

THE CAMPBELL PRESS



Serving the Community for over 125 Years



VOL. 03 No. 4 **YOUR #1 COMMUNITY NEWS AND INFORMATION SOURCE!** **FEBRUARY 5, 2023** **FREE**

CAMPBELL. The biggest little city in the world? (Sorry Reno)

By Matthew C. Howe

According to many sources on the planet, there are 32 other places in the world named *Campbell*. Campbell originally derived as a Scottish surname that dates back to the 16th century and later by the 18th century a Northern Irish surname as well. It is said to have Gaelic roots "Cam" (crooked) and "Beul" being (mouth) thus meaning 'crooked mouth' or 'wry mouth.' This doesn't surprise me. At one time, The Campbells emerged as one of the most powerful families in all of Scotland. The name of our great city was brought to California in the late 1800's by our city's founder Benjamin Campbell through his family's heritage. Previously Campbell was named The Orchard Valley and wasn't christened a city until 1952.

In America, the *Campbell* name is spread over 25 regions that include towns, townships, counties, areas, zones, communities, a train stop, a reservation and even a ranch located southeast of Carson City, Nevada, consisting of around 1200 Yerington Paiute tribe members. Surprising to me, Campbell, California is not the furthest one to the west either, since it turns out there is *Campbell Island*, in British Columbia as well as *Campbell, Alaska*. But with decades of tour adventures crisscrossing the

lower 48, never once have I come across another place called *Campbell*. Without ever really knowing it though, I discovered that I had been very close to one or more on a few occasions. Had I traveled twelve miles this way, or forty miles that way, six miles north, or sixty two miles southeast, I would have come across another "*Campbell*" and been thrilled to have done so. Surely, I would have taken out my camera and snapped photos to prove it and exploited it on social media. When someone would ask me where I am from, I usually say that I am from 'San Jose.' I figured the odds of them knowing or hearing that location was quite a bit better than if I had said "*Campbell*." Dionne Warwick's 1968 hit "Do you know the way to San Jose?" among other reasons I thought might help me out a bit too in that department. Even if I had to sing the once popular tunes chorus to them. Apologies were usually accepted. On occasion, (and depending on my surroundings and if I had just



Photo: © Matthew C. Howe

ordered food or not) I would follow up with "I'm actually from a neighboring community called "*Campbell*." That statement (more often than not) would trigger confusing inquisitive stares from them or response's that included "The one in Costa Rica?" or "That's where they make all the canned soup, right?" This of course would always make me chuckle and tell them that the Campbell Soup factory is actually back in Camden, New Jersey.

But as my curiosity got to me over time, I began to peruse the available data on the various places in the world named *Campbell*. I discovered one of the largest *Campbell* populations was actually a suburb of Canberra in Australia with a population of just over 6,560. I

became quite curious as to where we stood on the demographic and population scale of these places called *Campbell*, especially in America. So how do we fare compared to all the others?

It turns out that many of these places, although many were founded before ours, never grew to the capacity in such the way that we did. For example, the 2019-2021 Census reports these *Campbell* populations: Ohio 7,552. Wisconsin 4,314. New York 3,180. Missouri 2,200. South Dakota 1,550. Texas 542. Nebraska 248. Then there is *Campbell, Alabama* with a total population of 138. That said, it has 105 women and only 33 lucky men? Nearly 77% living there are female!? You single men out there please take note. Quite an interested

statistic to say the least. After I broke down several *Campbell* demographics, I determined there just wasn't enough space to fit it all in here. But one thing I can say is that *Campbell, California* is by far the largest city by that name in the world with a population of nearly 45,000. I guess we should all be proud of that, and it's continued growth and plans for the future will carry us on to always be #1 in America. I'm certainly proud to call myself a fourth generation *Campbellite*. If you're a resident here, you should be proud too. I have seen *Campbell* grow from large plum and apricot orchards and the early morning smell of the Sunsweet cannery, to the sprawling community it is today. The ones that came before us have done a marvelous job with creating slow development here that has continued to expand at a consistent rate. However economically, *Campbell* has become a two-income place to live and without a high-paying job, it's getting more challenging to thrive here. But more affordable housing will soon become the life-bread of all the cities in our area and will be required and a very necessary thing to develop more and more as we move forward in this wonderful place to live and great place to call home.



PIC OF THE MONTH

Photo: © Matthew C. Howe

Campbell Little League field being prepared for opening day on March 11th.

MISSION VALLEY CHORUS JOIN US FOR OUR 1ST EVER ALL YOU CAN EAT

Crab Feed

with Pasta, Salad & Dessert

Saturday March 4, 2023 at 6pm

Orchard City Banquet Hall
in the Campbell Community Center
1 W Campbell Ave, Campbell, CA 95008

Ticket Prices per person: Advance - \$80 / At the Door - \$90

Wine / Beer / Soft Drinks will be available for purchase

Purchase Tickets at:
<https://www.eventbrite.com/e/crab-feed-tickets-503035581967>

www.missionvalley.org



WORD OF THE MONTH

"KAITIAKITANGA"
(NOUN)

Guardianship of a natural environment.



THE CAMPBELL PRESS

Published monthly by
THE CAMPBELL PRESS

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:

Adam Buchbinder
Kristen Frank
Carol W. Gerwitz
Jay Harnden
Matthew C. Howe
Chris Jackson
John MacCalman
SAM/Sharon McCray
Alicia Mont
Celeste Martin Nathan
Kerry Perkins
Jill Scarnecchia
Margaret Schieck
Ed Sengstack
Joe Simitian
Cassie Stark
Nancy O. Whitney
Sam Wilson

Graphic Design:

Alicia Mont
Lisa Norene Farrar

thecampbellpress@gmail.com



HAPPENINGS

2023 is starting out to be a great and busy year for the Campbell Museums! We are very excited to have so many different offerings this coming spring at both the Campbell Historical Museum & Ainsley House. For the latest updates, events, and information please visit our website: www.campbellmuseums.com

The Campbell Historical Museum Reopens!

This March the Campbell Historical Museum is re-opening after three long years. We closed March 2020 due to the COVID pandemic and then the facility suffered two separate flooding incidents that kept the Museum closed to flood remediation. The Museum will reopen for field trips beginning on March 14. We are hoping to recruit volunteer greeters to help keep the museum open to the public on weekend. Our public hours will be Friday-Sunday, 11am-contact Museum Supervisor, Kerry Perkins kerry@campbellca.gov (408) 866-2718

The Museum is also hiring for a part time Program Assistant to help run on site field trips that take place at the Historical Museum. For more information please visit the Museum website: www.campbellmuseums.com.

The Ainsley House Reopens:

The Ainsley House closes during the winter to clean up after hour Holiday decorations and events. The Ainsley House will reopen for public tours on March 3, 2023. Public Hours for the Ainsley House are Friday-Sunday, 11am-3pm. Coming in March to the Carriage House at the Ainsley House is a new temporary exhibit: *From Miasma to Germ Theory, Treating Illnesses before Modern Medicine*.

Volunteers Encouraged!

The Campbell Museums is recruiting for a variety of 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 commitment.

What: Volunteer Orientation: Wednesday, February 15th
Time: 3pm

Where: The Carriage House (garage structure located next to the Ainsley House)
Who: Open to anyone who wants to learn more about Campbell Museum Volunteer opportunities.

Continued on page 11

HERE'S HOWE



It's interesting how a pandemic can not only bring about opportunity for change but opportunity for income growth and beautification too. For some downtown restaurants on Campbell Ave. the time has now passed to apply for design grants for two different styles of semi-permanent parklets on the street in front of their restaurants. The 'Water Tower' design and the 'Orchard' designs are the options that have been presented to these businesses. These would replace the areas that have been cordoned off by the not-so-pretty but effective concrete barriers that have been currently placed in those spots to protect patrons and to allow for outdoor seating. They have been there so long now, that we are all used to them and have all forgotten they took away some parking places, and it would look odd for them to no longer be there. I don't think there is a single business that wants them to go away at this point. Aquí, Tessorá's, Willard Hicks, Sushi Confidential (to name but a few) would be foolish to say that these structures wouldn't continue to benefit their restaurants financial potential. For more details on the parklet grants and designs, see the City of Campbell's website at campbellca.gov. Now that I am traveling once again, it's harder to keep my finger on the pulse of the activities, but there seems to be a plethora of things coming up.

12:30pm-2:30pm in the OCBH at the Community Center. If your teen needs a summer job, this event may help them achieve that very thing. Go to bit.ly/campbell-jobfair. If you have questions, contact Gayathri at gayathrib@campbellca.gov. The Miss NorCal Beauty pageant will be held at the Heritage Theatre on February 18th for those of you interested in who in our area may one day become Miss Teen USA. I wish I wasn't going to miss 'The Highwaymen Show' coming up on February 25th at the Theatre too. These guys are really a great act and represent the music of Willie Nelson, Waylon Jennings, Johnny Cash, & Kris Kristofferson like no other in the country. I highly recommend seeing this performance. The City of Campbell has several job openings including maintenance, recreation, and police officers and trainees. If you or you know of anyone interested in those positions, please go to the city website to apply. Maybe you'll get to hang out with one of their new canine friends! Happy Valentine's Day to all!

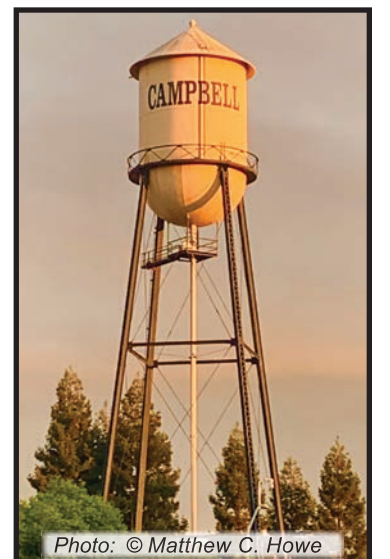


Photo: © Matthew C. Howe

THEN AND NOW



Photo courtesy Campbell Historical Museum/Susan Brey.



Photo: © Matthew C. Howe

This photo taken back in the 1930's. It shows the first building just to the west of the railroad tracks on Campbell Ave. with its art deco diffused glass design that is still a part of the building today. I noticed that it appears it may have been a pharmacy or doctors office displaying the medical "plus" signs overhead. It is now the home of Momstera. The first movie theatre in Campbell (now Level Up), is shown in the background, which later became a vaudeville performance venue.



Thoughts on Libraries

By Carol W. Gerwitz

Although the word “library” normally evokes a vision of books, for me it brings up lifelong memories of libraries, starting when I was a small child living on a farm. We were regularly visited by the “bookmobile” from the local library. I remember struggling to reach up to the first step into the bookmobile van and then popping up into the magical world of books. The children’s books were in their own special spot tucked in the back of the bookmobile, and I had the luxury of choosing several to enjoy for two whole weeks.

I started school and eventually weekly piano lessons after school. The reward for piano lessons (so I thought at the time) was visiting the library after my lessons. I could not wait for Library Day Wednesday! The town’s public library was housed in a cool brick building built in 1921 which also housed the town clerk’s office, a youth center, and a tiny jail in the basement inside the men’s bathroom! But the library was my sole destination. As I grew

up, the library, always a source of marvelous fiction, became a source of research material. Remember card catalogs? Encyclopedias? Finally I was old enough to legitimately use the “cool” area of the library where the encyclopedias and high school kids hung out, ostensibly to research homework projects.

Presiding over this wonderful place was the town librarian, Mrs. Timmerman, armed with her black ink pad and date stamper. Each library book had a pocket inside its cover that held a card to record the borrower’s name. That card was replaced with a card date stamped with the book’s due date. Mrs. Timmerman was the voice of authority as she stamped her date stamper onto the ink pad and then thump! onto the card. I coveted that date stamper!

Mrs. Timmerman was also the self-designated authority of who read what. It was a small town, and she knew her library’s patrons. In my senior year of high school, one

of my classmates wanted to check out “Catcher in the Rye”. Mrs. Timmerman questioned why. My friend replied that she wanted to read it as college prep, to which Mrs. Timmerman replied, “Wait till you’re in college.”

I left that little town and moved to cities and have always taken advantage of public libraries. When travelling my husband and I sometimes search out libraries. If we find a Carnegie library, we feel we’ve hit a jackpot. (There is a Carnegie library in Paso Robles, built in 1907.) We were in awe of the majesty of the Boston Public Library, but it placed second to the Jefferson Building of the Library of Congress. Unfortunately our visit to that magical building was cut short due to a fire drill!

I know that many of you share my love of libraries. Right here in Campbell we have a jewel of a library. Stay tuned for information and ways to utilize its plethora of services it offers to our community.

PUBLISHER NOTES

By Nancy O. Whitney

Local music event

This month, I’m proud to announce a very special music event is taking place! A tribute to ‘Jack Ortolani and The Garage Band’ is being held on Sunday, February 19th from 2-5pm at Charley’s in downtown Los Gatos. Many of you would remember ‘The Garage Band’ and their many shows they performed in the Bay Area including playing several years at the Garlic Festival and Bay Area Wine and Arts Festivals; not to mention many private corporate events. If you are a local musician from the past 40 years, then you most likely knew Jack. Jack was a phenomenal keyboardist and a charming guy that worked at both Guitar Center and Guitar Showcase throughout his career and happened to be my big brother. So many great musicians including one of our favorite musical duos Thom and Mary Ellen (who were in the Garage Band together) sax player Danny Hull who played on Journey’s Raised on Radio album and performed with the Doobie Brothers for a stint, plus Rock & Roll Hall of Fame drummer Greg Erico from Sly and the Family Stone among many other special guests will be there. Check out our Campbell Retro Rock section on page 15 that features TGB this month.

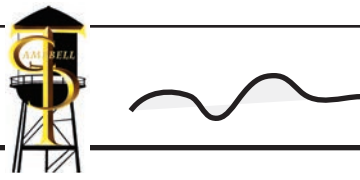
The Heritage Theatre has started their spring season with some great performances. Check out our back page that highlights the most recent concert with ‘The Marshall Tucker Band.’ TCP will list the theatre’s upcoming show schedule, including community and school

performances in our entertainment section too.

Last month, The Campbell Press held its second anniversary party to thank our contributing writers and key supporters. We all enjoyed the fun, and each member received their due recognition for their time and dedication. A very special thanks goes to Matthew C. Howe; our Editor-in-Chief with his busy schedule (who couldn’t be there this year due to his tour with Journey and Toto) who took the time and dedication with his award winning talents to restart this newspaper from scratch with me back in 2020 and take the chance in bringing the newspaper back to our community in full-swing. As we started the plan for this publication, it was agreed to honor all those that went before us, including Trevor and Stephon Hansen, Kevin Spalding, and Matthew’s sister Roberta Howe, but especially their mother Sally Howe, the previous owner of the Campbell Express. For decades Sally was the personality of the local newspaper, a huge community supporter as well as a past Citizen Of The Year. She left big shoes to fill and we realized no one could easily do that. Thanks to all the contributors! We are happy that many of you are calling us with your questions and comments. We always appreciate your support! This is the truly the best place for you to reach out to the local market and share your story and advertise. Thank you to everyone for the support and helping us build the community!



February		CAMPBELL REAL ESTATE				February
ADDRESS	SALES PRICE	B/B	AGE	LOT SIZE	SQ. FT.	
SOLD/CLOSED ESCROW, SINGLE FAMILY HOMES						
W. Hacienda Avenue	\$2,950,000	5/3	26	9071	3350	
Maximallian Drive	\$2,000,000	4/2	60	6000	1486	
Ensenada Drive	\$1,793,500	3/2	65	6180	1602	
Via Salice	\$1,725,000	3/2	60	6504	1242	
Waldo Road	\$1,633,000	3/2	60	7536	1706	
Louise Court	\$1,570,000	3/2	61	6656	1276	
Jeffrey Avenue	\$1,560,000	3/2	59	6215	1275	
Boise Drive	\$1,500,000	3/2	63	6552	1542	
Sobrato Drive	\$1,476,000	3/2	59	6180	1407	
Harrison Avenue	\$2,450,000	5/4	73	9417	3546	
SOLD/CLOSED ESCROW, CONDO/TOWNHOMES						
Albatross Court	\$915,000	2/2.5	40		1190	
Robin RidgeWay	\$1,775,000	4/3.5	5	1106	2159	
W. Hacienda Avenue	\$1,201,000	3/2.5	33	1947	1589	
W. Sunnyoaks Avenue	\$1,110,888	3/2.5	40		1635	
Shelley Avenue	\$1,020,000	2/2.5	41		1280	
Ponderosa Terrace	\$840,000	2/1.5	49		970	
Redding Road	\$810,000	2/1.5	42	944	1279	



WEST SAN JOSE – CAMPBELL LIONS



By Art Lowe

Lions Club Service Projects
Student Speakers are needed. The Student Speaker Contest is open to all students in grades 9 -12. This year's topic is: "Social Media Connects Us or Isolates Us? Contestants who progress to the state competition have an opportunity to win \$21,000! The competition starts at the local club level and proceeds through the zone, region, and district levels of competitions ending several

months later with a state-wide competition. For more information please contact wsjclions@gmail.com.

On Jan. 7, County Supervisor Susan Ellenberg visited our last District 4-C6 Lions eyeglass sorting event, told her story about visual impairment, and gave commendations to Lions in Sight Vista Center for the Blind & Visually Impaired and our District. Many volunteers

are needed at our upcoming eyeglass sorting event held on March 4 at Vista Center for the blind. Volunteer with us for part of the day or work the whole day. Thousands of donated used eyeglasses will be sorted, and the good ones are rinsed and dried. Lunch is provided. If interested, please email wsjclions@gmail.com.

Update: Our comedy night has been rescheduled to Sat.,

Apr. 29. Save the Date for a great night of laughs. More details to come.

We've recently provided white cane scholarships for low-income, blind, and visually impaired residents, and our ongoing monthly service at Martha's Kitchen and Grateful Garment are other opportunities to help in our community.

We continually work to raise funds for our five global

causes of vision, hunger, the environment, diabetes, and childhood cancer. Our club is a fun and social group of men and women interested in improving their neighborhoods through service events and activities. We welcome donations and encourage community members to join us. For more information visit our website www.wsjclions.org



Supervisor Susan Ellenberg presented three commendations: Stan Weizmann and Melinda Blaza representing Lions District, Larry Hidalgo and Art Low of Lions In Sight, and Lisa Quan of the Vista Center.

WORLD-RENOWNED CAMPBELL SURGEON JOINING LOCAL NONPROFIT TO SERVICE CHILDREN IN NORTHERN CALIFORNIA

By Maggie Rich

Dr. Laurence Berkowitz with Aesthetx, a Campbell multi-specialty physician team, was born with a purpose. His father, as an infant, was denied cleft lip surgery due to his inability to pay the surgeon's fee. Seared by this experience, the father quickly saw promise in his own son, who, even as a young boy, showed the promising dexterity necessary for a career as a surgeon.



Dr. Laurence Berkowitz, Aesthetx

Pursued with passion, Dr. Berkowitz has spent his life dedicated to repairing cleft

lip and palates around the world. But he didn't stop there. After having two grown biological children,

Dr. Berkowitz decided to adopt five children who have each navigated their own physical and mental challenges—one of whom was originally denied by a prospective family due to his cleft lip and palate. Needless to say, Dr. Berkowitz is no stranger to children in need of extra medical attention.

Enter local Bay Area nonprofit Coastal Kids Home Care, California's only pediatric home health agency, with a mission to "meet the

unique needs of medically fragile children in the comfort of their home." Founder and longtime pediatric nurse Margy Mayfield was driven by a similar mission:



Margy Mayfield
Coastal Kids Home Care

our Board of Directors. First, as the parent of children with unique medical and educational needs, he can understand how vital in-home care is for our pediatric patients and their families. And the fact that he is also a distinguished surgeon, with a strong background in helping children, offers another valuable perspective to our Board."

Headquartered in Salinas yet servicing the needs of children across the Bay Area, Coastal Kids is always looking for more ways to expand their reach. One way they're continuing to do this is through their annual Touch-A-Truck event. Typically held in Salinas, this family-friendly event is making a debut at History Park San Jose on April 15th. With 50+ vehicles of all shapes and sizes to touch, food trucks, games, music, and much more, you'll want to mark your calendars! If your business is interested in providing a work vehicle, a sponsored tent, or something else, please reach out to maggie@prxdigital.com. All proceeds go directly toward Coastal Kids Home Care. Learn more about the local nonprofit at www.coastalkidshomecare.org and Aesthetx, the Campbell multi-specialty physician team, at www.aesthetx.com.

children deserve high-quality home health care, and this service could be offered with very low overhead.

"Coastal Kids Home Care fills the gap between what's available and what's not available to people," Dr. Berkowitz explains. "Having lived through all that myself, I know what the expenses were and how little insurance can cover. I was extremely fortunate to have resources, but others are not so lucky. Coastal Kids' mission really struck a chord with me."

It was a perfect fit. Margy Mayfield made the official announcement: "Coastal Kids Home Care is thrilled to have Dr. Berkowitz join



By Margaret Schieck, chapter President
Campbell AARP Chapter 5151

In lieu of a regular general meeting, the Campbell Area Chapter 5151 of AARP savored a 28th anniversary luncheon at Casa Lupe Restaurant. Delicious Mexican cuisine and lots of stimulating conversation were enjoyed by all participants.

At the luncheon, a plaque was on display congratulating the chapter for over 25 years of voluntary service to our community. Campbell area seniors are proud 'to serve, not to be served'. As a portion of that service, several members of our chapter participated in the glasses sorting event held in January at the VISTA center of Santa Clara Valley. This has become an ongoing volunteer activity for the chapter in partnership with the Lions Club of Campbell and west San Jose.



Many of our households experienced power outages, some lasting several days during the strong winter storms. The chapter telephone committee, under the able leadership of Joy Walsh, has kept in contact with members and, checking on one another during this difficult time. Thank you, Joy.

The topic for the general meeting on Feb. 21 will be 'Hospice Care'. The meeting will be held, as usual, on the second Tuesday of the month in Room Q-80 of the Campbell Community Center. Coffee and socializing begin at 9:15am and the program starts at 10am. Hope to see new members there. One does not need to be a resident of Campbell to join.

In the meantime, happy Valentine's day, and enjoy President's day weekend. Stay safe and dry.



Dislocated Knee and the Stomach Channel

By Dr. Tronica Vanzant DTCM, L.Ac.

I dislocated my knee the other day. I don't recommend it. I was cleaning up at the end of the day. My right foot was firmly on the floor as I twisted my upper body to the left to grab something and that's when it happened. There was a loud pop, a burst of pain and I could see my foot facing right and my patella and thigh facing left. Fortunately, it popped back into place just as quickly as it happened, but the damage was done. I quickly gave myself a microcurrent treatment and felt much better. With an injury like this I expected sore muscles, tendons, and yes, probably a ligament given that loud pop, but what I didn't expect was the severe bout of nausea that came on the next day. To understand this correlation better let me explain a little about channel theory in Chinese Medicine.

Channels are the pathways where Qi (energy) flows. From a Western perspective that translates to electrons flowing along the fascial planes in our bodies in unidirectional, but interconnected pathways. Fascia is both a supportive and an electrically conductive structure. When you look at it microscopically, you can see interwoven crystal-like fingers covered in fluid. It

nourishes the surrounding tissue and conducts electrical impulses through the entire body, superficially and deep, like a fiber optic highway with many connecting and exchange points, and this is why an acupuncture needle in the leg can have an impact on an internal organ, or the arm.

The stomach channel has 45 acupuncture points and travels from the head to the feet. Its primary path goes from the eyes down the front of the body and continues down the legs to the 2nd and 3rd toes. Its deeper internal path connects with most of our endocrine organs, and as you'd expect, it connects with the stomach and impacts digestive function.

One way to see if there is a problem in a channel is to palpate along the channel and look for anything that feels different from the surrounding tissue like hard spots, divots, nodules and the like. These findings indicate a problem in the channel where Qi/electrons are not flowing properly.

Because the stomach channel traverses so much of the front of the body including the chest and knees, its function is easily impacted by physical trauma to these areas. In the clinic, I always

ask new patients if they have any scars because they can interrupt the electron flow across the fascia in those areas. I often see people with knee replacement surgery who have keloid scars down the center or either side of the knee who also suffer from, you guessed it, digestive problems. Part of the path back to health requires helping the fascia to reconnect in the area of the scar. The procedure to help with this is simple. I insert needles on either side and parallel to the scar, and then connect the two needles with a small alligator clip and run 150Hz of microcurrent across the needles. This helps the body reconnect the fascia and the flow of electrons to resume. Often the scar becomes softer, and less pronounced after the treatment.

However, a scar is not the only physical trauma that can interrupt the pathway. A dislocated knee can also interrupt the stomach channel and that is why I had such horrible nausea. It took a couple days' worth of several microcurrent treatments, but the swelling has subsided, the nausea is gone, and I'm waking almost normal. Not bad given the typical healing time for a dislocated knee is 3-6 weeks.

*Don't mask your pain
fix the root cause.*

Text us:
408-300-3792

\$21
Acupuncture
New Patient
Special



Wellness
Acupuncture and Herbs

WellnessAcuAndHerbs.com 408-300-3792
1836 Hamilton Ave, San Jose 95125
Dr. Tronica Vanzant DTCM, L.Ac.

Let's Get Healthy! by Alicia Mont

Can you believe it's already February? 2023 is off to a great start. Congratulations if you are sticking with your new healthy eating plan. And if you haven't started yet, it's not too late to get healthy.

Over the past 40 years the American diet has changed drastically. There has been an increase of fast-food chains, convenience foods, microwave dinners and a decrease in home cooked meals. Because of this we have seen a rise in illnesses such as heart disease, diabetes, high blood pressure and obesity. Overly processed foods contain excess sodium, sugar, and trans fat which can cause inflammation and insulin resistance in the blood vessels, which can cause plaque buildup in the arteries. And this could lead to heart disease or stroke.

Many people are making an effort to clean up their eating habits. There are many healthy eating plans that people are utilizing like Paleo, Keto, Mediterranean, Vegetarian, Vegan/Plant-based and many more. Today we are going to take a closer look at the plant based diet.

Did you know that a plant-based diet has the capabilities of healing your body? Yes, that's correct, you read that right. Fruits and vegetables in their natural form have the ability to heal ailments in your body. A new report in Cardiovascular Research publication says: The best way to avoid heart disease is to eat whole and plant-based foods.

Leading cardiologists such as James A. McDougall, MD, Caldwell Esselstyn, MD, Michael Klapper, MD, and Dean Ornish, MD all advise a plant-based or vegan diet to prevent heart disease/reverse heart disease. So you ask what is the difference between vegetarian, plant-based, and vegan?

Vegetarian - In simple terms, a vegetarian consumes fruits and vegetables, legumes and nuts. And does not eat any meat, fish, or poultry.

Plant-based - eats mostly whole grains, fresh fruits and vegetables, legumes, nuts, and healthy oils like olive oil. They avoid processed foods, refined grains, snack-foods, and sugar-sweetened beverages. They may consume meat, fish, poultry, and other animal products, but they eat them less often and in smaller quantities.

Vegan - A vegan diet is based on plants (such as vegetables, grains, nuts and fruits) and foods made from plants. Vegans do not eat foods that come from animals, including dairy products and eggs.

Each month this column will focus on sharing healthy recipes that can be enjoyed by everyone no matter what eating plan/lifestyle you follow. Options will be given with and without dairy and meat.

Let's take a look at Smoothies. Remember the food pyramid? It's been updated and is now called *MyPlate*. You can check it out at the official website myplate.gov. *MyPlate* suggests that we eat at least 2-5 servings of fruits and veggies a day. And, *The American Institute for Cancer Research* suggests 9-11 servings. Wow, that's a lot of fruit! Smoothies are a great way to get your fruits and veggies in. They are easy and quick to make, and really delicious. All you need is a high powered blender like a Vitamix or a Ninja Pro.

Basic Smoothie recipe:

1-1 1/2 cups of water (optional dairy milk, plant based milk, coconut water or juice)

1-2 cups of greens (spinach, mixed greens, kale, romaine)

Continued on page 11

Body Doc Chiropractic has got your back!

OUR MISSION IS TO HELP YOU HAVE YOUR HEALTH

(408) 377-2207

FREE EXAM-\$75 value

• Families welcome • Discounts available

Dr. Jeff Potts, DC

2207 S. Bascom Ave., Campbell, CA 95008

www.bodydocchiro.com





131st Anniversary Campbell Early Settlers & Heritage Day to be Celebrated Monday, February 20th



CAMPBELL CHAMBER
By Kristen Frank

For 131 years, the community of Campbell has been celebrating its earliest origins and the people who made the Orchard City a reality.

Up until 2020, Early Settlers Day was the second oldest California community event second to the Rose Parade. When the pandemic halted



the Rose Parade, Campbell was still able to hold our Early Settler's event, which then made it the longest running community event in the state.

Campbell's History

Campbell was founded in 1846 by Benjamin Campbell. He and his wife, Mary, purchased 160 acres, built a home, began farming grain and hay, and started their family.

In 1887, they decided to subdivide their property to create a town and to construct a railroad stop.

In 1892, the first "Early Settlers" event was held, celebrating all that this little township had accomplished.

The Bay Area, known back then as the Valley of Heart's

Delight, was ideal for orchards and soon, much of the open area was bursting with newly planted fruit trees. The railroad enabled fruit to be shipped far and wide, and soon canneries and fruit drying facilities sprang up.

Hundreds of workers were employed by these businesses, which led to grocery stores, banks, and other businesses.

In 1989, the Board of Trust was established and in 1925, the Chamber of Commerce was formed.

Campbell was officially incorporated as a city in 1952, but

by that time, the community had been celebrating its history for 60 years.

History of Early Settlers Day

Until the 1960s, Early Settlers Day was a large gathering of



families that lived in Campbell. The highlight of the celebration, held on the 4th

of July, was a parade with floats elaborately decorated by local organizations such as the Boy Scouts.

At some point, the parade was phased out, and was moved to President's Day weekend. The event became a smaller gathering featuring a speaker that shared insights and information about various aspects of Campbell's history. Campbell Museum Supervisor, Kerry Perkins, has been a favorite speaker and former Mayor Mike Kotowski, has also shared his knowledge about Campbell at the event.

This Year's Celebration

With most of the event committee no longer in the area, the Campbell Chamber has stepped in to help promote this event.

This year's celebration will be held on Monday, February 20th from 11am to 2pm at Orchard City Banquet Hall. Lunch is provided and will be catered by Table & Terrace. The cost is \$25 per person.

The keynote speaker is Janan Boehme, Historian and Special Projects Manager

Continued on page 16

Money Empowerment by Jill



Common Money Wasters

Money wasters are those expenses that are fairly small but over time they can add up to a significant number. They hide in the shadows of our expenses, hoping that we don't notice them. Because they are not large amounts, we tend to discount them, allowing them to slowly affect our financial health.

When you review your spending, check if there are any money wasters are on your list. Here are a few to look out for.

1. Bank Fees

There are so many banks that offer no fee banking, so why pay fees? Contact your bank and ask what their requirements are for no fee banking. If they do not have an option for you, then shop around. If you are paying \$5 per month in fees, that is \$60 per year. That may not sound like much, but it adds up.

Also, check the transaction fees you are charged for investments.

2. Late Fees

Late fees can be avoided when you pay on time. Set up your bills to be paid automatically to avoid late fees. For your credit card, you can set two auto payments per month. One with the min balance paid on time and one with an additional principal payment. This way, you are sure to avoid the late fee.

3. Unnecessary Insurance

Review all of your insurance policies once per year to determine if adjustments are required. Insurance is necessary but it needs to be accurate. Are you overinsured? Doing this work can save you hundreds of dollars per year.

4. Subscriptions

Take a look at all of your sub-

scriptions and opt out of those you don't use. Can you get the information from another source? Subscriptions generally are small amounts, but again these can add up.

5. Interest

If you have credit card debt, you are likely paying interest. This could be a large chunk of money. Work toward paying down your debt and adopt a debt free mindset so you can build the habit of paying your cards off in full each month.

6. Food Waste

There is no doubt that food prices have soared in recent times. Take stock of how much food you are tossing out and convert that to dollars. You might be shocked. Buying only the food you need, meal prepping and proper food storage can help combat this.

Final Words

Deep dive into all of your expenses over the last year and pull out all of those small recurring expenses that you just pay without thought.

These little things add up. Try not to waive them off with the "It's only \$10 per month" reasoning. If it's \$10 per month and it brings a great value to you, then it's okay. However, if it's \$10 per month and you really don't use it, or you actually even forgot you were paying it, then it's just a vampire sucking money out of your bank account.

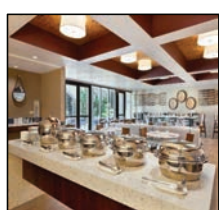
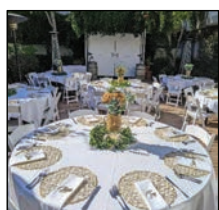
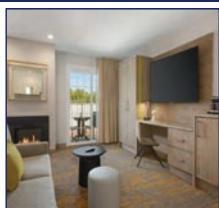
Wishing you the best of luck,
Jill Scarnecchia

Have a money management question?
Email me: livinbalanced52@gmail.com

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

DOUBLETREE CAMPBELL WEDDINGS

Your one stop shop for your SPECIAL day!



Guest Room Blocks, Ceremonies, Receptions, Rehearsal Dinners, Farewell Brunches and much more!

- Recently completed \$7.2 Million Hotel Renovation
- 169 completely redesigned guest rooms including 2 Bridal Suites
- Outdoor Garden Terrace accommodates up to 100 attendees
- Private Indoor/Outdoor Event space customizable to your needs
- Courtesy room block agreement with no financial obligation for unused rooms (30 Day reservation cutoff date)
- Personalized wedding webpage with a 1 click reservation link
- 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 in the Pruneyard Shopping Center



Where the little things mean everything.™

DoubleTree by Hilton Hotel Campbell - Pruneyard Plaza
www.campbellpruneyardplaza.DoubleTree.com

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

Mention "Campbell Press Ad" at the time of your inquiry and receive the following concessions when booking your group and/or event with us: complimentary breakfast for the Bride and Groom the morning after your Wedding, complimentary upgrade to a Premium King Bed room or discounted Bridal Suite upgrade and Double Hilton Honors meeting planner bonus points. Offer expires December 31, 2023.

HAPPY Valentine's Day



HAPPY Valentine's Day

Are Finances Stressing You Out?

Learn the Skills to:

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



www.livinbalanced.com



CITY NEWS

By Sergio Lopez

With a new year come new opportunities to get involved. For Campbell residents, a key one will be the City Council's Priority Setting session. Just as the name suggests, this special meeting is where our five Councilmembers will map out the city's game plan for the coming year.

If you have a point of view you'd like to share, or any ideas or suggestions for improvements to the city, I encourage you to come share your point of view. The meeting will take place February 16th from 4 to 7pm, in Room Q80 (the Roosevelt Redwood Room) at the Campbell Community Center. (There will also be a Zoom option for those wishing to participate remotely; this link will be shared the week before the meeting and posted on the city's website.)

Usually, the meeting begins with staff presenting their current work items based on past Council direction. Residents will have an opportunity to listen and learn, or to weigh in themselves with their opinions and points of view. The City Council can then give feedback to staff and potentially change or add new ideas. Currently, the City Council's priorities, stemming from last year's discussion, include areas such as Comprehensive Long-Term Land Use Planning, Measure O Implementation, and Fiscal Stability, among others.

The new year also sees new appointments for Councilmembers, and I'm thrilled to share that I was elected to represent Campbell and the West Valley cities on the Valley Transportation

Authority (VTA) Board of Directors. (This appointment is made through an election among the mayors of Campbell, Cupertino, Los Gatos, Monte Sereno, and Saratoga). Through this position, I will represent Campbell residents, as well as those across Santa Clara County, on the VTA Board — setting policy and direction for the agency which runs our public transit system and administers congestion management.

VTA has important implications for Campbell residents. Currently, Campbell is in the process of applying to VTA to receive funding from Measure B for bicycle and pedestrian safety studies along the Highway 17/Hamilton Avenue overcrossing; VTA administers several such grant programs relating to bicycle and pedestrian usage, as well as congestion management, which could be helpful to Campbell in the future.

Of course, Campbell residents also make use of our light rail and bus lines — systems which increasingly intersect with land use decisions that the city considers, such as, for example, in the Housing Element process and our General Plan.

VTA will also manage the BART extension to Downtown San Jose — one of the largest public works projects in the South Bay's history — which will allow Campbell residents, through the light rail connection, to more easily connect with BART and travel around the greater Bay Area.

Continued on page 15

COUNTY NEWS



Racing Hearts: The Difference Between Life and Death

By County Supervisor Joe Simitian

Racing Hearts is a life saver. Two decades ago, Stephanie Martinson was out climbing Yosemite's Half Dome when she suffered an aborted sudden cardiac arrest. She was just twenty-three years old.

Stephanie was one of the many otherwise healthy people who collapse from sudden cardiac arrest. Maybe it's a student at sports practice, or a friend at work, or a neighbor at a farmers' market. It can happen to anyone, anytime, anywhere.

Sudden cardiac arrest is not the same as a heart attack, but it's just as dangerous. Instead of a blockage, it's an electrical disturbance that stops the heart beating correctly.

After her ordeal, Stephanie was inspired to do something. In 2012, she founded Racing Hearts with a clear mission: to increase the survival rate of people suffering a sudden cardiac arrest. How would she and her volunteer team get that done? By placing automated external defibrillators (AEDs) in easy to access locations throughout the community, and by teaching people how to use them.

An AED is a small but powerful device. It uses electrical pulses to reset the heart, like turning a frozen computer off and on again. "Public access" AED models are easy to use and capable of defibrillating a cardiac patient before the ambulance arrives.

There are more than 350,000 cases of sudden cardiac arrest each year in the U.S. The survival rate for those experiencing this kind of cardiac event is 5-8% when traditional cardio-pulmonary resuscitation (CPR) is used, but increases to 80% with the use of AEDs. Clearly, having AEDs widely available makes a huge difference — between life and death.

In 2014, I proposed that Racing Hearts partner with our Board of Supervisors, the City of Mountain View, El Camino Health, and local school districts to place 49 AEDs in public locations throughout Mountain View, including schools and recreation/community centers.

Following the success of the Mountain View pilot, in 2015 the Board of Supervisors allocated \$500,000 in matching funds to get even more AEDs out into the community, including in County park ranger and sheriff patrol cars. Soon after, Racing Hearts, the County, and El Camino Health collaborated with our local state legislators to update California legislation to make it easier to own and maintain AEDs.

By 2018, Santa Clara County was the first county in California to have AEDs in virtually all public schools, spread among elementary, middle, and high schools. When we started our partnership with Racing Hearts, fewer than 10% of local public schools had access to the equipment.

Racing Hearts has now placed more than 1,000 AEDs in Santa Clara County.

It's a triumph, to put it simply.

After completing their mission to raise awareness and blanket our community with life-saving AEDs, Racing Hearts' journey has recently come to a natural close. I'm honored to have worked with Racing Hearts from day one, and I hope the Racing Hearts story continues to inspire as an outstanding example of the good that non-profits and government can do when we work hand in hand.

Thank you, Racing Hearts. You're a life saver.

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.

City Council & Planning Commission News



By Adam Buchbinder

It's an exciting month! Campbell is in the thick of producing its new standards for multi-family and mixed-use buildings. (Single-family areas aren't affected.) This is an important change on several levels. First, we're moving to a "form-based" rather than use-based system, where we regulate the shape of buildings instead of the things you're allowed to do with them. This will be expressed in a rewritten Zoning Code and a new Form-Based Zoning Map.

More fundamentally, this changes the way we build. Instead of presenting a design to the public and modifying

it to be acceptable (as in the years-long process that led to the approval of the Cresleigh Homes project at the old Del Grande site), the design standards are set forth explicitly in the Zoning Code, and developers conform to them before the project is even submitted. This lets the public know ahead of time what our city will look like, provides developers with certainty about what's allowed, and makes it much faster to actually build.

The Form-Based Zones range from a suburban neighborhood-type zone supporting small to medium

buildings like houses, duplexes, cottage courts and townhomes, to a "Main Street"-type zone supporting block-scale buildings up to six stories tall. We're still reviewing questions like how to apply streetscape standards in walkable areas: should we require ground-floor non-residential space? Public art or benches? How should we break up parcels over five acres: paseos and lower-density townhomes around the edges? Is it possible to produce the housing we need with the rules we're proposing?

We're also discussing adjacency requirements for when

higher-density zones abut single-family or lower-density zones. The community has made it clear that they don't want very tall buildings right next to very short ones; we have to balance that against making sure that development is still feasible.

Because of these changes, it's vital that anyone interested in what Campbell will look like provide their input. The City has been diligently listening to citizens and developers for months now. The community wants to avoid boxy buildings, developers want to have stackable units that are economical to produce, and nobody wants to

prescribe a specific architectural style in advance.

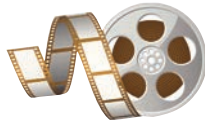
The Planning Commission will be reviewing the proposals on February 14, and the City Council on February 21. We hope to approve the final version in March.

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, email planning@campbellca.gov. For more on Campbell's Multi-Family Development and Design Standards, go to campbellca.gov/1174.



FEBRUARY MOVIES

By Sam Wilson



Knock at the Cabin – C

Another unfortunate disappointment from writer/director M. Night Shyamalan but certainly not among his worst efforts. A family of three are vacationing when they are visited by four strangers who claim the world will end unless one of them sacrifices themselves. Dave Bautista and Johnathan Gruff lead a cast littered with good performances yet saddled with unimaginative material. Those hoping for one of Shyamalan's patented twists will be sorely disappointed.

80 For Brady – C

Four iconic Hollywood legends unite for a road trip to the Patriots vs Falcons at Superbowl 51 in 2017. Lilly Tomlin, Jane Fonda, Sally Field, and Rita Moreno are diehard Tom Brady fans in the loosely inspired true story that's turned into a toothless comedy. Toothless shenanigans ensue along the way with many celebrity appearances including Guy Fieri, Rob Gronkowski, and of course Tom Brady.

M3gan – C+

A fun yet inferior gender swapped A.I. take on

Chucky. Allison Williams (Get Out) stars as a roboticist working at a toy company who invents a life-like toy that develops a life of its own after she gives it to her niece. Partly written and produced by modern horror maestro James Wan, it's a PG13 horror comedy that is much better at the comedy.

Infinity Pool – B-

A weird and surreal violent story directed by Brandon Cronenberg (son of "The Fly" director David Cronenberg) and starring Alexander Skarsgard (The Northman) and Mia Goth (Pearl). A married couple vacation at an exclusive resort in a fictional country where rich tourists can get out of murder by paying off the police to create a clone to be sentenced to death in their place. A rabbit hole of excess and privilege.

Man Called Otto – C

Tom Hanks stars in this average bore that tries too hard to be a redemptive crowd-pleaser and ends up pleasing few. Based off of the 2015 Swedish film "A Man Called Ove", Hanks is in full grump mode as a cantankerous widower who loathes the world around

him until he befriends one of his new neighbors, a pregnant young immigrant. She teaches him how to care about the world again and his heart grows three sizes bigger. It's not the awards caliber film it wants to be.

Plane – D+

January is a notorious dumping ground for mediocre B-rated action thrillers. Gerard Butler (300) and Mike Colter (Luke Cage) star as survivors of a plane crash in the Philippines jungle who must fight for survival against local armed militants. The plane crash is tense but the movie crashes from there, pun intended.

House Party – D+

A disappointingly dull modern remix on the 1990 classic comedy about two struggling party promoters. They get fired from their cleaning day job and then have the bright idea to throw a huge party at the mansion they were currently cleaning while the owner is away (NBA superstar LeBron James). Unfunny celebrity cameos abound in what feels more like a forgettable music video rather than a comedic movie.

Roots and Rouge At New York Fashion Week By Cassie Stark

Not many people get to say that they work the job of their dreams. Lucky for me, that's my reality. Ever since I began styling hair in the school bathrooms at lunch break, I knew I wanted to become a hairstylist. After going through beauty school, I sought out employment at a prestigious salon in Los Gatos. I started checking all of the "boxes" and began a two-year apprenticeship there where I first learned that going to New York to work backstage at Fashion Week was a real thing that people can actually do.



Fast forward to the next box, I opened Roots & Rouge Salon here in Campbell. This upcoming July, we will celebrate our five year anniversary for our perfect little home away from home.

We are a collective team of education-obsessed artists who specialize in effortless and lived-in looks. We pride ourselves in creating a warm and welcoming environment for all of our guests and our goal is to not only have you looking a certain way but walk out our doors feeling a different way.

End of year planning for 2023, I put New York Fashion Week at the top of my career check-list. Completely unsure of the how or when but certain on the who, what, where.

In early January, the opportunity presented itself to work backstage with Unite Hair, an award-winning, professional haircare line and one of the three luxury brands we carry at the salon. After verifying that this was in fact not a scam, I was all in and completely positive that this juncture was not going to be missed. Three days prior to a hair

class held at their headquarters, six stylists including myself, booked flights, a hotel and tickets to attend their two days hands-on workshop in Carlsbad, CA.

However exciting it is to be invited to work this event; it is even more rewarding to know that I get to experience this huge milestone with three other talented artists on our team.

One, being my sister Shaina Coursey, who has been by my side since day one. Tiffany Arreola who is a mentor stylist and a vital member of our bridal glam squad. And River Gilliam, who is a senior stylist and has been a great addition to our team as well!

If you recall, I mentioned that there were six of us whom attending this class two weeks ago. With such short notice of this transpiring, two stylists had prior engagements and are postponing their work session until September, when they will attend the NYFW's second show of the semi-annual series of events.



Talk about a bucket list moment. Something that so many other stylists have only ever dreamt of, we are fortunate enough to experience together as a team. We will be posting updates on our social media pages for our family, friends and guests to follow along with. Checking off New York and setting our sites on Paris, London or Milan next!

Kind Regards,
Cassie Stark

Roots & Rouge Salon
38 E. Campbell Avenue
Campbell, CA 95008

(408) 429-8731
www.rootsandrouge.com

Tessoras Barra di Vino

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



Valentine's Day Special

Tessoras Barra di Vino is the perfect place to spend with your valentine this year.

Fondue for two is the evening special with our delicious cheese and/or chocolate fondue. Our full service wine list plus our Cellar Select list is available all evening long as well as our Full Bistro menu.

Beautiful instrumental, live music performed by Gonzalo. Each table will have flowers and candles. Our patio will be open with heaters.



Check out our website for live music on Fridays and Saturdays.

Call or email us for your reservation
408-626-7711 or Tessoras@gmail.com

Tessoras's Barra di Vino
234 E. Campbell Ave., Campbell, CA 95008
www.tessoras.com



The family owners:
Jennifer, Carol, and Nikki.

Come and order an appetizer from a variety of items.





GOING OUT ON THE TOWN?

Look for our Entertainment calendar monthly



BUSINESS OWNERS

Call us to feature your restaurants' special dishes and holiday events

408-374-9700

SUBSCRIPTIONS

ONLY \$30/YR

Give us your information and mail in a check. It's THAT EASY to get your monthly subscription!

Name: _____
 Address: _____
 Phone: _____
 Email: _____

Make Check to: The Campbell Press
 Drop off or Mail to: The Campbell Press
 334 E. Campbell Ave.
 Campbell, CA 95008
 Phone: (408) 374-9700



ENTERTAINMENT CALENDAR

- Thursday, February 2**
6:00pm
Blues Jam
- Friday, February 3**
7:00pm
Them Slack Jawed SOB's
- Saturday, February 4**
7:00pm
Sound Decision
- Wednesday, February 8**
6:00pm
Gold Money Band Jam
- Thursday, February 9**
6:00pm
Blues Jam
- Friday, February 10**
7:00pm
Ghosts of Calico
- Saturday, February 11**
7:00pm
Cadillac Jack
- Wednesday, February 15**
6:00pm
Jazz Jam
- Thursday, February 16**
6:00pm
Blues Jam
- Friday, February 17**
7:00pm
Chain of Fools
- Saturday, February 18**
7:00pm
Sound Advice
- Wednesday, February 22**
6:00pm
Acoustic Showcase
- Thursday, February 23**
6:00pm
Blues Jam
- Friday, February 24**
7:00pm
DB Walker Band
- Saturday, February 25**
7:00pm
Johnny and Marvin Show
- Wednesday, March 1**
6:00pm
Dennis Dove
- Thursday, March 2**
6:00pm
Blues Jam
- Friday, March 3**
7:00pm
Johnny Cat and Friends

**2455 S. WINCHESTER BLVD.
 CAMPBELL, CA 95008**



**HELP WANTED:
 Little Lou's is hiring!**

Want a great place to work?
 Love people and music?
 LLBBQ needs cashiers and other positions as well. Full and part-time shifts are now available.

Please stop by Little Lou's BBQ and fill out an application.

2455 S. Winchester Blvd.
 Campbell CA 95008

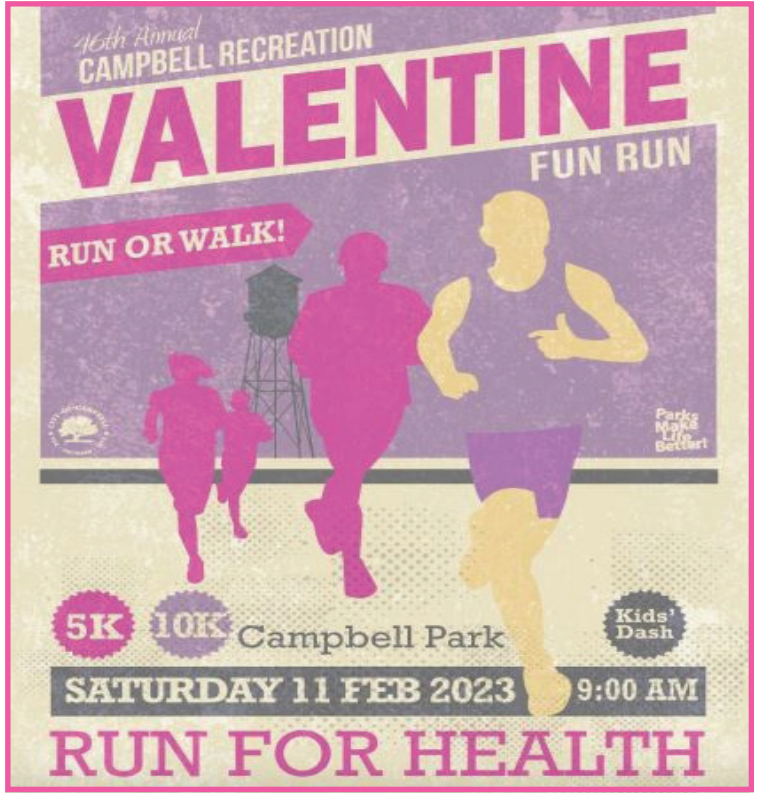
For more information call
408-796-7852



Place your advertising here!!

Call 408-374-9700

for more information!



Cupcakes by Kristina

Cupcakes, Cookies, Cakes, Candy, Dessert Bars

Specialty Cupcakes \$35/dozen
 Cookies \$15/dozen
 Chocolate Candy \$9/half doz

*I can create custom flavors/colors to fit your theme, just ask!

Thank you for supporting my small business!

*must be ordered by the dozen, per flavor
 *delivery starts at \$10

CupcakesbyKristina@gmail.com
 Facebook @cupcakeskristina
 Instagram @kristinascupcakes

EST 1972

CHARLEY'S

LIVE MUSIC • COCKTAILS • EVENTS

- February 3 **THE CHEESEBALLS**
Old School Soul, Funk & R&B
- February 4 **R50 TRIBUTE BAND**
Rush Tribute Band
- February 8 **TRIVIA & KARAOKE**
Every Wednesday
- February 9 **SALSA-LATIN NIGHT**
Every Thursday - Salsa Band, DJ & Lessons
- February 10 **CLOSED FOR A PRIVATE EVENT**
Charley's is closed to the public for a private event
- February 11 **NON-STOP BEATS**
A night of beats like you've never heard before
- February 15 **TRIVIA & KARAOKE**
Every Wednesday
- February 16 **SALSA-LATIN NIGHT**
Every Thursday - Salsa Band, DJ & Lessons
- February 17 **VALENTINE'S DANCE PARTY**
European Valentine's Dance Party with Band
- February 18 **WYA MUSIC DJ NIGHT FEATURING 5 DJ's**
Various forms of dance and house music
- February 22 **TRIVIA & KARAOKE**
Every Wednesday
- February 23 **SALSA-LATIN NIGHT**
Every Thursday - Salsa Band, DJ & Lessons
- February 24 **THE SUN KINGS**
Beatles Tribute Band
- February 25 **RENASCENCE FESTIVAL**
Electronic, EDM, Hip-Hop, Art & Dance like you've never seen before

15 N Santa Cruz Ave, Los Gatos, CA 95030
 www.charleyslogatos.com/events



Closed

WE ARE CLOSED FOR ANNUAL CONSERVATION

The Ainsley House re-opens
March 2023

MATTHEW C. HOWE

DIRECTOR OF PHOTOGRAPHY

AUDIO VIDEO MUSIC MEDIA
mhoweproductions@hotmail.com (408) 472-4876

A perfect gift for anyone!

GIFT CARDS

Purchase Inside or at tamragrill.com

SCAN ME

12019 Saratoga Sunnyvale Road Saratoga, California 95070
408-352-5445 | tamragrill.com

DENNIS DOVE Band

Old Skool • R&B • Funk
Blues • Reggae • Jazz

408.377.5927
dennisdove7@gmail.com
dennisdove.com

Before the Song: “Thunderstruck” by AC/DC

by Chris Jackson

Imagine you’re excited to show your bandmates a new song you’ve been working on. You play it for them at band practice, and their reaction is less than impressive. They say, “Well, there’s definitely something there.” In other words, it needs something—like a new recipe you’ve been working on needs more salt.

Fast forward to the next day at band practice, and you’re warming up with some finger exercises on your guitar. You’re playing notes up and down the guitar neck on one string. It’s an exercise you developed to loosen your fingers up for some upcoming guitar solos. All of a sudden, your bandmates exclaim, “Hey—that could be the start of a new song!” How nice of them to compliment your warm-up exercise more than your actual song.

For AC/DC guitarist Angus Young, that scene hits home. That finger-exercise he was doing became the intro to the AC/DC song, “Thunderstruck.” It’s now heard in sports stadiums around the world as home teams seek to rally their fans. Angus isn’t the only guitarist that can claim a famous riff that started off as a finger exercise: Guns N’ Roses’ guitarist, Slash, can say the same thing about the intro to their song, “Sweet Child O’ Mine.” That guitar riff also started as finger warm-up that he would play often around the band.

So, my fellow guitarists, keep doing your finger exercises before rehearsal—and make sure they’re just annoying enough to get stuck in your lead singer’s

head. Somewhere, there’s a sports team that needs a new rally song. ☺

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

DCBA Presents
First Fridays and Second Saturdays DOWNTOWN
CAMPBELL
Bringing you the best of local artists and music from 5-8pm.

131st Annual
Campbell Early Settlers & Heritage Day Celebration

Monday, February 20th 11am-2pm
Orchard City Banquet Hall
Speaker: Janan Boehme
Winchester Mystery House Historian & Special Projects Manager

Catered lunch provided by Table & Terrace
\$25/person

Start New Traditions With Us



Merrill Gardens at Campbell knows how to celebrate — with music, entertainment, and special dining experiences. Join us and enjoy the benefits of our community lifestyle!

MERRILL GARDENS
SENIOR LIVING

Call To Schedule A Tour!

(408) 340-6726

merrillgardenscampbell.com

2115 S Winchester Blvd, Campbell, CA 95008

Lic #435202572

February 18 Saturday
Satori Cellars Winery,
Gilroy, California
1:30 PM to 4:30 PM.

February 22 Wednesday
Little Lou’s BBQ
Campbell, California
Acoustic Showcase
6 PM to 7 PM.

MARVELCAKE

YOUR BOUTIQUE CAFE
Everything is better with our pastissiers and coffee
Dine In or Take Out 408-816-7046 <http://www.marvelcake.com>



DIG IT...with SAM



By Sharon McCray,
UCCE Master Gardener

Last month this column focused on what we call “house plants”, plants that evolved outside and we move into in our homes. These plants were originally growing all around the world, in their native soil and under local growing conditions. I explained how we have manipulated and mimicked the growing conditions so that we could successfully grow these unusual plants inside our homes. Four key essentials for happy house plants include pots with good drainage, humidity, recommended planting mix and appropriate light. Individually, these plants all have their own specific needs and once you have discovered exactly what those are, both you and your plants will flourish.

The importance of knowing their origin will help us better understand what a particular plant needs to survive inside. I talked about African Violets, Bromeliads, and Peace Lily last month. These are all fairly common and can easily be found in most nurseries, garden centers and even our local grocery stores.

This month I want to continue to provide insight on a couple of other stand out “house” plants that most of us probably already have growing inside our homes.

Scheffera is a standard plant that belongs in every house-

hold. Native to Taiwan and the Hainan Province in China, it is sometimes called the umbrella tree because of the way it grows and particular leaf structure. Its capacity to release oxygen and yet absorb pollutants make it an ideal indoor plant while being easy to grow and maintain.

Scheffera can grow very large and can, in fact, do quite well outside during our warm summer months. It will need direct sun protection but no other specific conditions. Make certain that the pot it is planted in can support its sturdy upward growth and umbrella shaped leaved. The pot should also have good drainage. As far as planting medium, any good planter mix will do. My plants have never been fertilized however, they might benefit from a basic house plant fertilizer once in a while.

Originating in South and West Africa, the Spider Plant is another fantastic house plant. There are a couple of varieties with different leaf patterns and variegation, but all are simple to grow with little to no care, outside an occasional watering. These unique plants grow long stems on which new plants are created. These cascading stems, called “spiderettes” can be pruned off if they get in the way and the

new plants shared with your friends.

Moderate light and temperature needs make growing the spider plant a no brainer: if you’re comfortable, the plant is too. Weekly watering during the spring and summer but allowing the plant to dry out somewhat during the winter and fall months is best. Because they prefer a slightly acid soil, watering with a mild tea of coffee grounds will help balance the pH of the soil and encourage new growth.

Spider plants can be a commitment of sorts as they have a tendency to live a long time, upwards of fifty years in ideal circumstances. One issue with these durable plants is that the tips of the leaves can sometimes turn brown. Trimming the tips with a sharp pair of scissors will help the plant look groomed, but it is not a necessary.

A final note: as I said last month, this is all supposed to be fun. Don’t stress if you’re garden isn’t ready for a visit from Martha Stewart; neither is mine.

I want to let you know that “Introduction to Beekeeping” classes are once again being offered at Prusch Farm Park in February and March. For more information see PruschFarmPark.org.

- Sunday, March 19: Ren Geisick
- Sunday, April 23: Chris Cain
- Sunday, May 14: LE Jazz Hot

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: www.campbell-museums.com/shop

Continued on page 15

CAMPBELL MUSEUMS

Continued from page 2

The following volunteer positions are open now:

- Campbell Historical Museum Greeter
- Ainsley House Docent & Greeters
- Campbell Museum Gift Shop Volunteer
- Museum Foundation Board Member
- Ainsley House Garden Volunteer
- Special Event Volunteers
- Museum Collections Volunteers.

Please RSVP to Museum Supervisor, Kerry Perkins kerry@campbellca.gov (408) 866-2718

Or more information can be found on the Campbell Museums website: <https://www.campbellmuseums.com/get-involved>

Ainsley House Spring Garden Concert Series!!

Don’t miss live music in the Ainsley House Garden this fall. Three dates with three amazing returning artists and bands!

HERITAGE THEATRE

AT CAMPBELL COMMUNITY CENTER

The Highwaymen Show

A tribute to Willie Nelson, Johnny Cash, Waylon Jennings, and Kris Kristofferson
Saturday, February 25 at 8:00pm

This show covers all the hits, including *Highwayman*, *Mama Don't Let Your Babies Grow up to be Cowboys*, *Always on My Mind*, and *Me and Bobby McGee*. The entire show feels like an encore. This is the only touring *Highwaymen* show in the world that pays tribute to all four Highwaymen.

Upcoming Shows:

Voctave
Friday, March 25 at 8:00pm

A cappella sensation Voctave's 11-member ensemble is known for its gorgeous performances of Disney and Broadway hits and millions of social media fans. Formed in 2105, the voices that bring their arrangements to life represent a wealth of diverse

backgrounds and musical experiences. The group has performed with numerous GRAMMY, Dove, and American Music Award winners.

Ladies Night featuring Taylor Dayne and Sheena Easton

Thursday, April 27 at 8:00pm

Between them, this dynamic duo has garnered 9, GRAMMY Award nominations, 2 GRAMMY Awards, 2 Billboard Music Awards, 1 American Music Award, 6 Platinum albums, 5 Gold albums, 39 Billboard Top 20 singles, and 11 #1 Billboard singles.

Individual Tickets for all events are on sale now, online at HeritageTheatre.org, by phone at 408-866-2700, or through the Box Office (hours: Tues-Fri – 10:00am-4:00pm; Sat – 10:00am-2:00pm).

ONE OF THESE NIGHTS – Songs of The Eagles

Originating in Folsom, California and creating excitement all over the west coast,

ONE OF THESE NIGHTS brilliantly recreates the harmonic sounds of the legendary Eagles. Blending five-part harmonies and 3 guitars, **ONE OF THESE NIGHTS** tightly executes the magical compositions of such songs as Best of My Love, Witchy Woman, Lyin' Eyes, The Long Run, and the exquisitely layered “Hotel California.”

Lead Singer Mark McPhail also plays guitar in the show. His dynamic versions of “Witchy Woman,” and “Heartache Tonight” get the crowd singing along and dancing. Steve Worley, master of the Eagles lead guitar sounds, also plays steel guitar, banjo, and sings lead and background vocals. Bass player Aaron Linkin also sings lead and background vocals, evoking the smooth voice of Glenn Frey. Drummer Chris Ernst is the driving force behind the songs, while Peter Lambert plays guitar and keyboard and sings backup harmonies with a great range.



ONE OF THESE NIGHTS unstoppable medleys, seamless transitions, and note-perfect performances feature true professional musicians and singers. Most of them have been in this band previously and all have extensive knowledge of Eagles music. They perform the articulation, thoughtful and uncompromising dedication to Eagles songs, that captivates the audience to where they feel like they are at an actual Eagles concert!

Sit back and get in the groove as the chart-topping hits of The Eagles, as performed by this touring band “One of These Nights,” fill the room with songs beloved by generations.

What: ONE OF THESE NIGHTS – Songs of The Eagles –
When: Friday April 14, 2023 - 7:30PM
Where: Heritage Theatre, Campbell, CA
Tickets: www.heritagetheatre.org or call the Box Office (408) 866-2700 Tuesday-Saturday 10-4

CAREER EXPO
PRESENTED BY CAMPBELL UNION HIGH SCHOOL DISTRICT

TUESDAY, 7 MARCH 2023
18900 PROSPECT RD. SARATOGA CA 95070
START AT 6 PM - 8 PM

Hosted by Prospect High School
TO PARTICIPATE <https://bit.ly/CUHSDcareerexpo>
QUESTIONS? abenco@cuhsd.org

TEEN JOB FAIR
PRESENTED BY THE CAMPBELL YOUTH COMMISSION

PART TIME • SEASONAL • INTERNSHIPS

Saturday, March 4, 2023
12:30-2:30pm

Campbell Community Center
Orchard City Banquet Hall
1 West Campbell Ave., Campbell

Are you an employer and interested in hosting a table? Complete an interest form by February 17th. Spaces are limited.

bit.ly/campbelljobfair

Questions? Contact Gayathri at gayathrib@campbellca.gov

Thank You To Our Season Sponsors:

State Farm, DARLING FISCHER, ECONOMY, KIRKWOOD PLAZA, Westside REAL ESTATE SERVICES, BIRDO PALACE, ST. LUCY, greenwaste, Los Gatos Memorial Park, State Farm, etc.



Coach's Corner

by Jay Harnden

OF COURSE I'M RIGHT!

I'll bet you've heard that a time or two in your life... maybe you've even said it yourself. I'm not talking about those times when you have the correct answer and you really want others to understand. I'm focusing on those who think they're right every time... right fighters. A right fighter is a person who places a higher value on being right than anything else. This person will, in the face of overwhelming facts, common sense and realities, persists in the quest to be right. They will struggle to win arguments even if they doubt their own view, and will become overly emotional and angry when others don't agree with their opinions. Does this sound familiar? It's very common. There are some positive ways to deal with this issue, even if that right fighter is you.

The first task is to determine if you are indeed a right fighter, or are simply trying to deal with one. Similar to narcissism, it can be very difficult to have healthy friendships with right fighters because they are just always right. Or they think they are. Or they will fight to be.

If you are faced with this issue, you have a couple of choices. You can either disconnect from the person, or make an effort to understand and deal with the behavior. Remember, a right fighter isn't necessarily a bad person, but the behavior can be unacceptable and needs to be changed. Oftentimes the person doesn't even realize they are acting like they are, as they've been doing it their entire life. So start there. Ask them if they're aware that it seems like they have to be right all the time. It might be a good idea to read up on the topic so that if you do have a discussion, you'll be armed with good information to share. I mean, chances are good that you'd like to sustain a friendship with this person, so the goal is to "help" the person modify the behavior so that you can maintain a relationship with healthy boundaries that will thrive.

What if you recognize yourself as a right fighter? Think about it and ask yourself how you got this way. Did you learn this as a way of survival, maybe at home or in the workplace?

Let me tell you, it is an exhausting and emotionally draining way to live. To see if you're a right fighter, next time you speak with someone, or a group, and you hear something is spoken "wrong", try not to say anything and see what happens. Are you fighting the urge to say something and make a correction? It can take skill and focus to learn to remain quiet when it's appropriate.

Now I'm not saying that we should lay down and let people walk all over us, or that we shouldn't share our valuable opinions. But I believe we need to be more aware of the results of right fighting, and whether or not we want to risk friendships just for the sake of being right.

This is a powerful and interesting topic, and I would love to hear from any of you who want to ask questions or learn more about it. Please email me at

Jay@famcoach.com

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



PASSPORT POWER

You might think that a US Passport would be the top passport in the world for travel, but you would be disappointed according to the latest ranking.

The Henley Passport Index is the original, authoritative ranking of all the world's passports according to the number of destinations their holders can access without a prior visa.

The USA is only ranked at No. 7 with several other countries at that level. So why not at the top?

For each travel destination, if no visa is required for passport holders from a country or territory, then a score with value = 1 is created for that passport. A score with value = 1 is also applied if passport holders can obtain a visa on arrival, a visitor's permit, or an electronic travel authority (ETA) when entering the destination. These visa-types require no pre-departure government approval, because of the specific visa-waiver programs in place.

Where a visa is required, or where a passport holder has to obtain a government-approved electronic visa (e-Visa) before departure, a score with value = 0 is assigned. A score with value = 0 is also assigned if passport holders need pre-departure government approval for a visa on arrival, a scenario they do not consider 'visa-free'.

Holding the number one spot is Japan with a rating of 192. Sharing No. 2 you'll find Singapore and South Korea with a 192 rating. Germany and Spain are in at No. 3, Finland, Italy

and Luxembourg follow at No. 4, Austria, Denmark, Netherlands and Sweden all come in at 5. So the USA hasn't made the top 5. You have to make way for France at No. 6 along with Ireland, Portugal and the United Kingdom, before at No. 7 you finally come across the USA in the company of Belgium, the Czech Republic, New Zealand, Norway and Switzerland.

The least powerful passports are not surprising. North Korea, Nepal, Palestinian Territory, Somalia, Yemen, Pakistan, Syria, Iraq, and lastly and not surprisingly - Afghanistan.

While this list is based on visa free travel, there are some aspects of your USA passport that increase its power to ease your way through borders and onto flights. Facial recognition technology now allows biometric scanning of passengers and linking them to the passport and travel itinerary.

With this technology you can now travel across borders with the minimum of hassle. I am lucky enough to have Global Entry Status for the USA with my UK passport. I did have to go through a process of security clearance from the UK government and an interview with the Feds to check me out, but at the end of the day it was worth it.

Now my interface is with a machine on arrival, which checks my image, then gives me an entry slip. Now my passport power helps me bypass human contact, but is this really a good thing?

FLIGHTS
RESTAURANT & BAR

HAPPY HOUR
3 FOR \$15
COCKTAIL FLIGHTS

M - F S - S
4PM-6PM 10AM-3PM

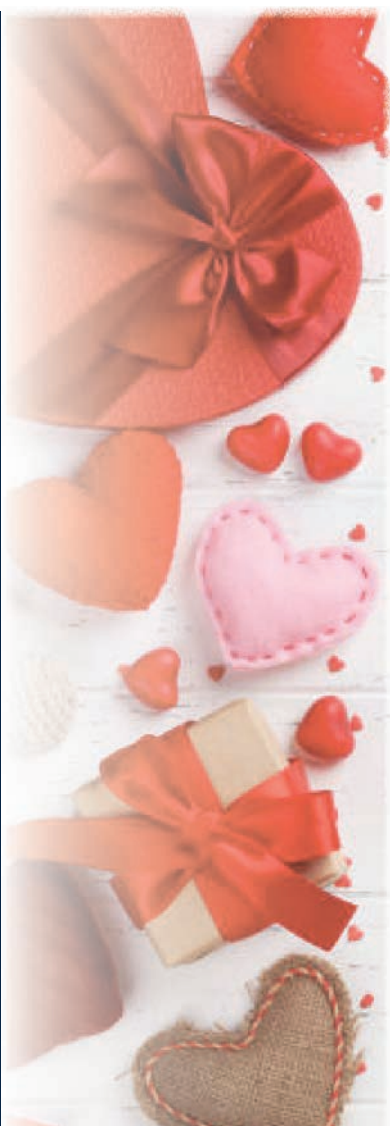
ALL COCKTAIL FLIGHTS, INCLUDING \$5 BEER PINTS

BLOODY MARYS AND MIMOSAS ONLY

LOCATED AT
368 E
CAMPBELL
AVE

DEPART THE ORDINARY - DEPART THE ORDINARY
20
LOVE
AT FIRST
FLIGHT
17

M-TH 4PM - 9PM
F 4PM-10PM
S 10AM-10PM
S 10AM-9PM



Want to brag? Got a Celebration?

We can put your news out to your neighbors!

Call Us! 408-374-9700

BUSINESS CLASSIFIED



EMPLOYMENT



A Company Business Special
2x2 for \$75

Call Wendy or Nancy today!
408-374-9700

LET'S GET HEALTHY!
Continued from page 5

- 1 apple cored and quartered
- 1 handful of grapes or berries of your choice (blueberries, strawberries, raspberries etc)
- 1 frozen banana
- 1 cup of frozen pineapple or mango
- 2 scoops of your favorite protein powder optional

Place ingredients into the blender in the order they are listed. Liquid first, then soft ingredients and then frozen ingredients. You will want to start blending on low speed and then increase to high speed. Blend approximately 60 seconds until all ingredients are smooth. Pour it in your favorite glass and Enjoy!

FLIGHTS

We are an aviation theme-based restaurant that is building its crew. We want energetic and entertaining individuals that can execute our vision.

Our staff operates as a team, helping each other to ensure that our guests receive the finest dining experience possible. If you feel that you are the kind of person that can add to our upbeat and fun environment if interested in a great place to work please call:

(408) 364-1564

Ask for the Manager or Juan

Hiring for all positions.
No experience necessary.

MISSION CITY FLOORING

HARDWOOD FLOOR REFINISHING
EST. 1992
Contractors State Lic #640374
408-234-0910

Email: mcflooring3@yahoo.com
Website: missioncityflooring.com

BEN THERE

REMODELING

Bathroom & Kitchen Remodel
• ADU's • Additions

• Floors • Windows • Doors
Plumbing • Dry Rot

• Sheetrock • Texture • Painting
Decks • Tile Installation

SERVING SOUTH BAY

FREE ESTIMATES (License #769480)

408-687-2280

ARE YOU A MILITARY VETERAN? NOTIFICATION

**-NO CHARGE-
Over \$18,000 in Savings!**

**UNLIKE PRIVATE OR CITY CEMETERIES,
BURIAL EXPENSE IS AT ABSOLUTELY NO COST!**

Burial at a National Cemetery is **FREE** for Veterans Who Have Been Honorably Discharged and **FREE** for Their Spouses.

MOST IMPORTANTLY, ONE OF THE MOST BEAUTIFUL NATIONAL CEMETERIES IN THE COUNTRY IS AVAILABLE TO YOU... RIGHT IN YOUR OWN AREA! BEAUTIFUL CREMATION SECTIONS ARE AVAILABLE TOO.

MAIL COUPON TODAY

For Full Details About Your Veterans Burial Benefits

Name _____ Your Age _____

Your Spouse's Age _____ Phone _____

Address _____

City/State _____

Zip _____

Email Address _____

408-893-3237 for info
Nancy O. Gomes
Insurance Agent 0G92728
Health, Life, Medicare, Disability

Mail To:
National Burial Program
334 E. Campbell Ave.
Campbell, CA 95008

BUSINESS DIRECTORY

MIKE & NIKI'S HONEY COMPANY.COM

Local Campbell Honey
Our Bees
are flying over head

Online, Farmers Markets
and The Olive Bar

408-641-7440

A EQUIPMENT TOOL SHED INC. RENTALS
Family Owned Since 1945

GOT MOLD? HOW'S THE AIR QUALITY IN YOUR HOME OR BUSINESS?
www.ca-hh.com
California Healthy Home
Registered Agent
855-880-1078

BOB COWDEN PLUMBING
30 YEARS OF QUALITY SERVICE



ROBERT H COWDEN
owner

bcowden67@att.net

1723 Clovis Ave • San Jose • CA • 95124

Office
408.267.9407

Cell
408.439.5430



Silicon Valley
Animal Control Authority

celtic shoppe

Everything from Hand knit Fisherman Sweaters, Skirts, Mugs, glassware and more...

Fashion • Jewelry • Crafts

Open 10am to 6pm

408 - 379 - 7474

www.celticshoppe.com

Shop Everyday and for the Holidays!

354 Campbell Ave, Downtown Campbell

Of Sound Mind Productions
San Jose, Ca
(408) 921-5338

Complete sound services



Traditional Travels

ALDEN L. MCARA

TCP #13525



Limos • Sedans • SUV's **408-858-8362**
YOUR PERSONAL CAR SERVICE

STRIKE
BREWING CO.



Travieso

Locally Made Wines
Atypical & Impish with a
Naughty Wine Society



15% off with Ad

Where Trouble Meets Sophistication
Shop • JOIN US • Book a Tasting
Reserve a Table • Drop In
Join Our Wine Club
Naughty Wine Society

Call us: 650-248-5641

Visit our website: traviesowinery.com
165 Cristich Ln • Campbell • CA

TCP



Campbell Crime Report

By Carol W. Gerwitz

200 blk E. Campbell Ave: Suspect was trying to open doors to parked cars and challenging people to fight. Booked.

1700 blk Dell Ave: Unknown suspect rammed the north gate in an attempt to enter the construction site. No known loss at this time. Report.

Campbell Ave/Winchester Blvd: Officer located a vehicle that had been stolen from Campbell Park on 11-16-22. There was also a stolen plate on the car. Report.

600 blk E. Hamilton Ave: Suspect was sleeping in the trash compactor area. When officers contacted suspect, he began to fight and bit an officer. Suspect was arrested, and lied about his name to conceal a warrant. Booked.

700 blk E. Campbell Ave: Unknown suspect took victim's vehicle from the park-

ing lot. Victim thinks they dropped the key in the parking lot earlier in the night. Report.

100 blk Rose Ct: Suspect was at this location in violation of a restraining order. Suspect was also too intoxicated to care for himself. Booked.

300 blk Kuehnis Dr: An unknown suspect forced entry into the laundry room and broke into the washing machines. Report.

Phoenix Dr/W. Hamilton Ave: Officer located a Toyota Tacoma parked and running which had been reported stolen to SJPD on 11/29/22. Two suspects were contacted and arrested. Booked.

1200 blk El Moro Dr: An unknown suspect attempted to steal the victim's vehicle and caused damage. When they were unsuccessful, they stole tools instead. Report.

1600 blk S. Winchester Blvd: Suspect was yelling and writing on a notebook

that he did not pay for. When suspect was contacted by officers he pulled away and tensed up. Suspect was also determined to be under the influence of a controlled substance. Arrested and booked.

100 blk E. Hamilton Ave: Suspect was reportedly laying on the ground. Suspect was contacted and was found to be in possession of methamphetamine. Cited.

700 blk Nido Dr: Suspect 1 threw paper at a security guard. Suspect 2 came out to see what was going on. Suspect 1 was referred to the DA; Suspect 2 was found to have warrants and was booked.

Whiteoaks Rd/Camden Ave: Suspect was blocking traffic by standing in the roadway and was determined to be under the influence. Booked.

3rd St/Gomes Ct: Suspect was stopped for CVC (California Vehicle Code) violation while riding his

bike and found to have a meth pipe in his possession. Cited.

300 blk W. Rincon Ave: Unknown suspect used the victim's social security number to attempt to obtain a bank loan in the victim's name. Report.

100 blk W. Rincon Ave: Suspect smacked victim's hand with a shoe during an argument. To DA.

300 blk Sobrato Dr: Suspect was dropped off in front of a residence where the victim's vehicle was warming up in the driveway. The suspect entered the driver's side of the victim's vehicle and drove the vehicle out of the driveway, last seen southbound on Sobrato Drive. Report.

300 blk E. Hamilton Ave: Unknown suspect removed the key box attached to the outside of the front door to retrieve the key to the business. Suspect then gained access using the key and stole cash and a gift card

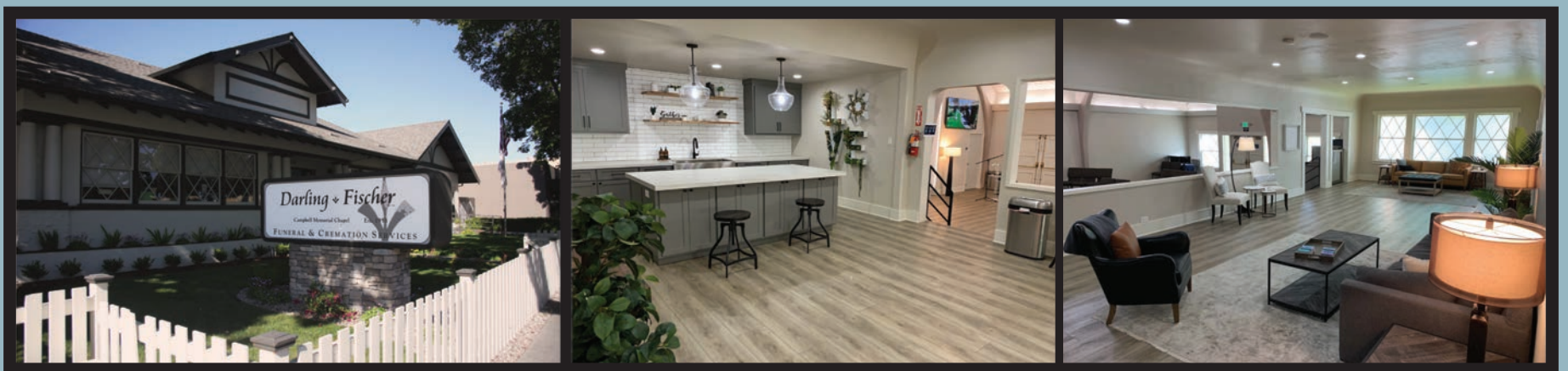
from behind the counter. Report.

Almarida Dr/David Ave: Suspects 1, 2, 3 and 4 were initially seen in a white Nissan. A fight broke out on the street between Suspect 1 and Suspect 2. Upon contact Suspect 1 walked away and was later arrested near Pamilar. A loaded .22 revolver was in plain view on the backseat of the Nissan. Nobody claimed ownership of the gun, and the four suspects were arrested. Suspects 1 and 2 have felony convictions. Booked.

**Put your
Loved one's Obituary
And reach your local
area with our 75,000
circulation! Place your
Service Arrangements
or Announcements
for \$450**

**Call 408-893-3227 or email
thecampbellpress@gmail.com**

Celebrating Life, One Story at a Time



Darling Fischer has served the community with exceptional compassion and care since 1936. We help families create fitting, memorable and affordable services for their loved ones. At Darling Fischer, prompt, professional, and compassionate service is always a phone call away.

Established in 1887, we have served Los Gatos, San Jose and surrounding communities for generations. We serve all faiths and all traditions. Many pioneering families or notable individuals are buried or interred in the Cemetery. You will always find Los Gatos Memorial Park a peaceful place to remember your loved ones.

DARLING ↓ FISCHER

Celebrating Life One Story at a Time

Darling Fischer Campbell Memorial Chapel

231 East Campbell Avenue, Campbell, CA 95008

www.darlingandfischer.com

Office: (408) 379-5010 • Fax: (408) 379-5016 • FD898



**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



The Love of Reading!

Celeste Martin Nathan, M.A.T.

Many parents feel that reading is fundamental for their child's academic success. While this may be true, the journey can begin even before a baby is born. A study at the University of Oregon found when pregnant mothers were given a recording that included a made-up word to play near the end of pregnancy, the babies were able to recognize the word and its variations after they were born (PNAS, 2013).

By following a few simple steps your child will develop as a reader and writer.

Start early by reading regularly to your children. Did you know that reading to your baby can lay a foundation for language development but also enhance the development of social and emotional skills that will help them thrive?

As your child develops and enters formal schooling, **learning through play** should continue to be an important part of their academic development. According to a research team from Temple University,

the University of Delaware, and Vanderbilt University, children can learn words just as effectively through playful activities as through shared book reading. Additionally, sing-a-longs, board games, and interactive storytime is a great way to engage your little one.

Set aside **short daily reading sessions** with your child. Not only are you modeling the importance of reading but it fosters a bond between you and your child.

The love of reading can be a shared enjoyable experience but it starts with you and your love of reading. Why not pass this gift on to your little one and experience the many joys of reading.

Cultivating Literacy is a non-profit based in the San Jose area that empowers families of early readers by providing strategies, individualized interventions, and expert guidance to help children grow as successful readers and writers.

www.cultivatingliteracy.org

CAMPBELL RETRO ROCK The Garage Band



The Garage Band front row: Tony Yates - Bass Guitar & Lead Vocals, Mary Ellen Duell - Lead Vocals, Thom Duell - Rhythm Guitar & Lead Vocals, back row: Jeff Mayer - Lead Guitar & Vocals, Jack Ortolani - Keyboards & Vocal, and Sid Thompson - Drums

Since 1984, The Garage Band has been making music and helping people have a good time. Yes, they really started out practicing in their garage and adopted that name way back then. Based in San Jose, they performed at festivals from Antioch to Watsonville; Corporate parties from Adobe to Xylinx; nightclubs throughout Northern California including Mtn View, Campbell and of course, San Jose; weddings and private parties from beaches to ski resorts. They've been finalists in the radio station KFOX's "Last Band Standing" contest. They've recorded jingles used for commercials and a video game.

Their primary goal as a group was to entertain You! They were primarily a Cover Band, capable of perform-

ing a wide variety of music from the 50's to the present, mixing in some original tunes along with the popular songs most people know.

Above all, they were versatile, professional musicians who were happy to perform wherever good music was desired: corporate events, weddings, festivals, and every kind of party you can imagine! They never lost sight of the fact that your musical needs supported them, so they did their very best to satisfy those needs!

If you needed a fuller sound with a horn section, they could do that. If the need was for just a duo or solo performance, they could do that as well. For your listening pleasure, hear sample songs at thegarageband.com/pick-a-song/



SPECIAL ANNOUNCEMENTS

Haunted San Jose
Haunting tales and histories of San Jose
A History Happy Hour
Author Elizabeth Kile
Friday, April 14 | 5:30pm-7:30pm

Books will be available to purchase

\$15/ person
www.campbellmuseums.com

The 1933 Kidnapping and Murder of Brooke Hart
PRESENTATION BY JUDGE PAUL BERNAL

History Happy Hour
FRIDAY, MAY 26 | 5:30PM-7:30PM
\$15/ PERSON

Thomas Thurmond John Holmes
(San Jose Police Department mugshots)

www.campbellmuseums.com

BOOK CLUBS FOR KIDS
WEEKLY PHONICS AND WRITING CLASSES
13 classes, Jan- April, \$85
Sign up at www.cultivatingliteracy.org

CITY NEWS *Continued from page 7*

On a personal note, I still carry fond memories of riding VTA through Campbell streets as a child. With my dad at work with the family car, the bus lines were our connection to the greater Campbell community, allowing my mother and I to get around. I loved looking out the windows and watching the streets of Campbell speed by.

That said, ensuring the continuation of services at the level that our residents de-

serve demands constant vigilance. The good news for our county is that VTA has had much greater economic recovery post-pandemic than systems such as MUNI, Caltrain, or BART. VTA has also greatly sped up its training and onboarding of new employees as older ones retire, and is improving its communication to riders. I look forward to working to further improve in these areas — and welcome Campbell residents' input to help us do so.

CAMPBELL MUSEUMS
Continued from page 11

History Happy Hour
History Happy Hour at the Ainsley House is an intimate lecture series featuring local authors, community members, researchers, and more.

5:30pm-7:30pm
\$15/ person
Please register at www.campbellmuseums.com/shop

- Friday, April 14: **Author Elizabeth Kile, Haunted San Jose**
- 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!!)

Become a Campbell Museum Member
If you would like to become a part of the Campbell Museums history, we invite you 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.



CAMPBELL'S HERITAGE THEATRE PRESENTS THE MARSHALL TUCKER BAND

By Ed Sengstack

CAMPBELL, Calif. (December 23, 2022) – 2023 kicked off in style on **Saturday, January 28**, with Southern rock legend **The Marshall Tucker Band**. The Marshall Tucker Band came together as a young, hungry, and quite driven six-piece outfit in Spartanburg, South Carolina in 1972, having duly baptized themselves with the name of a blind piano tuner after they found it inscribed on a key to their original rehearsal space — and they've been in tune with tearing it up on live stages both big and small all across the globe ever since.

"I've been in tune with how music can make you feel, right from when I was first in the crib," explains lead vocalist and bandleader Doug Gray, who's been fronting the MTB since the very beginning. "I was born with that. And I realized it early on, back when I was a little kid and my mom and dad encouraged me to get up there and sing whatever song came on the jukebox. There's a certain gift I found I could share, whether I was in front of five people or 20,000 people. I was blessed with that ability and I'm thankful I can share with others."

The band's mighty music catalog, consisting of more than 20 studio albums and a score of live releases, has racked up multi-platinum album sales many times over. A typically rich MTB setlist is bubbling over with a healthy dose of hits like the heartfelt singalong "Heard It in a Love Song," the insist-

ent pleading of "Can't You See" (the signature tune of MTB's late co-founding lead guitarist and then-principal songwriter Toy Caldwell), the testifying "Fire on the Mountain," the wanderlust gallop of "Long Hard Ride," and the explosive testimony of "Ramblin," to name but a few.

In essence, it's this inimitable down-home sonic style that helped make the MTB

had the commonality of having all grown up together in Spartanburg," explains Gray about his original MTB bandmates, guitar wizard Toy Caldwell and his brother, bassist Tommy Caldwell, alongside rhythm guitarist George McCorkle, drummer Paul T. Riddle, and flautist/saxophonist Jerry Eubanks. "The framework for Marshall Tucker's music is more like a spaceship than a house," Gray continues,

whose legacy is being carried forward by the man himself and his current bandmates, drummer B.B. Borden (Mother's Finest, The Outlaws), bassist/vocalist Ryan Ware, keyboardist/saxophonist/flautist/vocalist Marcus James Henderson, guitarist/vocalist Chris Hicks, and guitarist/vocalist Rick Willis. "You know, I think it was Toy Caldwell's dad who said, 'There's more to gray hair

May the MTB wagon train continue running like the wind on a long hard ride for many more years to come. One thing we absolutely know for sure: If you heard it in a Marshall Tucker Band song, it certainly can't be wrong.

Individual tickets are now on sale for \$73, online at HeritageTheatre.org, by phone at 408-866-2700, or through the Box Office (hours: Tues-Fri – 10:00am-4:00pm; Sat – 10:00am-2:00pm.)

The remainder of the Heritage Theatre's 2022-2023 Season features: *The Highwaymen Show* on February 25, paying tribute to Country superstars Willie Nelson, Johnny Cash, Waylon Jennings, and Kris Kristofferson; 11-member a cappella sensation *Voctave* on March 24; and *Ladies Night* featuring Taylor Dayne and Sheena Easton on April 27.

All 2022-2023 Season performances are in Campbell's historic Heritage Theatre located at the Campbell Community Center at: 1 W. Campbell Avenue, Campbell, California, 95008.

2022-2023 Heritage Theatre Season Sponsors: *The Carpet Center, Darling-Fischer Family Mortuaries, Economy Lumber, GreenWaste Recovery, Killroy Pest Control, Kirkwood Plaza, Kyoto Palace, Los Gatos Memorial Park, St. Lucy School, State Farm Insurance – Mark Chapman and Mike Myers, Westside Real Estate Services*

Email: eds@campbellca.gov



Photo Credit: Mariah Gray

Southern rock legend **The Marshall Tucker Band** performs at the Heritage Theatre on **Saturday, January 28**, at 8:00pm.

the first truly progressive Southern band to grace this nation's airwaves — the proof of which can be found within the grooves and ever-shifting gears of "Take the Highway," the first song on their self-titled April 1973 debut album on Capricorn Records, *The Marshall Tucker Band*. "We

"because you can look out of a lot of windows and see a variety of things that show where we've been and what we've done, and how we've travelled through time to bring those experiences out in all of our songs."

Gray sees no end to the road that lies ahead for The Marshall Tucker Band,

than old bones,' and we still have a lot of stories yet to tell," Gray concludes. "People ask me all the time what I'm gonna do when I turn 80, and I always say, 'The same thing that we're continuing to do now.' We're road warriors, there's no doubt about that — and I don't intend to slow down."

NASCHMARKT • NEW HOURS • NEW MENU

NOW OPEN FOR LUNCH

Thursday to Sunday 11:30am - 2:00pm



- Schnitzel (sandwiches) • Fish
- Eggplant • Hamburger

All Served with Tavern Fries
Add a Classic Beer - Specialty Wine
Great Desserts



OPEN for Dinner < Tues - Sun
5 - 9 PM

Come and Enjoy Our Lunch or Dinner Menu!
Great Atmosphere ★ Great Food & Service



384 East Campbell Ave · Campbell, CA 95008
(408) 378-0335

www.naschmarktrestaurants.com

2323 Birch St · Palo Alto, CA 94306
(650) 561-3202

EARLY SETTLERS

Continued from page 6

for the Winchester Mystery House. Having worked on and off at the property for over 44 years, she one of the most knowledgeable experts about the life of Sarah Winchester. Ms. Boehme appeared as herself in television episodes of *Destination Fear*, *Winchester: A Ghost Finders Special*, *Creature Features* and *The UnXplained*.

The Future of Campbell Early Settlers & Heritage Day

The goal is to eventually revive the parade and make the event a diverse and inclusive celebration of all people who have made Campbell their home, whether they're descendants of the earliest settlers or families setting down roots for the first time.

We hope you'll join us on February 20th for the 131st Anniversary Campbell Early Settlers and Heritage Day Celebration

To attend, please register at CampbellChamber.net