating, engaged, newlywed or years into your marriage. Levlove's inspirational speakers, clarity strategist, & marriage coaches Jamaine & Lena Leverett have a weekend full of marriage tools and activities that will lift your relationship into newer heights. Their belief is that a thriving marriage is for you! You can have the relationship you want and live the life you deserve.

Workshop Series: Introduction to Screenwriting. Saturday, September 23rd, 2pm. CMAC, 1555 Van Ness Ave, Suite 201, Fresno. Have an idea for a film or video? This 2 part workshop will cover developing your ideas into an entirely written screenplay. By the end of our time together, you will not only have the fundamentals of screenwriting, but you'll also walk away with a grasp on story structure.

Senior Solutions. Thursday, September 28th, 11am. Keller Williams, 740 W Alluvial Ave, #102, Fresno. Solving Aging Problems; Paying for Senior Living Options, Avoiding Probate and Capital Gain Taxes, Controlling Family Feuds. This upcoming event is the fifth in the RE Planning for Seniors series, and it is an absolute must for seniors and their loved ones who want to plan for future events and minimize the challenges faced by the senior community today. Attendees will gain invaluable insights and have a good time while doing so. Don't miss out!

Build Your Birth Village. Thursday, September 28th, 5pm. Kaweah Health Lifestyle Fitness Center, 5105 W Cypress Ave, Visalia. Join our free informative prenatal class. This class is ideal for women who are trying to conceive (TTC) and/or are pregnant.

Bellydance Fall Workshops-Merced with Cassandra Rose. Saturday, September 30th, 10am. 2400 Martin Luther King Junior Way, Merced. Study Veil technique and Zill art with Cassandra Rose! 10:00 AM-11:00 -Veil: 1.5 hour workshop. Learn beautiful technique and veil moves. \$40. 1:00 PM-2:00PM Zills: 1.0 hour class . Learn zill rhythms and combos to enhance your dance! \$30. Take both and save! \$60 for both Veil and Zills!

Llaves De Tu Casa - City of Fresno. Saturday, September 30th, 10am. 1515 E Annadale Ave, Fresno. The Llaves de tu Casa Housing Initiative is a comprehensive program designed to raise awareness and dispel the myths of purchasing a home in the Greater Fresno Region.

Coats Speaker Series--Guest Speakers-- Kathy Wong--Bonhams in Los Angeles. Friday, October 6th, 4:30pm. University of California Merced, 5200 Lake Road Conference Center, Room 110, Merced. Kathy Wong, the Director of Business Development, Fine Arts at Bonham, based in Los Angeles, is our key speaker at the Coats Speaker Series on Careers in the Arts & Media.

Yosemite Songwriting Retreat. Friday, October 6th, 3pm to Sunday, October 8th, 9:30pm. The Grove House, 4993 5th St, Mariposa. The Yosemite Songwriting Retreat celebrates the craft of songwriting and

the art of performing original songs. Our mission is to support songwriters at all skill levels and in any musical genre, creating an inspiring and supportive community that provides a safe space where individuals can express themselves through their music. This three-day retreat includes a faculty concert, classes, mentor sessions and performance opportunities with Joe Craven, Zach Smith (from Smooth Hound Smith, Melody Walker (co-wrote grammy award winning songs with Molly Tuttle), Gail Dreifus, Adam Burns, David Budries and more.

Family

2023 Merced County Children's Summit. Tuesday, September 12th, 9am. Yosemite Church, 2230 E Yosemite Ave, Merced. This is a Free community event open to everyone in Merced County. This year we will have a hybrid option. We are registering the first 300 participants to do in person attendance at Merced venue. The summit will also be transmitted online to view if you are unable to attend in person or prefer this method. Come join this year's conversation, we are working together to increase rates of success in education achievement, career prospects, and other life aspirations for our children and youth.

Babies First Family Café. Tuesday, September 12th, 10am. Summer Park Apartments, 1275 S Winery Ave, Fresno. Benefits Attending the Family Cafes: Encourages self-reflection and peer-to-peer learning. Parents supporting other parents. Build a sense of community. Learn about resources in Fresno.

Boot Camp for New Moms. Wednesday, September 13th, 9am. Merced County Human Services Agency, Castle Site, 1920 Customer Care Way, Atwater. Boot Camp for New Moms is a 3 hour workshop facilitated by knowledgeable employees of the Merced County Human Services Agency. Participants will learn about correct child rearing practices and recommendations in the areas of - Breastfeeding/Formula Feeding - Car Seat Safety - Perinatal Mood Disorders - Diaper Changing -Hormones and much more.



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Fresno Out of the Darkness Community Walk

Saturday, September 23, 2023

Woodward Park, Mt. View Shelter
9A Registration & Resource Fair
10A Ceremony & Walk

Register at
afsp.org/Fresno



Nursing Moms Club. Wednesday, September 13th, 10:30am. Del Lago Park, 1700 N Laspina St, Tulare. Free breastfeeding support group for families. Meet other breastfeeding families in your area! Come join us every 2nd Wednesday of each month 10:30 am at Del Lago Park in Tulare (by the tennis courts). Our Lactation Consultant will be available to answer your questions and provide support. Join us and you'll be entered into our raffle. If you share this event on your social media, you'll receive an extra raffle ticket. We hope to see you there!

2023 Kings and Southern Fresno County College Night. Thursday, September 14th, 6pm. Golden Eagle Arena (Multi-Use Sports Complex), 555 College Ave, Lemoore. Join us for an exciting evening at the West Hills College Lemoore - Golden Eagle Arena! Get ready to explore your college options and meet representatives from various colleges and universities. Whether you're a high school student or a parent, this in-person event is the perfect opportunity to gather information, ask questions, and make connections.

Creative Communicators Camp. Friday, September 15th, 2:30pm. Camp Wawona, 8110 Forest Dr, Wawona. Join us for an exciting weekend at the Creative Communicators Camp! This enriching boot camp is part of our broader initiative, "Empowering Kid's Faith through Public Speaking." It aims to develop the public speaking skills of youth aged 8-13, focusing on equipping our children to share their faith.

Moravia Family Fridays. Friday, September 15th, 6pm. Moravia Wines & Event Venue, 3620 N Bishop Ave, Fresno. Fun evening for the whole family. Enjoy an evening outdoors in the country, share a bottle of wine or sangria while the kids enjoy the playground and country evenings. Adults \$5 per person, kids and CREW members free (four people per membership). Tables for eight with one complementary bottle of wine: \$55 or CREW - \$40 (CREW pricing is for our wine club members only). Children are always welcome and our playground is open

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Cooking with Savannah. Saturday, September 15th, 11am. Children's Storybook Garden & Museum, 175 East 10th St, Hanford. Open to children of all ages. Tickets \$15. About Chef Savannah: -Trained at the Culinary Institute of America -Previously worked as a chef at Simi Winery in Napa Valley -Has taught classes for kids and adults!

AAFC Watermelon Celebration : Food, Family, Fun on the Farm. Saturday, September 15th, 10am. 7160 W California Ave, Fresno. This event will offer an opportunity CELEBRATE BLACK FARMERS and African American Farming heritage and culture along with the harvest and bounty that they will be reaping at that time. In addition to celebrating we hope to allow farmers the opportunity to tell their stories and share knowledge and experience with one another and the community. There will also be an opportunity for everyone in attendance to buy local produce from Black Farmers including fresh fruit and vegetables as well as eggs.

Cougar Country BBQ. Saturday, September 16th, 5pm. Clovis Rodeo, 748 Rodeo Dr, Clovis. Dinner Serverd from 5:30pm - 7pm. (Drive-thru dinner pick up open from 5pm - 7pm). Dinner: Ribeye Steak, Campfire Beans, Rice Pilaf, Green Salad & Dinner Roll

Oktoberfest. Thursday, September 21st, 5:30pm. Vossler Farms, 26773 S Mooney Blvd, Visalia. The Visalia Chamber of Commerce takes great pride in showcasing the Central Valley's rich culinary and entertainment scene while celebrating the traditions of Oktoberfest. The event will give you a taste of the best of the Central Valley's food, beer, wine, and entertainment.

Family Paint Party! Thursday, September 21st, 6:30pm. Taco Truck Express, 1570 W Olive Ave, Porterville. Join the Art Challenge! For those who would like to participate we are going to have an art challenge in which the community will choose the favorite painting among all the hopeful artists that attend this event . Pictures will be taken of the artist and their art and posted. \$10 gift certificate will be given to the favorite.

Movies On The Lawn. Friday, September 22nd, 6pm. Fresno City College, 1101 E University Ave, Fresno. Join us for a fantastic evening under the stars at Fresno City College! Get ready for an unforgettable movie experience with your friends and family. We'll be showing some of the best films of all time on a big screen right on the lawn. So grab your blankets, lawn chairs, and snacks, and get ready for a cozy night out. Don't miss out on this amazing event at Fresno City College Old Administration Building - East Courtyard. See you there!

Moravia Family Fridays. Friday, September 22nd, 6pm. Moravia Wines & Event Venue, 3620 N Bishop Ave, Fresno. Fun evening for the whole family. Enjoy an evening outdoors in the country, share a bottle of wine or sangria while the kids enjoy the playground and country evenings. Adults \$5 per person, kids and CREW members free (four people per membership). Tables for eight with one complementary bottle of wine: \$55 or CREW - \$40 (CREW pricing is for our wine club members only). Children are always welcome and our playground is open

Kid's Pizza Making Class. Saturday, September 23rd, 12pm. Clovis Culinary Center, 3185 Willow Ave, Clovis. Join us for a fun-filled afternoon of pizza making at our Kid's Pizza Making Class! During the class, our experienced chef Audrey will guide the kids through the entire pizza making process, from kneading the dough to choosing their favorite toppings. They will learn valuable cooking techniques while having a blast with other children. At the end of the class, each child will have their own delicious pizza creation to enjoy or take home to share with the family. We provide all the necessary ingredients and equipment, ensuring a hassle-free experience for both kids and parents.

Kids Karaoke Night. Saturday, September 23rd, 5pm. The Garden-Shoppe, 364 7th St, Hollister. Join us for a free, family-friendly event on our back patio! All ages are welcome. Whether your kiddo is belting out Disney classics or everyone's favorite: Baby Shark, we can't wait to hear! We are hoping for some family sing-a-longs. This is an outdoor event, so please dress appropriately.

Annual 2023 Parent Symposium - Health and Safety. Saturday, October 7th, 8am. Central Valley Regional Center, 4615 N Marty Ave, Fresno. Join us for a day of learning and community building. Event will feature speakers on many topics and relevant issues for those with Neurodiversity and ID/DD. We will have door raffles and innumerable resources for parents and caregivers.

Fun Fest. Saturday, October 7th, 9am. Henry Miller Plaza, 600 H St, Los Banos. Fun Fest in Los Banos on Sat Oct 7th 9am to 3pm. Live bands, great food, vendors and a kids zone. Henry Miller Plaza in Los Banos. Come join the fun!!

2nd Annual BBQ and Brewfest. Saturday, October 7th, 2pm. P-R Farms Inc, 2917 E Shepherd Ave, Clovis. Two area Rotary Clubs: Clovis and Fresno Airport have teamed-up to create a dynamic event to raise funds

to serve the community! Your ticket includes... Unlimited beer sampling from breweries, both local and out of area. Ma and Pa's BBQ Dinner. Music from John Pemberton. Dancing and Games with a country twang

Music


PITY PARTY // CRUSHED!? // SCI-FI CAPER // D.A.T.E. Saturday, September 9th, 7pm. Sour Milk, 1474 N Van Ness Ave, Fresno.

TAYLOR SWIFT NIGHT Eras Edition. Saturday, September 9th, 9pm. Strummers, 833 E Fern Ave, Fresno. A festive interactive party featuring music & visuals dedicated to the pop goddess. Tickets \$10 adv, \$12 dos. Presented by numbskullshows.com

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The Weekend Blender


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Cosplay



CASH PRIZES!



COSPLAY CONTEST
\$500 Shared cash prizes

Sept 16-17
SIERRA VISTA MALL
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2023 **cos·play** /'kāz,plā/
noun
the practice of dressing up as a character from a movie, book, or video game.



eat drink shop explore

Food & Drinks

*India's Oven
Restaurant And Bar*
1153 N Fulton St, Fresno
(559) 840-2667
www.indiasovenfresno.com

*Banzaï Japanese
Bar & Kitchen*
609 E Olive Ave Suite C
(559) 412-2008
www.banzaifresno.com

Aromas Restaurant
568 E Olive Ave, Fresno
(559) 449-3022
www.aromasfresno.com

Irene's Café
747 E Olive Ave, Fresno
(559) 237-9919
www.irenescafe.com

Shopping

*Perfect Blend
Fine Cigars*
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(559) 486-0400
www.perfectblendfinecigars.com

*Parabolic
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431 E Olive Ave, Fresno,
(559) 355-1858
www.parabolicgallery.com

Dragon's Treasure
816 E Olive Ave, Fresno
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www.etsy.com/shop/dragonstreasure

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TUESDAY - SATURDAY 11 AM - 6 PM

Jakobs Castle. Tuesday, September 12th, 8pm. Strummers, 833 E Fern Ave, Fresno. The new project of late Sublime frontman Bradley Nowell's son Jakob Nowell, Jakobs Castle is the sound of two worlds colliding in perfect union. Active since 2022, the band consists of vocalist/frontman Jakob Nowell (formerly of Authority Zero), guitarist Eric Walsh (formerly of Chris Bartholomew (formerly of As Blood Runs Black)). \$13 adv, \$15 dos. Presented by numbskullshows.com

LEFT TO SUFFER & DISTANT. Wednesday, September 13th, 6pm. Strummers, 833 E Fern Ave, Fresno. With special guests Justice For The Damned, Cabal, and Fire to the Throne. Presented by numbskullshows.com

Big Sad 1900. Thursday, September 14th, 7pm. Babylon Club, 1064 N Fulton St, Fresno. Big Sad 1900 with Sounds by Cypress Moreno. This is an All Ages event. Limited pre sale/meet and greets available. This event is expected to sell out.

THE RED PEARS. Mexican Slum Rats, 60 Juno. Thursday, September 14th, 7pm. Strummers, 833 E Fern Ave, Fresno.

River Ranch Music Festival. Saturday, September 16th, 10am to Sunday, September 17th, 1pm. River Ranch Campground, Cottonwood Road at Basin Creek, Tuolumne. First come, first serve for camping. Price includes camping for one night. Gate opens at 10am Sept. 16. All Dogs must be on a leash.

2023 END OF SUMMER JAM! Saturday, September 16th, 8pm. Rainbow Ballroom, 1725 Broadway St, Fresno. Fresno California Get Ready! DJ Flex, Marques Anthony And Hip Hop Legend DJ Quik Performing Live On Stage With Special Guests!

STEVE POLTZ at The Grove House. Monday, September 18th, 6pm. The Grove House, 4993 5th St, Mariposa. Some people start life with a plan. Not Steve. He opens himself up to the universe in a way most of us will never be loose enough to achieve, and the universe responds with a wink, a seemingly bottomless well of inspiration, and the talent to truly connect with an audience. \$25 ADV / \$30 DOS TIX / ALL AGES

CALABRESE, Haunt Me. Tuesday, September 19th, 7pm. Strummers, 833 E Fern Ave, Fresno. Steeped in a goth rock swing, brash punk energy, metallic bombast, and a healthy helping of death rock. The trio has shared the stage with the likes of Tiger Army, The Misfits, She Wants Revenge, Wednesday 13, Nekromantix, and more. Presented by numbskullshows.com

Andy Squyres House Show. Wednesday, September 20th, 7pm. 206 S Crenshaw St, Visalia. Andy Squyres is a singer-songwriter born and raised in the mountains of Northern California but after moving east in the late 1990's, he's spent the last few decades carving songs out of the foothills of his North Carolina home.

Casa de Untz Presents: Tropic Thunder. Friday, September 22nd, 6pm. Hobb's Grove, 14265 E Goodfellow Ave, Sanger. This in-person event will transport you to a paradise filled with infectious rhythms and good vibes. Our talented DJs will keep the energy high all night long, bringing you the best of tropical and electronic music. Don't miss out on this unforgettable party! Grab your friends and get ready to unleash your inner party animal. See you there!

Life is Peachy: Nü Metal Cover Night. Friday, September 22nd, 6pm. Full Circle Brewery, 712 Fulton St, Fresno. Join us LIVE for a night of Nü Metal cover bands featuring STONE-SHIVER as Breaking Benjamin and MANY more!

WARGIRL at The Grove House. Friday, September 22nd, 7pm. The Grove House, 4993 5th St, Mariposa. Bringing SLO legends FIGHTING CHANCE back to Mariposa for a special night to groove, get down, and have a damn good time. \$15 ADV / \$20 DOS TIX / ALL AGES

Dengue Fever. Friday, September 22nd, 8pm. Strummers, 833 E Fern Ave, Fresno. All ages. Presented by numbskullshows.com

Green Jelly. Saturday, September 23rd, 7pm. Full Circle Brewery, 712 Fulton St, Fresno. Green Jelly at Full Circle Brewing! With The Valisha and more!

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Noche de Estrellas. Saturday, September 23rd, 7pm. M.A.S. Arts Academy, 4974 E Clinton Way, Fresno. Join us for our first bi-annual gala at M.A.S. Arts Academy in Fresno. Come learn more of what we have to offer and where we are heading! This will be a wonderful night of dancing and connecting with our community. TICKET PRICING - \$30 for appetizers and social - \$20 for social dancing starting at 8:30pm - \$10 after 11pm

Fenix Flexin & Frostydasnowman. Saturday, September 23rd, 7pm. Azteca Theater, 838 F St, Fresno. Hey Fresno Ca! Get ready for an epic night as TeamActive brings you the live performance of Fenix Flexin & Frostydasnowman, all ages event.

Capolow Live in Fresno! Sunday, September 24th, 7pm. Full Circle Brewery, 712 Fulton St, Fresno. Come see Capolow live in Fresno!

Andy Squyres. Monday, September 25th, 7pm. Hope Commons Church, 300 Trask Ln, Modesto. This concert event is FREE but you do need to claim a ticket. Andy Squyres is a singer-songwriter born and raised in the mountains of Northern California but after moving east in the late 1990's, he's spent the last few decades carving songs out of the foothills of his North Carolina home.

KISS Country Summer Concert Series Show #5 featuring Easton Corbin. Thursday, September 28th, 6:45pm. Rotary Amphitheater at Woodward Park, 7775 N Friant Rd, Fresno. This is a general admission show. ALL AGES are welcome. Scheduled to perform: Easton Corbin, Shane Profit, Drew Baldrige and Tyler Braden.

Marc E. Bassy - Folk Hero Funk. Friday, September 29th, 6pm. Strummers, 833 E Fern Ave, Fresno. All ages. Presented by numbskullshows.com

Craig Morgan, Thompson Square and Blue Line. Saturday, September 30th, 3pm. Experience the heart and soul of country legends Craig Morgan and Thompson Square and hear signature hits like "Redneck Yacht Club", "International Harvester", "Soldier", "Are You Gonna Kiss Me Or Not" and "If I Didn't Have You" in an HONORABLE country lineup.

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ADRIAN OCEGUERA & RENEE NEWLOVE

CHOREOGRAPHED BY
STEVEN MONTALVO

Handwritten text: SHE IS SOOO CRAZY, SLAY!, DON'T You Got This!, Stop! Just stop!, Fearless, Toxic, GAVAN, -b± 15-94c, 26

Music

Tyler Braden Acoustic - Stripped Down & Turned Up! Saturday, September 30th, 8pm. California Coast Beer Company, 1346 Railroad St, Paso Robles. Tyler Braden has the gritty powerhouse vocal, the expressive pen and the ability to deliver a lyric with complete conviction worthy of a headliner.

Talon Smith & Matt Harikian perform Rachmaninoff's iconic classical music. Sunday, October 1st, 4pm. Maximus Media Inc, 2727 North Grove Industrial Drive, #Ste 111, Fresno. Join us for an incredible musical experience. Talon Smith (pianist & composer) and Matthew Harikian (pianist) will be showcasing their exceptional talent, performing one of Sergei Rachmaninoff's timeless compositions arranged for two pianos. Prepare to be captivated by their virtuosity and passion as they bring the beautiful melodies of this epic music to life!

TEN56, Until I Wake, Scoundrel. Friday, October 6th, 6pm. Strummers, 833 E Fern Ave, Fresno. All ages. Presented by numbskullshows.com

Small Town Loud with Royale Lynn! Friday, October 6th, 8pm. Dying Breed Brewing, 963 Shepard Ct, #Suite B, Oakdale. Singing before she could talk, Royale Lynn traded in her pony for a guitar and moved to Nashville in 2015.

KANDILAND Part2. Saturday, October 7th, 8pm. 1064 N Fulton St, Fresno. Join us for an unforgettable night at 1064 North Fulton Street! KANDILAND Part2 is back and better than ever. Get ready to dance the night away with amazing music, and great company. This in-person event promises to be a blast, so mark your calendars and bring your friends along. Don't miss out on the party of the year! See you there!

Nashville Nights with Royale Lynn! Saturday, October 7th, 8pm. California Coast Beer Company, 1346 Railroad St, Paso Robles. Singing before she could talk, Royale Lynn traded in her pony for a guitar and moved to Nashville in 2015. The country singer has single handedly acquired millions of views across social platforms and been recognized by Billboard as a "A ferocious newcomer with ceiling scraping vocals". She has also been deemed one of Billboard's "Emerging Artists."

Maximum Ska n' P. Saturday, October 7th, 10:30am. Persuasion Brewing Co., 500 7th St, Modesto. Join us on October 7th at Persuasion Brewing 500 7th Street, Modesto, CA, for the 1st Annual Maximum Ska n' P Music Festival featuring The Littlest Man Band (former/current members of Reel Big Fish, Suburban Legends), Louser, Mr King Pin (Texas), Monkey, Before Twenty, Rundown Kreeps, Bet On Red (Idaho), The Odd Advantage, Mojo (Nevada), 1335 and the Bracers.

Jesse Daniel. Sunday, October 8th, 8pm. Strummers, 833 E Fern Ave, Fresno. Jesse Daniels live at Strummers. All Ages. Presented by numbskullshows.com

PETE BERNHARD (of The Devil Makes Three) at The Grove House. Monday, October 9th, 7pm. The Grove House, 4993 5th St, Mariposa. Pete Bernhard is the main singer and songwriter for the band The Devil Makes Three. After Covid 19 put a hold on the bands touring schedule Pete started exploring playing solo and released a record on Kahn Records, the label owned and operated by The Devil Makes Three. \$25 ADV / \$30 DOS TIX / ALL AGES

BANDALOS CHINOS. Tuesday, October 10th, 7pm. Strummers, 833 E Fern Ave, Fresno. All ages. Presented by numbskullshows.com

Paleface. Wednesday, October 11th, 5:30pm. Full Circle Brewery, 712 Fulton St, Fresno. Fear & Dagger Tour! Featuring: Paleface Swiss, Enterprise Earth, VCTMS, Crown Magnetar, Reminitions, Bone Crown, Kvbrick Stare, Cruel Idols. All Ages / \$20 Adv / \$25 Dos

Brad Jaurique Promotions Presents Laughs and RnB at Fulton 55. Saturday, September 9th, 7pm. Fulton 55, 875 Divisadero St, Fresno. Night of laughs and RnB starring comedians Alfred Robles, Narcizo Gonzalez and Monique Flores with performance from Jase of soul for real.

ALL BLACK PARTY for 30 and over. Saturday, September 9th, 8:30pm. Armenian Community Center, 2348 Ventura St, Fresno. This is a grown folk event. no baseball caps and no tennis shoes. All black clothing only, upscale event. 2nd All Black Party put on your best black outfit. VIP available \$450.00 Advance tickets \$40.00 and \$50.00 at the door.

Trivia Night at Splash Fresno. Wednesday, September 13th, 7:30pm. Splash Bar Fresno, 644 E Olive Ave, Fresno. Live multi-media trivia every Wednesday night @ 7:30pm. Splash Fresno- Gay Bar & Nightclub. Free to play. Win prizes. Teams up to 6 players.

RAVE OASIS - MODESTO. Saturday, September 16th, 5pm. My Mimosas, 917 J St, Modesto. Get ready to experience an electrifying night of dirty bass lines, vibrant lights, and non-stop dancing at RAVE OASIS - MODESTO! This New 21+ Rave Fest is the ultimate party destination for all dance music enthusiasts.




PURO DESMADRE ~ LA FIESTA PARA LOS AMANTES DE UN PERREO BÉLICO. Saturday, September 16th, 9pm. Fulton 55, 875 Divisadero St, Fresno. Esta noche — we're honoring El Doble P X El Conejo Malo. The best of their catalogs mixed in with Cum-bia, Banda, Reggaetón, and more! ¡Celebrando la independencia de México con ustedes!

The Pure Drop. Irish Flute and Bodhran. Traditional Irish instrumental. Sunday, September 17th, 1pm. Bog House Pub, 7089 N Marks Ave, #109, Fresno. We are at the Bog-house Pub in Fresno. It's an upscale European style pub full of friendly upscale people. Traditional Irish flute and frame drum will be going in the background as you drink craft beer or wine or whatever mixed drinks you like. Socialize or learn an Irish dance step and do a dance. It's a fun friendly and laid back environment.

Jazz on the Patio. Sunday, September 17th, 5pm. The GardenShoppe, 364 7th St, Hollister. Come enjoy a relaxing evening on The Garden-Shoppe patio with live jazz! We will have charcuterie, snacks, beer, wine, ciders, seltzers, and non-alcoholic beverages available for purchase. This is a 21 and over event.

Trivia Night at The Backyard on Thirteenth. Thursday, September 21st, 7pm. The Backyard, 1300 Railroad St, Paso Robles. Live multi-media trivia every other Thursday night @ 7pm. The Backyard on Thirteenth, Paso Robles. Free to play. Win prizes. Teams up to 6 players.

Gentlemens Club @ Fulton 55, Thursday, September 21st, 8pm. Fulton 55, 875 Divisadero St, Fresno. The Gents are back in the states and filled with an endless stockpile of bass bombs. Gentlemens Club have cemented themselves as one of the fastest-rising acts in electronic music, certified by their international following, global tours & rapidly growing discography that already counts +35 million collective streams.

cupcakKe. Saturday, September 24th, 9pm. Fulton 55, 875 Divisadero St, Fresno. ENT Legends Concerts Presents cupcakKe at Fulton 55! Doors at 8, show at 9 21+

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Tropidelic with Kyle Smith and Joey Harkum. Tuesday, September 26th, 7:30pm. Fulton 55, 875 Divisadero St, Fresno. The six-piece band from Cleveland, Ohio may be far from any tropical islands, but that doesn't stop them from dishing out an interesting mix of reggae, hip-hop, and high energy funk for audiences across the country. Unapologetically original, Tropidelic has a deep and widespread appreciation for music that can be heard in each note.

Whiskey Night. Thursday, September 28th, 6pm. The Vineyard Restaurant & Bar, 605 South I St, Madera. Join us for a delightful evening of whiskey tasting at The Vineyard Restaurant & Bar! Whether you're a seasoned connoisseur or just starting your whiskey journey, this event is perfect for all levels of whiskey enthusiasts. Our knowledgeable expert will guide you through the tasting, sharing interesting facts and stories about each whiskey. Don't miss out on this unique opportunity to expand your whiskey knowledge and enjoy a fun-filled evening with fellow whiskey lovers.

BOYS OF SUMMER- AN EAGLES TRIBUTE BAND! Friday, September 29th, 7pm. The Pour House, 525 Pine St, Paso Robles. Hailed as one of the best Eagles tribute bands out there, BOS are a must see for any fan of the legendary Eagles.

DOMBRESKY at Fulton 55. Friday, September 29th, 9pm. Fulton 55, 875 Divisadero St, Fresno. All Day All Night x LMC present Dombresky at Fulton 55 on Friday, September 29th. From Paris to the rest of the world, this man is selling out shows across globe. Get tickets while they last!

Spooky Splash KickBash 23. Saturday, September 30th, 4pm. 3075 N Maroa Ave, Fresno. Cabana VIP-2hrs 145\$ slot | 6-8 ppl per section. A bottle (Dark,Silver,Reposado,Blanco) 1.5 w leaf wrap, 2liter chaser. Hookah. 4pm-6pm arrival - Early Bird Discount •Free Entry Shot •3\$ off bar. 3\$ shots. 6\$ mixed drinks. 12\$ fusion drinks(2 liquors w juice, lemonade,-soda) •First 10 ppl in get free roll

LEVEL 6: 559 ROOFTOP PARTY. Saturday, September 30th, 6pm. Spiral Garage, 801 Van Ness Ave

The U2XPERIENCE LIVE. Saturday, September 30th, 7:30pm. The Pour House, 525 Pine St, Paso Robles. The U2xPERIENCE, the Ultimate Tribute to U2, is arguably one of the best U2 tribute bands in the world. The show is a near perfect recreation of a live U2 concert that sonically, visually and spiritually captures audiences. They not only sound like U2, they look like them, and sing and play 100% live with a raw rock and roll energy and minimal use of backing tracks, just like U2. The performance moves fans, and those new to the U2 catalog, with the beautiful sound and message.

The Emo Night Tour. Saturday, September 30th, 8pm. Fulton 55, 875 Divisadero St, Fresno. Welcome to The Emo Night Tour. The Emo Night Tour DJ's will be spinning all the angst your teenage dirtbag heart desires all night long and a special guest band will make you feel like you're at Warped Tour '08 minus all the dust and melting in the sun!

The Pure Drop. Irish Flute and Bodhran. Traditional Irish instrumental. Sunday, October 1st, 1pm. Bog House Pub, 7089 N Marks Ave, #109, Fresno. We are at the Bog-house Pub in Fresno. It's an upscale European style pub full of friendly upscale people. Traditional Irish flute and frame drum will be going in the background as you drink craft beer or wine or whatever mixed drinks you like. Socialize or learn an Irish dance step and do a dance.

Songwriters Under The Stars. Thursday, October 5th, 6pm. The Bird Ranch, 26901 Fahey Rd, Gustine. Join us for our first ever Songwriters Under The Stars, located at The Bird Ranch. We are so excited to welcome songwriters Rodney Clawson, Nicolle Galyon, and Wynn Varble. Come enjoy a night under the stars and listen to the stories behind how their hit songs were created. Food vendors and bar available at venue. Water, wine, spirits, and beer available for purchase from Sipsy's Handcrafted Beverages. Bring your ID, as you will need a 21+ wristband prior to purchasing alcohol. No ID - No Wristband.

Kurt Vile and The Violators. Thursday, October 5th, 8pm. Fulton 55, 875 Divisadero St, Fresno. With special guests Rose City Band and Farmer Dave & Wizards of the West.

For The Masses - Tribute to Depeche Mode. Friday, October 6th, 9pm. Fulton 55, 875 Divisadero St, Fresno. For The Masses coming back to Fulton 55 with a celebration of all things depeche mode. Oldies, new ones, rarities and huge hits, they play them all! Doors at 8 21+ Tickets available at www.fulton55.com or at Tower District Records

HEF Third Annual Bourbon Trail, Bourbon Tasting & Dinner. Saturday, October 7th, 5:30pm. Come out for a great evening of craft Bourbon Tasting including high end, top rated, and flavored "Bourbon Trails." We will then host a great dinner catered by Dowd's Catering and raffle some

fantastic opportunity drawing items and have a silent auction. The entire event is a fundraiser for the Hanford Education Foundation which provides for student awards and recognition, scholarships, project funding, and much more.

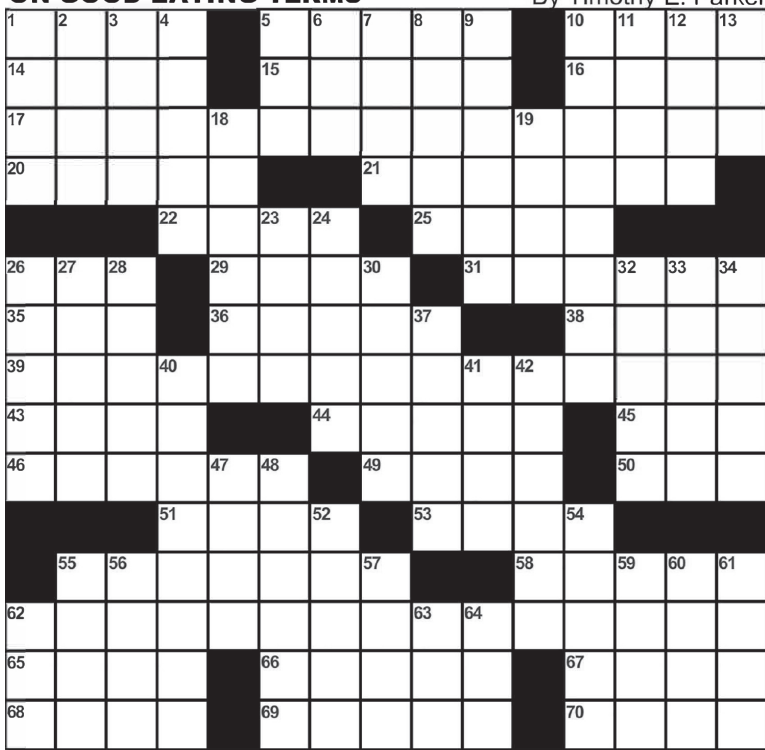
Metalachi at Fulton 55! Saturday, October 7th, 9pm. Fulton 55, 875 Divisadero St, Fresno. Metalachi combines the humor of Steel Panther, the flamboyant of GWAR, and the eclectic rawness of Rob Zombie. There's also a little dose of Spinal Tap and a hit of Cheech & Chong. The music is classic metal covers from artists like Metallica fused with classic mariachi by Vicente Fernandez and Mariachi Vargas de Tecalitlan. Their setlist is punctuated by comedic interludes and skits.

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ON GOOD EATING TERMS

By Timothy E. Parker



DOWN

- 1) Get a handle on
- 2) Member of Indian royalty
- 3) Modern Persia
- 4) Swimming pool measurement
- 5) Content starter
- 6) Yeanling's mother
- 7) Crime boss
- 8) Prefix with "cross"
- 9) Human aces
- 10) Bright meteor
- 11) Duane or Nelson
- 12) Directors Spike and Ang
- 13) Sailor, in slang
- 18) Kind of license
- 19) Face-to-face exam
- 23) Lady Macbeth or Hamlet
- 24) Hunter's hiding place
- 26) Finish a pie crust
- 27) "Tomorrow" musical
- 28) Do the running man
- 30) Oasis fruit
- 32) Bearlike marsupial
- 33) "___ Gantry"
- 34) Wooden shoe
- 37) Raise trivial objections
- 40) Spongy tree gall
- 41) Tall fodder holder
- 42) Acid-neutralizing compound
- 47) "... happily ___ after"
- 48) Most desperate
- 52) Brief quarrel
- 54) Coffee order, sometimes
- 55) Soon, to a bard
- 56) Having X and Y chromosomes
- 57) He's "the Man" of baseball
- 59) "Works for me"
- 60) Pivot
- 61) Congers
- 62) Breed
- 63) Half of the tai chi symbol
- 64) "Adolescent" start

ACROSS

- 1) What you're filling in
- 5) Site of a Muslim pilgrimage
- 10) Had a sensation
- 14) One way to serve a steak
- 15) Hope for a nominee
- 16) "I had no ___!"
- 17) Like a neat, perfect arrangement
- 20) It's spotted in Westerns
- 21) Fish-eating birds
- 22) Rosemary or thyme
- 25) Use a bayonet
- 26) Hardly a gentleman
- 29) Was a blabbermouth
- 31) Quenches
- 35) Biochemistry abbr.
- 36) "Sacro" follower
- 38) "Damn Yankees" femme fatale
- 39) Extremely naive
- 43) Flexible mineral
- 44) Satan (with "the")
- 45) Astrological carnivore
- 46) Cheated at hide and seek
- 49) Scarf material
- 50) Auction merchandise, sometimes
- 51) Bird of old Rome
- 53) Soil type
- 55) Current measures
- 58) Baggy
- 62) Between a rock and a hard place
- 65) Relax on a couch
- 66) It gives one a leg up
- 67) Proceeds from a heist
- 68) "Trick" joint
- 69) Heavy British weight
- 70) Certain voiced votes

Answers to last month's puzzles

4	6	1	2	3	5	7	8	9
3	5	8	7	9	1	6	4	2
2	9	7	6	8	4	1	5	3
6	2	4	1	5	9	3	7	8
8	7	5	3	4	2	9	1	6
1	3	9	8	7	6	4	2	5
5	4	3	9	2	7	8	6	1
9	1	2	4	6	8	5	3	7
7	8	6	5	1	3	2	9	4

METAL WORKS

By Timothy E. Parker



4				5	1	9		
		1				4	7	3
	8	3		7	9			2
	9	4		8			2	
	7		9					4
			2		7	1		
3								9
		2	1		8		4	
		6		4			8	7



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... Picks cont'd from pg 7

steady demand from friends and family. Inspired by the positive feedback, Mahmoud and his business partners started Q29, which provides high-quality roasted coffee blends for various hotels and restaurants. But it was Mahmoud's dream to open his own coffee shop, not just to showcase his unique roast blends but also the methods he uses to brew them. That dream became a reality in January when Alchemist Coffee Lab opened its doors in the Tower District.

Aeropress, pour-over, espresso, French press, moka pot, siphon, V60, and Turkish are among the various brewing methods Mahmoud employs in his shop—guaranteeing the perfect cup for all tastes and prefer-

ences. Even the decor inside the shop evokes mad scientist themes, with pots resembling beakers and brew stations resembling chemistry sets. Mahmoud takes his coffee brewing seriously, and the results speak for themselves. Perhaps even more impressive than the coffees are the prices. These specialized, high-quality brews only set you back about \$3-\$5. Take that, Starbucks!

In addition to coffee, Alchemist Coffee Lab also serves chai tea, hot chocolate, matcha, hot or iced tea, lemonade, and an assortment of pastries and brunch favorites like avocado toast. If you are looking for a unique, high-quality, and surprisingly affordable cup of coffee, Alchemist Coffee Labs has cracked the formula. They also sell bags of their popular roast blends so you can enjoy your favorite flavors at home, too.



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PROGRAM

HEY FRESNO!

Here's a refresher of Fresno's three-cart (green, gray, blue) program that is part of an ongoing effort to meet and exceed state-mandated goals of landfill reduction and waste diversion.

Gray is for Garbage



- Rubber/Vinyl Hoses
- Soiled Napkins, Styrofoam
- Diapers
- Food
- Carpet
- Plastic bags(all kinds, bread bags, zip lock, tortilla bags)
- Flexible plastic (shrink wrap, straws, etc.)
- Soiled Napkins, Tissues, Paper Plates
- Animal Waste (bagged)
- COLD Coals/Fireplace Ashes
- Treated wood cut in 3' lengths (painted, stained wood)

Green is for Yard Clippings



- Grass/Leaves
- Live Holiday Wreaths
- Trees/Branches (cut in 3' lengths)
- Palm Fronds
- Garden Plants
- Fruit/Veg Garden Clippings
- Wood (untreated)

Blue is for Recycling

(We encourage you to empty and clean / rinse your containers)



- Paper** -Books/Magazines/Newspapers
- Cardboard
- Plastics** -Food/Beverage Containers
- Laundry Detergent & Bleach Bottles
- Shampoo Bottles
- Metal/Aluminum** -Cans (empty)
- Paint Cans (empty/dry)
- Glass** Bottles/Jars (empty)

Please donate all clothes and other usable household items to your local charities.

NO! These items are not allowed in any cart

- | | | | |
|----------------|-------|---------------------|--------------------|
| Batteries | Tires | Used Motor Oil | Fluorescent Tubes |
| Hot Coals | TVs | Toxic Chemicals | Pesticides/Poison |
| Concrete/Rocks | CFLs | Electronics/E-Waste | Medications/Sharps |

Call the Recycling Hotline at (559) 621-1111 for any questions regarding disposal or recycling of any of the above.

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MISCELLANEOUS

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WOOD PIPE cut out, white wall decor \$75 559 341 2575 Gary Alan

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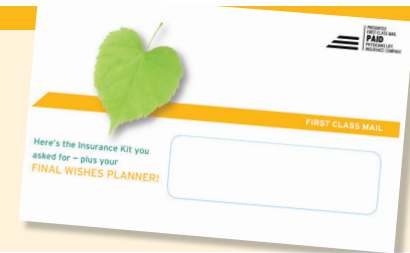
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MARKETPLACE

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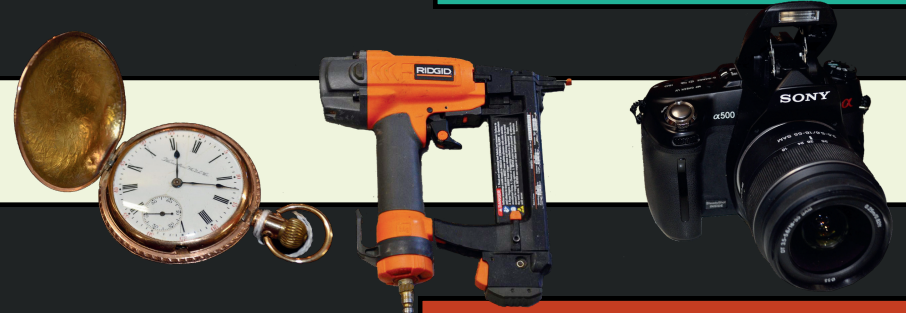
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