

Recycle Book Store Business of the Year 2021 A Business Survival Story

The Chamber held the 54th Celebrate Campbell Gala Fundraiser at the Orchard Valley Banquet Hall on Saturday March 19. This evening was more like the former years with in person winners and the community attendees. There were so many happy faces and it was not just the winners. The Campbell Community could once again gather, see many long time friends and enjoy an evening of well deserved awards for the accomplished people in the Community.

There is still an element of surprise when it comes to the Winner of the Business of the Year Award. There were three nominations and the winner was announced that evening. This year it was Darling Fischer, Sports Basement and the Recycle Bookstore. When the winner was announced, owner Eric Johnson was truly humbled and surprised. Eric told the iconic story of his cat "Bob" who was well known to anyone that went into the book store.

Many years ago the window had broken and Bob escaped. The Campbell Police saw he was roaming around and put Bob in the back of the Police car to keep him safe for Eric. When Eric went to get Bob out of the car, Bob had his front paws on the top of the seat as if to say "help" I was framed and "I don't want to go to jail". The crowd loved that anecdote because many of us remembered Bob and Eric. Later The Campbell Press had a chance to sit down and talk with Eric about his Chamber Award, and his 19 year journey from the start of business through the pandemic.

Recycle Book Store is a general used bookstore with tiles in almost every subject area. They buy, sell used books. They have been in business for 40 years and 17 in Campbell. They have a very loyal customer base and people not only buy used but new books too. So they bring them back

with more books and the store can resell them and have a constant flow of books. The Store has a very strong section in Science Fiction, Mys-

tery, Literature, Art, Children's History, Science, Gardening and Spirituality. They also support the Community and often donate books to those in need and the schools. The store has two locations, one in San Jose and one in Campbell.

Eric was a long time regular of the Store in 1998 and saw a for sale sign. Eric was teaching Community College and worked part time for The Eye which was the Entertainment Magazine in the San Jose Mercury News. He decided to buy it from the downtown location and move to Alameda Ave, San Jose. With the help of the Redevelopment of San Jose wanted to keep the Book Store and helped the store stay open. Slowly he built the business by paying attention to what people ask for and the need to buy certain books. Eric concentrated on the books and said "the book people find you". The business was built with a self-sustaining marketing plan. Eric saw that a book lover is looking for

different authors or books and he started to carry the popular as well as the niche audience.

By the customers' word of mouth the store was starting to carry more good books in different sections. As

the store became more successful, Eric trained his staff and together they got to know what their customers favorite books were.

The Campbell store has more general books and a very popular audience for new books with stronger children's books sections. Many people want new books and love to support their independent book store. Customers will bring them back so they can be sold again. Eric said, 'the next generation is also falling in love with the physical book as a backlash of the digital age". Also that there are many comebacks and retro books like Goosebumps and Star Trek are making a comeback. During the Pandemic Eric was at the store everyday and holding down his business with his own savings until the PPE Loans of the federal government caught up to help the small business owner. The

By Nancy O. Whitney

store had been closed down for 3 months. He created a GO Fund Me page, and continued the online sales to keep his employees.

As an example of being a strong independent business in Campbell that was making their way through the difficult time. As well being a big part of the Campbell community with their caring style it is not a wonder why this Book Store won the Business of the Year.

Citizen of the Year

By Aaron Bueno

Mark has been at the Home Church since 1991. Where he has served in Leadership there for over 20 years as an Elder and Board Member. He has been involved in the Youth Ministry for Jr. High School and High School Students since 1995. He began and has lead the yearly Mission Trip to Rancho Santa Maria in San Vicente Baja Mexico, Italy and China as the Youth Pastor and involved in the Children's Ministry as well. His passion is to assist youth to find their calling, grow in their faith and learn to serve others as well their Community.

Mark is an excellent example of serving the Community for years! He can be found assisting the DCBA in their



Mark Thornton 2021 Citizen of the Year

events, the Carol of Lights, Bunnies and Bonnets, Creepy Crawly and Wine Walks. Also our Chamber events such Boogie, Oktoberfest, Toy Program and Night to Shine.

Mark is always giving tirelessly with a warm smile for everyone in the Community and a shining example for our youth . Congratulations Mark your Award and this honor is truly Well Deserved.





Photo of the Month: Gateway Arch in St. Louis, MO. Photo Credit: Matthew C. Howe

Campbell "Loves" Spring Fun Run

By Aaron Bueno

We are excited to celebrate the **45th** Annual Valentine Fun Run with you- in Spring! After 2 years, we are back in person!

Join us for our rescheduled Fun Run, held May 7, 2022, featuring a 5k and 250-yard Kids' Dash

Enjoy beautiful weather along the Los Gatos Creek Trail, and kick off a "lovely" Spring with family, friends, and our Campbell Community.

Register by Monday, May 2, 8:00am to receive your free race shirt and custom medal. Please Note: No Race Day Registration will be available. Be sure to pre-register.

Packet Pick-Up: You can pick up your race packet and shirt at the packet pick-up held at the Campbell Sports Basement in the Pruneyard Shopping Center on Friday, May 6, 4:00 to 7:00 pm. Race medals will be awarded after the race.

Detailed Race Information can be found HERE:

https://www.campbellca.gov/270/ Valentine-Fun-Run

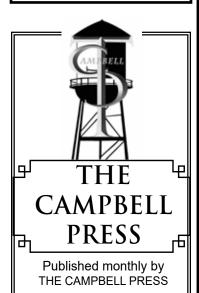
Happy Trails, Campbell Recreation

LOCA

WORD OF THE MONTH

"PONTIFICATE" (pon-tif-i-cate) verb

Express one's opinions in a way considered annoyingly pompous and dogmatic.



334 E. Campbell Ave. Campbell, CA 95008 Phone: (408) 374-9700

> Publishers: Nancy O. Whitney Matthew C. Howe

Editor: Matthew C. Howe

Layout: Chris Matthews

Contributing Writers: Jay Harnden Matthew C. Howe Chris Jackson Samuel Jackson Ken Johnson Sergio Lopez John MacCalman SAM/Sharon McCray Joe Simitian Jenifer Packard Charlotte Vondebur Jacob Isaacs Nancy O. Whitney

Graphic Design: Lisa Norene Farrar

thecampbellpress@gmail.com

Like us on facebook.com/ thecampbellpress.com



The Ainsley House is reopen for tour Friday through Sunday, 11am-3pm.

Please come enjoy a tour or purchase from our gift shop and help support local history.

The Campbell Historical Museum remains closed due to flooring remediation.

The Ainsley House Garden Concerts will return with outstanding musical artists beginning in April 2022. Tickets for the concerts will be \$30/ person and include

beverages and appetizers, plus a safe outdoor environment.

- Sunday April 24th @2pm. Blues Guitarist Chris Cain
- Sunday May 22 24th @2pm. Jazz Quartet Kristen Strom
- Sunday June 26th @ 2pm Jazz Violinist Extraordinaire Mads Tolling

Tickets go on sale now! campbellmuseums.com

The Campbell Museums is looking for a research volunteer. The museum has a need to survey our collection in order to better understand the community of Campbell and its past. Anyone interested in becoming a Museum research volunteer is encourage to email Anna Rosenbluth: Anna Rosenbluth/ annar@campbellca.gov. Please note why you are interested in volunteering with the Campbell Museums and what your favorite area(s) of history are.

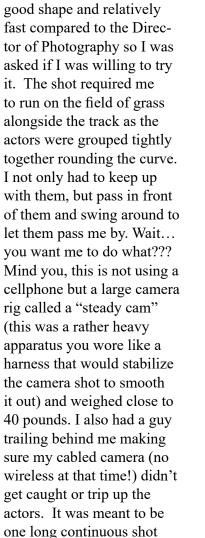


The Campbell Press April 5, 2022 - page 2



I reflect on my Campbell High School

days quite often. I still have several friends from school I chat with from time to time, some that still live in Campbell or in the bay area, and we all have fond memories of our high school days. On that note, I notice in my brief time at home last week that the extremely popular track that wraps around the football field there at the community center is being resurfaced and should be back in top "competition" shape by the end of the month. It would be great to see a real track meet there one day rather than just the usual folks walking around in circles in exercise mode. Marching onto that field playing drums in marching band is a fond memory though it was a just a dirt track surrounding it at the time. I remember shooting an independent film there back in the 90's. It was a movie about a fledgling track star, and I was slated



that was close to 30 seconds!

It took eleven takes before

I got it right. Ah yes, those

difficult shot. I was thin, in

were the days. My back still to perform an incredibly talks to me about that day. Campbell Union School District's CENTENNIAL CELEBRATION April 30, 2022 | 1:00 pm Downtown Campbell Civic Center **EVENTS** 1:00-3:45 p.m. 4:00-7:00 p.m. MUSEUM EXHIBIT OPENING **CENTENNIAL CONCERT** Ainsley House Garden and Carriage House Celebrate the past, present and future of education in our community. Museum exhibits • Musical performances Campbell City Green gh-energy bands – Headliner: Clean Slate Opener: Gina and the Tonics Delicious BBQ and beverages available for sale. Family friendly games and more. Photos, artifacts and more **SPONSORS** ell Chamber Community Foundation • Campbell Union School District • Campbell Historical Museum • A party Place pbell Union School District (CUSD), established on September 7, 1921, is a PreK-8 school district that include: ts of six Santa Clara County cities: Campbell, Los Gatos, Monte Sereno, San Jose, Santa Clara and Saratoga. www.campbellusd.org/centennial Campbell

#happy100cusd

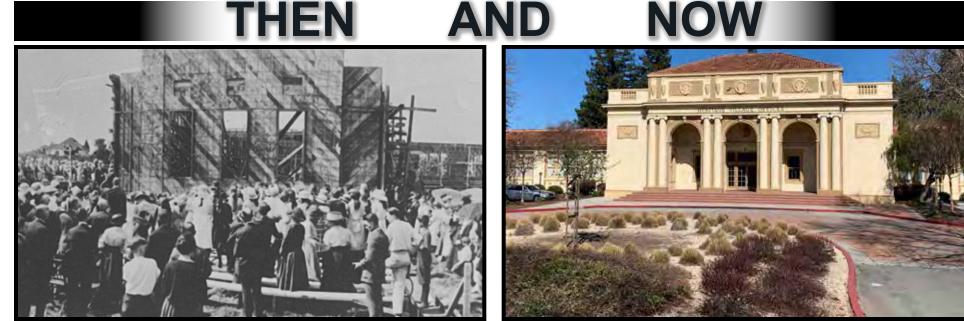


Photo courtesy of: Campbell Museum Ainsley House/Karen Brey

Photo credit: Cyrus Howe

On June 10th, 1922, many came out to celebrate the official laying of the corner stone for the new Campbell Union Grammar School located on the NE corner of Campbell and Winchester. It has had many different uses over the past, including being part of West Valley College. The building is a piece of local history and today it is currently named Heritage Village Offices. The wellmaintained building currently houses several professional suites as well as a convenient local post office.



The Morning Sun Is Hitting Mother

The morning sun is hitting my mother's emerald green glass salt and pepper shakers with their shiny silver metal tops. What memories they bring back, and what a journey they have had. My mother won them when she was in high school in the late 1940's for selling the most magazine subscriptions. Throughout my childhood those glass salt and pepper shakers sat, ever-ready, on the kitchen stove between the two rows of burners.

My mother was a farmer's wife. We had delicious home-cooked meals from home-grown fruits and vegetables which mother spent a large part of her summer "putting up". I have happy memories of time spent beneath our big shade tree with my mother and grandmother shelling peas, shucking corn, snapping beans. We also had fresh eggs from our chickens as well as chicken for Sunday dinner which my mother had dressed and frozen. She was a busy farmer's wife.

My mother cooked and baked down-to-earth food. Her cakes and cookies were made from scratch. Only rarely did we "cheat" and use a cake mix. She made her own noodles. I was astonished to learn when I left home and started grocery shopping that one could buy ready-made egg noodles. Excitedly I phoned home to tell my mother. "I know," she said. "I think mine taste better."

My mother's spice cabinet was very limited. There were a few baking spices, such as nutmeg and cloves. She had Watkins cinnamon in its recognizable can. (The Watkins man visited regularly.) For savory, maybe there was oregano, but definitely nothing spicy. My dad didn't like spicy, so spicy wasn't an option.

Salt and pepper were important staples in my childhood, and those salt and pepper shakers were used frequently.

I inherited the set of shakers, but somewhere in the process of moving from the Midwest to California, changing apartments, and setting up a household with my husband, the pepper By Carol W. Gerwitz

shaker went missing. I had graduated to a pepper grinder along with a variety of spices. I regretted the shaker's absence, I didn't need it. The salt shaker sat by itself on several different stoves over the years.

Fast forward to the early 2000s. I was shopping with two girlfriends in Nevada City. As we were parking the car, the missing pepper shaker popped into my head. My friends suggested we look for one that day. I'm not an antique buyer, but there was an antique shop just feet away. We walked in, and there was a silver-topped green glass pepper shaker, minus its mate, sitting on a shelf. It had arrived just the day before from an estate sale.

Once again I have a set of green glass and silver salt and pepper shakers on my stove.



PUBLISHER NOTES

By Nancy O. Whitney

National Pet Day Campbell Pet Parade Contest is Here!

Calling on all pet parents! This year National Pet Day is on Monday April 11th.

National Pet Month is May. Whether you have a dog, or cat, bird, fish, horse, rabbit, chicken, snake or Hamster. The Campbell Press is asking that you send in a photo of your pet, where we will put them in a Pet Parade in our May Issue. Share something about them with us, and we will pick a prize for several pet owners. Either email or send in a photo of your pet, in a self- addressed envelope. Your pet will be in the Pet Parade Section for a small fee of \$20 with their name and 15-20 words about them. Or for a fee of \$38 you can create a 75 word paragraph. If your Pets story is really unique it will be free. There will be several selected pets who will be given a scholarship just for their special story. Let's have some fun! Mail to 334 E. Campbell Ave, Campbell CA 95008 or email us at thecampbellpress@gmail.com

The Campbell Press will have several articles and

photos of our Veterans in honor of Memorial Day.

If you know a Veteran with a story that you want our readers to know about or just want to give the Veteran a salute. Please send a photo and their Name, Military Branch, and what years they served. Then where they served and a paragraph with 35 words commemorating their service.

We will put a Salute to our Veterans section in the paper as well. Please

Send it to the same information in the above paragraph.

Thank You to our loyal readership and our business partners for

Their continued support to The Campbell Press.

Campbell is still a caring community full of great people with great stories.





April	CAMPBELL REAL ESTATE April				
ADDRESS	SALES PRICE	B/B	AGE	LOT SIZE	SQ. FT.
SOLD/CLOSED ESCROW, SINGLE FAMILY HOMES					
Audrey Avenue	\$3,525,000	3/2.5	76	21013	1945
Violet Way	\$3,110,000	6/4	61	6486	2644
McBain Court	\$3,000,000	3/2.5	65	16500	2604
Queens Court	\$2,800,000	4/3	58	9977	2097
Flamingo Drive	\$2,175,000	3/2.5	69	11804	1717
Virginia Avenue	\$2,150,000	3/2	61	6474	1680
Peter Drive	\$2,000,000	3/1	70	9616	1150
Radford Drive	\$1,800,000	3/2	64	6182	1438
Bent Dive	\$1,800,000	3/2	66	11657	1333
W. Hacienda Avenue	\$1,800,000	4/3	59	4791	2120
SOLD/CLOSED ESCROW, CONDO/TOWNHOMES					
Fierro Loop	\$1,800,000	4/3.5	7	683	2085
Union Avenue	\$1,500,000	3/2.5	32	1643	1683
Division Street	\$1,277,000	3/2.5	47	1502	1327
Cypress Lane	\$1,177,088	2/2	43	2180	1049
Duncanville Court	\$1,150,000	2/2.5	43	1056	1727
Cypress Lane	\$1,005,000	2/2	43		948
Dot Avenue	\$962,000	2/1	38	1005	968
	1		1	1	1

VALLEY NEWS The Campbell Press April 5, 2022 - page 4



West San Jose - Campbell Lions Need Volunteers

The last few months have been really busy for the members of the West San Jose - Campbell Lions Club (WSJC). We have been active in serving the local community across a number of interesting activities. Here are a just few of them.

We held our local Student Speaker Contest last month. The Lions Student Speaker Contest was conceived in 1937 as a way to engage all of the Lions Clubs across California. High school students are invited to participate by any of the 730 Lions Clubs in California and can win at progressively higher levels with a grand prize of a \$21,000 scholarship. This year's topic | and Nevada which runs was "How Can Kindness Reunite Our Country?" And there were some amazing young speakers.

This month our West San Jose - Campbell Lions Club donated \$1,000 to the food pantry at the Campbell UCC Church at 400 W Campbell Ave. The money will be put to good use in supplementing the food that is donated to more than 20 people there each day.

Lions Clubs help individuals with visual impairment across the world. WSJC club member Dr Art Low is on the board of directors of Lions in Sight of California missions in many parts of the world providing low or no cost eye care and eyeglasses to those in need. Missions are planned to restart in May and require thousands of pair of used donated glasses and volunteers.

We have a new Lions Club donation box to accept your used glasses donations. Please drop off your used glasses, cell phones and hearing aids at the Lions donation box at the customer service desk of Safeway at 1530 Hamilton Ave, San Jose, CA 95125. Your donations will be put to good use!

We have upcoming events that need volunteers!

March 16 at Martha's Kitchen 311 Willow Street, San Jose 95125. We will be preparing food from 2:30 to 5:30pm. Please bring proof of vaccination, bring a mask and wear closed toe shoes.

Eyeglass sorting events. We receive 100,000 pair of donated eyeglasses every 6 months that need to be prepared for Lions in Sight medical missions. Send us an email for upcoming dates.

May 15 Lions Family Fun Day at the Campbell Farmers Market. We need donations of children's art supplies for an art program at JacobsHeart.org to help children with cancer. We will have coloring stations for kids and games for families. Stop by and see us.

May 21-22 at the Campbell Boogie Festival - We need volunteers to staff a beer or ticket booth. Must be over 21 years old.

We also would like to welcome 5 new members to our club. With new members we can do more to serve the community. If you are interested in learning more about what we do as a club please contact Dave Kaplow, president West San Jose - Campbell Lions at 408.982.6563 or at wsjclions@gmail.com

Celebrate Campbell Chamber Community Foundation Honorees



Mark Thornton 2021 Campbell Chamber Citizen of the Year



Susan Lola 2021 Campbell Chamber Ambassador of the Year



Azie Habib 2021 Campbell Chamber Volunteer of the Year



Nathaniel Velichko **Campbell Police** Department



Captain Chris Taylor Santa Clara County Fire Department





Michelle Sun-Thoreson The Home +CHURCH Church



Cvnthia Cubing Kiwanis Club of Campbell



Dave Kaplow West San Jose-Campbell Lions Club



John Wallace Rotary Club of Campbell





Izetta Kennedy Country Woman's Club of Campbell





On Tuesday, March 15, 2022, AARP Campbell area Chapter 5151 held an annual luncheon for the first time in two years; the event took place at Casa Lupe Restaurant in Campbell. There were 26 participants who enjoyed being together again; many of the attendees had seen each other only on Zoom presentations of the monthly general meetings, if at all. The happiness and grateful feelings of the attendees upon actually meeting and greeting each other were palpable.

The highlight of the lunch was the presentation of a plaque to chapter member Thelma Bridges as AARP Volunteer of the Year for 2020. Thelma chaired the chapter telephone committee which co-ordinates calls to members with reminders and general well-being calls. Thelma also found her own capable successor when she chose to step down. The plaque and award certificate were given by the national AARP office in Washington, D.C. They considered hundreds of applicants from the many chapters nationwide.

Two other members of the chapter who stepped up to fill other vacant positions were also recognized. All of the members agreed wholeheartedly that it was great to be together again. They are all looking forward to our monthly general meeting on Tuesday, April 19 in Room Q-80 at the Campbell Community Center, at 10:00 am. Our speaker will be a representative from the San Jose Museum of Art.

For more information, visit our website campbellaarp.org.



...AND MORE

The Campbell Press April 5, 2022 - page 5

Benefits And Your Future! By Tiffany Kukulica

Colonial Li fe

2020-2022 Could easily be dubbed the most challenging two years of our lifetimes. Both professionally and personally for many. With things on the mend, businesses re-opening, covid cases down, we can focus on what we do best in CAhelp build an amazing foundation for one another.

Running a business is hardespecially a small businessand the Team here in Campbell, CA with Colonial Life is here to help with the piece of your business that is often the most challenging – the Employee Benefits piece.

Insurance can be complex to say the least. What do your employees want? What can you afford? Where do you look for the best options? What are voluntary benefits? How do you create a smart benefit package for your Team?

Let's first start with the WHY. Why benefits? Many small businesses are not mandated to have Employee Benefits- yet they chose to do so. This is because the owners know that to maintain competitiveness in an a great starting off point if

already challenging market, they need to offer something more than just a paycheck. Attracting and retaining employees is not only saving the business in the long run- but also helping to not burn out your current Team and keep culture intact.

No...Why Voluntary? Year after year we see the prices of Major Medical plans continue to rise. You would think that with the premiums going up, you would see an enhancement in plans, right? Sadly, this is not the case. But Colonial Life is here to help. The benefits we can put in place can help to not only combat the rising cost of healthcare, but they can also cover for things that Major Medical doesn't cover. This can range from everything to additional Maternity Benefits to Cancer Coverage that pay a portion of treatment in addition to what your medical covers.

Employers can choose to add these benefits on top of what they already have in place. They can also be



Tiffany Kukulica, Scott Nielsen, Andrew Powers and the Colonial Team Pruneyard Towers, at The Pruneyard, Campbell CA.

you do not have a benefits package for your Teameven including options to make the plans completely voluntary with no direct cost to the Employer.

Did I mention the Colonial Life Team is growing? We have doubled this last year in size, opening multiple locations throughout beauhub will always be here in the heart of Campbell. If you know anyone who would like to join us in our efforts to leave no family unprotected- please scan the QR Code below to schedule an interview with our Team. We are here to answer any questions you have about Employee Benefits and how

tiful Central CA, but our | you and your loved ones can be protected in their time of need.

- -Tiffany Kukulica
- -Territory Sales Manager: Central CA
- -1901 S Bascom Ave, Suite 660
- Campbell CA 95008
- -360.672.6855

3 pros of employee benefits education



into opportunities - like leveraging their smaller size to educate employees about their benefits on a personal level. It results in more of their employees understanding what's being offered to them.



75% OF SMALL BUSINESS EMPLOYEES UNDERSTAND THEIR BENEFITS MODERATELY OR VERY WELL*

When employers take the time to do this, they're helping their employees (and, in turn, their business) in three ways.



*Employees that work with an employer with less than 100 employees. Colonial Life, "Consumer Survey," 2019. 1,505 U.S. consumers working full-time responded to the survey from January 29-February 1.

Insurance products are underwritten by Colonial Life & Accident Insurance Company, Columbia, SC. ©2019 Colonial Life & Accident Insurance Company. All rights reserved. Colonial Life is a registered trademark and marketing brand of Colonial Life & Accident Insurance Company. 5-19 | NS-16564







LOCAL 54TH ANNUAL **CELEBRATE CAMPBELL GALA** HELD SATURDAY, MARCH 19, 2022 CAMPBE CHAMBER

Book Store.

and it was given to Recycle

In addition to honoring the

best of Campbell, the event

tion's Scholarship program,

also serves as a fundraiser

for the Chamber Founda-

which offers three \$1,000

scholarships to graduating

Seniors in the Campbell

Union High School Dis-

trict. This year marked the

were awarded. The winner

of the Betty Deal Memorial

Scholarship was Selin Ko-

calar of Leigh School; the

winner of the Sally Howe

Memorial Scholarship was

Jasmine "Jazzy" Nguyen

of Branham High School;

and, the winner of the Mike

Kotowski Honorary Schol-

arship was Aysel Ogel from

To make a donation to the

Foundation's Scholarship

fund, go to: www.camp-

bellchamberfoundation.org/

CELEBRATE CAMPBELL

2021 Citizen of the Year

Darling Fisher | Recycle

2021 Business of the Year

2021 Business of the Year

Book Store | Sports

Recycle Book Store

Leigh High School.

donate

HONOREES

Mark Thornton

Basement

Finalists

first year the scholarships

The Campbell Chamber

Community Foundation

teamed up to host their

54th Annual Celebrate

the best of Campbell in

Community Center.

The fundraising gala is

usually a black-tie affair,

but like just about every-

"usual" since 2020. Over

130 people attended the

thing else, nothing has been

event in person, while over

twice that amount viewed

the event on Facebook as

it was being streamed live

on the Chamber's web

site. The hope is that the

gala will return to its more

One of the highlights of the

evening was the presenta-

tion of the 2021 Citizen of

the Year to Mark Thornton.

Mark is a selfless volunteer

at The Home Church, at all

Downtown Campbell Busi-

ness Association (DCBA)

events, and at all Chamber

Three businesses were se-

2021 Business of the Year -

Book Store and The Sports

Basement. The final award

presented that evening was

for Business of the Year

Darling-Fischer, Recycle

lected as finalists for the

formal format once again

in 2023.

events.

Campbell event, honoring

2021, on Saturday evening,

March 19, at the Campbell

and the Campbell Chamber



By Ken Johnson

Susan Lola 2021 Campbell Chamber Ambassador of the Year

Azie Habib 2021 Campbell Chamber Volunteer of the Year

Aysel Ogul Mike Kotowski Honorary Scholarship

Jazzy Nguyen Sally Howe Memorial Scholarship

Selin Kocalar Betty Deal Memorial Scholarship

COMMUNITY HONOREES

Daniel E. Fortado Campbell Veteran's Memorial Foundation

Nathaniel Velichko **Campbell Police** Department

Captain Chris Taylor Santa Clara County Fire Department

Michelle Sun Thoreson The Home Church

Cynthia Cubing Kiwanis Club of Campbell

Dave Kaplow West San Jose-Campbell Lions Club

John Wallace Rotary Club of Campbell

Izeta Kennedy Country Woman's Club of Campbell

Money \$ Empowerment by Jill

We are all feeling the affects of that dreaded word....inflation.

It is during these times, that we learn to be creative with our spending.

Don't deprive yourself from having fun, even if you are on a tight budget. There are plenty of cheap and fun things to do. Here are a few:

1. Get a library card

If you enjoy reading, sign up for a library card and browse your local library. Libraries not only have books, but movies, activities, and some of them have workshops. Most libraries now offer e-books and audio books as well, so grab your free library card and start getting lost in some new stories.

2. Visit a museum

Some museums have free or discounted admission on certain days of the week, or for children or students. If you are in an area where there are some local museums, check them out.

3. Get outside – take a hike Grab a map, or look on line, for hiking or walking trails near you. If you live in the city, walk around the town. Not only will you get some exercise, but you may even stumble across a new place you've never been before.

4. Go wine tasting Find a local winery, pack a lunch and enjoy an afternoon of wine tasting. It actually is not very expensive, as long as you stick to just the tasting. Most wineries have very beautiful grounds for fabulous walks and pictures.

5. Game night Invite friends over for a game night. Make it a potluck and have a blast enjoying fun, food and laughs.

6. Sign up for a 5K or 10K race Whether you walk it or run it,

it's agreat way to get outdoors. There is a cost for the race, but it's generally minimal and your training is all free. Sign up with a friends and/ or family and train together.

7. Head over to the **Farmers Market**

This is wonderful way to support your local farmers and stock your home with fresh foods.

8. Go thrifting or to the flea market

You can find some pretty good deals thrifting or at the flea market and its fun. Allow yourself a budget. grab some friends and find some treasures.

9. Listen to live music

Concerts are generally pricey, but there are many places where you can go to listen to live music. The local pub may have bands that play. You can also check out festivals that might be in your area,

10. Find a new hobby

If you need hobby ideas, check online. There are tutorials for just about anything. Find something new to learn.

Don't skip out on fun, regardless of what your budget looks like. There are so many activities that do not cost a ton of money. Get creative, do some research and enjoy today.

Best of luck, Jill Scarnecchia

Have a money management question.

Email me. livinbalanced52@gmail.com

Want more tips. visit my website www.livinbalanced.com

MUSIC IN THE GARDEN!





"A Family Tradition In The South Bay" The Original





Tickets available at: www.campbelimuseums.com 300 Grant St. Campbell CA



LOCAL

CITY NEWS

Lately, I've been receiving a great number of questions about how the Campbell City Council and government functions. How is the Mayor elected? Who can you reach out to if you have a problem?

I serve as one of your five elected City Councilmembers. In Campbell, (along with most other cities in Santa Clara County, other than San Jose), the Council is "part-time," receiving a small stipend for their work—though the work of preparing for and attending Council meetings; speaking with constituents and following up on their issues and requests; attending other regional board and committee assignments; advocating on behalf of the City to our county, state, and federal representatives; and attending community events can easily add up to full-time hours!

However, the smaller cities in our county usually have correspondingly smaller budgets than our larger neighbors, like San Jose. In Campbell, our latest adopted budget, for Fiscal Year 2022, totaled \$92.7 million (with \$55 million going to the General Fund, and the rest generally broken up among other dedicated funds).

A common question I receive is how the Mayor is selected. While a larger city such as San Jose, with dedicated staff and resources, directly elects their Mayor, most cities that are smaller rotate who serves as Mayor each year, with the selection voted upon by the Council. (Sunnyvale, the second-largest city in the County, recently switched to directly electing the Mayor, which took place for the first time in the 2020 election). Generally speaking, the cities which are able to directly elect their Mayor usually also have a greater population and, accordingly, a larger city budget. As you have read about previously in this paper, Campbell is also in the midst of switching to district elections. In 2020, I became the first new Councilmember elected as a result of district elections representing District 2, an area centered around the Pruneyard and Dry Creek areas, going up to the Northeast side of the Campbell borders. (Councilwoman Landry, who had previously been elected at-large, won re-election to the newly

By Sergio Lopez

drawn District 1). In the 2022 elections, Districts 3, 4, and 5 — roughly speaking, the Downtown, West Campbell Avenue, and San Tomas neighborhoods — will elect their Councilmembers for their own first district elections.

(The City of Campbell moved to district elections, prior to my time on the Council, in large part because of the threat of a lawsuit from a civil rights group which has been successful in getting other communities to switch to district elections. Even though the Campbell is extraordinarily well-integrated demographically, with each district generally mirroring the City as a whole, the legal precedent was nonetheless not on the City's side).

While the move to district elections was within the power of the City Council, in many cases, changing some of these aspects of how the City functions would require voter approval, and could not be done by the Council alone. Past ballot initiatives have concerned some of these questions of governance.

The fact remains, however, that all of the current City Councilmembers, including myself, have expressed a philosophy of serving the interests of the City as a whole — rather than only a particular neighborhood or region. Recently, I remarked during a Council meeting that I thought this approach made for sound and responsible governance, as opposed to pitting different areas against one another.

We are all here to serve and, accordingly, you can reach out anytimeats ergiol@campbellca.gov or to my cell at (408) 660-0547 should you have any quesThe Campbell Press April 5, 2022 - page 7

SOME ARTISTS...I'VE WORKED WITH © S 0 U Ν R D А E Т S М Ν L S I E L D E Т Т E В А Т М R Ι Μ Ι Т Е U Ν D E R W 0 D Ι U L E 0 E R S S К Т S 0 Т А I Ι Μ Т Y Ζ U Т Ρ U Т Y U 0 А E R А А J S Т С К Ρ V R 0 Ν 0 E 0 Ν Ι Ν E Y А А 0 Т Ν М L F Т A Ν I Т Х Е А R Р Т W R А Ι 0 A Ι Ι S Ζ Т К U В Y U J Ν R 0 W V L К Ζ S E Ν U 0 А E E В Ι Ι Η 0 0 Ι Ν 0 D 0 Μ S R А D Ν А Ι D S Т E G Е S Р 0 В R Ι A Μ R Ν Т S R Ν Y R В E Т D 0 A L 0 0 Е E 0 U R E Y A С Y A L М I Ν Х К А Y R К R Ρ Κ L А Ν Ι Ν Ι WORDS CAN BE DIAGONAL AND BACKWARDS TOO!

WORDS CAN BE DIAGONAL AND BACKWARDS TOO! LINKIN PARK SANTANA BETTE MIDLER (JAMES) TAYLOR JOURNEY KANSAS FOREIGNER JOAN JETT PAT BENATAR (NEIL) DIAMOND STYX KID ROCK TOTO (BOB) SEGER (JAMES) TAYLOR MILEY CYRUS TOM PETTY KISS ZZTOP WHITNEY (HOUSTON) JANET (JACKSON) LOVERBOY JONAS BROS. (BARBRA) STREISAND (CARRIE) UNDERWOOD HOWE MANY MORE WORDS CAN YOU FIND?



COUNTY NEWS MedAssist: Helping the "Missing Middle" Afford Essential Medication

In Santa Clara County, we have 118,900 adults who have been diagnosed with diabetes, 257,000 adults and children with asthma, and 21,600 individuals who are prescribed epinephrine auto-injectors for allergic reactions. Insulin, inhalers, and EpiPens are essential for their survival. They also cost a lot more than they used to.

Twenty years ago, a onemonth supply of insulin cost about \$21. Today it's \$275. The cost for one asthma inhaler jumped more than 50% in the past five years, from the unreasonable—\$316—to the outrageous: \$496.

You read that right: almost \$500 for one inhaler. The reasons for the stratospheric rise in prescription drug costs may be complex, but the bottom line is that it's hurting too many people. MedAssist is purposely designed for the many folks in our community who fall into the "missing middle," with an income that's just high enough that they don't qualify for health care subsidies, and often must pay high out-of-pocket costs for medications. Even when drugs are "covered" by health insurance, they may not be affordable.

Administered through the Santa Clara Valley Medical Center, MedAssist grant recipients don't have to be a member of the County health system or fill prescriptions at a County pharmacy. The program's eligibility criteria are brief and straightforward:

• 18 years or older;

By County Supervisor Joe Simitian

help available by phone at (408) 970-2001.

In addition to the obvious public health benefits, MedAssist will to some degree pay for itself. Emergency room visits are one of the leading reasons for high health care costs in our County. People go to the ER when they have nowhere else to go. Providing local residents with access to the medications they need to survive is one way we can both cut costs and save lives. It's a case where an ounce of prevention truly is worth a pound of cure.

Joe Simitian was elected to the Santa Clara County Board of Supervisors in 2012 and re-elected in 2016 and 2020. He represents the Fifth District, which now includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, and portions of San Jose. Joe's public service over the years includes stints as a member of the California State Senate, the California State Assembly, Mayor of Palo Alto, President of the Palo Alto School Board, as well as an earlier term on the Santa Clara County Board of Supervisors. He served as an election observer/supervisor in El Salvador and Bosnia and participated in refugee relief and resettlement efforts in Albania and Kosovo.

tions, ideas, or issues you'd like to discuss.



TO OUR SUBSCRIBERS: TCP is growing! We apologize for some inconsistent delivery times. We are working on some new delivery methods to better serve you. Diabetes, asthma, and severe allergies are chronic, lifelong, and common conditions that can be well managed with proper treatment. No one should have to break the bank in order to afford that treatment—or go without, with potentially catastrophic consequences.

That's why I led the County's effort to create and launch MedAssist, a new program that covers the cost of life-saving medications for qualifying residents with these conditions.

- Live in Santa Clara County;
- Have a valid prescription for an asthma inhaler, insulin, or epinephrine auto-injector;
- Meet annual gross income requirements, set on a sliding scale by household size (e.g., below \$251,486 for a family of four).

If MedAssist can help you, please apply soon at scvmc. org/medassist—and share this information with anyone you know who might benefit. Paper applications are available from any County health outpatient pharmacy. There's also



CHUCK E. CHEESE PIZZA TIME THEATER

THE RAT'S END WAS NEAR

... Or so we thought

By Matthew C. Howe

Part 8

Last month in part seven, I was telling you about the 'beginning of the end' of the Chuck E. Cheese regime, after filing chapter 11 bankruptcy in 1984. The animation department was one of the first things shut down due to its expense and many executives and employees just waited out their fate for the day the security team would escort them out the building with their box of personal belongings. Both of my bosses were gone a couple weeks before I was let go. It was a very odd time. I was extremely sad and in disbelief it was all really happening, and that we were all getting laid off; especially since it really was a dream job for me, and I saw myself being a part of that organization for a long time to come with so many creative opportunities before me. During this time, much speculation stirred on the local radio airwaves and bay area presses were regularly trying to point a finger of blame for the cause of Pizza Times demise. It's true Bushnell (Atari Games founder to catch you up -and CEO behind the rat) had been funding his many other innovations at his start-ups located in his Catalyst building (a narrow two-story building along Lawrence Expressway near Hwy. 101) with Chuck E. bucks, and that those mostly existed because Chuck E. Cheese profits were initially through the rat's roof and could easily support such ventures at the time. There are often claims that those companies helped push the organization over the edge when CEC profits began to dwindle, and that funding wasn't pulled back for Nolan's many innovative projects he continued to dabble in. But Chuck's financial woes were much deeper than just the top guy toying around at the expense of new technologies. The argument that had been consistently vocalized was "Are we an entertainment company or a

restaurant?" This was quite evident on my first day at corporate headquarters. Budgets were tossed back and forth between food services and show development and I don't know if it this internal conflict was ever really settled to be honest. Public perception had claimed they just couldn't make a decent pizza, and I can somewhat agree after being required to taste test new pizza recipes that were being developed at the Tully Rd. restaurant kitchen located upstairs just above the noisy birthday parties. This restaurant is still in operation to this day with only a few still in the bay area. The original restaurant was in the middle of what is now Santana Row on Winchester Blvd. and Stevens Creek. But let me digress a moment and set the record straight right here and now. After reading so many articles over the years about those glory days, Chuck E. Cheese NEVER used 'Animatronics' for the character movement in the store theaters. It was one of the initial disagreements with one of Nolan's original partners Bob Brock. Brock hailed from Florida and was apparently fascinated by Disney animatronics (it even created lawsuits between them) I mean, who wasn't fascinated by the lifelike movement? I remember being blown away by the Lincoln Memorial show at Disneyland as I child, as a very real 16th President would speak to us from a large stage. But Animatronics proved to be overkill for the kiddies and far too expensive a proposition for the eventual 266 stores worldwide, so Pizza Time developed their own system and called it "Cyberamics." This was a far simpler version to install and maintain being a hydraulic-solenoid based air-compression system that used blasts of air to move the various mechanical parts back and forth for each character. If

you moved close enough to the stage, you could hear the bursts of air throughout their performances. Behind the stage or a nearby closet were several CO2 tanks for each character that needed to be changed out from time to time. Since Cyberamics was unique to Chuck E. at the time, few others knew any other form of operation for such things, so they assumed it was Animatronics, and the type that Disney had essentially created. Some would argue that Cyberamics was just a different version of Animatronics, but we didn't consider it to be at that time. Ok, I said it. The end days drug on as I repeatedly said goodbye to the studio gear that I would soon miss. What I didn't know is that I would leave my next job at Full Spectrum Productions in Mt. View to start my own business with a good portion of the equipment (shown in the photo from last month) from the recording studio there. I never thought the purchases my guitarist and I made at the bankruptcy auction would end up being one of the smartest and biggest changes in both our lives.

Continued next month...



BOOGIE: CAMPBELL'S MUSIC FESTIVAL RETURNS TO DOWNTOWN CAMPBELL MAY 21-22

Put on your dancing shoes and get ready to Boogie the weekend away as the Campbell Chamber hosts its 43rd Annual Boogie Music Festival in Downtown Campbell during the weekend of May 21-22.

This year marks the first time since 2020 the award-winning festival will be held at its regular time, the third weekend in May. Last year, Boogie "Remixed" took place in August due to continued COVID restrictions.

The event will include great food, beer and wine up and down East Campbell Avenue, over 100 local artisans and businesses showcasing their wares, four stages of live music all weekend, as well as a Community Stage highlighting some great local acts. Final details, including a complete entertainment schedule, are continuing to be worked out by the Campbell Chamber and updated information can always be found on the event web site: www.campbellboogie.com.

The Boogie Music Festival is open on Saturday from 10:00am to 6:00pm; and Sunday, from 10:00am to 5:00pm. Sales of drink tickets end one hour before closing and final pours of beer and wine end one-half hour before closing.

The Chamber is always in need of volunteers for the event. If you are interested in learning more, go to campbellboogie.com and click on the volunteer link.



ENTERTAINMENT

MARCH MOVIES

By Jack Wilson

The Batman - B-

The latest iteration follows young Batman in year 2 and includes notable characters from lore such as Catwoman, Penguin, Riddler, and Jim Gordon. Director Matt Reeves crafts a solid entry that has many faults, in-cluding casting issues and not being good enough to rise above the shadow of previous superior Batman films. The directing and the score stand out but unfortunately there's so many different takes on Batman now a days that this just feels like good fan fiction.

The Lost City - C

A by the book romantic comedy adventure starring Sandra Bullock and Channing Tatum. The plot includes a kidnap, rescue and a race for lost treasure, and the film heavily relies on the usual likability of its two leads. Daniel Radcliffe as the antagonist and Brad Pitt in a supporting role are memorable.

Everything Everywhere All at Once - A-

Went in expecting the film to shamelessly use the popularity of Marvel's multiverse to get people to watch a bad action flick, came out in awe of how emotional, original and creative it was. It's Stephen Chow meets Charlie Kaufman. All of the performances in the film are terrific. Jaime Lee Curtis is hilarious and Ke Huy Quan (Data from Goonies) gives off Jackie Chan vibes.

Morbius - D

Literally feels like it was produced in 2000 and delayed 20 years. Sony takes the Spider-man villain Morbius, makes him a misunderstood good guy played by a subdued Jared Leto, and puts him in a movie using the bare bones script outline of superhero films that they teach you in film school. It misguidedly mimics the formula of Venom and the result is a snooze-fest that offers content we've seen countless times before.



Saturday, April 9 6:00pm Cadillac Jack Wednesday, April 13 6:00pm Gold Money Jam Band Thursday, April 14 6:00pm Blues Jam

Friday, April 15 6:00pm Ghosts of Calico

Saturday, April 16 6:00pm Scott Birthday Bash

Wednesday, April 20 6:00pm Knee Deep Thursday, April 21 6:00pm Blues Jam Friday, April 22 6:00pm

Lencat Saturday, April 23

6:00pm Rusty Rock n' Rock

Wednesday, April 27 6:00pm

Acoustic Showcase Thursday, April 28

6:00pm Blues Jam

Friday, April 29

6:00pm Seven Shades of Grey

Saturday, April 30 6:00pm

Chain of Fools

Wednesday, May 4 6:00pm Dennis Dove Jam

Thursday, May 5 6:00pm

> Blues Jam Friday, May 6

Private Party Saturday, May 7

The Campbell Press April 5, 2022 - page 9



X - C+

In the 1970s a group sets out to make a good porn flick while filming on property owned by a suspicious elderly couple. Directed expertly by veteran indie horror auteur Ti West, it's well constructed and uses inspiration from past horror classics, but lacks a good villain. Played by a young actress in old makeup, the elderly main antagonist distractingly looks like she walked off the set of Jackass.

AINSLEY HOUSE SPRING GARDEN CONCERTS Sundays @ 2pm \$30/ Person Details and Ticket Reservations coming soon.





ENTERTAINMENT



The Campbell Press April 5, 2022 - page 10

RECORDING



USED BOOK SALE

Saturday April 9th 10am - 2pm

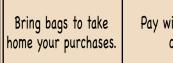
IF WEATHER PERMITS !

Sale location:

Patio outside the Campbell Express Library

Campbell Community Center

1 W. Campbell Avenue, Suite 46



Pay with cash or check

Become a member of Friends of the Campbell Library

HOSTED BY: Friends of the Campbell Library.... supporting the Library's needs....



A Campbell Restaurant & Wine Bar of Choice. Come visit Tessora's and discover wine, beer & food from all over the world.



... Tessora's restaurant and wine bar was founded in 2009 by Carol and Hamid Pouya. They sought out to create an Ultimate Bistro Experience.

Before the Song: "Pour Some Sugar On Me"

No one thinks the lyric "pour some sugar on me" is more stupid than....the guy in Def Leppard who wrote it! Their lead singer, Joe Elliot, told me he wrote it on an acoustic guitar while sitting on a recording studio sofa next to his producer. He was messin' around. Note to writers: mess around more often.

Imagine, Def Leppard's Joe Elliot playing the guitar chords to Joan Jett's "I Love Rock & Roll" – the chords E, A and B. Then he changes the words to "pour some sugar on me" for a laugh, and it fits the chords. The rest of the band has gone home; they've just finished recording their new album. All of a sudden,

SUBSCRIPTIONS

ONLY \$30/YR

Give us your information and mail in a check.

It's THAT EASY to get your monthly subscription!

ropaller Mail la

by Chris Jackson

his producer tells Joe he loves that little song about sugar and he's bringing the band back into the studio.

Joe's thinking, "Oh no. I know what you're thinking... no way... please, no!" He was right to think that his producer wanted the band to record it and put it on the album. That's just what happened.

From time to time, Joe is still asked to unplug and play it softly on acoustic guitarthe way he wrote it. But when you see Def Leppard at Oracle Park this September, don't count on it. 😳

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



EQUIPMENT FOR SALE

> LEAVE MESSAGE **ABOUT INTERESTS**

> > 408 472-4876

KTI GZ-1000 88-KEY **MIDI CONTROLLER** /ERY GOOD CONDITION RARE circa.1988

Call Jeff (310) 489-9937





Cell

408.439.5430

BOB COWDEN PLUMBING

ROBERT H COWDEN owner bcowden67@att.net

1723 Clovis Ave • San Jose • CA • 95124

30 YEARS OF QUALITY SERVICE

Located in the heart of Downtown Campbell, Tessora's is theSouthBay's"ultimate" winebarexperience. Offering a dynamic wine menu with over 20 International as well as Domestic varietals, by the glass and by the bottle for retail. Our amazing selection of Artisan Craft and Draft beer is on tap or by the bottle and always growing and are available to take home. With a full kitchen that prepares a seasonal Bistro Menu with daily specials our Chefs will provide you with a culinary experience that blends our delicious wine and food to perfection! Check out our Website Events/Live Music Calendar!

Tessora's Barra di Vino 234 E. Campbell Ave., Campbell, CA 95008

> tessoras@gmail.com 1 408 626 7711 Email: tessoras@gmail.com

RESTAURANT & BAR HOURS Tues - Thurs: 4pm - 9:00pm Friday - Sat: 4pm - 10:00pm



Office

408.267.9407

LOCAL

DIG IT...with SAM

Soil is alive

Soil is to the earth what skin is to the human body. Soil reveals a great deal about the geological, environmental and ecological history of an area. Arid deserts, acid mountains, river beds and salty shores, are all an indication of weather patterns and topography. When attempting to better understand your particular soil, think about the area in which you live, its proximity to the ocean and water, including local creeks, its vegetation and distance to mountains and history. If your untilled soil is covered with both broad and narrow leafed weeds, then it is probably free of herbicides. If nothing is growing, scatter a few radish seeds and see if they germinate. If they don't, you should have your soils analyzed for toxins.

Soil, is a complicated and often time overlooked topic. A critically important detail to remember, is that soil is alive. It contains billions of tiny microscopic life as well as earthworms, nematodes and bacteria that help it thrive. If it isn't healthy it doesn't matter what you plant, failure is usually on the horizon.

The importance of pH is essential to understanding how to get nutrients to plants. Most of Santa Clara County soil is alkaline. April

Alkaline soil, measured at a

pH over 7.2 or higher, typi-

cally contains clay, which is

important to the conversion

of certain nutrients and abil-

ity to retain water. A high

pH reading will prevent

iron from moving into the

vascular system of plants.

This is why, rhododendrons

and citrus leaves turn yel-

low: they are iron starved.

No matter how much iron

fertilizer placed on the soil

surface unless the soil pH

changes, it will not be

available in a usable form

to your plants. Spraying

iron fertilizer directly on

the leaves (referred to as

foliar feeding) is an efficient

way to get iron into your

plants. To lower the pH of an

alkaline soil, add gypsum

(calcium sulfate) or ground

There is much debate about

rototilling garden soil. Un-

less you have a large area in

which to incorporate organ-

ic matter, rototilling is not

recommended. Orchardists

utilized a tilling disc that

scraped the surface of the

soil, breaking loose debris

and weeds and allowing wa-

ter to more easily penetrate.

Rototilling destroys the tilth

and structure of soil and it

brings dormant seeds to the

surface where germination

is possible. Earth worms

and other soil dwelling crit-

ters are disturbed, creating

an inhospitable environ-

ment for them to survive. If

sulfur.

rototilling is on your to do list, wait at least five days after a rain. The soil should crumble when squeezed in the palm of your hand, if it forms a wet ball it is too wet to work.

Using fertilizers has become a way of life for most gardeners. Manures are a good source of nitrogen, however, horse manure can contain excessive amounts of any medication that the animals may have ingested. Steer, goat and pig manure provide sufficient nutrients, however, depending on their diet, can also introduce undigested weed seeds into your garden and sometimes contain the e.coli bacteria and excessive amounts of urea. Because rabbits receive a processed feed, their manure can be the safest choice.

The numbers on the fertilizer bag represent NPK. Respectively, nitrogen is necessary for green and vigorous growth. "P" represents potassium which is primarily used for fruit and flowers. Potash, or "K" is helpful for healthy root growth. A 10-10-10 fertilizer is considered balanced. If the numbers on the container total more than 20 the likely hood that the product is synthetic is pretty much guaranteed. Your plants won't know the difference.

The best soil reference is *Start with the Soil* by Grace Gershumy.



Are Finances Stressing You Out? Learn the Skills to:

The Campbell Press April 5, 2022 - page 11

Reduce Debt Build Savings Plan for a Large Purchase Create your Lifestyle

Book a Complimentary 30 Min Personal Session 408-221-6412

livinbalanced52@gmail.com



 Thank You Bay Area! You're The Best

 #Feed The Need Happened Because of Your Community Support!

 Image: State of the State of the





Coach's Corner

by Jay Harnden

Resolution Check-In **DO YOURSELF A FAVOR? YES!**

Over the years there has been quite an increase in the number of people who are dealing with depression and anxiety. We live in a time where the challenges of managing work, family, health, etc., can be very overwhelming. Not to mention dealing with Covid for the last couple of years. Many of us try to "tough it out", only to become angry and frustrated when we aren't able to pull it off. People are often reluctant to admit they need help, let alone ask for it. One of the areas where most of us fall short is self-care. While this topic may be foreign to some of us, the idea of self-care has actually been around since Socrates, who is credited with founding the selfcare movement in ancient Greece. I can remember growing up and being taught to care for others whenever possible. Self-care was never taught or discussed in my house. Thinking back, I would have benefited greatly if my parents had practiced and taught self-care to my sisters and me. I'm not talking about taking a vacation once in a while, which my family did, but I'm talking about adopt-

ing a lifestyle where selfcare is as important as caring for others.

So what exactly is selfcare? There are many definitions that exist, and one of my favorites is "the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress." Sounds pretty logical, even simple, right? It can be, but it can also be challenging and seemingly unattainable. Think for a minute about some times in your life when you've felt out of balance, anxious, behind the 8-ball, unable to sleep, etc. I bet there were things you could have done to help yourself get through it, but weren't able to for one reason or another. I think we all have a basic idea of what self-care is, so let's talk about some ways to include the practice into our lives.

First of all, self-care does not need to be complicated or expensive, but it does need to be practiced. It can help you bring out your best self, and turn some otherwise negative situations into positive life experiences. One of the important aspects of selfcare is to understand that in order to be our best at taking care of others, we first need to take care of ourselves. This is a hard concept for many of us to understand. Taking care of yourself first is not selfish, it's essential. Remember what they tell us to do in an airplane if the oxygen masks come down out of the ceiling? Put your mask on first, then assist others. I'm going to share a few ideas of how to start your own selfcare routine.

Stop neglecting yourself. Put YOU at the top of the list of people you care for. Are you paying enough attention to your needs? In order to help others, we must attend to ourselves, so that we are capable and prepared to help others.

There is so much more to this topic that I will continue this in the next issue. I encourage you to research this topic on your own... you'll be amazed at the information that's available.

Jay Harnden, CCC, CCLC Family Coaching Solutions 408.449.3057 www.FamCoach.com

DOUBLETREE CAMPBELL WEDDINGS



Your one stop shop for your SPECIAL day!

Guest Room Blocks, Ceremonies, Receptions and much more!

- \$7.2 Million Hotel Renovation completed Summer 2020
- 169 completely redesigned guest rooms including 2 Bridal Suites Outdoor Garden Terrace accommodates up to 100 attendees
- Event space for wedding ceremonies, wedding receptions, rehearsal
- dinners, farewell brunches, bridal showers and more



The madness would appear to be among those passengers who fail to respect the law. In the first three months of 2022, over 60% of cases of unruly passengers were related to face masks, according to figures issued by the Federal Aviation Administration (FAA).

Whether you agree with the Mandate or not, it is the law. It is just the same as the seat belt requirements on automobiles. It is designed to protect you and those around you. In addition, as we are constantly reminded on board, we must obey the instructions of crew members. Airlines can use that catchall with Federal backing.

For airlines, the Mask Mandate has caused serious issues among passengers who think they know better. Flight attendants have a tough enough job looking after our stupidity on board without the burden of mask enforcement.

The Federal Mask Mandate is set to expire on April 18th. When the Mandate is lifted, the wise ones will still take precautions like wearing a facemask during the flight, wash and sanitize your hands before and after eating, and make sure your

International travel is very different. The main requirements will be based on the laws at the destination country and these are constantly changing. Last month I flew from San Francisco to London, UK, with United. At the time of departure both the US and UK required that masks were worn throughout the flight except when actively eating or drinking. I found it relatively easy to cope with, even on an 11-hour flight.

One country you might consider flying to is Ireland where mask requirements have been removed, not just for flights but also for indoor settings including airport terminals.

The one thing with all this mask madness I found rather amusing was not aviation related. Prior to the mask mandate, if you walked into a bank wearing a mask, you would set off the security alarms and would be surrounded by police and armed guards!

John MacCalman,

Travel + Aviation Consultant. Journalist, Broadcast Producer and Web Editor.









- Courtesy room block agreement with no financial obligation for unused rooms
- Personalized wedding webpage with a 1 click reservation link
- Complimentary gift bag distribution at check-in (gift bags provided by wedding party)
- Complimentary high speed guest room WiFi and self-parking •
- Complimentary use of outdoor Pool, Whirl Pool Spa and Fitness Center
- PY Kitchen Restaurant & Bar with outdoor Wine Garden
- Numerous restaurants, retail and entertainment options footsteps away



Where the little things mean everything. The

DoubleTree by Hilton Campbell – Pruneyard Plaza www.campbellpruneyardplaza.DoubleTree.com

Please call our Wedding Specialist at (408) 558-4284

vaccines are up to date.

Some may argue that masks impose upon personal liberties and people should be free to make their own decision. Freedom is one thing, infecting those around you with your "freedom" is another. If you had AIDS, should you be free to carrying on your life without a care for others around you?

Beyond this date, it is probable that you can fly domestically without wearing a mask, but some terminal buildings may still be subject to mask requirements depending on State laws.





FULL MENU AVAILABLE TAKE OUT OR DELIVERY (Door Dash) Hours: Mon - Sat: 10am - 2:00am Sun: 10am - 1:00am

Let us take care of your Business or Private Party/Event (408) 559-7930 Call Us For On Time Catering

1777 S. Bascom Ave #E., Campbell, CA 95008 GET OUR JAKE'S CARD ONLINE: www.tt



CLASSIFIED

The Campbell Press April 5, 2022 - page 13







Campbell Crime Report

By Karen Smith

200 Block Union Avenue: Suspect and Victim got into an argument which violated a peaceful contact order. Report Hamilton Avenue/Almarida Drive: Suspect caused a disturbance and was contacted. It was determined Suspect possessed heroin and drug paraphernalia. Cited 1900 Block W. Hamilton Avenue: An unknown Suspect has been gaining access and camping in a crawl space. Report 70 N. First Street: Suspect caused a disturbance in the Campbell Police Department lobby and was determined to be under the influence of a controlled substance. Cited 1600 Block La Pradera Drive: Victim reported that his wife slapped him during an argument three weeks ago. Report 900 Block E. Hamilton Avenue: Suspect stole Victim's yellow 2016 Yamaha R6 motorcycle. Report 1900 Block White Oaks Road: An unknown Suspect took the rear tire from Victim's 2005 Prius. Report **1300 Block Peggy Avenue:** Victim told Suspect's wife

to stop looking at him. Suspect came over to Victim's house and threatened to kill him. Report 1800 Block South Bascom Avenue: An unknown Suspect took packages off Victim's porch \$85. Report worth **1700 Block South Bascom** Avenue: Suspect One and Suspect Two were stopped for a California Vehicle Code violation. Suspect One is on parole, and during a search stolen liquor for CVS was located. Suspect One also had California Driver's Licenses that did not belong to him. Suspect Two had a glass pipe and several warrants for her arrest. Suspect One was cited and Suspect Two was booked. 600 Block Monica Lane: An unknown Suspect cut the lock on the Victim's work van and stole items. Report 700 Block W Hamilton Avenue: Suspect was observed inside the building by property managers. Suspect fled prior to Police Department's arrival. Report 500 Block W. Hamilton Avenue: Santa Clara County Fire Department responded to a smoke investigation which was determined to

have started in a room rented by Suspect. Coincidently, Suspect was stopped outside the hotel acting suspiciously, and was determined to be under the influence of meth. Fire personnel located narcotics in his room while extinguishing the fire, which originated in the bathtub. A consent search of the room revealed meth, and meth pipes. Suspect's vehicle was searched, and metal knuckles were located. Booked 2100 Block S. Winchester **Boulevard:** Suspect was in the business with no shirt on and under the influence. The manager desired prosecution. Booked 2300 Block S. Winchester Boulevard: Suspect was causing a disturbance and found to be under influence. Booked the 1800 Block Montemar Way: Suspect was called in as suspicious. Upon contact, Suspect was driving a stolen Camry from Fremont and had an enclosed box trailer attached to it. The trailer is not confirmed stolen, but Suspect said he found it. Suspect had also stolen a license plate from another Camry on Apricot and attached it to the rear of the

stolen car. A glass pipe was located in the car. Booked 400 Block W. Rincon Avenue: Officer located a stolen black 2012 Honda Civic with a stolen license plate attached to it. Report **300 Block Sunberry Drive:** Two male Suspects in dark clothing took the catalytic converter from Victim's Honda Accord. The Suspects were driving a newer white Audi with tinted windows which fled from the officer. Report 700 Block W. Hamilton Avenue: Suspect was causing a disturbance. The Suspect threatened to fight the employees and customers. An employee desired prosecution against Booked the Suspect. 1400 Block W. Latimer Avenue: Suspect, in a silver BMW, stole mail from the United States Postal Service truck. Report **1000 Block Linda Drive:** An unknown Suspect stole the catalytic converter from the Victim's blue 2007 Honda Accord. Report <u>300 Block E. Hamilton</u> Avenue: Suspect threw an unknown substance at the Victim and fled the scene. The Victim wanted prosecution against

Suspect. Report the 1800 Block S. Bascom Avenue: Suspect was denied entry. Suspect threatened to kill Victim who is the manager. Victim desired prosecution. Suspect was contacted and arrested. 400 Block E. Hamilton Avenue: Unknown Suspect took Victim's white 2000 GMC Safari van while she was shopping. Report Wall across from 300 Railway Avenue: Unknown Suspect was seen by a passerby spray painting the wall. Suspect is described as an unknown race male, with a blue hoodie, and blue jeans. Report 1400 Block Ontario Lane: Suspect hit his sister and other family members during an argument. Suspect fled prior to Police Department's arrival. Suspect later went to Main Jail and turned himself in on a warrant. Booked 1300 Block Hacienda Court: Unknown Suspect took the catalytic converter from Victim's Honda Accord. Report 1500 Block La Pradera Drive: Unknown Suspect took the catalytic converter from Victim's Honda Accord.

Celebrating Life, One Story at a Time



Darling Fisher has served the community with exceptional compassion and care since 1936. We help families create fitting, memorable and affordable services for their loved ones:

-HIL

Darling + Fischer Family Mortuaries Since 1936

Darling Fischer Campbell Memorial Chapel

231 East Campbell Avenue, Campbell, CA 95008 www.darlingandfischer.com Office: (408) 379-5010 • Fax: (408) 379-5016 • FD898 Established in 1887, we have served Los Gatos, San Jose and surrounding communites for generations. We serve all faiths and all traditions. Many pioneering families or notable individuals are buried or inurned in the Cemetery. You will always find Los Gatos Memorial Park a peaceful place to remember your loved ones.

LOS GATOS MEMORIAL PARK

Los Gatos Memorial Park

2255 Los Gatos-Almaden Road, San Jose, CA 95124 www.losgatosmemorialpark.com Office: (408) 356-4151 • Fax: (408) 356-7893



LOCAL

Books Inc.

By Charlotte Von De Bur

As we spring forward into April, temperatures are climbing, the days are lengthening, and everything is gearing up to bloom. Grabbing a book and reading it outside is the perfect way to enjoy these long, warm days. This month is also a time to reflect upon and celebrate our many religious traditions; Ramadan, Easter, and Passover are all just around the corner. If you're looking for a book about the holiday to share with a kid in your life, may we recommend one of the following?

For Ramadan, which begins Saturday, April 2nd, check out Hannah and the Ramadan Gift by Qasim Rashid. Eight-year-old Hannah is too young to fast for Ramadan, but Dada Jaan has plenty of ideas of how Hannah can help! He teaches her that Ramadan is a reminder to Muslims to help those in need and serve their neighbors and communities. The story follows Hannah as she tries to help out at home and school, and learns a few lessons along the way. Human rights activist and attorney Rashid has created a fun and engaging story that encourages kids to take action to help others, all while learning from the wisdom and guidance of their friends and families.

Next around the corner is Easter, which falls on April 17th this year. We'd recommend checking out

April 15th this year. For a fun, Yiddish-inflected read, don't forget to pick up The Little Red Hen and the Passover Matzah by Leslie Kimmelman. This fun take on the classic tale follows Little Red Hen as she bustles around the farm making matzah for her seder, all while trying to get her animal friends to pitch in. Kimmelman's twist on the little red hen story encourages children to reflect on responsibility, generosity, and the power of forgiveness. The book includes a matzah recipe and some background on Passover beliefs and rituals, making it a great pick for kids from all faith traditions.

Finally, don't forget to close out the month by joining us on April 30th to celebrate Independent Bookstore Day! Don't forget to watch our website, Twitter, and Instagram for the most upto-date information about author events and promotions for the occasion. As always, we can't thank you enough for shopping local and independent with us, and we look forward to bringing you more great reads this spring!

How to grow a salad

Campbell is a good place for a salad garden. Fresh Romaine, red-leaf and butter lettuces, crisp cucumbers, and sweet, sun-warmed cherry tomatoes can all be free for the picking.



Mixed lettuces make lovely borders. (Kate Russell)

You can grow a salad in containers on a balcony, as a border to other plantings, or in a patch of yard. These plants need plenty of sunlight, but many grow in partial shade, too. Just be sure to put taller plants behind shorter plants to ensure they all get the sunlight they need.

Like any garden plan, it all starts with the soil. Campbell landscapes tend to contain a lot of clay. Clay holds more water and nutrients than other soils. And it can harden like concrete. You can counteract compacted soil by covering it with a 4" layer of wood chips and watering occasionally. Worms and helpful microorganisms will do the work for you. Wood chips are often available for free from local arborists.

An inexpensive lab-based soil test will tell you if fertilizer is needed. These tests provide valuable information because too many nutrients can be a bigger problem than not enough. These tests cost about the same as a large bag of fertilizer. If you decide to grow your salads in containers, make sure they have drainage holes and are foodsafe. When you fill a planter with potting soil, do not put rocks or other fillers in the bottom of the pot. Roots need soil, not rocks.



Even a simple wooden box can provide fresh ingredients for a salad. (Kate Russell)

Annual salad plants include arugula, bokchoy, cilantro, dill, lettuces, mizuna, radishes, and spinach. Get a bigger harvest by replanting annuals every few weeks. Beets, kale, parsley, and Swiss chard are biennial salad plants. Generally, they go to seed in their second year. Perennial plants, such as chives, Malabar spinach, perennial rocket, and sorrel, will return each year without replanting. As always, follow instructions on seed packets.

Hot summers can be hard on salad crops. They prefer cooler weather and often go to seed in summer. If you let some of these plants produce seeds, they will attract beneficial insects, and you may find salads popping up in new locations.

Beer traps help control any snails attracted to your salad patch. And strong blasts of water from a hose can dislodge many aphids. If you do this early in the morning, leaves will have time to dry before nightfall, preventing many fungal diseases.

Since most seed packets contain more seeds than you will ever use, why not get together with some of your friends and neighbors for a seed swap?



Cucumbers can be trained up a stock panel. (Kate Russell)

And keep planting those seeds!

Kate Russell is the author of *Stop Wasting Your Yard!* She also maintains a science-based gardening blog, *The Daily Garden*.





God Gave Us Easter by Lisa Tawn Bergren This is another installment in Bergren's popular God Gave Us series and is available in both board and picture book formats for kids of all ages. The book follows Little Cub the polar bear and her father as they walk in the woods and learn about the meaning of Easter. Dynamic blue and white drawings bring the Easter story and its lessons to life for young readers. This book is a wonderful choice to read and discuss over the holiday.

Last but certainly not least, Passover begins on Friday, 25 S. Central Ave. • Downtown Campbell www.import-connection.com "For the Discriminating Few Who Insist on the Best"

Offering Weekly, Bi-Weekly Service
Will Calls • Move-Ins • Move Outs
We do complete Bathrooms • Kitchens
•Heavy Dusting • Vacuuming • Hardwood Floors
•Windows Inside & Out • Screens
•Construction Clean Up

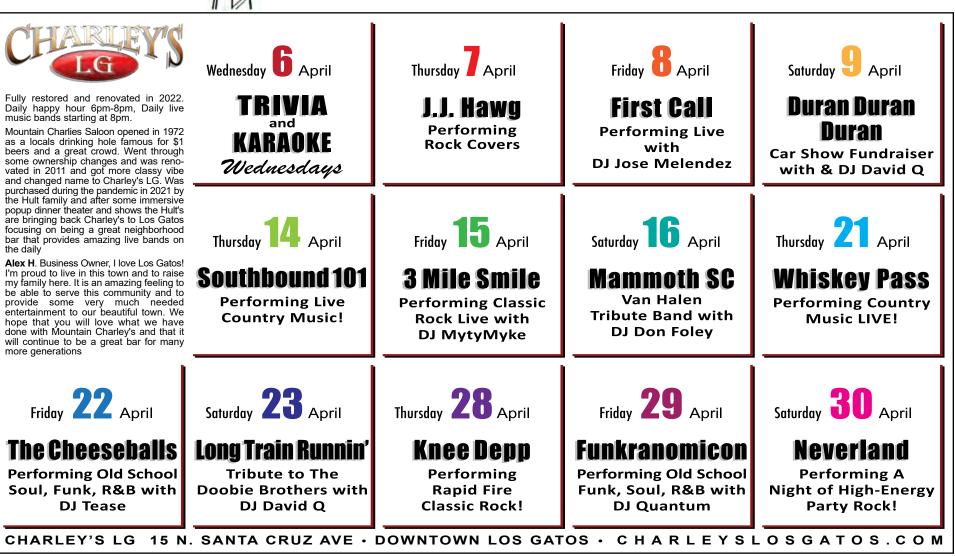
ATTENTION: Real Estate & Property Managers ASK ABOUT OUR RATES.

Eddy "Cowboy" DeVincenzi OWNER/OPERATOR (408) 568-1325 Please Leave a Text Message Los Gatos Cleaning Co. - Since 1968



more generations







The Campbell Chamber Winner For the Campbell Veterans Memorial Foundation Dan Furtado, center, with Lucille and Jim Free at the Capital Club in San José

Aysel Ogul Mike Kotowski Honorary Scholarship



Jazzy Nguyen Sally Howe Memorial Scholarship



Selin Kocalar Betty Deal Memorial Scholarship





Campbell Chamber Scholarship Winners



CELEBRATING 49 YEARS IN CAMPBELL & 38 IN THE BRIGHAM FAMILY



OPEN 7 DAYS A WEEK INDUSTRY MONDAYS | 9PM KARAOKE WED + THU 9PM

300 ORCHARD CITY DR DOWNTOWN CAMPBELL

KHARTOUMLOUNGE.COM @KHARTOUMLOUNGE

CUT OUT & BRING IN, FOR A COMPLIMENTARY BEVERAGE.



One of the largest structure fires in Campbell's history occurred last month, when a fifty thousand square foot vacant industrial building on Dell Ave. burned for more than a day.



Five alarms rang out bringing many bay area fire departments to the scene. The building was apparently set to be demolished a short time later, and the cause of the fire is still under investigation. Photo credit Greg Ramar