



Photos by Matthew C. Howe

PHOTO © MATTHEW C. HOWE

Here is the mystery photo for January. It is fairly easy to figure out what it is, but the challenge is to figure out where it is located. Happy New Year.



WORD OF THE MONTH

“SOMNAMBULISM”
[Som-nam-bu-liz-um]
NOUN
The act of walking while asleep. The phenomenon of sleepwalking.

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HAPPENINGS

MUSEUM MATTERS
January 2024

The Campbell Museums consist of the Campbell Historical Museum and the Ainsley House are both closed. The Ainsley House is closed until March 1. The Historical Museum will be open periodically Friday-Sunday depending upon volunteer availability.

Volunteers Encouraged!

The Campbell Museums is actively recruiting for a variety volunteer positions.

If you love History, want to meet new people, and be a part of the community, then joining the museum volunteer group is a great opportunity!

The following volunteer positions are open now:

- Campbell Historical Museum Greeter
- Ainsley House Docent & Greeters
- Museum Foundation Board Member

- Ainsley House Garden Volunteer
- Special Event Volunteers
- Museum Collections Volunteers

If interested, contact Museum Supervisor, Kerry Perkins, kerry@campbellca.gov (408) 866-2718, or more information can be found on the Campbell Museums website: www.campbellmuseums.com/get-involved

The Museum Boutique at the Ainsley House/Carriage House is looking for a volunteer gift shop manager. This is a volunteer opportunity for someone interested in helping a small non profit boutique. The time commitment is a few hours per month, able to identify trends and advise on purchasing products accordingly, set up shelf displays, rotate merchandise seasonally, able to use POS or Excel sheets to track

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VOLUNTEERS NEEDED

HELP KEEP HISTORY IN CAMPBELL!

GREETERS NEEDED AT THE CAMPBELL HISTORICAL MUSEUM & AINSLEY HOUSE

GREETERS HELP KEEP BOTH MUSEUMS OPEN DURING PUBLIC VISITING HOURS:
FRI-SUN/11 AM-3 PM
TRAINING IS PROVIDED

[HTTPS://WWW.CAMPBELLMUSEUMS.COM/GET-INVOLVED](https://www.campbellmuseums.com/get-involved)



HERE'S HOWE
LORE IN 2024!

Happy New Year! Another year has passed, and I can't believe it's 2024 already and I know many of you reading this can relate. That being said, let's get on with an optimistic fresh start, shall we?!

We now have a new Mayor! City Council member Susan Landry has taken over first chair and control of the gavel from Anne Bybee who finished serving her 2023 term. Susan has been involved with our city for some time now and is an outstanding member of our community. We look forward to what she and the other council members will accomplish in the coming year. The Library renovation has finally begun! A dramatic change to the building is underway and I look forward to a new look for our city library. Unfortunately, the construction will affect our summer 'music on the green' series that so far has no optional location at this time and is currently canceled for the 2024 season. This is sad for community music lovers, as well as for the groups that have entertained us every year, since it's such a great 'coming together' of friends and families enjoying the summer sun and fun on Thursdays for several weeks which also benefits the Ainsley House and Campbell Museum, and they will miss that support.

I have noticed that Mango Crazy (that was a next

door neighbor to Campbell Liquors and the recently closed STRIKE Brewery) has also closed its doors? What is going on here? Not sure of the future of either of these strip mall spots, but I will try and keep you informed as we roll along. It seems to be a tough 'just off the strip' location for businesses to thrive, but one day down-town will extend East all the way to the Pruneyard, and it will be more inclusive at that time and downtown won't seem to just end at the railroad tracks anymore. Big Lots on Campbell Ave. and San Tomas Aquino is now closing down. This will be their last weekend, so go get some deals while you can! Rumor has it that the very large Campbell furniture gallery building downtown is going to become a gym? Hmmmm...not sure how I feel about just that yet. The inside is quite an amazing space really, and I feel it deserves something more than free weights, treadmills, and exercise bikes. Stay-tuned for more about that. I also noticed the second story above Blue Line Pizza is undergoing a massive remodel that will apparently include an elevator located right on Campbell Ave. Looking forward to the new growth of downtown and surrounding areas and hoping we all thrive in 2024! Stay healthy!

THEN AND NOW



The Campbell Plaza Safeway on Winchester Blvd. and Budd Ave. has been in business for over 60 years. This recent pic shows it hasn't changed much from the photo taken in the early 60's. The store was expanded extensively in the 80's when the building was remodeled to become a 'Super Safeway.' The pharmacy and plaza liquor store just to its North were acquired for this major upgrade in addition to the 'Suds and Duds' laundromat that was located on the NW back corner near Nido Drive. Campbell Plaza Liquors was then rebuilt only 100 feet away from its original location in a separate building where it remains today.



PUBLIC INVITATION
Police Department
Ground Breaking
January 25th at 10 AM

As a Campbell resident, Campbell business owner, Campbell Chamber of Commerce board member, and part of the library restoration project, I belong to the City of Campbell Measure 'O' committee and have seen the success of our Campbell police force. Today we have a police force located in our City Hall that additionally uses a mobile trailer as a 'temporary' location for the past 10 years. Measure 'O' has set a change, as we voted in the measure in

order to build a better library and police station for our community. 'Presence and Image' are always a deterrent for crime. Our Campbell police department has been accomplishing extraordinary success in managing crime in our city. The new Measure 'O' police force building will send a message of deterrence based on 'Presence and Image' alone. This new building will enhance the recruitment of qualified police officers to our community.

The EXCITING AND LONG-AWAITED
groundbreaking is set for
Thursday, January 25th at 10 AM.
COME and join us at THIS IMPORTANT
community accomplishment.
See the City of Campbell website for details.
www.campbellca.gov



Campbell Chamber of Commerce is holding the Installation of the 2024 Board of Directors at their Monthly Luncheon on Wednesday, Jan. 10 at 11:30 AM, at the Orchard Valley Room at the Campbell Recreation Center. All are welcome. Call the Campbell Chamber to RSVP at 408-378-6252. Shown is incoming President, Dan Orloff.

PUBLISHER NOTES

By Nancy O. Whitney

Special Thanks To Community Contributors!

A special thanks goes out to our Downtown Business Association for organizing various events throughout 2023. From introducing the First Annual Car Show in July, to bringing back the Carol of Lights after a three-year hiatus in December, the Campbell Press cherishes the community's vibrant spirit. We were delighted to have received over 200 letters from children who wrote to Santa Claus at the Carol of Lights celebration, and we thank the Country Woman's Club of Campbell for their heartwarming support on this project, and in making sure that all their letters made it to the North Pole! Speaking of CWCC, check out information on the Woman's Club 'Annual Crab Feed' being held this coming February 3rd on page 5. Make sure to purchase your tickets early since it's always a sell-out!

The Campbell Chamber of Commerce hosted its annual array of events in 2023. The Boogie Music Festival in May, the Oktoberfest in October, and the Carol of Lights in December. The Chamber has always promoted local businesses and bring crowds of people to the downtown area. They are still accepting your votes until January

14 to nominate Citizen of the Year, and Business of the Year. Visit their website www.campbellchamber.org to cast your votes and acknowledge individuals and businesses that you feel have contributed significantly over the last year that go that extra mile and deserve recognition for supporting our community. On page 13, The Humane Society features adorable adoptable pets seeking loving homes. Additionally, we continue our efforts to reunite a lost kitty with its owner on page 5.

As I mentioned last month, we truly appreciate all our subscribers. As our gift of appreciation, we're offering a special deal: the new annual subscription price is \$39, up from \$30. However, if you send us a check for 2023 and 2024, we'll honor the \$30 price, for only \$60! For electronic payments, you can use Zelle, PayPal, or Venmo by sending funds to nortwhitney@gmail.com. Alternatively, call us at 408-374-9700 to make other payment arrangements.

As we dive headfirst into the new year, The Campbell Press wishes to extend our sincere gratitude to our team of reporters, writers, and columnists for without them, we would not be here

today. Their contributions enrich all of us and provide our community with diverse and valuable information each and every month. A heartfelt acknowledgment goes out to all of them.

We also want to give a very special thanks to the City of Campbell for their generous support as well, and the dedication of council members and volunteers who contribute their time and knowledge with sharing articles on current events, keeping us informed about the most recent happenings within our city.

A special acknowledgment goes out to our longest realty contributor Janie Kelly, Sharon McCray for her gardening tips, Jay Harnden, for his insightful perspective in Coach's Corner, John MacCalman for his worldly travel columns, West Coast Chef Bill Peil, for his tasty seasonal stories and recipes, as well as Gene Hunt for his educational articles on Real Estate. Additionally, Carol Gerwitz for some great feature articles and the crime report, Sam Wilson for sitting through all those movies to share with us, Benjamin Noel for his special words, and last but certainly not least, Chris Jackson@ KFOX for his

Continued on page 15

JANUARY

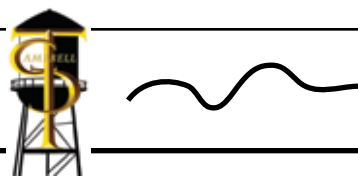
CAMPBELL REAL ESTATE

JANUARY

ADDRESS	SALES PRICE	B/B	AGE	LOT SIZE	SQ. FT
SOLD/CLOSED ESCROW, SINGLE FAMILY HOMES					
Fewtrell Drive	\$2,300,000	4/3.5	4	8700	1854
El Caminito Avenue	\$2,143,000	3/2	70	11326	1358
Longfellow Avenue	\$2,005,000	4/2	68	8817	1672
Via Salice	\$1,870,000	4/2	61	6534	1429
Emory Avenue	\$1,850,000	3/1	71	11774	1182
Monica Lane	\$1,800,000	4/2.5	61	6098	1741
Salerno Drive	\$1,800,000	3/2	76	9092	1252
Patio Drive	\$1,735,000	3/1.5	68	6447	1409
Bucknam Avenue	\$1,625,000	4/2	63	6351	1592
Sunnyarbor Court	\$1,600,000	3/2	51	3920	1222
SOLD/CLOSED ESCROW, CONDO/TOWNHOMES					
Fierro Loop	\$1,625,000	3/1	8		1728
Capri Drive	\$1,038,000	3/2.5	44		1289
Union Avenue #C	\$930,000	3/2.5	42		1332
Apricot Avenue	\$795,000	2/2	39		1027
Watson Drive #1	\$685,000	2/1	52		810
N. 1st Street #2	\$665,000	2/1	53		903



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FUN, FRIENDSHIP AND PHILANTHROPY—



THE LIONS CLUB NEW YEAR'S RESOLUTION

By Gayle Kludt, President, West San Jose- Campbell Lions

A new year always brings new ideas and new hope. After six months focusing on Lions Clubs' most well-known cause, vision, two other causes will come into view in the second half of the Lions year. Although we are very proud of our accomplishments in our primary area of service which featured six eye clinics, including one in Vietnam, and two in Mexico, along with five visitations from the AJ Robinson Mobile Heath Van in Santa Clara, Monterey and Santa Cruz counties and multiple eyeglass sorting parties, in 2024, the West San Jose-Campbell Lions will center their efforts on children's cancer and the environment. Our club got a head start in these efforts when we adopted a family during the

holiday season through Jacob's Heart, a support service for families of children with pediatric cancer. As writer Jessica Pasko explained, "Jacob's Heart Children's Cancer Support Services exists to improve the quality of life for children with cancer and support their families in the challenges they face. They provide family-centered care that addresses the emotional, practical and financial struggles for families of children and teens during treatment, families experiencing anticipatory grief, and those who are bereaved. Their free services are provided by Family Support Specialists, volunteers and licensed family therapists to families living in Santa Cruz, Monterey, San Benito, and South Santa Clara

counties." These services can include transportation to and from hospital visits, counseling for both patients and families, and provision and delivery of necessary items and funds. Believing that no two families will have identical needs, a personalized plan is developed for each family group. One service that is provided directly to the patients is activities, projects and books they can enjoy during their hospital treatments. The WSJ-C Lions will be working with Jacob's Heart to help supply the materials for these hospital visits. Lions Desiree Mitchel and Michelle Hyatt chair this project.

Later in the year, the Lions will concentrate on environmental activities including area

beautification, clean-up projects, and tree planting. We will work with Our City Forest and other agencies in these efforts. Of course, these projects need funding, and that's where the fun and friendship part of the resolution comes into play with our second annual Comedy Night fundraiser. Our sellout production in year one necessitated a larger venue along with more prizes, auctions and gifts. Planning has already started for this year's event, which will be held April 13, 2024 at the Orchard City Banquet Hall, 1 W. Campbell Ave., Campbell. Information about this event can be found on the Lions Club website wsjclions.org/lionscomedy

Of course, we will continue working with our regular

service clients including the San Jose Vista Center for the Blind, Martha's Kitchen food services, and the Grateful Garment, which provides clothing and supplies to victims of sexual assault. Pam Berry and Dr. Art Low will continue with their weekly lensometer screenings to determine the prescriptions on our (so far) over 850,000 pairs of donated glasses, but we look forward to working on our international goals of childhood cancer and the environment too. As always, we welcome the community to join us at our club meetings, held at Denny's on Capitol Expressway each Thursday at 12:00 noon, and at our service activities. Learn about us and what we do at wsjclions.org. WE SERVE.

Campbell Veterans Memorial Foundation Happenings

By Lucille Maravilla Photos: Jim Free

The Campbell Veterans Memorial Foundation and its Board of Directors would like to extend our best wishes to all our supporters and donors for their support in 2023 and pray for everyone to have a healthy and prosperous 2024.

In December Jack Hardin, Jim Free, Dr. Dan Furtado, and many other veterans and their families were at the Madronia Cemetery during the annual Wreath Laying Ceremony. There are some photo opportunities during that event which also included a wreath being laid at the headstone of Mark Bingham who is also buried there. This is always a very solemn event held at the Los Gatos Memorial Cemetery of which the Los Gatos Memorial Flame of Liberty members and the CVMF members were attending along with some 2,500 cemeteries nationwide.



A wreath was placed on the grave of 9/11 hero, Mark Bingham.

Also, during that event, the D.A.R. (Daughters of the American Revolution) were there and they went to the Fisher Middle School in Los Gatos Fisher Middle School,

where the students there wrote a Greeting to Veterans attending that event. Jim Free was honored to receive one of those cards. This made the day for all those who received one for sure.



Standing at attention at the CVMF Memorial Ceremony in December.

Please note that the Campbell Veterans Memorial Foundation is having its Annual Elections and Planning Board Meeting this month. Where they will vote in new Officers and create the planning calendar for the 2024 year. More information on that is in the up-and-coming months for these columns.

The Board of Directors would like to take this time to say a very special thank you and show great appreciation and respect to Jim Free. Jim is not only the founder of this organization but has been the President over several terms including this past year. We truly owe a debt of gratitude for his unwavering commitment to helping all veterans and their families by creating this Veterans Memorial. Jim is an extremely humble Navy Veteran who is a shining example to all of us when it comes to seeing what a difference one person can make in our world. Jim has changed the

landscape and the lives of so many, not only for the Campbell Veterans, but younger veterans and student veterans from other areas. Jim Free along with Dr. Dan Furtado, Army

Reserves and currently Campbell City Councilman (formerly Mayor of Campbell) had a vision and created a peaceful memorial as well as Scholarships for Veterans returning to school. They give a student from two colleges a scholarship to help them with their new lives. The scholarships come from donations and are given with a Scholarship Fund in Dr. Dan Furtado's name for a veteran student attending Mission College and West Valley College. Please consider helping this great cause and donate by buying a brick for your veteran loved ones or giving an affordable donation to help the Campbell Veterans Memorial Foundation a nonprofit organization as it continues its great mission. We sincerely give our gratitude to these two founders for their dedication to veterans and their families. Thank You Jim for a great leadership year in 2023.



By Margaret Schieck, President

Happy New Year to everyone.

On December 11th, 2023, fourteen members of our Campbell Area Chapter 5151 of AARP, participated in sorting items for the Campbell Chamber of Commerce Toy Drive. I, personally, have never seen as many stuffed animals in one place in my life! It was actually great fun and we plan to volunteer again next year for this event at the Home Church.

On December 19th, the harpists from Harpers' Hall and Culinary Society brought their gift of music to our gathering. This is always a most enjoyable event and we plan to have them come again next December.

Our Chapter will again be volunteering at the next Lions Club glasses sorting event at the VISTA Center on Bascom Avenue on February 3rd, 2024 from 9:00 a.m. until 2:00 p.m., lunch included. We hope you will give some thought to joining us and other volunteer groups there.

There will be no general meeting of the Campbell Chapter 5151 of AARP in January as we will be celebrating our 29th Anniversary as a Chapter with a special luncheon at Jack's Restaurant. We will resume our regular scheduled meetings on the 3rd Tuesday of the month in Room Q80 on February 20th at the Campbell Community Center at 10:00 a.m. Coffee and snacks are ready at 9:15 a.m. Our speaker at that meeting will be from Sourcwise and will be talking about services for Seniors. We hope to see lots of new members there.



The Mid-Peninsula Widows & Widders Association

meets weekly and organizes social activities for those who have experienced the loss of a spouse. The group meets every first Tuesday of each month from 1:30 to 3:00 p.m. and every remaining Tuesday of the month from 7:30 to 9 p.m. Visitors should arrive 30 minutes before the meeting starts.

We coordinate games such as Bocce Ball, Bowling, card games, weekly walks at Rancho San Antonio and Shoreline Parks. Weekly and monthly gatherings for breakfast, lunch and dinner at local restaurants, monthly discussion groups followed by a potluck or dinner at a local restaurant. Events include seasonal parties, annual picnic and installation dinner and dance. Please contact Gloria 408-246-4642 or Jan 408-439-0776 for more information.

CAMPBELL HIGH SCHOOL DISTRICT STUDENTS THRIVE WITH CWCC HELP

By Lucille Maravilla

The 26th annual, Country Woman's Club of Campbell (CWCC) Crab and Pasta Fundraiser will be held February 3, 2024 at 6pm in the Orchard City Banquet Hall (1 W. Campbell Ave., Campbell 95008).



Bobbi Sheets with friends at Crab and Pasta Fundraiser.

Tickets are \$65/person. Contact Maggie Church 408 718-8864 or Ursula Smith 408 377-2371 for tickets and to reserve your seats/tables. This is a fun community event!! Dinner includes wine and

beer plus a silent auction and raffle. We often sell out the event.

CWCC has raised over \$500,000 since Crab and Pasta began. Every year we average 15 or more scholarships, offered to students who have overcome life challenges. The student thank you letters are so appreciative of the financial support. The club prides itself on making a difference in their lives. Come and join us for an opportunity to see old friends, make new ones, and to contribute to the community.

Our January 8, 2024 CWCC meeting at 6pm in the Boynton High School cafeteria, (901 Boynton Ave., San Jose 95117) will in-



Cindy Conte and mom Sherrie Cardona bidding at Crab and Pasta.

clude remarks by some of last year's student scholarships winners. They will share the opportunities their 2023 scholarship created in their lives. We welcome anyone who wants to hear

about the scholarships, and/or is interested in joining our club. Contact Lucille Maravilla 408 205-4621 or Cherri Fontana 408 209-1310 for more information.



Ken and Susan Johnson at Crab and Pasta event.



The Country Woman's Club of Campbell
26th Annual
Famous & Fun
Crab & Pasta Dinner
Silent Auction and Raffle
Benefit Scholarships & Community Projects

Saturday, February 3, 2024, 6:00 p.m.

At the Orchard City Banquet Hall
1 W. Campbell Avenue, Campbell CA 95008

Tickets are \$65.00

Dinner includes Cold Crab, Pasta, Salad, Garlic Bread, Dessert, Wine, Beer & Soda

Call Maggie Church @ 408-718-8864

Mchurch565@gmail.com

Or Ursula Smith @ 408-377-2371

Reserve your seats today!

Cherri Fontana

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When purchasing through venmo or PayPal put a crab emoji & the # of tickets

Email Mchurch565@gmail.com to get tickets

Cherri Fontana is the President of CWCC
venmo/PayPal

Cherri Fontana



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LOST KITTY

Mimi is a Flame Point Siamese with steel blue eyes and is cream colored with light orange on her ears, face, and tail. She disappeared in the Dell/Camden area and is chipped.

If you spot her, please call or text picture, location, date to

(408) 386-3579

Thank you for your help!

70'S-80'S LOCAL BANDS!

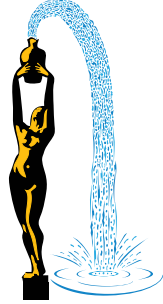
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Campbell Chamber of Commerce

Harmonious Leadership: Dan Orloff Takes the Helm as the Campbell Chamber of Commerce Board President

By Kirsten Frank

Founded in 1925, the Campbell Chamber of Commerce is entering its 99th year, steadfast in its mission to advocate and promote all aspects of the local community.

This month, our 2024 Board of Directors will be sworn in at our monthly luncheon, and taking the helm this year as Board President is Dan Orloff.



Incoming President Dan Orloff

A MUSICAL HERITAGE:

Dan is a marketing expert, musician, networker, and business owner as well as a historian and storyteller. His talents are broad, and his connections run deep within Campbell and the larger Bay Area.

Music isn't just a passion for Dan, it's a family legacy. Born into a musical household, Dan's father Jerry Orloff, earned an induction into Nashville's International Barbershop Society's Hall of Fame in 2011, and is a cousin to none other than Bob Dylan. Inspired by Dylan's Uncle Jack Zimmerman, Dan picked up the guitar in 1963 and still occasionally graces jam sessions around San Jose and Campbell.

Dan's love for music extends beyond performance—it intertwines with his dedication to preserving its history. His 1978 appearance on ABC's "Name That Tune" is a testament to the depth of his passion. Over the years, he has contributed significantly to Bay Area history projects, serving twelve years as a board member with History San Jose, and co-founded sanjoserocks.org.

'San Jose Rocks' seeks to weave together stories of the past and present about a place where creative people have always converged to shape the soundtrack of our world.

From the Grateful Dead to the Doobie Brothers, from SmashMouth to Fleetwood Mac, from the world's first radio station to Dolby Labs, Ampex to Apple, Silicon Valley has enriched America's most raucously unique musical invention: Rock and Roll. In fact, Campbell was home to the first performance of "Psychotic Reaction" by San Jose band 'Count V'. They once played at the West Valley College campus once located at the Heritage Village Office complex, and soon after in 1966, their song climbed to #5 on the Billboard charts. Look for more intriguing Campbell connections in the coming year at sanjoserocks.org.

BUSINESS AND COMMUNITY INVOLVEMENT:

As the owner of Orloff Marketing since 1992, Dan has been the driving force behind the marketing endeavors of numerous startups and small to medium-sized businesses throughout the Bay Area. Additionally, he serves as a managing member and part owner of Pruneyard Cinemas and adjacent Cedar Room. His commitment to community service is evident through his twelve-year tenure on History San José's board of directors, and active participation in organizations like the Rotary Club of San Jose, and the San Jose Fountain Blues & Brews Festival. Notably, Dan's diverse interests don't stop there. Alongside his cinematic ventures and community engagements, he manages a sour side hustle—the Orloff Pickle Company, carrying on a cherished family tradition with a secret pickle recipe.

CHAMBER INVOLVEMENT:

When Pruneyard Cinemas joined as a Chamber member in 2017, Dan began offering his time and talents to the Campbell Chamber and became a Board member in 2022. Along with serving on the Board, he heads up the Chamber Marketing Committee and is an integral part of the festival committee. Dan also heads up securing guest speakers for the 'Chamber Monthly Luncheon', and has even stepped up as a speaker himself, sharing insights and expertise about company



branding at a recent 'Chamber Lunch & Learn.'

A VALUABLE ASSET:

Dan's generosity, down-to-earth demeanor, and willingness to share his vast experience and connections make him an invaluable asset to the Chamber and the community. As the Chamber's Board President for 2024, Dan's leadership is poised to enhance the Chamber's mission to improve the quality of life in Campbell.

"Serving on the Chamber board is a natural extension of my deep connection to Campbell's rhythm, a bond cultivated for over 45 years," says Dan Orloff.

The Campbell Chamber of Commerce is thrilled and grateful to have Mr. Orloff as Board President. We are also fortunate to have the following individuals round out our 2024 Board of Directors: Charles Dampier (Pinnacle Bank), Terry Hines (NovaTech Services, Inc.), William Kaufman (Sweeney Mason), Janie Kelly (Realty One Group Infinity), Michael Lombardi (Eckley, Lombardi, Glascott, LLP), Jeff Migneault (Edward Jones), Tom Pavicic (New York Life), Michael Putnam (Encore Marketing), Randi Ross (V's Barbershop/Ben's Barketplace), Carl San Miguel (Highland Properties), Nicholas Welzenbach (Darling-Fischer), and Dale Yoshihara (Kyoto Palace).

The community is invited to attend the monthly luncheon that provides an opportunity to meet Dan and the Chamber Board of Directors, as they collectively work towards a harmonious and prosperous future for Campbell.

JANUARY CHAMBER EVENTS

MEMBERSHIP 101: Tuesday, January 9, 2024 | 8am-8:45am | Chamber Office

MONTHLY LUNCHEON: Wednesday, January 17, 2024 | 12pm-1:30pm | Orchard City Banquet Hall

POWER NETWORKING LUNCHEON: Tuesday, January 29, 2024 12pm-1pm | Location TBD

Money Empowerment *by Jill*



MONEY ORGANIZATION

A common goal amongst my clients is money organization. Without regular habits and a good money tracking system, it's easy to get over-whelmed with bills and get behind on necessary paperwork needed for important things. It's also likely that due dates are missed and major irregular expenses are forgotten about. Often, a lack of organization results in late fees, bad credit and bank overdrafts.

In addition to the physical consequences, a lack of organization can also lead to other issues such as overwhelm, anxiety and sometimes depression. Many people become avoidant and just ignore the issue and the cycle continues.

So, what do you do? Below are some tips to help you get your money organized.

1. Tracking System

Get a system to track spending and earnings. You can use a paid system like Quicken, Quickbooks, Mint, or Everydollar. Or, you can create a spreadsheet. It does not need to be complicated. I have a google sheet I use with my clients. I customize it to their liking so that it works for them.

2. Habits

Log your transactions, reconcile your accounts, review spending, budget, and simply be aware of your money.

Set regular time frames to perform these activities. Some may be weekly, some monthly.

3. Files

You don't need to keep everything. Most banks keep your files for ten years. Other documents that you may need for tax purposes can be up-loaded or if you like to print and file, that is okay too. Just be sure to do it regularly so it does not pile up and become a huge project later.

4. Accountability and Help

Get an accountability partner. Find someone who will help you stay on track with your habits. Someone you can brainstorm ideas with or who may be able to help you with your tracking system. This can be a relative, a friend or maybe a coach or mentor.

The results of money organization is similar to that of organizing your kitchen or closets. One you've purged all of the unnecessary stuff, as-signed a place for everything and created an easy to maintain system to keep it organized, you just feel like you can breathe.

And when you can breathe, you start to see clearly the path to take to get you to the next level.

If you are in need of some advice or help in this areas, feel free to reach out to me. I'm here to help, Jill-livinbalanced52@gmail.com

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CITY NEWS By Sergio Lopez

In December, the City Council undertook its “Reorganization” meeting — an annual occurrence at the last meeting of the year where the new Mayor and Vice Mayor are selected, and where the outgoing Mayor is thanked for their accomplishments.

This year, Councilwoman Susan Landry was selected as Mayor, while I was chosen to serve as Vice Mayor. Meanwhile, Council member Anne Bybee was recognized for her time as Mayor. Her time as Mayor was one of significant accomplishments together as a Council, supported through her leadership. At the meeting, she offered these reflections on her past year:

“[A year ago] I spoke about the various projects that were underway, what I envisioned could be achieved in 2023, and the importance of teamwork in accomplishing those goals. At the State of the City in September, I highlighted many of the milestones that occurred in 2023, including completion of the General Plan, approval of the Housing Element, adoption of the Zoning Ordinance, and development of Residential Design Standards. I discussed our fiscal outlook and our budget process this year that emphasized priority-based budgeting, intending to link City resources with the strategic priorities of both the City Council and the community. In addition, many other projects are underway, consistent with those priorities, including development of a Climate Action Plan, an update to the City’s Economic Development Plan, filling key positions to support our affordable housing initiatives, an increase in technology to support public

safety needs — just to mention a few ...I am excited to report that progress has begun on the Measure O projects, groundbreaking for the library occurred in November, and the bid for the police facility was awarded in November with groundbreaking to follow in January 2024.

While many accomplishments were achieved this year during my leadership, success is not determined by one person, but by a team. Vince Lombardi defined teamwork as “an individual commitment to group effort. That is what makes a team work, a company work, a society work, civilization work.” I am extremely proud of the many accomplishments achieved this year through the individual and collective leadership of the City Council and Executive team, working in collaboration with City staff, community partners, and residents. Although it may sound cliché, I liken our success to a team that is well-coached with an effective captain at the helm. It is easy to score points when the group is goal-oriented and moves forward with positivity, enthusiasm, and purpose. As a City, we have certainly scored many points this year, so let’s give ourselves a hand.”

Personally, I summed up my reflection on her year as Mayor: “the phrase that comes to mind is ‘a steady hand,’ and we’ve all benefited from your... experience [and] poise. During times that are so tumultuous when we’re dealing with a lot of uncertainty, it’s been really refreshing to have that steady hand.” I also offered my congratulations to Councilwoman Susan Landry

Continued on page 15

COUNTY NEWS

LEADING LOCALLY ON CLIMATE CHANGE. NOW!



By County Supervisor, Joe Simitian

It’s been said that the best time to act on climate change was yesterday, and the next best time is today. I agree.

My work on climate change began in earnest in the California State Legislature. As a member of the State Assembly, I co-authored the landmark 2002 Renewables Portfolio Standards bill, which mandated that California electricity providers acquire power from clean, renewable sources — like wind, solar, and geothermal.

As a State Senator and chair of the Senate Committee on Environmental Quality, I helped guide the passage of (and co-authored) the California Global Warming Solutions Act, which established the state’s most aggressive effort to reduce greenhouse gas emissions.

To make sure we’d actually achieve those goals, I wrote legislation pushing up deadlines for renewable energy use, while also strengthening monitoring and economic efficiency. In 2011, my “33% Renewable Energy by 2020” bill was approved and signed into law. U.S. Energy Secretary Steven Chu called it a “groundbreaking piece of legislation.”

Today, California is demonstrating impressive outcomes from the implementation of those climate policies. Our economy is growing while carbon pollution is declining.

When I returned to the County Board of Supervisors in 2013

I was determined that we take steps at the County level to do our part. Fortunately, our entire Board was committed to the cause. Some of these efforts include:

• The Creation of Silicon Valley Clean Energy (SVCE)

I proposed the participation of our County, and was a founding Board member of SVCE, which provides clean energy (at a lower price than PG&E), and is now the local energy provider for Santa Clara County and most of the cities within the County.

• Solar and Renewable Energy

Since 2019, 100% of electrical power for County facilities is from renewable sources, making our county one of the top 10 local governments in the nation in terms of renewable energy usage.

• Roadmap to Carbon Neutrality by 2030

Alongside efforts to achieve carbon neutrality by 2030, our County is exploring the carbon sequestration potential of 52,000 acres of County parklands to offset any remaining emissions and provide other community and ecosystem benefits.

• All Electric Buildings

Our County now requires new buildings in unincorporated parts of the County to use electricity instead of natural gas, and to include infrastructure for solar and battery storage and electric vehicle charging.

• Agriculture Resilience Incentive Grants

This first-of-its-kind program provides grant funding to farmers for compost and mulch application, and 25 other agricultural practices that improve soil health and pull carbon out of the air.

• Urban Forestry and Stewardship

Our Board approved a goal of planting and maintaining 1,000 trees each year in Santa Clara County, established a partnership with the County Office of Education to plant 1,000 trees on school campuses, and secured a grant from the CalFIRE Urban and Community Forestry program to help fund the effort.

Addressing the impacts of climate change is a job that truly requires a range of solutions and “all hands on deck.” The need for urgency is increasingly apparent, and the clock is ticking.

We have to do more, and we have to do it faster. Let’s go!

Santa Clara County Supervisor Joe Simitian represents the Fifth District which includes Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Mountain View, Palo Alto, Saratoga, Stanford, portions of San Jose and unincorporated communities in the Santa Cruz Mountains. Stay up to date on news and events happening in District Five by signing up for Supervisor Simitian’s monthly newsletter at his website: SupervisorSimitian.org.

City Council & Planning Commission News



By Adam Buchbinder

The story of urban planning is, to a first approximation, the story of parking.

Historically, Campbell has regulated land use by requiring a lot of off-street parking for most uses. This regulation has gone beyond actual parking demand, and “was seen as putting the city in a stronger position to negotiate for design improvements and/or other project revisions, in exchange for parking reductions”. In other words, the requirements were intended to be negotiated away, not implemented.

The Legislature put a stop to that in 2022 by passing AB 2097. Forty percent of Campbell is now exempt from off-street parking requirements because it’s within a half-mile of a train station or the intersection of two frequent bus routes. From the state’s perspective, cities have hamstrung development around their expensive regional transit networks to achieve stronger negotiating leverage with developers, and the costs of this (low density around transit hubs) can no longer be ignored.

Unfortunately for the city, parking management is still a problem! Once you pass a certain low, suburban density, free on-street parking will fill up. The only tool the city has had for the last fifty years of growth has been to mandate ever-more off-street parking provided by landowners. Now that we can’t do that, what else can we do?

From an economics perspective, the problem is a shortage (of open parking spaces) caused by the fixed low price (free) of parking. The City Council has expressed res-

ervations about establishing a residential permit program to allow only residents to park in their respective neighborhoods.

The city could also charge a variable rate for parking such that there are always one or two free spaces on every block. The revenue could be dedicated to improvements in that neighborhood. This is called a “Parking Benefit District”, and it’s been used to great effect in Old Pasadena.

None of these options are as simple for the city as requiring developers to devote

more and more of their land to parking, but in the absence of that option, the city will have to choose between a situation where parking is always full and everyone wastes time cruising around looking for a space, and one where the city actively manages its parking resources.

Adam Buchbinder is a member of the Campbell Planning Commission. Opinions expressed here are his alone, not those of the Commission or the City. Contact the Campbell Planning Department at planning@campbellca.gov.



COMEDY NIGHT, STUDENT SPEAKER CONTEST, EYEGLASS SORTING HIGHLIGHT FEBRUARY'S LIONS CLUB ACTIVITIES

By Desiree Mitchell, Club Membership and Comedy Night Chairperson, West San Jose-Campbell Lions

Tickets now on sale for the West San Jose/Campbell Lions Club Comedy Night fundraiser, Saturday April 13th. The evening highlights great food, an amazing silent auction with items up for bid including 49er memorabilia, SF Giants club seat tickets, wine tasting for 12 and more! Last year we raised over \$10,000 which was used to fund a visually impaired student for camp, white cane scholarships, and the sponsorship of a family through Jacob's Heart, a charity focused on services for children with cancer. Please visit our website for tickets and more information at wsjclions.org.

Many volunteers are needed at our upcoming eyeglass sorting event Saturday, February 3rd, 9 a.m. – 1 p.m. at Vista Center for the blind, 101 N Bascom Ave, San Jose. 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 in prepa-

ration for the determination of their prescriptions. Lunch is provided. If interested, please email wsjclions@gmail.com. So far our Lions district has sorted over 500,000 pairs of glasses!

Reminder: The West San Jose-Campbell Lions invite California high school students in grades 9-12 to participate in their Student Speakers Contest,



welcoming all, regardless of speech and debate experience. Craft a 5 to 10-minute speech on this year's theme, "For a Better World, What Would YOU Change?" for a chance to compete for \$21,500 in scholarship money, fostering critical thinking and presentation skills

in a journey from local clubs to the statewide competition. For more information, contact Pam Berry at pamelawberry@gmail.com. We're looking forward to hearing your ideas!

We continually work to raise funds for our eight global causes of vision, hunger, the environment, diabetes, childhood cancer, humanitarian, youth and disaster relief. 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

JANUARY MOVIES



By Sam Wilson

Poor Things - A-

Regardless of one's eventual opinion, Greek director Yorgos Lanthimos's (The Lobster) uniquely stylized work is a true piece of cinema art that demands to be seen by all cinephiles. Picture David Lynch making a dark comedy about the bride of Frankenstein having a sexual awakening. The engaging Emma Stone (Cruella, Easy A) leads the dynamic cast which includes Mark Ruffalo and Willem Dafoe.

The Iron Claw - B

Sean Durkin (Martha Marcy May Marlene) directs this tragic true story of the Von Erich brothers, who made history in the 1980s professional wrestling world while trying to win the approval of their domineering father and coach. Zach Efron's never been better as the eldest sibling while Jeremy Allen White (Showtime's "Shameless") charms as Kerry, briefly known as the "Texas Tornado" during a stint with WWF (now WWE).

Ferrari - B-

Michael Mann (Heat, Collateral) mixes sports and personal drama in his biopic about Enzo Ferrari building a team to win the treacherous Mille Miglia race in 1957 while balancing professional and private issues. Adam Driver (BlackKkKlansman) is convincing as the founder of the iconic car manufacturer and former motor-

sport racer, but it feels like something is missing due to focusing only on a snapshot of his life. Penelope Cruz, Shailene Woodley and Patrick Dempsey appear.

Wonka - C-

Forgettable new take on Ronald Dahl's tale that goes full prequel and creates a rags-to-riches origin for the famous chocolate connoisseur. Paul King (Paddington 2) directs a miscast Timothee Chamalet as Wonka, who's awkward performance contributes to the flat comedy. Aspiring for a "The Muppets Christmas Carol" musical vibe, it's kiddie and formulaic.

Godzilla Minus One - B+

Leave it to Japan to bring Godzilla back to its roots, creating the long-running franchise's best film while Warner Bros fumbles around with it's hammy Godzilla/Kong shared universe. Set post World War II in 1946, a group of ex-military rally to protect Tokyo from the villainous Godzilla. The human characters are relatable with a compelling story while the action is realistically epic compared to its cartoonish American counterpart.

Aquaman and the Last Kingdom - C-

The former DCEU officially ends with this sad attempt at recreating the comedic style

Continued on page 9

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CineLux recently launched its "CineLux Senior Days." At any CineLux Theatre, admission is only \$5 for any movie every Monday and Wednesday for adults over 55 years of age! CineLux is also discounting concession items on those days too, where popcorn, fountain drinks, and hot dogs are all at lower prices for our special seasoned guests!

MOVIE REVIEWS

Continued from page 8

of “Thor: Ragnarok”. Director James Wan’s (Insidious, Saw) worst film sees Arthur team with his brother to stop the returning Black Manta (Yahya Abdul-Mateen II). The buddy comedy duo of Jason Momoa and Patrick Wilson works, but there’s a distinct lack of passion, creativity, depth and intelligence.

American Fiction - B+
Jeffrey Wright and Sterling K. Brown are excellent in this well-written R-rated comedy satire. A professor and writer struggles to get his new book published because his work isn’t deemed black enough, so he sarcastically writes a pandering novel under a pseudonym. The book leads to immediate massive success, exposing the publishing world’s hypocrisy and challenging his world-views.

Dream Scenario - B
Inspired by Spike Jonze and Charlie Kaufman’s odd comedy-dramas, a regular family man’s (Nicole Cage) life is turned upside down when millions of people begin seeing him in their dreams. Cage is understatedly hilarious as the professor with aspirations of being known for writing a book about ants, and it’s amusing seeing him be the butt of jokes.

Silent Night - C
John Woo’s (Face/Off, Hard Boiled) latest is an artistically experimental exercise, a 104 minute action film with no dialogue that’s otherwise your basic revenge thriller. An everyman (Joel Kinnaman) becomes obsessed with revenge after his son is mistakenly killed by a gang member on Christmas Eve. The humorless and overly grieving tone make it a chore to get to the well-choreographed action scenes.



Friday, January 12
7:00pm
King Blues Band

Saturday, January 13
7:00pm
Bigelow’s Treehouse

Wednesday, January 17
6:00pm
Jazz Jam

Thursday, January 18
6:00pm
Blues Jam

Friday, January 19
7:00pm
Dolce Musica

Saturday, January 20
7:00pm
Pearl Alley

Wednesday, January 24
6:00pm
Acoustic Showcase

Thursday, January 25
6:00pm
Blues Jam

Friday, January 26
7:00pm
Cadillac Jack

Saturday, January 27
7:00pm
Jinx Jones

Wednesday, January 31
6:00pm
Gold Money Band Jam

Thursday, February 1
6:00pm
Blues Jam

Friday, February 2
7:00pm
JukeBox Boyz

Saturday, February 3
7:00pm
Mitch Polzak

Wednesday, February 7
6:00pm
Dennis Dove

Thursday, February 8
6:00pm
Blues Jam

Friday, February 9
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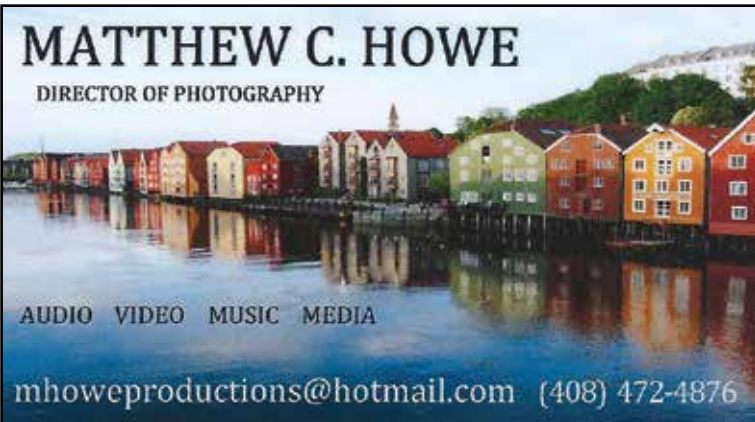
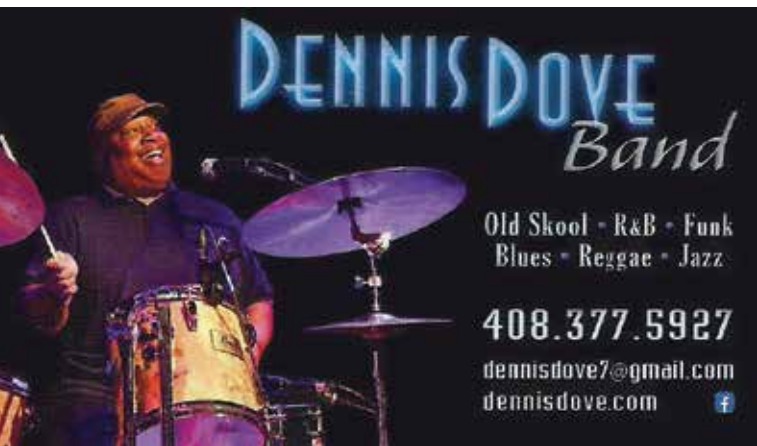
1/12 Bob Gonzalez | 8pm-11pm
1/24 Queens of Campbell | 7:30pm-11pm
1/26 Jefe’s Poor House Band | 8pm-11pm
1/27 Osgood Cain and the Enablers | 8pm-11pm

Tuesdays Tiki Bar Tuesday | 4pm-11pm

Sundays Karaoke Night & Industry Night | 8pm-11:30pm



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SOUNDTEK STUDIOS: A SPOTLIGHT ON ABUSE FOR WOMEN’S CHARITY



(L-R) Songwriter Gary Polansky, Studio Engineer Tom Duell, and Co-Producer Gary Pihl.

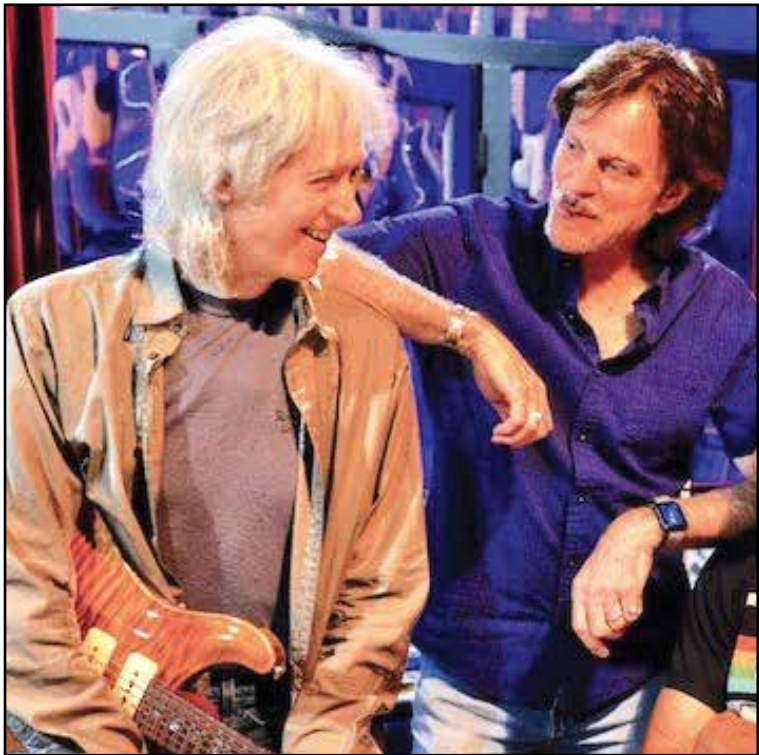
Nestled in the heart of Downtown Campbell for over four decades, Soundtek Studios in Campbell stands as a resilient hub for musical creativity. Amidst a landscape where many recording studios have closed their doors, Soundtek Studios continues to grow stronger, serving as the birthplace of chart-topping albums and noteworthy music projects.

What sets Soundtek Studios apart is its discreet yet powerful presence. The unassuming studio, equipped with a blend of state-of-the-art and vintage equipment, has been a preferred choice for well-known musicians and bands seeking to craft their music projects. The studio operates on an invitation-only basis, creating an air of excitement when enthusiasts get to drop-in and witness the magic unfolding within.

At the helm of Soundtek Studios is the impressive Robert Berry, a seasoned pro musician, engineer, and producer. With a rich musical history, including being a member of renowned bands like Ambrosia, GTR, Greg Kihn, as well as the late Keith Emerson and Carl Palmer from ELP, Robert brings a wealth of experience to the studio. His passion for recording music and supporting fellow artists adds a unique and valuable dimension to the Campbell community. Over the years, Soundtek Studios has played host to local legends from the golden age of Campbell’s prominence in Silicon Valley’s live music scene. Bands such as Atlantis, Sage, & Fragile recorded at Soundtek, as well as nationally acclaimed acts like Hush, Alliance, and December People have also left

their mark on the studio’s storied history.

Notably, Robert Berry has collaborated with a multitude of musicians and artists, consistently striving to create and achieve success with their music. His commitment to fostering musical talent has made Soundtek Studios a cornerstone of the local music scene for years.



A moment of camaraderie: Longtime collaborators Gary Pihl and Robert Berry.

In a recent collaboration, The Campbell Press was invited to witness the creation of a poignant new song titled “I Said I’m Sorry.” The track, penned by songwriter Harry Polansky, delves into the harrowing subject of domestic abuse against women. Polansky joined forces with Gary Pihl, longtime guitarist for Sammy Hagar and a member of the band Boston since 1986, who serves as co-producer for the project.

Gary Pihl, having recorded numerous projects at Soundtek

Studios over the years, brings a wealth of experience to the collaboration. “I Said I’m Sorry” is not merely a song; it’s a powerful narrative depicting the struggles women face in overcoming domestic violence. The trio, including Robert Berry contributing as both co-producer and vocalist, is working diligently alongside his ace recording engineer Thom Duell to bring this impactful project to fruition. The song tells a moving story of a couple initially excited about their new love, only to spiral into an abusive relationship, highlighting the pervasive issue of domestic violence in our world. The significance of the subject matter is underscored by their commitment to donate proceeds from the song to a women’s charity, contributing to the broader cause of domestic violence awareness.

As the project nears completion, the anticipation for the release of “I Said I’m Sorry” continues to build. The collaborative efforts of Harry Polansky, Gary Pihl, Robert Berry, and the entire team at Soundtek Studios, exemplify the profound connection between music and social impact. In a world where the power of music often transcends

its artistic boundaries, projects like these serve as a reminder of the potential for positive change through creative expression.

In conclusion, Soundtek Studios stands not just as a recording space, but as a dynamic force within the Campbell community, fostering creativity, addressing social issues, and contributing to the broader tapestry of the music industry. The legacy of Soundtek Studios continues to evolve, leaving an indelible mark on the rich history of music in Campbell.

Before the Song: “CHANGES” *By Chris Jackson* *by David Bowie*

With a new year come changes. I chose the song “Changes” by David Bowie to kick off the new year not only because of the song title, but because of what happened before the song. You see, it’s a story of hope.

When “Changes” was first released in the early 1970s, it was considered a commercial failure. Some of those who liked it considered it “thought-provoking.” We now see why it only caught on years later: because it took time for people to figure out that thought-provoking is what they should expect from David Bowie. That became clear to the public 1975 with the release of Bowie’s song, “Space Oddity.” I mean, odd is right. Bowie had personal and professional supporters who encouraged him to keep offering fans something different. To me, “Space Oddity” takes “thought-provoking” and throws in some

“odd” and mixes them both into a “sonic journey.” People loved “Space Oddity” so much that it went to #1.

Now that the public understood what to expect, “Changes” was released and became one of Bowie’s most successful songs. He wrote it on piano, but got the legendary keyboardist, Rick Wakeman—who later joined the band, Yes—to play the piano on the recording. Bowie is the one singing and playing the saxophone.

As we look ahead to the changes bound to come in the new year, let us all be encouraged that success often follows failure. Let us also be ones to encourage others who are facing disappointment—as Bowie’s friends and colleagues encouraged him. Here’s to your coming “changes.”

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

CREATE A STRONGER IMMUNE SYSTEM!

By Dr. Jeff Potts (Body Doc)

We are experiencing an increase in COVID, Flu, and RSV as we settle into winter. Also, I’ve seen it in my office) people are more fearful and uneasy as it relates to social interactions and day-to-day life. Most people (even if fully vaccinated) are placing their hopes on the booster shot to ease their angst and give them a sense of security. Although there are things that can be done in the meantime.

Shifting the focus to doing things that boost one’s immune system will give your body the best chance of staying healthy. We are here into “cold and flu” season as it is, days are getting shorter with less daylight (vitamin D), and temperatures are dropping, but this is also when viruses tend to make more of a surge. Let’s do everything we can to improve our body’s natural built-in immune system.

Steps to increase immune function:

1. Get proper amounts of sleep. Try and stay on a consistent sleep schedule as much as possible as well as getting an adequate amount of sleep. Studies show adults who got less than

6 hours of sleep per night got sick more often than those who got 6 or more hours per night. 7-8 hours seemed to be ideal with extra sleep needed when sick.

2. Manage stress and do things to offset stress levels. Stress has been shown to suppress the immune system, especially long-term stress. Engaging in activities that help your body manage that stress will do nothing but help ensure your immune system is functioning at its best. Things like: Yoga, meditation, exercise, walking, engaging in hobbies, massage, Chiropractic, and anything else that lowers physical and emotional stress levels.

3. Stay hydrated. Hydration is important in general. Proper hydration helps the cells of your body stay healthy and work the way they need to maintain proper function. Getting into a state of sub-par hydration or dehydration taxes systems (and organs) of the body like digestive, Kidney, and circulatory (heart) preventing your body from being at its best.

Continued on page 11



DIG IT...



with SAM

By Sharon McCray, UCCE Master Gardener

CHILL HOURS AND WINTER

I heard a comment from a friend living in Wyoming. She said, “what is good about winter?” Before I could respond, she said “nothing”. Well, here we are in the middle of a WET winter. Such a novelty in California. In the mean time, we just need to adapt.

The ground is exceptionally wet here at home while too many parts of the world are struggling seriously in drought. This is, after all, a farmers reality.

It is important that we take or should I say, make the time to check on too much water in our gardens. All this moisture is causing issues with plants that have grown to expect otherwise. Some established trees are now drowning in too much water.

If you see mushrooms it should not surprise you.

A big word of caution. Never eat wild mushrooms unless you know exactly that they have been positively identified by a real expert and then give them the first taste. One bite of the wrong mushroom can kill you.

Anyway, back to the too much water. Any containers that do not have drain holes should be checked. One inch of standing water can devastate most plants. Tip the pot on its side, allowing the excess water to drain out, then relocate it to a place that won’t get rained on. It is better to water by hand than to lose a prized plant because of too much water. A top dressing of mulch on in-ground

plants can be very helpful.

Living on the outskirts of our valley can provide for less rain and usually cooler temperatures. Morgan Hill and Gilroy areas are notoriously colder than Campbell. It is important to take the coolness of the night along with the day, to establish the baseline for your plants. If a freeze is expected, remember to protect your tender plants, especially if the day does not warm up enough for them to recover.

Chill hours are the total seasonal hours that the outside temperature has remained between 32 and 45 degrees. The total number of chill hours affect the ability of some fruit trees to produce fruit. The USDA assigns a “Plant Hardiness

Zone” for all of the US. Zone 1 is the coldest zone. In Campbell we are in Zone 9. The weather collecting data for Santa Clara County is located in Gilroy. As of January 1, 2024, Gilroy had 25.7 total chill hours and on January 1, 2022, 40 chill hours Gilroy finished the season with 105.

These numbers provide pertinent insight to the home gardener. Apples and cherries are considered “high chill” fruits. High chill apple varieties can need up to 1000 chill hours to produce fruit. Surprisingly, Red Delicious and HoneyCrisp need a minimum of 800 hours to produce fruit. It is easy to understand that growing these particular varieties here might prove “fruitless”. A better choice for Santa

Clara County would be Granny Smith or Fuji apples that require closer to 400.

Cherries are usually another high chill fruit with most requiring 700-800 chill hours. By selecting low chill varieties the home gardener can have better success. When ordering your trees online it is wise to select varieties that will thrive here. The USDA and Dave Wilson Nursery both provide extremely useful information based on your zip code and fruit variety, for free.

Finally, remember those seeds I told you to save earlier this year. Well, it’s time to put them in the ground. Next month we will cover starting seeds. In the mean time, enjoy our fabulous California winter.

WEST COAST CHEF

IT’S THE START OF A GLORIOUS NEW YEAR!



By Bill Peil

It’s a time to reminisce, rejoice, and look forward to the memories and challenges ahead. What can we do better in 2024? What did we put off last year that we can re-connect with now?

Look for peak flavors from shellfish, Dungeness crab, lobsters, oysters, clams, wild mushrooms, winter lettuces, romaine, quince, artichokes, red cabbage, pink grapefruit, beets, bok choy, broccoli, brussels sprouts, cauliflower, chard, collards, kale, leeks,

lemons, mandarins, onions, radishes, spinach.

The middle of winter, for me, means slow, sexy, braises that are layered with complex flavors and textures that can only be achieved with time.

It’s a time for braised short ribs, veal shanks (osso buco) pot roasts, oxtails, lamb shanks, blanquette de veau, coq au vin, boeuf Bourguignonne, pot pies, to name a few. These are best served with creamy polenta, mashed

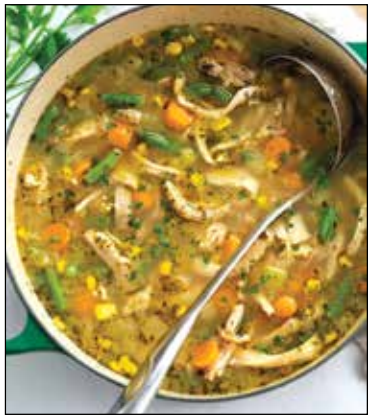
potatoes, or buttered noodles.

I always have, especially at this time of year, lots of requests for hearty and healthy fare. I make a huge pot of chicken soup and fill it with a mélange of my favorite ingredients, herbs, condiments, to make a one dish meal. I make a lot and freeze some for another time.

Best wishes in the New Year. And, GO FORTY NINERS! See you in February. Cheers, Billy

CHICKEN SOUP FOR THE SOUL

Boil a chicken for about 45 minutes. Take out, run under cold water, remove meat from carcass, and reserve. Return carcass to stock, and boil for another 2 hours or so. Ladle of any excess fat you don’t want, I leave it in.



Add finely chopped onion, carrot, celery, leek, mushrooms, chopped garlic, simmer for couple of minutes.

Add coarsely chopped yellow and zucchini squash, some riced cauliflower, a can of garbanzos, a can of cannellini or other beans. I put in some shelled edamame.

Add some sliced green beans, ¼ cup of quinoa, and some fresh, frozen, or canned peas. I put in an entire bag of Costco power greens, chopped as they will cook down a lot.

Add juice of 2 lemons, and your favorite chopped fresh herbs, like rosemary, thyme, sage, basil, tarragon, chervil, etc. You can add chopped fresh ginger, or pesto, or even a container of salsa. Corn, tomatoes, peppers, okra, brussels sprouts? Black-eyed peas? Lentils? You bet! Put em’ in if you like. Add whatever you like, it’s your soup! Then enjoy the fruits of your labor.

IMMUNE SYSTEM

Continued from page 10

4. Eat a healthy and balanced diet is going to be the best way to provide your body with a variety of nutrients that will keep your immune system and its cellular components working their best. Limiting processed food and refined sugars is also important. These are shown to increase C-reactive protein which increases inflammation in the body. Try to get food rich in Vitamins A,

C, and D as well as Iron which all have big immune system benefits. Lack of these nutrients decreases the production of WBC (White Blood Cells) which is an important part of your body’s immune system.

5. Exercise is an important component of maintaining a strong immune system. Not only is it a stress reliever like mentioned above, but exercise also helps maintain a healthy weight and better chance of balanced body physiology.

6. Vitamins and supplements are an important part of maintaining a strong immune system. Many times, we don’t or can’t get all the nutrients we need from diet alone. Additionally, some nutrients aren’t found in our diets yet they have tremendous immune system benefits. More and more science and research show a critical portion of our immune system is gut health. Taking probiotics and/or eating fermented foods have been showed to promote a strong

gut biome. Strong gut health helps to equal a strong immune system.

Whether you are looking forward to receiving the next COVID. Flu or RSV booster shots or not simple steps can be taken to keep your immune system as healthy as possible. It doesn’t mean you won’t get sick, but it decreases your chances as well as increases your body’s chance of fighting off infection if you do get sick.





Coach's Corner

By Jay Harnden

READY, SET, GO!

Here we go again. Another trip around the sun. The holidays are behind us, and a new year has begun. Time to move on and focus on what is to come... not what has already happened and belongs in that old box of regret, or lessons learned. I think we need to look at this past year not with regret, but with the hope that mistakes we've made, bad decisions, etc., can be turned into lessons that will make each of us a better person. What good is it to look back on the things that happened last year, and "wish" we had done things differently. We need less "wish bone" and more "back bone".

Let me be clear...many of us have done or said things this past year that would be nice to change. Guess what? Most of the "regrets" we have from the past, can be made right with a simple phone call. Think for a minute about what went "wrong" last year. Don't dwell on it, but what comes to mind when thinking about the things that could have made

last year better? Write down the first ten things that come to mind. Or maybe you've only got five things...or you may have twenty. Whatever your particular situation may be, write down the things that you'd like to change if given the chance. Don't spend too much time on this but do invest some. It's important. Now, look at your list. Start with something rather simple. Go ahead and make that call or set that appointment. Choose something that you feel confident will remedy the situation and follow through. You'll be amazed at how things can change for the positive, and how much "junk" you've allowed to take up space, rent free, in your head.

I've said before that I don't really make resolutions. I'll make a list of things I'd like to change and go from there. Last year, I wanted to read at least a book a month. Well... that didn't happen. So instead of focusing on what I didn't read last year, I've decided

to make an effort to focus on what books I can read this year. Trust me, it's making much more sense to do it this way than to try and cram a book a month into last year's calendar. It might sound simple, or insignificant to you, but next year I hope to look at the list of books I read with a feeling of accomplishment. We can all take advantage of this type of strategy and apply it to our own lives and situations and make some improvements in our lives where necessary.

My encouragement to you is to forgive yourself for what you didn't do last year and take a look at what you accomplished. Then, look at a few things you'd like to make happen this year...and take a chance that you just might succeed, and next year you'll be looking back at all you've accomplished in 2024! I always welcome your input, so feel free to send me an email. Fathermattersinc@aol.com



PASSPORT POWER

You might think that a U.S. 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 worlds passports, according to the number of destinations their holders can access without a prior visa. USA is only ranked at number 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 visitors 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 must 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 number 2, you'll

find Singapore and South Korea also with a 192 rating. Germany and Spain are in at number 3, Finland, Italy, and Luxembourg follow at number 4. Austria, Denmark, Netherlands, and Sweden all come in at number 5.

So, the USA hasn't made the top 5. You have to make way for France at number 6, along with Ireland, Portugal, and the United Kingdom before at number 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 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 all 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? Here's to safe travel in 2024!

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Campbell Crime Report



By Carol W. Gerwitz

Foreman/McGlinchy: Unknown suspect stole all four rims and tires off victim's vehicle. Report.

200 blk. E. Hacienda Ave.: An unknown suspect gained access into victim's bank account and attempted to purchase vehicles out of state. Report.

S. Bascom Ave. and Foxworthy Ave.: Suspect was stopped after he walked away from a vehicle that had two different license plates. There was a methamphetamine pipe in plain view inside the vehicle. Suspect was determined to be DUI alcohol and narcotics. Booked.

1600 blk. S. Winchester Blvd.: Two suspects used a black handgun to rob victim. The suspects fled. To Special Enforcement Division.

San Tomas Expressway and W. Hamilton Ave.: Suspect was reported passed out in a vehicle at said intersection.

When Officers contacted Suspect, he woke up and took his foot off the brake causing his vehicle to collide with a patrol vehicle. Suspect then accelerated to free his vehicle from the push bumper and fled the scene nearly colliding with other vehicles. To DA.

E. Campbell Ave. and Central Ave.: Several motorcycles and ATVs were reported driving recklessly downtown. Officers observed the vehicles performing stunts across both lanes of traffic and on occupied sidewalks. Several of the vehicles failed to yield and fled on northbound S. Bascom Ave. Multiple license plate numbers were obtained. To DA.

1800 blk. S. Bascom Ave.: Unknown Suspect shoplifted item and fled. Report.

100 blk. Union Ave.: Suspect threatened to burn the firehouse down. Booked.

Southbound STX/E. Sunnyside Ave.: A white tow truck sideswiped Victim's vehicle causing that vehicle to go off the roadway and into the

fence. Report.

2300 blk. S. Winchester Blvd.: Unknown Suspect took Victim's iPhone, and it is pinging in San Jose. Report.

1500 blk. Moore Ave.: Minor Suspect said he was going to shoot up the school. Cite.

2200 blk. S. Winchester Blvd.: Unknown Suspect posed as an employee and scammed Victim out of \$900. Report.

00 blk. N. First Street: Suspect came to CPD came to inquire about his vehicle which was towed. Suspect was questioned why he fled from Officers and admitted he had been speeding. Arrested and booked.

Cannery Cir./Harrison Ave.: Suspect was stumbling as he walked down the street. Suspect was contacted and found to have an outstanding warrant and drug paraphernalia. Booked.

600 blk. Alpha Ct.: Officers

responded to a welfare check of a subject living in the laundry room with an infant. Subject was contacted and found to be under the influence of a controlled substance and in possession of multiple controlled substances and drug paraphernalia. Minor victim had access to drug paraphernalia and controlled substances. Booked.

100 blk. E. Hamilton Ave.: Unknown Suspect fraudulently added a name to a check which was cashed. Report.

900 blk. Dell Ave.: Suspect failed to return a tractor which she had rented. Report.

500 blk. W. Hacienda Ave.: Unknown Suspect entered Victim's vehicle and stole documents. Report.

1600 blk. Villarita Dr.: Suspect was contacted during a disturbance call and arrested for making criminal threats. Booked.

2300 blk. S. Winchester Blvd.: An unknown Suspect

stole Victim's black bicycle. Report.

700 blk. Nido Dr.: Suspect and Victim were previously in a dating relationship and lived together. Suspect came to Victim's apartment and got into an altercation during which he grabbed Victim's wrist and took a key from her, believing it to be her vehicle key. Suspect also destroyed Victim's television and mirror, brandished a piece of glass at Victim, and threatened her. Suspect fled prior to officers arriving on scene. To DA.

500 blk. East Hamilton Ave.: Approximately 15-20 masked suspects, believed to be teenagers, entered and stole items before leaving in various vehicles prior to officers arriving on scene. To Special Investigations Division.

Southwest Expressway/Stokes: Suspect was stopped for a CVC violation. A records check revealed Suspect had an outstanding warrant for his arrest and was in possession of methamphetamine. Booked.

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WEST VALLEY COLLEGE BASKETBALL RANKED #1 IN CALIFORNIA

By John Vlahos

The state's #1 ranked West Valley College Men's Basketball team defeated #5 City College of San Francisco 77-65 Friday night, marking the first time in the program's illustri-



ous and decorated history that the Vikings have gone undefeated in non-conference play. In addition to the incredible accomplishment, the Vikings played the hardest strength of schedule in the state (per state rankings NCRPI), winning 9 of its record 16 games against preseason top-25 teams. More impressively, five of those wins came against top-10 teams.

The Vikings (16-0) led by as many as 22 points with 5 minutes to play in the game. With the win, WVC remains the #1 ranked overall team in the state for the 8th week in a row heading into Coast Conference play this week.

The sophomore trio of Jeremiah Dargan, Elijah Mahi, and

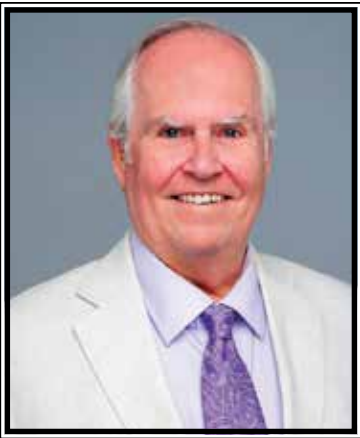
Shakir Odunewu combined for a dominant 58 points to help lead the Vikings to victory. Dargan notched a tough overall double-double with 22 points and a whopping 14 rebounds, his season-high, to go with six assists, and a pair of steals. Mahi was equally impressive with 21 points and 5 rebounds of his own, to go along with three assists and a block. Mahi finished 9-for-14 from the field and went 3-for-3 from deep. Odunewu also snagged a double-double going 7-for-13 from the field and finished with 15 points, 13 rebounds, and a game-high 4 blocks.

Sophomore Ariya Briscoe turned in a solid scoring night with 7 points on 3-of-6 shooting. Aaron Ragen knocked down a pair of three pointers for six points and pulled down two rebounds, to go along with an assist and a steal. Baron Bracey finished with five points, four rebounds, two assists, and a game-high three steals.

The Vikings return to action on Wednesday night (Jan. 9) starting Coast Conference South play on the road against cross-town rival, #12 San Jose City College. The conference has once again been named the best in the north this year via the state's Winning Percentage Index (WPI). The game is set for a 7pm tip-off.

OUT WITH THE OLD, IN WITH THE NEW

By W. Gene Hunt, CalDRE 01124702
The William Jefferies Co., CalDRE 01260763



Finally, we made it through 2023 and what a year it was. A lot of things going on locally, nationally and internationally to grab our attention. In the local Real Estate market, as was reported throughout 2023, was the limited inventory of homes available for sale. Let's look at some statistics that show this and hear what some experts have to say about 2024.

Inventory on the Multiple Listing Service, MLS, is divided into several different categories. One of those has to do with location and is based on older agricultural lines from early days in Santa Clara County. The Campbell zone actually includes all of the City of Campbell and some portions of

San Jose. Here are some year-end totals of homes sold in the Campbell zone:

2023-599 | 2022-756 | 2021-1064 | 2020-779 | 2019-762

Obviously, 2023 was has the lowest number of homes that actually sold in the last five years. Mortgages below 4% and huge equity for many are barriers for many to selling their home. Home buyer demand remains in place, though higher interest rates have slowed the activity to a major degree as the above numbers show.

At a recent meeting of the Santa Clara County Association of Realtor, SCCAOR, where Lawrence Yun, NAR chief economist, and Jordan Levine, CAR chief economist spoke, the future was discussed. Recent downward movement in interest rates is likely to continue and accelerate by the end of 2024. FED Chair Powell's recent message supported this view and the DOW responded with a big move upwards.

That will help home buyers but the barriers sellers have to overcome will remain. So, the majority of upcoming new in-

ventory is likely to come from those going through significant life events from job changes, divorce and, unfortunately, deaths. Of course they'll be a smattering of traditionally motivated sellers; i.e. capitalizing on equity gain or moving up or down in home sizes. Those with interest rates above 4% are likely to a limited impact on their monthly payments when they go to a 6% rate, especially when they reap a capital gains exclusion for their primary residence they're selling.

Statistics show the wealth created by home owners far exceeds that of the average renter. This is, as always, been a major motivator to home buying. In that regard, there's little difference in buyer motivation. And, since so many local buyers tend to be invested in the S&P 500 or NASDAQ which have both had great years, down payments shouldn't be a problem if they're not selling a home and moving.

If you or those you know are planning to make a move in Real Estate, let's talk. Call me at (408) 887-4731 or email to geneshomes@earthlink.net

PUBLISHER NOTES

Continued from page 3

contributions to our entertainment section. Thank you all.

We wouldn't be able to stay in business without our loyal advertisers for their support, including Janie Kelly, The Doubletree by Hilton Hotels, Darlene-Fischer Memorial Services, The Celtic Shoppe, A-Tool Shed, Tessor's Barra Di Vino, Bob Cowden Plumbing, and so many other beloved downtown businesses. Again, we are grateful to Ken Johnson and his staff at the Chamber of Commerce for their continued support. A big thank you to our supportive growing readership and for helping us make The Campbell Press your #1 news and information source, and above all, the ultimate community connection it has generated for all of us. See you all in Campbell.

MUSEUM MATTERS

Continued from page 2

inventory, enjoys working with seniors and meeting new people.

If interested, please contact Kerry Perkins kerrypp@campbellca.gov (408) 866-2718,

UPCOMING EVENTS & EXHIBITS:

Campbell Museum's Art Show

Opening in April 2024 inside the Carriage House, the Campbell Museums Juried Art Show will host an exhibition of 2D art based on the theme: Community.

The Art show will be free to visit and open for public jury votes through October 2024.

The winning artist will have their art work turned into a mural and hung on the outside of the Historical Museum.

Ainsley House Garden Concerts:

The Ainsley House Garden Concert series is returning for three upcoming show featuring amazing returning local artists.

March 10: Chris Shahin Trio

April 14: Amy D

May 12: Tony Lindsay

Admission to each show will include open seating, light appetizers, beverages, and live music. All music starts at 2pm. Doors for the Garden open at 1:30pm.

Registration for the concerts will open January 16. www.campbell-museums.com/

Become a Campbell Museum Member

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

Ainsley House Garden Rental

Are you looking for an intimate location for an upcoming special event? The Ainsley House Garden is a perfect place to host a wedding, birthday party, baby shower, graduation party, or more. Garden is open for reservations and the season runs May through end of October.

For more information, visit www.campbellmuseums.com/rentals

Campbell Museums' Collection Online

Calling all history lovers. You can now look through a large volume of the Campbell Museums' Collection database online. We are continuing to update and add more collection items to the database, but this is a great place to start. www.campbellmuseums.catalogaccess.com/home

CITY NEWS UPDATES

Continued from page 7

on assuming the position of Mayor, saying "I think we're going to make a great team this year." We will hit the ground running as January will bring our police groundbreaking for Measure O, and February begins the public process for our annual priority setting.

I also had the honor last month of being selected as Vice Chair of the Santa Clara Valley Transportation Authority Board of Directors, where I will advocate for the best interests of residents in Campbell and throughout our county and region and prepare to take over as Chair the following year. I look forward to these roles as we work together to make our community the best it can be.

This column is written by Sergio Lopez in an individual capacity and does not necessarily represent the views of the entire City Council, city staff, or the City of Campbell.



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RIDING SHOTGUN

By Carol W. Gerwitz

I climbed into the front of the Campbell Police unit with excitement and a little uneasiness. The latter feeling was not about my safety but, rather, not knowing what to expect. (I'd been assured that if there were any heinous activities I would be taken to safety.) I'd applied for the ride-along and my background had been investigated. Here I was reporting for duty at 6 p.m. on a Friday night as a guest of the CPD. Who knew what the nighttime shift would bring?

We pulled out of the CPD's gated parking lot and began patrolling the streets of Campbell, and I was eager to help. "What are we looking for?" I asked. "Anything" was the reply from the officer, serving as watch commander for that shift. The streets were pretty quiet, so far. As we rolled through neighborhoods, the officer entered vehicle license numbers into a computer to ferret out stolen plates to hopefully thwart the recent rash of felonious activities involving vehicles with stolen plates.

Our first call was as backup when a driver was pulled over for a license plate violation. That arrest, and the subsequent five arrests I saw, were not as depicted on TV and/or the movies. Rather, they were handled methodically, courteously, professionally and at a much slower pace than I was anticipating. There were arrests for DUI, outstanding warrants for child and elder abuse, a violation of a restraining order, and possession of controlled substance. Between these arrests we continued to patrol, watching for "anything". After one instance when both occupants of a vehicle were arrested we waited for a relative to arrive on the scene to retrieve the pet cat from the vehicle so the cat could remain with a family member.

When I asked the officer what kind of impression he wanted to give to the public, he thoughtfully replied that he would like people to think they had been treated respectfully. He doesn't go to work excited by possibly making lots of

arrests but, rather, the not knowing what each shift might bring. He added that he hoped the public's impressions of actions by police departments thousands of miles away do not color their impressions of the CPD.

Riding with my second officer of the night, all of a sudden we were off, siren blaring, responding to a call that a fight that had broken out. Arriving on the scene, he jumped out of the vehicle, tossing an admonition to me over his shoulder to "stay in the car." Yes, sir! Fortunately, the fight was short-lived and had dissipated. There was another instance that did not result in an arrest: We were flagged down by an employee of a supermarket to report that occupants of a vehicle parked in the far side of the parking lot had stolen a few items. When asked if he wanted the thieves arrested, the employee stated that the amount stolen was too small to worry about and that he wished the officer to only talk to them. The individuals were in their car eating what they had stolen, and the officer did talk to them but could make no arrest.

Then there was the call about a half-naked man throwing rocks at cars. We were first on the scene and found the individual stumbling along the sidewalk. The officer was relieved when the suspect complied immediately with his command to "take a seat" and plopped down on the curb. A second car arrived, and the officers began to talk to the suspect who vehemently denied throwing rocks, despite the officers pointing out the six witnesses who identified him. This incident yielded my favorite quote of the night, "Dude, how many other half-naked men do you think are running around tonight throwing rocks?" An arrest was made.

The Patrol Division's shifts

run 12 hours. There were no dinner breaks that I witnessed, only brief station breaks and breaks to complete paper work. During one of the breaks I was given a tour of the Headquarters in City Hall. The officers are very much looking forward to their new building, in particular having a larger evidence room and the Division moving from their separate trailer into a brick-and-mortar building with the rest of the Department.

I tried to make it through the entire shift, but after 10 hours, at 4 a.m., I thanked the officer for his courtesy and patience in answering my questions, and I headed home with respect and appreciation for the officers of the Campbell Police Department.



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