



Jacqueline's High Tea invites you to join them in a relaxed atmosphere for a refreshing pot of tea, and a variety of tea room favorites.

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203 Western Ave.  
Petaluma, California  
For Information & Reservations  
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## DINING NEWS

### Tolay Makes Inviting Changes

In line with Starwood Hotels' marketing motto -- "warm, comfortable connections" -- The Sheraton Sonoma County-Petaluma and its Tolay restaurant have made some significant changes. The first thing you'll notice is that the lobby has been redesigned to be warmer and more inviting. The renovations even include a fireplace.

Changes have also been made at Tolay. While the new lunch menu still includes all the most popular items, you'll notice a swing toward comfort foods. One new item is the Willie Bird smoked turkey sandwich with Granny Smith

apple, black walnuts, dried cranberries and Meyer lemon dressing.

Executive Chef Wayne Van Akin wants guests to feel like they've been "invited to come to our living room." Operations Manager Bill Govan adds, "It's as warm as our staff." For a real "living room" feeling, visit on a Wednesday evening and take advantage of the complimentary cheese fondue when you buy a mixed drink or a glass of wine in the lobby lounge.

Van Akin is proud of the growing interest in Tolay's specialty salads. "They're healthy and something you can't get anywhere else." The salad of-

ferings have always been extensive, but now include new Chinese Chicken Salads and Chicken Taco Salads made with Rosy Chicken.

Though he's consistently increased portions and reduced prices over the past four years, Van Akin feels people still think of Tolay as an expensive, special occasion restaurant. "Our burger is about the same price as a good burger anyplace in town," he says, "and our holiday buffets compare to those at the Palace Hotel in San Francisco. They charge \$90. We charge \$30."

Call 707.283.2900 for reservations.

### Classes Focus on Eating for Health

Bauman College is offering a series of classes on creating gourmet cuisine that also keeps you young, vibrant and energetic -- delicious, healthy dishes that support vitality and longevity. On July 7, "Indulge in Exotic Superfoods" will show you how you can slow the aging process with foods of ancient cultures. On July 14, "Beauty From the Inside Out" presents foods that promote healthy skin, nails and hair. On July 21, learn about foods that boost your mood, energy and

productivity at "Cooking for Your Heart and Mind". These Saturday classes are from 3 to 5:30 PM and cost \$45 each, including demos, tastings, recipes, and nutritional information.

A second series of classes features Whole Foods Chef Marcella Friel. It will provide you with new ways to think about food and help you evaluate dietary information. You will also learn basic knife skills and prepare delicious, simple dishes using fresh produce from the Farmers Market. Also included are tast-

ings, recipes, and nutritional resources. The August 4 class is "What Should I Eat?" and provides fad-proof guidelines for healthy eating. The August 11 class is "Whole Foods, Processed Foods: What's the Difference". On August 18, you will learn to decipher the information on food packages in "Natural, Organic, Sustainable: What Do They Mean?" Each class will be held from 2 to 5 PM and cost \$60. Call 800.987.7530 to register.

Bauman College is at 10151 Main Street, Suite 128, in Penn Grove.

### Fregene's Chef Picked for World Pizza Champions Team

After a significant showing at the International Pizza Challenge in Las Vegas last month, Chef Glenn Cybulski, Owner/Founder and Executive Chef of Fregene's Pizza, has been elected to a position on the World Pizza Champions.

The World Pizza Champions Team is an elite group of the best pizza chefs and pizza

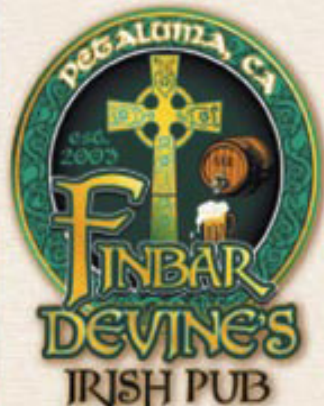
"acrobats" in the world. They bring their top quality pizza recipes to worldwide competitions and they are the best of the best at pizza dough spinning, flipping and stretching.

The U. S. team just returned from the Pizza Olympics held in Salsomaggiore, Italy, where they won the Gold Medal in the Team Acrobatics Competition for a record second year in a row and brought

home a total of six medals and awards.

Cybulski will debut with the team in Naples, Italy, in June for the World Pizza Cup.

Fregene's Pizza currently has three locations: Petaluma, Cotati and Sebastopol. A fourth location is slated to open in Santa Rosa soon. For more information, visit fregenes.com.



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Dana Scott -- with over 30 years' experience in the restaurant business in San Francisco -- JOINS

Chris Harman -- Former Chef/Owner of Capra's Italian Village in Marin.

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-- Jeff Cox,  
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