Technical Director in the-

atre management as well

The second honoree was

Leigh High student Suzy

Kim. Suzy was awarded

The Mike Kotowski Hon-

as LGBTQ.

CAMPBE Serving the Community for over 125 Years

PRESS

Vol. 03 No. 6

Your #1 community news and information source!

APRIL 5, 2023

CAMPBELL CHAMBER CELEBRATE 2022 AWARD WINNERS FOR CITIZEN & BUSINESS OF THE YEAR.

The Campbell Chamber of Commerce recently honored many recipients at the 55th annual Celebrate Campbell fundraising event held at Villa Regusa in downtown. This year's event, with its roaring 20's theme, hosted over 200 people dressed to kill, (as far as I know, no one was hurt that night. though I cannot speak for how anyone felt the next morning) as Chamber President Ken Johnson along with in-coming DCBA President Dan Orloff, entertained us as if we were at the Oscars, as we all enjoyed music, food, and beverages served by the always impeccable staff there.

The 2022 Citizen of the Year Award was handed to the well-deserved Nicholas Welzenbach of **Darling-Fischer Memo**rial Services. Nicholas is an exceptional guy while being a second generation funeral professional who started his career down in San Diego some 20 years ago. Not only is Nicholas a managing partner at DF in Campbell and Los Gatos, but he is involved with Los Gatos Memorial Park as well. If that doesn't sound busy enough for you, he is an active member of not one, but two communities, serving on the board

of the Chamber for both Campbell and Los Gatos! TCP congratulates you and we thank you for your undying devotion (can I say that?) for going

their earnings into the community in various ways through their own basementeers program, partnering with schools

and non-profit organiza-

orary Scholarship for art.

2022 Business of the Year recipient

beyond the norm and serving the communities you somehow find time to serve. Awarded for Business of the Year for 2022 was Sports Basement and received by General Manager Richard **DeBorba**. It's not the first time Sports Basement has been top-shelf tenders since they give back a mind-boggling 10% of

2022 Citizen of the Year recipient Nicholas Welzen-

bach from Darling-Fischer Memorial Services.

tions to host and help fund thousands Richard DeBorba GM of Sports Basement. even MORE impressed of events and activities and have given back over 10 million dollars! Moving on:

The Betty Deal Memorial **Scholarship** was won by Westmont High School student James Harper. James is an exceptional "techy" student showing great leadership skills as a Suzy is an exceptional artist who early-on showed elevated levels of creativity. She says she has been inspired by her mother from day one, whom she not only calls

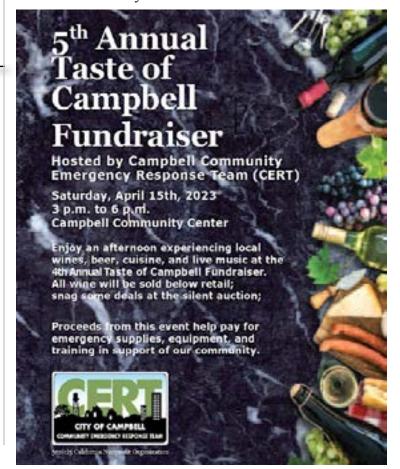
her mom, but her mentor and greatest teacher too. The third scholarship, and one that is truly dear to me, is the Sally Howe Memorial Scholarship awarded to Branham High School student Nolan

> Zils. This journalism award in my mother's honor (don't judge me) I presented to Nolan myself. Having the wrong glasses in my hand, I couldn't read his bio in front of me, so I decided to keep the event moving along and just called Nolan up to the stage to speak for himself. Nolan made an incredibly impressive presentation of his own, saying everything better than I ever could have and took us all by surprise with his presidential-like speech. I was

with him now! (Some people actually prepare for these award events) I'm pretty sure that's not the last time we will see Nolan on a public stage.



As the crescent moon and Jupiter set in the west, the unusually wet bay area weather brought snow levels down to the valley floor more than once this winter, and the cold temperatures created some beautifully colored skies.



WORD OF THE MONTH

"PHILISTINISM"

(NOUN)

An attitude of smug ignorance and conventionalism, especially toward artistic and cultural values.

THE **CAMPBELL PRESS**

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HAPPENINGS

The Campbell Historical Museum and Ainsley House are both open for public tours Fridays-Sundays, 11am-3pm. It has been a long three years to reopen the Campbell Historical Museum after closing due to the COVID pandemic and then the facility suffered two devastating floods that required remediation of flooring. But, at last the Historical Museum is open and has welcomed not only public visitors but 2nd and 3rd grade field trips! The sound of school children actively participating in learning about history and the conversations with public visitors is music to the ears of museum staff and volunteers! We are thrilled that so many people are enjoying the mu-seum again! If you have never visited the Historical Museum, please be sure to check it out. We have exhibits, touchable artifacts, and a 1921 electric car that was the talk of the town before Tesla's! The Ainsley House is open during the same public hours as the Historical Museum (Fri-Sun 11am-3pm) and visitors can purchase a combo pass to visit both museums, and do not need to use the pass on the same day. The Ainsley House is a great place to bring out of town guests or to explore on your own if you want to experience stepping back into 1925! The Carriage House hosts the Museum gifts shop which is a nice boutique for local history books, jewelry, scarves, hostess gifts, and more. And, on display through October is the museum's latest exhibit: *Miasma to Court Theory Treating* Germ Theory, Treating Illnesses before Modern Medicine. The exhibit fea-

tures information and case studies of how illnesses

treated in this area from western medicine to the Ohlone. Visitors can explore the Carriage House gift shop and exhibit for free.

Ainsley House Spring Garden Concert Series!

Don't miss live music in the Ainsley House Garden this Spring! Three dates with three amazing returning artists and bands! The Ainsley House garden is becoming THE place to hear live local musicians. Each band brings their own style and flair as well as tremendous talent! Sunday, April 23: Chris Cain Sunday, May 14: LE Jazz

Sunday, June 18: Ren Geisick

Doors open at 1:30pm and music begins at 2 pm \$35/ Person (tickets include live music, light appetizers, wine or other beverages, and a free return pass to visit the Ainsley House) Outdoor setting, seating, and shade are provided Registration is required. For more information about the events and about each artist please visit: www. campbellmuseums.com/shop

History Happy Hour History Happy Hour at the Ainsley House is an intimate lécture series featuring local authors, community members, researchers, and more. 5:30pm-7:30pm \$15/person

Please register at www.campbellmuseums.com/

Friday, April 14: **Author** Elizabeth Kile, Haunted San Jose -SOLD OUT Friday, May 26: Judge Paul Bernal, the 1933 Kidnapping and Murder of Brooke Hart (and, the public lynching at St. James Park of the two accused murders)

Saturday, June 17: David Blinn, Spies in Campbell (Yes! Campbell had Soviet Spies!!) The Campbell Museum Foundation takes part in

Santa Clara County Pres-

ervation Alliance Preser-

vation Awards Night. On Friday, May 19, the Campbell Museum Foundation will help sponsor the Santa Clara County Preservation Alliance Awards Night taking place at History San Jose, lo-cated in Kelley Park. The

continued on page 4

HERE'S HOWE



Do you wanna park or do you want to eat? Those of you who have chosen to park downtown recently may have found it a bit easier to find a parking space. Maybe you didn't notice that all the restaurant park-lets on Campbell Avenue have been removed thus opening a multitude of spaces once again. I literally can't remember the last time I could actually park in front of my office, and I did it twice in the last week! After a few years of pandemic-forced outdoor seating areas to keep the restaurants alive, most of us had pretty much written off those 70 or so parking spaces figuring they would never return and frankly, most of us were ok with that. We have a livelier entertainment zone that we may never have had before otherwise. But the city isn't just going to hand over parking space real estate over to the restaurants for them to increase their profit. Wouldn't that be something! We've all had to adapt and use the parking garages, especially if it meant being able to nab your favorite outdoor 'seat on the street' under those nice propane heaters at your newly favorite outdoor bar or diner you didn't know ever would be. The restaurants are already missing these areas, having invested in tables chairs lamps and tent coverings; some spots increasing their capacity by more than 50 people. That's a lot more good times, and a lot more profit too. The street almost feels naked and somewhat impersonable now. First Fridays and Second Saturdays just won't be the same without the increased crowds of hungry patrons sitting in what was once a loading zone. In some locations for example, Sushi Confiden-

tial, Tessora and Aqui, look weird. HOWEver, there has been a compromise of sorts laid presented by the city for these businesses to continue to operate with outdoor seating through grants that offer a couple different style options they must adhere to. These of course look nice but are not cheap either. Some businesses have applied for these grants, so we shall have to wait and see who will get to keep the outdoor experience going for what has been a greatly increased social atmosphere our downtown seems to ultimately thrive

On another note, don't forget the Eggstravaganza that starts at the Community Center Saturday before the Bunny & Bonnets Easter Parade at noon! Bring the kiddos down early on SAT-URDAY! Parade will start at the light rail tracks and head west, so come down early to get a good viewing spot! We will be announcing and commenting on the parade from outside our office too! Also don't forget the 5th annual Taste of Campbell fundraiser on Saturday the 15th from 3-6pm at the OCBH and courtyard. This event is hosted by CERT and will include great food, beer & wines, as well as live entertainment, plus a silent auction to help benefit emergency supplies, equipment, and training for Campbell to be more pre-



pared in an event such as an

earthquake or other situa-





This photo taken back in 1989, looking southeast shows the construction of the Campbell Plaza Bottle shop was being moved from the strip malls main building and placed separately on the corner of Budd Ave. and Winchester Blvd. Interesting to note the old Safeway sign in the background. Today this building houses not only the bottle shop, but a musical stringed instrument store, a hair salon, dry cleaners and retail 420 Lifestyles. The tiny point in the second pic just above the building (touching the clouds) is the tip of the St. Lucy's bell tower you see in the first photo.

By Carol W. Gerwitz

SUMMERTIME AT CAMPBELL LIBRARY

A cool, rainy March day found me meeting with two Campbell Express librarians, all of us anticipating warm weather and sunshine--and the Campbell Library's summer reading program. Last month I Introduced you to Nichole King, Community Librarian. Joining us to discuss the summer reading program was Phi Huynh, Children's Supervising Librarian. Both Nichole and Phi received their Master's Degrees from San Jose State University in Library and Information Science, and the women met when they both worked for the Santa Clara Library District in Morgan Hill. Phi came on board in Campbell in October, 2022, and she wants to tell everyone "I love my job." It was evident that this is true of Nichole as well as they enthusiastically explained the facets of the summer program. Not only is the program designed to be fun and educational, but it also helps stop or minimize "summer slide" in children. (According to Scholastic, in the summer students in 3rd to 5th grades lose, on average, about 20 percent of their school-year gains in reading (https://www. scholastic.com/parents/ books-and-reading/raise-areader-blog/summer-slide. html.), referred to as the 'summer slide".) The summer reading program is split into age groups: children and adults/ teens. During pre-covid

summers, Campbell Library had between 1,500 and 2,000 participants in its children's program and 500 adults and teens. The program's theme for 2023 is "Find Your Voice". The library will have blog posts and book lists that tie into the theme.

Librarians will visit local schools beginning in May to enroll interested students in the program. Each child who enrolls wins a prize! (So do adults and teens!) The actual program starts June 1 and runs through July 31. The goal is to read five books during that time, and there are also opportunities to earn e-badges by listening to audio books or reading books recommended by a librarian. Each enrollee will have an app (called "Beanstack") where they can track their progress and earn e-badges. At the end of the program all kids will get a free book and a certificate of completion, to be picked up at the Campbell Express Library. But that's not all! The library has scheduled several activities over the summer for kids in addition to its "normal" activities: June 21 at 2:30: Magician Brian Scott, June 28 at 2:30: Children's musician Andy Z. July 1: Happy Birds (at a local park); and July 5 Bubble Magic with Sterling Johnson. There will also be an ongoing children's art program over the summer.

Teens and adults: You are

not overlooked. The pro-

gram is incomplete, but

here is what you can expect so far: June 21 at 6:30 p.m.: Teen Summer Craft (the specific craft will be announced at a later date). June 28 from 11 a.m.-2 p.m., Campbell Community Center Parking Lot: Bike Repair with Bay Area Bike Mobile. Bike Mobile is a free, mobile, hands-on repair clinic. First come, first served. Space is limit-ed. Kids' bikes will get first 2:30-3:30: Firebird Youth Chinese Orchestra. July 27 at 6:30 p.m.: Adult Summer Craft (the specific craft will be announced at a later A library card is not required for patrons to sign

up for the summer read-

check out any materials

ing program. However, to

from the library, physically

or electronically, a library

card is required. It takes

less than five minutes to

sign up for a library card.

and library cards are free!

No pre-registration is required for any of the programs or events, which are free for patrons to attend. Nichole and Phi cordially invite you to participate!

PUBLISHER NOTES

By Nancy O. Whitney

Last month I announced we were honored to be in the top three finalists for the business of the year by the Campbell Chamber of Commerce. Well, we are pleased to say the nomination continues into the next year which helps us continue to be honored and keep our title. Look at our back page, to see all of the winners from that night. The winner in our category was a well-deserved third-year nominee and the community-supportive business Sports Basement. Included in our cover story is the Citizen of the year Nicholas Welzenbach owner of Darling Fischer Memorial Chapel. Nich-olas came to Campbell in 2015 and saw the charm of our city. He was impressed with the incredible outreach welcome he received from our Chamber of Commerce and the Downtown Campbell Business Association. He was eager to be a bigger part of our city. He volunteered often and soon was on the Board of Directors for the Chamber and has been a past president. He also is on the Board of Directors for the Campbell Veterans Memorial Foundation for several years now. Nicholas has created the same welcoming warmth with his business model and with his services team at Darling Fischer. They offer continued healing with a podcast series and several helpful grief services. Check out their website at www.campbellmemorial-champbel.com

Our Campbell Veterans Memorial Foundation is planning on holding its Memorial Day Ceremony on Monday 5/29/2023 at 9am at the Memorial Foundation site at the Orchard City Green at City Hall. They will continue to have high ranking military officials as their keynote speakers, as well as a local High School Band. The anthem will be sung by the Bay Area Mission Valley Ladies Choir. Our city Mayor and a few state officials will be in attendance as well. This Ceremony is a very moving and deeply respected honor for our fallen veterans and their families to participate in a difficult and solemn day. Can't join in person? It's also streamed live on Facebook courtesy of Darling Fischer.

Hippity Hop to enjoy the Kiwanis Eggstravaganza and the Bunnies and Bonnets Parade on Saturday, April 8th starting at 10 am! Then it's a springtime stroll downtown with your wine glass, so get your tickets to enjoy our DCBA Wine Walk on April 19th. Go to their website to sign up @ www.downtowncampbell. com

Everyone is picking up the newspaper and it's flying off the rack at the TCP office. We are doing our best to keep up with the demand. Thank you so much for your interest in the city's newspaper. Welcome to all our newest readers. Our readership is growing along with the subscription base weekly. There's a subscription form in most issues and it's only \$30 per year. Thank you to our readership, our community, and our city for helping us grow stronger with every issue. Any questions or comments please call or email us anytime. Call (408)374-9700 or email us at thecampbellpress@gmail.com Happy Easter Campbell.

.......

N. 3rd Street



ADDRESS SALES PRICE B/B AGE LOT SIZE SOLD/CLOSED ESCROW, SINGLE FAMILY HOMES Lovell Avenue \$3,000,000 05/3 76 12104 Virginia Avenue \$2,900,000 4/4 0 7200 Ridgeley Drive \$2,146,000 4/2.5 67 8980 Arroyo Seco Drive \$2,140,000 3/2 65 8901	
Lovell Avenue \$3,000,000 05/3 76 12104 Virginia Avenue \$2,900,000 4/4 0 7200 Ridgeley Drive \$2,146,000 4/2.5 67 8980 Arroyo Seco Drive \$2,140,000 3/2 65 8901	SQ. FT.
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	2131
Budd Avenue \$1,975,000 3/2 46 12099	2030
Sadie Court \$1,950,000 4/2.5 52 6953	2387
Via Cristobal \$1,880,000 3/2 55 6300	1384
Eva Court \$1,845,000 3/2 54 6784	1538
Westmont Avenue \$1,825,000 4/2 49 6000	1687
Century Drive \$1,820,000 3/3 61 7443	2193
SOLD/CLOSED ESCROW, CONDO/TOWNHOMES	
Vizcaya Way \$1,535,000 3/2.5 28 3024	2396
Braxton Terrace \$1,510,000 3/3.5 7 1245	1947
Campisi Way \$1,275,000 3/2 15	1807
Campisi Way \$1,200,000 3/2 14	1661
Millich Drive \$940,000 2/2.5 48 1402	1242
Fazeli Court \$910,000 2/2.5 39 614	1242

2/1

52

903

\$705,000

VALLEY NEWS





Students from the Campbell Union High School District competed in the Country Woman's Club of Campbell's (CWCC) Annual Music Competition, held on March 8th at Del Mar High School. This event was founded by Eola A. Howe, then President of CWCC, in 1964. CWCC holds a fundraising Crab and Pasta dinner each year to raise money for music, art, and academic scholarships.

By Roberta C. Howe





Pictured are members of the Del Mar Saxophone Quartet (Supal Danisooriyage, Lukas Nguyen, Angela McKeever, Ethan Lorenz); Brandon Kung, Marimba (Leigh); Gwen Schneider, Flute (Del Mar); Samantha Kay, Fr. Horn (Leigh); Maitreyi Bharath, Voice (Leigh); Del Mar Men's "Dapper Dons" Quartet (Ben Johnson, Noah Sonntag, Isaiah Dizon, Julio Hernandes Reyes); Carissa Freimarck, Voice (Branham) and Christian Wizenread Tenor, (Branham). CWCC Chair Roberta C. Howe (granddaughter of the founder) is seen berg giving out the awards

of the founder) is seen here giving out the awards.

Campbell Historical Museum HANDS ON HISTORY FIELD TRIP









MEMORIAM



Naomi Ruth Haydock ~ Born Oct 3, 1957 passed peacefully on Jan 5, 2023. She was a cherished Daughter, Sister, Wife, Mother, Grandmother, Aunt, Sister-in law, Cousin & Friend-. Naomi is survived by her adoring Husband Mike, who cherished her entirely for 46 years. She leaves behind her Daughter Tawny, Son Daniel, Son in-law Jacob, Grandchidren Elijah & Jasmine Knight, loving siblings, loving in-laws & friends. Naomi joins her parents Alfred & Betty Padron, along with older siblings; may they all rejoice together in peace & happiness. She was adored by all her family. Early on Naomi met the love of her life- Mike, and together they raised their family

Naomi Ruth Haydock

in Campbell watching their children & grandchildren grow. Naomi was a proud Graduate of Lincoln High School, a suc-

cessful Insurance Underwriter, and talented entrepreneur. Her life, marriage & faith were an inspiration to all who witnessed

her ever-giving love & spirit. Naomi enjoyed travel, music, festivals, camping and beach going. Her hobbies included poetry, reading, movies, storytelling, & crochet.

Naomi's positivity and strength carried her through the last years of her life as she battled progressive lung disease. Naomi Ruth Haydock will leave a legacy of love, faith, & joy. 'Yomi' was our Heart, our Queen of Roses, our Matriarch; She will be eternally loved and greatly missed but never forgotten.

A Celebration of Life will be held here in beautiful Campbell April 15th, 2023. In lieu of flowers donations in her honor can be made to child https://child-foundation. networkforgood.com/projects/37558-child-foundation continued from Museum page 2

SCCPA Historic Preservation Awards are presented annually to individuals, organizations, companies, and public agencies whose contributions demonstrate significant achievements in preserving the history and heritage of Santa Clara County. The purpose of the awards night is to recognize meaningful achievements in historic and cultural preservation through increased public awareness, appreciation, and support for historic and cultural preservation throughout the county. The evening is open to anyone who enjoys history, preservation, culture, and a fun spring evening out. For tickets and more information, visit: https://www. preservation.org/npm2023

Volunteers Encouraged!

The Campbell Museums is recruiting for a variety volunteer positions. If you love History, want to meet new people, and be a part of the community, then joining the museum volunteer group is a great opportunity! There will be a volunteer orientation for anyone who would like to learn about the different volunteer opportunities, training, time

The following volunteer

commitment.

positions are open now: Campbell Historical Museum Greeter Ainsley House Docent & Greeters Museum Foundation Board Member Ainsley House Garden Volunteer Special Event Volunteers Museum Collections Volunteers. Please RSVP to Museum Supervisor, Kerry Perkins kerryp@campbellca.gov (408) 866-2718 Or more information can be found on the Campbell

Become a Campbell Museum Member

https://www.campbellmuse-

Museums website:

ums.com/get-involved

If you would like to become a part of the Campbell Museums history, we invite vou to become a Museum member. Museum membership information and benefits can be found on the Museum website https:// www.campbellmuseums. com/membership with additional Museum membership activities planned for late summer/ fall.

...AND MORE

DALEY'S DRYWALL CELEBRATES 60 YEAR ANNIVERSARY

A full-service drywall contracting company providing service to residential and commercial clients in the San Francisco Bay, Silicon Valley, and Monterey Bay areas, Daley's Drywall & Taping Inc. was

founded in 1963 by Gary "Moe" Daley and his wife Sally. Gary's hard work, dedication, and commitment helped the company quickly grow from tract housing to multi-family

apartment

complexes to commercial drywall and metal framing. By 1973, Gary and Sally were able to buy a property in Gilroy that they had their eye on. A few years later, Gary and Sally were able to build their dream ranch home on the property and retire. In 1980, their son Craig Daley took over as President and began participating in public works projects as well as load bearing metal framing for single-family homes. Craig continued to build on the expertise and reputation established by the Daley family. Along with his brother Chris, they were soon able to position the company as a leader in multi-family residential construction. Craig's commitment, which continues to this day, to "doing it right the first time" and "making the client's lives easier" drove steady growth through the 1980s and 1990s. By the 2000s, Daley's moved headquarters, quadrupling its office and warehouse space

in Campbell, California, and adding lath and plaster and acoustical ceiling divisions. This increased the company's ability to meet the demands of the industry and provide service to clients with additional



scopes of work. In the 2010s, rough carpentry and siding were also added, opening up new opportunities in the residential and commercial markets. During this time, an executive team with vast experience and varied backgrounds was created and developed, while the number of employees and company culture grew. Adapting to the competitive and dynamic Bay Area hiring market, Daley's opened an office in Pleasanton, California in 2018 to accommodate employees living in the East Bay area. In 2020, Brittni Daley-Grishaeva took the position of President/ CFO, continuing the family tradition of hard work and dedication, while treating employees like family. Brittni graduated from the University of California at Santa Cruz in **Business Management** Economics with an emphasis in Accounting and Legal Studies. She was the President of CFMA (Construction

Financial Management Association) Silicon Valley Chapter 2013-2014, and President of NAWIC (National Association of Women in Construction) Santa Clara Chapter 2014-2015. Brittni and her

team have taken the company to the next level through personal service, community culture, industry expertise, continuing education, and innovation.

Recognizing the need to expand its capabilities even further, Daley's opened a 41,000-square foot facility in Stockton, California in 2022 for the purpose of prefabrication of interior and exterior metal framed walls, ceilings, and soffits. This increased the company's ability to provide components such as load-bearing assemblies, door headers, and drywall shapes in a safe, controlled environment. Daley's plans to continue to increase quality and productivity, reduce waste, enhance safety, and improve project schedules all while fabricating components off-site. These increased efficiencies benefit every project the Daley's team engages with. Celebrating 60 years in business in 2023, Daley's remains committed to community, diversity, quality, sustainability, safety, and innovation while building spaces for people to thrive.



Cholesterol Is Not Bad, It's Imperative for Life

When it come s to our health, education is critical because we are ultimately the ones responsible for our well be-

Corporate interests control much of the education, advertising and media intended to influence healthcare, but I am thrilled to see a number of videos and books by primary care doctors, heart surgeons, and other healthcare specialists that aim to educate the general public about how our biological processes work so we can make informed choices regarding our health.

Today I want to use some of these resources to discuss cholesterol, its use in the body, and what happens when we take drugs to lower it. The following information from: "The Statin Disaster" by David Brownstein, MD., and YouTube video "Do statins prevent or cause heart disease?" by Dr. Nadir Ali. Let's start by understanding what cholesterol does and why it is so imperative for life. Cholesterol is required to maintain the structural integrity of our cells, to keep toxins out, and for cells to replicate. Without enough cholesterol, cells die. Cholesterol has anti-inflammatory properties. Cholesterol is a precursor for the creation of sex hor-

mones including DHEA, pregnenolone, progesterone, testosterone, and estrogen. Cholesterol is required to make the myelin sheath around our nerves, and the connections between our nerve cells. Cholesterol is necessary for the proper function of insulin recep-

Cholesterol is used to produce bile which allows us to break down fats and absorb fat-soluble vitamins A, D, E, and K. Lack of vitamin D is correlated with cardiovascular disease. Cholesterol

is also involved in converting vitamin K1 to K2 which prevents vascular calcification (hardening of the arteries). Within the cholesterol synthesis pathway, CoQ10 is created. It's an enzyme that makes adenosine triphosphate (ATP) which is involved in cell energy transfer. It is also an antioxidant.

protects cells against oxidative damage, and is important for both skeletal and

What happens when we lower cholesterol with statins? The common guidance is that we need high HDL and very low LDL to avoid strokes, heart attacks, and death. According to heart surgeon, Dr. Nadir Ali, there are people born with a genetic disorder called A-beta-lipoproteinemia who have high HDL and an absence of LDL. You would think these individuals would be the picture of health, but what actually happens is they experience recurrent infections, blindness, poor muscle control with clumsy movement,

heart muscle function.

difficulty articulating words, fatty liver, and they die in their 30s or 40s.

Increased Risk of Diabetes The Women's Health Initiative Study found that in postmenopausal women taking statins, 9.93% of them became diabetic after 3 years of use compared with 6.41% of women not taking statins. Muscle Pain and Heart Failure. According to Dr. David Brownstein, "Over 90% of the body's energy is produced using CoQ10 as a cofactor. The two most common adverse effects of statins are fatigue and muscle aches and

cle aches and pains. The heart is the largest muscle in the body. It also has the largest concentration of CoQ10 in the body... [T]he most overlooked cause of congestive heart failure is statin use resulting in CoQ10 deficiency."

Cognitive Problems-

The highest concentration of cholesterol is in the brain. Reports to the FDA during 2004-2014 found that statins caused thousands of cases in each category of: amnesia, dementia

dementia, disorientation depression, impaired memory, and suicidal ideation or attempts. Rather than seeing cholesterol as something bad that needs to be lowered at all costs, find credible sources who have worked with patients, know the side effects and risk factors of cholesterol lowering drugs and want to educate healthcare consumers. Educate yourself so you can advocate for yourself or others and make informed choices.

AARP

By Margaret Schieck, chapter President Campbell AARP Chapter 5151

Happy Easter and a joyous Passover to all our friends and family.

At our March meeting, the members of the Campbell Area Chapter 5151 of AARP were treated to a dynamic presentation by Dr. Art Low and Mr. David Kaplan, regarding what happens to all those donated eyeglasses that we send their way. Both of these Lions have been on volunteer trips to fit and distribute glasses. In addition, the Lions will run a free vision clinic on April 23 at St. John Vianney Community Center in San Jose. Several of our AARP chapter members volunteer with the Lions club on a regular basis at the eyeglass sorting event.

Just a note to remind everyone that the Campbell Area Chapter 5151 of AARP is NOT just a bunch of 'old folks sitting around complaining about their aches and pains'. Our motto is 'To serve, not to be served' and we try to live up to that. There are many opportunities for seniors to be of service to their communities. Last year, our chapter members accrued over 4,000 hours of community service, so come check out this dynamic group! Our next general meeting will be Tuesday, April 18 at 9:15 am(social time) and formal meeting at 10 am at the Campbell Community Center Room Q80.

LOCAL



Campbell Chamber of Commerce



CAMPBELL

From Prunes to Pop Music

For 45 years, the month of May has meant festival season in the community of Campbell. In the late 1970s, the Campbell Chamber began hosting the Prune Festival, sponsored by Sunsweet Prune Company, formerly the California Prune and Apricot Growers Association. It was held at the Pruneyard Shopping Center and the Campbell Community Center field (before the track was constructed). This two-day family-friendly event paid homage to California's, the Santa Clara Valley's, and more specifically, Campbell's history as an agricultural hotspot for fruit growing, canning, drying and shipping.

Back when it was known as The Valley of Heart's Delight, Campbell and much of the surrounding area was filled with fruit orchards. According to the blog For the Love of Apricots, "The early orchards were primarily planted with pears and apples. One large step toward Santa Clara County becoming a worldwide producer of fruit was made by the Frenchman, Louis Pellier, who introduced "la Petite Prune d'Agen", the French prune, in 1854. When grafted

onto the local wild plum rootstock, he produced the famous Santa Clara Valley prune that became the predominant fruit in the county within a few decades. Louis and his brother Pierre also founded the Mirassou Winery. Because of the Pellier brothers, California produces 99% of the nation's prunes and 70% of the world's prunes."

The Prune Festival had many of the same attractions as Campbell's current festivals, including arts & crafts booths, a variety of food, family attractions, and live music, including Bay Area phenomenon, the Joe Sharino Band.



In the 1980s, the festival held a baking contest, with kitchen appliances being awarded as top prizes. Obviously, a primary ingredient in every baked good had to be prunes. Catherine, Bay Area native and SicilianGirl.com blogger entered the contest in the 80's, taking first place with her Italian-inspired Torta di Prugna (prune tort) and walking away with a Sunbeam Food Processor,

which, as of the posting of her winning recipe in 2018, she was still using.

Apopular attraction at the festival was Super Prune, the magenta mascot that wandered the streets representing the unappreciated and much snickered about dried plum. Numerous people had the honor of dressing up as Super Prune, including two past Citizens of the Year, Leonard Cino and Dr. Art Low. In the late 1990's, Assembly member Evan Low interned at the Chamber when Betty Deal was Executive Director and is rumored to also have donned the Super Prune ensemble.

The San Jose Mercury News held a 10k run in March and Super Prune would participate in the race, handing out bags of prunes and promoting the upcoming festival in May.

With the much-maligned prune being the central celebratory festival fruit, the event was ripe for jokes and wise-cracks, and they were many. In a May 2000 Metro article in which Betty Deal was interviewed about the Prune Festival, she was quoted as saying about these comedic dried-fruit jabs, "We've heard it all. We're just 'reg-

ular'Joes, we have a 'loose' lifestyle, our festival is a 'moving' experience."

n 2001, the California Prune Board decided to make the shriveled fruit more palatable by rebranding prunes as dried plums. They wanted the Chamber to change the name of the festival to the Dried Plum Festival. Instead, the Board of Directors decided to go with a Mardi Gras theme. Prunes were replaced with alligator on a stick and jazz, zydeco, Ca-

Continued on page 16

Money Empowerment by Jill



Reach Your Financial Goals One Habit at a Time

Do you struggle to reach your goals? Do you start out with tons of motivation and then somewhere along your journey, you fizzle out and stop trying? I've struggled with this myself. Setting ambitious goals, and then somewhere along the line, it gets hard.

If you struggle to reach your financial goals, check your habits. Habits are the key to a solid financial foundation.

Here are some tips to get start-

Define your goals

Be specific and set a time period to reach them. It's important that it's a stretch, but not too much. Sometimes we need smaller goals before we can conquer bigger goals.

What habits are required? How you will reach your goals? What habits will help? Are these habits part of your lifestyle or do you need to create them? Do your habits make it difficult to reach your goals? How can you eliminate them?

Assume you have a goal to contribute 10% of your income to your retirement fund. However, currently, you are contributing zero. Jumping from zero to ten might be a big leap. Before committing to 10%, evaluate your finances and confirm that it's doable.

MiniHabits

If yes, then great, set up the auto payments and you are good to go. If no, try setting

smaller goals first.

Pick a number that is a slight stretch. The goal is to create a habit of contributing consistently. Mini habits help you gain motivation. As they become comfortable, stretch a little more by gradually increasing your contribution.

Start with 4%, check it in a few months and if all is good, increase to 5%. Keep going until you reach 10%. This may take a few months or a few years. It doesn't matter. You will eventually get there.

What financial habits can you change?

There are only two things that you can do to change your financial picture. Earn more money and cut down on expenses.

Deep dive into your spending habits. Are there areas of spending that you can cut? Maybe you are paying high-interest rates on credit cards. Are you dining out a lot or using delivery services that charge hefty fees? How about your gas? Are you driving around more than needed? Everybody's situation is unique.

Now that you've listed your spending habits, pick the one that would be the easiest to do. That is your only habit to work on until it becomes such a part of your lifestyle. Then add another habit without interfering with this one. Keep building that foundation.

Final Words two at a time. Habits become a part of your lifestyle. Your current habits did not just come to be. They

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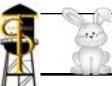
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LOCAL





CITY NEWS

By Sergio Lopez

New developments in downtown parklets program

An important piece of business which the City Council handled in March was authorization for the semi-permanent parklet program for downtown businesses to proceed. Under the terms previously authorized by the City Council last year, the temporary parklets erected post-COVID had to come down, but businesses could apply to build "semi-permanent" structures to keep this benefit for the public.

Staff developed aesthetic, safety, and accessibility guidelines which interested businesses would have to meet to establish the new parklets, with part of the intention being to ensure a consistent look downtown, unique to Campbell. In order to support businesses and the Campbell community, the City Council authorized grants of up to \$40,000 to support the construction and implementation of the new parklet structures. (These

funds were taken from federal COVID-19 relief funds).

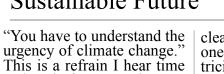
This year, nine businesses in total applied to be part of the new program: A Bellagio, Aqui, Flights, Katie Bloom's, Manresa, Naschmarkt, Sushi Confidential, Tessora's, and Trattoria 360. The businesses estimated that adding the parklets could result in seven full-time and seventeen part-time jobs, and city staff estimated that as business revenue recovers, \$50,000 in new sales tax revenue could be generated annually. The former temporary parklets were required to be removed at the end of March, and construction on the new parklets must be completed by September 29. Stay tuned for more developments for this new program downtown.



COUNTY NEWS

Protecting the Planet and Forging a Sustainable Future

By County Supervisor Joe Simitian



I couldn't agree more.

April 22 is the 53rd anniversary of Earth Day, and while we've made great strides, there's so much more to be done. Making progress on the environment—on every possible front—has long been a priority in my public service.

and again from constituents.

In my first term in the in the California State Legislature, I was a co-author with then-State Senator Byron Sher of the landmark 2002 Renewables Portfolio Standards Program bill, which required California electricity providers to acquire at least one-fifth of their power from clean, renewable sources—like wind, solar, and geothermal—by 2017.

This was an ambitious objective, and not an easy sell. Many predicted that the state would fail to meet this goal. But it was clear what was on the horizon if we didn't make big changes in how California generated electricity: dirtier air, increased greenhouse gas emissions, depleted resources.

So, three years later as a State Senator, I wrote legislation moving the deadline for 20% renewables up to 2010 and strengthening the program's monitoring and economic efficiency.

I soon went even further, introducing bills to increase

clean renewables to fully one-third of the state's electricity retail sales. It took three attempts over four years, but in 2011, while I was serving as Chair of the Senate Environmental Quality Committee, "33% Renewable Energy by 2020" was finally approved and signed into law. U.S. Energy Secretary Steven Chu called it a "groundbreaking piece of legislation.'

I'm proud to have helped California meet—and then exceed—those initial goals, laying the foundation for the state to become a national leader in renewable energy.

Since returning to the County Board of Supervisors, I've welcomed the opportunity to continue helping our region advance environmental protections and address climate change, whether it's preparing our communities for the "new normal" in extreme weather events; decreasing our carbon footprint; improving land stewardship; safeguarding air and water quality; strengthening awareness and oversight; or, creating more equitable access to resources and protections.

I led the County's participation in Community Choice Energy, and was a founding Director of Silicon Valley Clean Energy, which in 2017 began providing residential and commercial customers carbon free electricity options at competitive rates, with the profits re-invested locally.

In 2022, 100% of our County's electricity was powered by renewable energy sources—one of many Sustainability Master Plan goals achieved last year. Over the next year, the County 's big picture environmental efforts will include:

Carbon Neutrality for County Operations Plan; "Diesel Free by '33" study for alternative fuel use in County equipment;

Energy Resilience and Community Climate Action road maps for unincorporated areas; and an

Updated Countywide Trails Master Plan Map.

There's so much we can accomplish through partnership and collaboration, while being mindful—on Earth Day, and every day of how much we can do as individuals to safeguard our planet.

Santa Clara County Supervisor Joe Simitian represents the Fifth District which includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, portions of San Jose and unincorporated communities in the Santa Cruz Mountains. He was elected to the Santa Clara County Board of Supervisors in 2012 and re-elected in 2016 and 2020. Stay up to date on news and events happening in District Five by signing up for Supervisor Simitian's newsletter: district5.sccgov.org/newsletter.

City Council & Planning Commission News



By Adam Buchbinder

Update its General Plan; | the future of Campbell. that usually happens once every twenty years or so. It's unusual for a city to update its Housing Element; that happens every eight years. And it's unusual for a city to perform wholesale updates of its zoning code. But all three are happening at once in Campbell. The Planning Commission will be reviewing all three of these, in an eight hundred and eleven page packet, on Monday, March 27th; the City Council is tentatively scheduled to perform their final review on Tuesday, April 18th. This is a once-in-a-generation opportunity to produce a cohesive view of

Thanks to staff's efforts, we've gotten a tremendous amount of feedback over the last year and change. The state requires that the city plan for a lot more housing, which we're doing; in fact, we're going above and beyond the letter of the law. The nature of land use regulation is also chang

ake clear rules that a developer can know in advance of any hearing. This is part of why this is such an important change: the city can't tell a developer they don't like a building and to come back with something different; the decision-making about we want is taking place now, and will determine how the city grows over the next twenty years.

That's why the zoning code updates are so closely related. While we're greatly increasing the size and type of homes that can be built in Campbell, we're also working out what those homes can look like using a so-called "formbased code", which regulates the shape of buildings as opposed to their uses, and turns subjective language (for example, "fits the neighborhood character") with objective language and diagrams. There's a

what kinds of buildings | vast palette of changes | funds to actually build and options which fit the city's new densities, and which still expresses and prioritizes the things the city cares about, like avoiding large, uniform buildings, and having pedestrian-friendly uses along pedestrian-friendly streets.

> There's even more. At the same time, we're redoing our General Plan, the fundamental statement of the city's goals and values. For example, the city is committing to prioritize non-car methods of transportation, produce a city-wide connected bike and pedestrian plan, and establish a sustainable source of

that plan. All of this is connected, and the city has been working hard to bring about a coherent, human-scale, beautiful future for our city.

Adam Buchbinder is a member of the Campbell Planning Commission. Opinions here are his own, not the Commission's or the City's. To contact the Planning Department.

planning@campemail bellca.gov. For more on Campbell's updates to its General Plan, Housing Element, and Zoning Code, visit campbell.gen-<u>eralplan.org.</u>

By Sam Wilson



Celebrating Libraries in April!

The Bookmobile will be touring all Santa Clara County Library District locations



1:30 - 3:30

4/8 SARATOGA 11:30 - 1:30

4/29 GILROY

John Wick: Chapter 4 A-A nearly 3 hour long epic that's one of the most impressive action films ever made. Keanu Reeves

APRIL MOVIES

4/27 CUPERTINO 11:00 - 1:00

4/10 MILPITAS 11:00 - 1:00 4/11 LOS ALTOS 11:00 - 1:00

4/29 MORGAN HILL 11:00 - 1:00

4/12 CAMPBELL 11:00 - 1:00

returns, and Bill Skarsgard joins as the main antagonist, but it's newcomer Donnie Yen who steals the show. The phenomenal action is shot in long takes with excellent practical stunt work and no quick cuts, like the American version of Tony Jaa movies and "The Raid". The fighting doesn't grow stale because of the creatively different fight scenes and colorful collec-

tion of characters. The writing is not good, and the dialogue can be cheesy, but the film smartly uses its strengths and limits its weaknesses.

Shazam! **Fury of the Gods** C-

MacGuffins, lame villains, poor writing, and CGI overload abound in this generically bad sequel that's "Shazam!" meets Percy Jackson. This time around, Billy and his foster siblings must stop the Daughters of Atlas (Helen Mirren and Lucy Liu). Zachary Levi's "Big" schtick wears thin, especially considering he acts like a 6 year old while Billy is more mature and about to turn 18. Just as quickly as the first film launched a blockbuster franchise, this sequel lost its humor and killed the franchise.

Dungeons & Dragons: Honor Among Thieves B-

An enjoyably self-aware yet familiar fantasy comedy adventure based off the popular role-playing game. Chris Pine, Michelle Rodriguez, and more go on missions in order to stop the double-crossing bad guy (a hilariously smarmy Hugh Grant). In spirit with the source material, fans of the game will enjoy it while there's enough spontaneous humor for it to hit with non-game players too. The likable cast helps cover for the slightly bloated runtime.

Scream VI

The worst collection of new characters in the franchise, pa per-thin meta commentary, and sloppy fan service are only some of the reasons why this comes out as easily the 2nd worst be

hind Scream 3. The rushed sequel misguidedly takes inspir-ation from "Jason Takes Manhattan" by having its main idea be moving the setting to New York, where a formidable Ghostface stalks the new core four surviving characters along with Hayden Panettiere and Courtney Cox. The opening is inventive, but the rest boasts awful writing leading to a disastrous ending.

Champions

Director Bobby Farrelly (one half of the Farrelly brothers) returns with this 1990s style underdog sports comedy that's "The Ringer" meets "The Mighty Ducks". Woody Harrelson stars as a jerk semi-pro basketball coach who is court ordered for 90 days to coach in a league for players who have intellectual disabilities. Featuring several hilarious young characters, the humor is grounded and safe and surprisingly not raunchy given Farrelly's past works.

C-

Another sci-fi action film with bad CGI that's all premise and no payoff. A space ship crashes onto Earth 65 million years ago when dinosaurs roamed, and the two survivors must trek across the terrain in a fight for survival. Fails in its juggling of poignant family drama and survival story and fails to embrace the fun of its premise. The worst offense is not making this a character ensemble, instead pairing Adam Driver with one mute girl the entire movie. "The Last of Us", this is not.

<u>Inside</u>

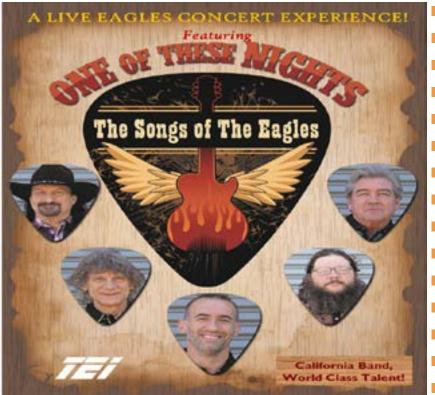
A very minimalist piece that's better suited as a short film. Willem Dafoe's one-man show has him as an art thief who infiltrates a penthouse to steal priceless artwork but ends up trapped after the security system goes awry. Surprised when no one comes to take him away, gradually we see his fight for survival and descent into madness. Dafoe is a legend but that doesn't change the fact that nothing engaging happens.



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April 16 Tempo Kitchen & Bar, Gilroy Sunday Brunch

April 22 Earth Day Festival Menlo-Atherton HS Saturday 10:30A-12N

April 22 Horse Thief Winery Saturday 2P-5P

April 26 Little Lou's BBO. Campbell Acoustic Showcase Wednesday 6P-7P

April 30 Pacific Coast Dream Machines Sunday 10A-5P Fenny Emcee/Host



Thursday, April 6 6:00pm **Blues Jam**

Friday, April 7 7:00pm **Knee Deep**

Saturday, April 8 7:00pm **Ghosts of Calico**

Wednesday, April 12 7:00pm First Call

Thursday, April 13 6:00pm **Blues Jam**

Friday, April 14 7:00pm Kave Bohler

Saturday, April 15 7:00pm Cadillac Jack Birthday Bash

Wednesday, April 19 6:00pm Jazz Jam

Thursday, April 20 6:00pm **Blues Jam**

Friday, April 21 7:00pm **Chain of Fools**

Saturday, April 22 7:00pm **Dennis King Band**

Wednesday, April 26 6:00pm **Acoustic Showcase**

Thursday, April 27 6:00pm **Blues Jam**

Friday, April 28 7:00pm **Iconics**

Saturday, April 29 7:00pm Jinx Jones

Wednesday, May 3 6:00pm **Dennis Dove**

Thursday, May 4 6:00pm **Blues Jam**



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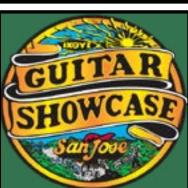
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April 1 FISHCAKE BAND & DVS DAVE

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April 5 TRIVIA & KARAOKE

April 6 SALSA - LATIN NIGHT

April 7 MERCY AND THE HEARTBEATS & D.

w/Pop, Rock & Dance Hits from the 70>s to to April 8 DRIVE! (the band) DVS DAVE

April 12 TRIVIA & KARAOKE

Every Wednesday

April 13 SALSA - LATIN NIGHT

April 14 TIMEX SOCIAL CLUB & DJMATTES

April 15 RPM & DVS DAVE

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April 16 INTERNATIONAL KARAOKE

Karaoke Night International Style & Dancing

April 19 TRIVIA & KARAOKE

April 20 MYSTERY BAND

April 21 CHARLEYS 51st ANNIVERSARY PARTY w/FLOYD, S ORDEAL

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April 22 THE BEACH COWBOYS 3-7pm & LG WINE WALK

Bluesy Rock & Roll Band

April 22 CHARLEYS 51st ANNIVERSARY

Pop, R&B, Rock & Alternative Music

April 23 HEART CENTERED SPEED DATING

April 25 **AARDVARK BAND**

Grateful Dead Tribute Band

April 26 TRIVIA & KARAOKE

April 27 SALSA - LATIN NIGHT

April 28 IZZY & THE HAZE & DJ MII

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April 29 10 til 2am BAND & DVS DAVE

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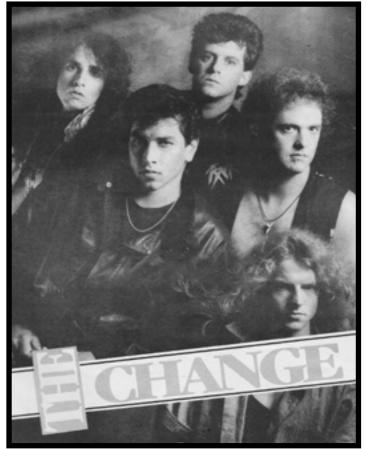
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CAMPBELL RETRO ROCK

THE CHANGE

In 1991, original rock band The Change carved their way on to what was left of the Campbell rock scene. Originally calling themselves The Sobrato Drive Band, their not-sohumble beginnings started off of Budd Ave.; that being the first place they came together to jam. Spearheaded and created by guitarist and Campbell High School Alumni Matt Turner, he teamed up with his soul-singing neighbor Scott Reed, (I went to school with Scott's three older brothers) as they created a powerful set of memorable songs and sprung on to the local music scene within a short time. One day a local Producer knocked on their door after overhearing them practicing in the living room of a small house near Bascom Ave. Soon after, they were performing down south on the Sunset strip. Still infamous places such as The Roxy, and the Whiskey a-go-go first come into play, penning opening slots for acts such as 21 Gunns. They were regular performers at The Cabaret (on Saratoga Ave.) opening for Foghat, Ma-



THE CHANGE is: (L-R) Todd Jeremias - Bass/vocals, Scott Reed - Lead vocals, Matt Turner - Guitar/vocals, Lenny Ennis - Drums, Eric Land - Keyboards/vocals.

hogany Rush, Y&T, as well as The Stray Cats at The Stone in San Francisco. They won runner-up in 1992 for KOME's Rock & Roll Rumble contest receiving 24 hours of recording time at TRS recording studio in Sunnyvale where

they recorded a handful of tunes. Though the talent was there, The Change never quite made it to the A-list and underwent personnel swaps in 1993 that 'changed' **The Change** forever. When guitars replaced keyboards, they didn't capture the same melodic tonality that was once a strong part of their initial signature sound. Those missed melodic textures were from none other than Eric Land, who is still composing melodic music today for the likes of government agencies like NASA. Leaving the band at the same time was bassist Todd Jeremias who was writing his own music too, and landed a song for **RATT** many years later. Todd still composes songs for various artists to this day. Scott **Reed** is still singing, recording and writing music too, and when I called him the other day, a song we recently wrote was blaring loudly in the background, drowning out the majority of conversation. Unfortunately drummer Lenny Ennis passed away in 2018. This version of **The** Change (shown above) broke-up in late 1992. I met them and became friends around 1990 when they were rehearsing off of McGlincey Lane. At various times since then we have written songs together, even striking up music business ventures together. Its great to know some members of this talented group continue to create music as part of their livelihood.

Before the Song: by Chris Jackson "JUMP" by Van Halen

It's basketball playoff time, so let's "Jump" into this... with Van Halen's most played song at Warriors games! Because legendary guitarist Eddie Van Halen learned piano before he ever picked up a guitar, it was only a matter of time until he started playing keyboards in his songs. Just three years after Van Halen's first album, Eddie wrote the renowned keyboard intro to "Jump." It wouldn't make it onto an album for another three years, though, because Van Halen lead singer David Lee Roth didn't like the idea of keyboards taking up a spot that guitar usually holds. Eddie avoided playing the "Jump" intro in the studio when the band was rehearsing and recording, because David Lee Roth was there. When Eddie built his home studio, things changed. He could work on songs with the band's producer without the other band members being

At Eddie's home studio, named "5150," he worked on the music the song "Jump," and David Lee Roth begrudgingly agreed to sing it. It became Van Halen's first #1 song, and part of it even developed into another big song for the band. At the end of "Jump," as the song fades out, Eddie begins to play some guitar notes that weren't in the rest of the song. Seven years later, that guitar pattern became the intro to the Van Halen song, "Top of the World."

In his home studio, Eddie wrote so many guitar riffs that were part of unfinished songs, he hired an assistant to keep track of them all on what we know now to be an early personal computer. The list showed the name of the short musical idea and which number recording tape it was on (the tapes are stored in his basement, and the shelves seemingly reach to the sky.) Unfortunately, that computer hard drive crashed, and all data was lost. If you're up for a job sorting through thousands of unused Eddie Van Halen ideas, bring your laptop, a reliable backup drive, and comfortable sleeping bag.

Chris Jackson can be heard on 98.5 KFOX The South Bay's Classic Rock, weekdays 6am-9am



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no, Cayenne and Serra-

with SAM By Sharon McCray, UCCE Master Gardener

Last April I wrote a fairly extensive article on growing tomatoes, which for some reason, always seems like a timely topic for Spring. However, this year, I've decided to focus on peppers. Peppers will certainly spice up your life, add brilliant color to your garden palette and turn the heat and flavor up on some very unique ethnic dishes. In the Capsicum famipeppers are usually grown as annuals but some do well as perennials, especially in our mild Winter climate. Whether you choose to grow sweet peppers like Bells, hot peppers such as Habaneros or ornamental peppers (with many new varieties currently available), growing conditions are similar for all varieties, including soil and requirements. water Most peppers are native to tropical Americas and are believed to have originated in Peru and Bolivia. Seeds should have been planted in January, kept on a heat mat and allowed to harden off well before planting. It's too late to start seeds now but buying healthy plants from your local ursery is usually the best way to get the plants you like. Germinating issues along with soil and water diseases contribute to seedling mortality for most home gardeners. Peppers benefit from extra watering, above what is recommended for tomatoes. Allowing the soil to dry out somewhat

between watering help produce more flavorful fruits. Although this is surely the year not to fret too much about water, it is always a good bet to conserve wherever practical. Many vegetables, including tomatoes and peppers, prefer an acid soil with a pH between 6.5 and 7 and usually appreciate fertilizing with phosphorus and potash. The label on seed packets or plant stakes are a good resource for growing tips, days until harvest, Scoville heat rating (SHU) and other important growing concerns. The heat index on peppers is based on a Scoville heat rating. The higher the number, the hotter the pepper. Peppers with a rating above 10,000 are typically extremely hot and can actually cause serious damage to you. Most gardeners use plastic gloves when planting and harvesting hot peppers, avoiding contact with your face and eyes. In the event you bite into a pepper that is too hot for you, the best remedy is whole milk or other dairy products, like ice cream. Water will only aggravate the situation and should be avoided if possible. With a SHR of about one million, the Bhut Jolokia Ghost Pepper along with Trinidad Scorpions or the Carolina Reaper are examples of peppers that should be avoided in the home garden. In comparison, the jalapeno has around 8,000 SHR. Hot peppers, like Jalape-

no are varieties readily available in your local nursery. Mulch of darker colored materials, like black plastic will help the soil warm enough. I suggest one or two plants per family member. With regular harvesting, they will produce all Summer long. I recommend cutting the pepper off the plant as opposed to pulling. Medium or mild peppers such as Bells, Corno di Toros and NuMex Long and Green Anaheim's are good choices for the home garden. The mild flavor will add just the right amount of zip to any meal. They can be stuffed with meats or vegetables or with cheese and fried or added to stir fry for a bit of color and freshness. Pepper color can vary depending on two factors: the variety and how long it is on the plant. Many green Bells will turn yellow or red as especially minimize sun

the season progresses. Peppers thrive in heat and planting them close together will help promote the warmth they need to produce fruit and is beneficial for larger sweet and mild peppers as it can scald. Peppers are self pollinated and are plagued by few insects and pests. Upright plants, up to 3 feet in height, can be mixed within your ornamentals to add interest to summer garden. As always, plant what you and your family will enjoy. MORE CAMPBELL RESTAURANTS Α Η S U I E P O S Α S M Y N E I E В V Y S O T Α R X R Ε 0 O S S U J T S W Α I E Α L O U D N T K E Α

STRIKE COACH'S WILDROSE TOSTADAS PATXIS NASCHMARKT RAW FISH KAISEN PANERA BREAD TSING TAO EL GRECO ASIAN BOX TEASPOON SUSHIRRITO YIASSOO MODPIZZA TACO BRAVO LE QUY ORALE BAJA DESI NEW JERSEYS TOGOS LUNA MO'S

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WEST COAST CHEF

SPRING IS FINALLY SPRINGING! By Bill Peil

A very happy April to all..! During the month of April, look for peak flavors from the first young asparagus, red Mexican garlic, field grown rhubarb, dandelion and mustard greens, artichokes, snap peas, fava beans, spring or green garlic, spring onions, leeks, fennel, local strawberries, radishes, new potatoes, Oregon morels, bay scallops, wild Alaskan salmon, Dungeness crab, local rockfish, Hawaiian shrimp, spring American lamb..

After all this wondrous rain, we are all a bit more hopeful, albeit, a bit crabby. Speaking of crabby.! The resplendent Dungeness crab, which is indigenous to the North American coast, is abundant and fresh in most market places, and farmers markets. It is the finest crab I have had the pleasure of enjoying. The late, great James Beard, arguably the father of American cuisine, was often quoted as saying, "Ill take the Dungeness crab over any crab, or the finest lobster or crayfish in the world. Julia Child was spotted at Swan Oyster Depot, or Tadich Grill in San Francisco, with a plate of French fried crab legs, or a majestic crab

Louie. Through the years, I have enjoyed crab Louie, crab Imperiale, deviled crab, crab cakes, deviled crab, crab gumbo, crab Cioppino, BBQ crab, stir fried crab, boiled crab, crab omelettes, etc. People all over our country talk of their regional favorites, and I always have them try mine. They are all won over by the sweet simplicity and deliciousness of this dish. It is easy to do, but don't let anyone know how good you are at cracking crab, or you will end up doing everyone's work as I always seem to do. This is the kind of thing that you can spread newspapers all over the table, and go at it. Have your fishmonger crack and clean them for you, if you don't want to cook them yourself.

•1 fresh Dungeness crab per

•1 cup Best Foods mayo, or home made

•Zest and juice of half lemon. •1 small chopped clove garlic •Large round sourdough bread

Salt and fresh cracked pepper

The idea here is to mix the garlic, lemon juice and zest into the mayo, preferably ahead of time. Put out a big plate of sourdough, the mayo, bowl of crab, and salt and pepper. Take a piece of bread, spread liberally with the lemon garlic mayo, a pile of fresh crab, then sprinkle with salt and pepper. Serve with a full bodied or crisp white wine, or frosty beer. This is the epitome of west coast eating as it should be. We've enjoyed this at a hundred football tailgates, on the lawn by Fishermans wharf, or right hear in our home. Enjoy this resplendent delicacy. Here is another all-timer..!!

ALL-AMERICAN CRAB **CAKES**

One of Americas truly great dishes, the crab cakes original resurgence was when it

first appeared in New Yorks Worlds Fair cookbook by Crosby Gaige in 1939. The crab cake had another huge comeback in the last couple of decades, in the minds and households of the American public. They are now featured on virtually every major restaurant menu throughout the United States, and abroad. It was said that the crab cake preparation could make even an inferior crab meat taste wonderful. While that is true, using the very freshest crab meat is paramount in making these truly great. Whether you use blue crab, stone crab, lump, king, or my favorite, Dungeness, you will be rewarded for using the freshest product. The amount of bread crumbs

you use will depend on the juiciness of the crab meat. Start with the smallest amount, adjust seasonings, then add the egg. If they still wont bind, then add more crumbs a Tablespoon at a time. Serves 4 or more. This recipe was tested against 3 other crab cake recipes by Tom Douglas, Jacques Pepin, and a couple of bigtime SF seafood establishments. This one handily came out on top..

•1 pound fresh crabmeat, picked over (Dungeness) •3 scallions, green and white, finely chopped

• Tbsp. chopped fresh herbs, sch as tarragon, dill, parsley,

•1 ½ tsp. Old Bay seasoning •2 Tbsp. or up to ¼ cup unseasoned bread crumbs

•¼ cup mayonnaise

•1 large egg, and 2 stiffly beaten whites.

•Salt and white pepper •1 tsp. Dijon mustard

•¼ cup lour

•4 Tbsp. light olive or vegetable

Gently mix crabmeat, scallions, herbs, Old Bay, bread crumbs, and mayonnaise in medium bowl, being careful to not break up crab lumps. Season with salt and pepper to taste. Carefully fold in the egg whites with a rubber spatula until mixture just clings together.

Divide crab mixture into 4 or more portions, and shape into a round cake, about 3 inches across, and 1 ½ inches high. Arrange on baking sheet lined with wax paper; Cover with plastic wrap, and chill at least 30 minutes, or overnight. Put flour on plate. Lightly dredge crab cakes. Heat oil in large, preferably nonstick, skillet over medium heat until almost smoking. Gently lay cakes in skillet, pan fry until outsides are crisp and browned, 4-5 minutes per side. Serve with tartar, or other favorite sauce. My go to crab cake sauce is about ½ cup mayo, tsp. Dijon, Tbsp. chopped red onion, tsp. chopped capers, tsp. chopped dill gherkin, tsp. lemon juice, grated lemon rind, tsp. fresh chopped tarragon, or other favorite herb like dill, or basil. Tsp. fresh horseradish. Adjust with salt and pepper. Serve with a nice, rich California Chardonnay. This is what eating was meant to be...

KEEP SUPPORTING ALL YOUR FAVORITE CAMP-**BELL RESTAURANTS** and BARS.. See you in May, when we will go on a pic-nic...Cheers, Billy...

Coach's Corner

By Jay Harnden

POINTS TO PONDER

I miss the Reader's Digest. I guess that makes me old, but that publication had some unique and enjoyable features that would cause me to think about things a bit more seriously and at times, more deeply than I had before. My grandma had a subscription to the magazine for years, and I couldn't wait to read the next issue. I think I'll use the points to ponder idea for this column from time to time.

We've just celebrated Easter, I would like to bring up a point that many people may need to ponder. I often see many commercials and advertisements that include the Easter bunny...that huge bunny that seems to bring terror to many small children. I've seen small kids scream, yell, and cry with fright at the sight of the oversized creature.

The one thing most of the videos have in common is that there is usually an adult behind the camera laughing their heads off. Don't get me wrong, I have laughed myself at the shock and response from the ones who were the victims of such pranks. But over the years I have met many folks who have been

traumatized by these happenings, and I have changed my thoughts on this. When I look at the reactions which are meant to be funny and end up being traumatic, I don't really think it's very funny. Don't get me wrong, I'm not trying to dictate or change the way you celebrate holidays. I just ask that you ponder the way you choose to celebrate, and the effect it may have on children. Same goes for the man in the red suit.

Many people love having pictures of their kids over the years at Christmas time, myself included, and the changes that come with. I think we need to ask ourselves what the cost might be to have those memories. If you have a child who is sensitive to these type of things, maybe we need to figure out more appropriate ways to celebrate that won't affect our children in negative ways.

We must make sure that we're age-appropriate when dealing with children. A child who's eight will have a different reaction to the big bunny than a child of four or five. This should be across the board. Whether it's an inappropriate movie or

whatever, we must use our parental authority to protect and govern our children...it's our duty. I remember when I saw the movie "Titanic" vears ago; there were kids as young as about five years old in attendance. The themes and material in that movie were not appropriate for young children. Kids will just not enjoy or understand a movie like

I guess I'm asking that we ponder and think before we just move ahead with certain things when it comes to our children. It's better to err on the side of caution, or at least have a discussion and look at both sides of the equation. We want to put our best parental foot forward and make the best decisions possible for the sake of our children.

New email: fathermattersinc@aol.com



...continued from page 6

slowly crept into your life, most likely without you even being aware of it. Just think if you were intention-

Check yourself often. Are you in your comfort zone? Is it time for a little bit of a stretch?

Keep going, don't give up and you will reach your financial goals one habit at a time. Best of luck, Jill

Have a money management question? Email me: livinbalanced52@gmail.com. Want more tips? visit my website www/livinbalanced.com





Fear of losing your luggage may appear to be an everyday hazard of air travel, but when your bags do go astray, the airline industry has a comprehensive system of tracing your precious possessions. It's called World Tracer, but more about that later.

Firstly, what can you do to try and prevent your bags going astray?

Before check-in, remove all old labels especially the tiny ones from previous flights. You could buy and put your own tracking tag inside the bag, but this may only tell you where the bag is and not the airline.

Never put essential medication inside your checked bag.

Put inside each checked bag, a large piece of paper with your name, address, phone numbers, emails, and any frequent flyer numbers. This would help World Tracer find you quickly.

At check-in, take a photograph of your luggage complete with destination tags put on it by the airline. This will assist completing a claim form should zation used by airlines and ground handlers at over 2,800 airports worldwide. It was developed in co-operation with the International Air Transport Association (IATA). It allows customers through their airline to trace lost or delayed baggage anywhere in the world.

For any flight whether it be single point to post or multi sector, it is the final destination airport and airline that is responsible for completing the process. Certain low cost airlines do not have interline



agreements for baggage and so it will be at the point where you reclaim your bags that you would make a claim if the bag was missing.

When your bag fails to appear on the luggage carousel you will go to the baggage counter for the airline and report your missing bag. You'll complete a form with full details of the bag and its contents. This is where that photo of your bag will be useful. The agent will help you complete the bag type.

When your bag is found, the airline will arrange for it to be delivered to an address of your choosing or you can pick it up at the airport.

Some airlines are pretty cool and will track your bag as you travel, informing you via your iPhone each stage of its journey from loading on board your aircraft through transit points to your final destination. I have had many good experiences of this with United,

There are many statistics regarding mishandled bags, the worst airlines and airports. On a national average, seven bags in one thousand will be delayed or go missing. Eventually, nearly all will be returned to their owners thanks to World Tracing. Now if only they could have a system for passengers who get lost!



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BUSINESS



The Campbell Press April 5, 2023 - page 13



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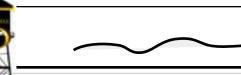
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Campbell Crime Report



By Carol W. Gerwitz

300 blk. Budd Ave.

Two male juveniles and two female juveniles kicked in the door to the victim's apartment. The victim confronted them and was assaulted by the juveniles. The juveniles fled on foot prior to CPD's arrival. Report.

E. Hamilton Ave./N. 3rd **St.** Transient suspect was stopped for a Calif. Vehicle Code violation and a Campbell Municipal Code violation. Suspect fled from the officer while the officer was occupied with another suspect but returned after concealing methamphetamine drug paraphernalia in the bushes. Booked.

800 blk. Gale Dr. Suspect struck the victim several times in the face causing marks, then fled the scene prior to CPD's arrival. To D.A.

800 blk. Camden Ave. An unknown suspect stole victim's vehicle. Clara PD located the vehicle after it was abandoned on a roadway and set on fire. Report. 1800 blk. S. Bascom Ave. Suspects' vehicle was stopped after their vehicle nearly collided with CPD's vehicle. Suspect #1 was determined to be DUI. Suspect #2 was in possession of cocaine. Suspect #1 was arrested; Suspect

500 blk. Division St. Unknown suspect(s) took some tape dispensers and texture spray guns. They also took a pickup. Report.

#2 was cited and released.

70 N. 1st St. Suspect arrived at CPD to surrender for a warrant for Penal Code 245 (assault with a deadly weapon) issued by CPD. Booked.

100 blk. E. Sunnyoaks **Ave.** Victim called CPD to report his storage unit was broken into and 2 firearms were stolen. Report.

Los Gatos Creek Trail An unknown suspect spray painted profanity. Report.

S. Bascom Ave. and E. Hamilton Ave. An ensuing physical fight in a vehicle was reported. The suspect refused to let victim out of the vehicle by physically restraining her and pushed victim multiple times. Booked.

600 blk. Cypress Ln.

Suspect came within 2 yards of victim in violation of a served restraining order. To DA.

1900 blk. Montemar **Wy.** Suspect requested a civil standby to retrieve property. Suspect admitted that she and the victim had wrestled about a phone the previous day and that she inadvertently kicked victim. To DA.

2000. blk. S. Winchester **Blvd.:** Suspect physically resisted officers during his arrest. Suspect threatened to kill staff if they did not give him food and threatened to kill officer once he is released. Booked.

100 blk. Wilton Dr.

Victim, age 11, was reportedly walking around asking to use a phone. Victim was located and reported that suspect struck her with a charging cable. Suspect said victim

threatened her with the cable and admitted to hitting victim with the cable. To D.A.

1000 blk. Longfellow Ave. Suspect was contacted after he was reported passed out in his vehicle. Suspect was in possession of stolen mail, other people's personal identification information, burglary tools, stolen property, and a methamphetamine pipe. Suspect was out on SORP (Supervised Own Recognizance Program) for burglary. Multiple victims were located. Booked.

00 blk. E. Hamilton Ave. Suspect was rolling around in the parking under the influence. Booked.

1300 blk. Camden Ave. Victim reported that two days prior he was sideswiped while in his wheelchair. An unknown suspect stopped their vehicle abruptly, then sideswiped victim pushing him into bushes. Victim sustained scratches and his head hurt. Report.

300 blk. Budd Ave. Unknown suspect tagged the men's bathroom. Staff was unable to make out what was written. Report.

500 blk. W. Rincon Ave. An unknown suspect drove through the grass and did doughnuts, damaging the grass. Report.

Campbell Ave. /San Thomas **Expressway.** Suspect was a passenger in a car stopped for a traffic violation. Suspect lied about his name and was eventually discovered to have prior convictions for auto theft and three felony warrants. Suspect possessed methamphetamine and a key fob to a vehicle previously reported stolen to SJPD. The vehicle was located. Booked.

100 blk. Dillon Ave

An unknown suspect opened a loan in victim's name. Report



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LOCAL





Heritage Theatre wraps up its 2022-2023 season with two exceptional music performances in one evening. Taylor Dayne and Sheena Easton will perform beginning at 8:00 PM on Thursday, April 27. Between these two pop icons have garnered nine GRAMMY Award nominations, two GRAMMY Awards,

Naylor Dayne: With a career spanning three decades, TAYLOR DAYNE's groundbreaking debut single "Tell It To My Heart" turned her into an overnight international star in 1987. She followed the smash hit with seventeen Top 20 singles over the course of her three-decade career, including #1s "Love Will Lead You Back," "Prove Your Love," and "I'll Always Love You." Taylor has sold over 75 million albums and singles worldwide, earned three GRAM-MY nominations, an American Music Award, multiple New York Music Awards. She is one of the few artists in musical history to successfully crossover into almost every musical genre and chart with hit singles in Pop, Dance, R&B, Adult contemporary and Rock. Equally recognized for her songwriting talent, Taylor wrote many of her own hits as well as Tina Turner's "Whatever You Want." With a truly distinctive vocal style and powerful range, she created a unique vocal sound.

Sheena Easton: SHEENA EASTON, whose career has spanned four decades. was born in Bellshill, Scotland, the youngest of six children. Her recording career has included Gold and Platinum albums in the United States, Europe, and Asia. With chart-topping hits like "Morning Train: 9 to 5," "Sugar Walls," "Modern Girl," "We've Got Tonight" (featuring Kenny Rogers, "U Got the Look" (featuring Prince), and "For Your Eyes Only (from James Bond), Sheena has sold over 20 million records worldwide. She has received two Grammy's, and was the first – and still only artist to have a Top 5 record on each of Billboard's primary singles charts. Sheena has been busy with frequent appearances in Las Vegas where she has been a major attraction for the last two decades, and she was recently inducted into the Las Vegas Hall Of Fame. Seen in venues not only nationally but internationally, This allows her to blend her romance with various styles of music - American standards, and pop.

BUNNIES AND BONNETS IS BACK!

Finally! The 22nd Annual Bunnies and Bonnets Easter parade has been sorely missed by the community and will finally return in full regalia on Saturday April 8th, 2023 at 12 noon. This annual Easter parade features marching, bands, dancers, community groups, local organizations, animal groups, cars, trucks, local dignitaries and more. The parade will start at the light rail tracks at the east end of downtown and run along Campbell Avenue to 3rd St. rain or shine. The parade will follow the annual Campbell eggstravaganza held at the Campbell community center.



EGGSTRAVAGANZA PARTICIPANTS AWAIT





THE EASTER BUNNY ALWAYS MAKES AN APPEARANCE

CHILDREN WILL ONCE AGAIN COLOR THE STREET WITH THEIR ARTWORK

Walk over after the Easter egg hunt with one of our parade bunnies and grab a spot along the sidewalk on E. Campbell Ave. If you haven't signed up yet to march in the parade with your business or organization, you're too late since the deadline was Monday, March 27th. Come down and enjoy the festivities with the kiddos and we pray the weather will be beautiful that day!



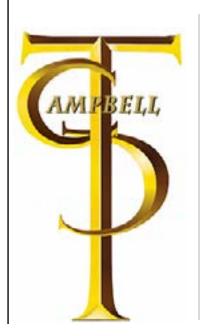
MY SON AND I HONOR MY MOTHER SALLY WHO USE TO SPEARHEAD THE PARADE



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CLASSIC CARS ARE ALWAYS A BIG PART OF THE PARADE





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CELEBRATE CAMPBELL

PHOTO HIGHLIGHTS



Continued from Chamber page 6 jun, and swamp pop as the Prune Festival morphed into Boogie on the Bayou. The Louisiana theme lasted about a decade, and the event underwent another, albeit lighter, rebrand thanks to an ongoing drought. When the nearby

creek was dry and Campbell no longer had our 'bayou', the Cajun theme was dropped, and the event became Boogie on the Avenue as a nod to its location on East Campbell Avenue. In 2018, the event changed its name to Boogie: Campbell's Music Festival, spot-

lighting the event's multiple stages with local, live bands and musicians.

One thing that's never changed is that the festival is always held in May (pandemics notwithstanding) and that it's a great time filled with food and fun for friends and families from all around the Bay Area. This year will be the 45th annual event (since Boogie is an offspring of the Prune

HAPPY EASTER!