

JANUARY 2016

Out & About





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Saturday, January 30

10:00 a.m. to 1:00 p.m.

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Happy New Year Readers!

Out & About Magazine is now, “shacking up” with the Gilroy Dispatch at New SV Media, Inc., headquartered on Monterey Road in Gilroy. You can pick up your magazine, the Gilroy Dispatch, Morgan Hill Times, Hollister Freelance and the Metro, all in one place. If you ever need extra or backdated copies, feel free to stop by and our friendly staff will assist you. Mimi continues to welcome visitors to the office, and if you're lucky, you might see her new pal, Greta.



January is still our Health & Wellness month in the magazine. In this issue, are continuing to bring you helpful advice, some new advertisers, and alternative treatments to think about and explore. This past year, with the passing of my dad, and getting my mom's home sold and her into assisting living, has been a stressful time; not to mention selling the magazine and relocating to another office. Sadly, my fitness routine has taken a back seat and I'm not as fit and healthy as I was a year ago. This year I will focus on

getting back on track by finding a new gym and doing some Zumba with my friend, Sara.

Working with Gilroy Dispatch employees has been a wonderful change and has given me some new insights into publishing. The employees work hard every day to bring the news to their subscribers and readers. They not only work in Gilroy, but many are raising their families here and have been residents of the city for their entire lives. I run into many, many people who at one time worked at the paper. With its history of over 146 years, there is bound to be someone you know who has worked here. It's a whole different ball game now that the paper is involved with Out & About, and I'm honored to work with the Dispatch staff as their Associate Publisher.

New SV Media still needs a Morgan Hill Times account executive and an editor for the Out & About magazine. If you have any experience and would like to apply for either job, please e-mail your resume to me at publisher@outandaboutmagazine.com.

Bobbi Jo Palmer

publisher@outandaboutmagazine.com

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Deadline for February advertising is January 8, 2016

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CALENDAR LISTINGS

Deadline for the February issue is January 11, 2016

email: **calendar@outandaboutmagazine.com**

Calendar listings are published as space permits and at the discretion of the publisher. Listings must include the time, location, date and cost. Keep them short. Editorial information and display advertising is copyrighted and may not be reproduced without written permission from the publisher or the author. Information in this publication is offered for general educational purposes only and does not constitute legal advice or opinions.

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Join us for a traditional Three Kings party, complete with Rosca de Reyes bread, papel picado crafts, performers, and the Three Kings.

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Healthyville® was created by Stepping Stones Museum for Children for the members of the Youth Museum Exhibit Collaborative (YMEC).

For Museum hours and
directions visit www.cdm.org
or call (408) 298-5437

180 Woz Way
San Jose
CA 95110



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CALENDAR

LISTING YOUR EVENT

To list your event, call 408-847-7228 or email calendar@outandaboutmagazine.com.

Include the name of the event, date, time, location, contact information and a very short description.

Fliers and press releases for calendar items will not be accepted. Submissions should be no more than 30 words in length. Calendar items run as space permits. Items submitted after the 10th may not appear in next month's calendar.

Every effort was made to ensure accuracy of the following information. Please confirm details with event coordinators before attending. For handicap accessibility, contact event coordinators.

CAMPBELL

JANUARY 12- 30

CERT Training Begins,

6-9pm, Tuesdays and Thursdays, 9:30am-12:30pm Saturday, Jan. 30th. Training people in basic disaster response skills. It's easy and fun, broken up into 8 modules over 21 cumulative hours. For residents of Cupertino, Campbell, Saratoga, Los Gatos and Monte Sereno. \$35. Campbell Community Center. Register at communityoutreach@sccfd.org.

JANUARY 20

Recycle Book Club meets,

6:30-8pm. Join us for "The Angels' Share" by Rayme Waters. 275 East

Campbell Ave. go to recyclebookstore.com.

JANUARY 26

Silicon Valley Reads 2016

Kick Off, 7:30pm. A **FREE** event for all ages. Focusing on the theme of the impact of climate change. Heritage Theater, 1 West Campbell Ave. For this years book selection visit siliconvalleyreads.org.

JANUARY 29

History Happy Hour,

5:30-7:30pm. A lecture by the historian, Mary Wadden on "Silicon Valley: The History in Pictures." \$15 each includes snacks, drinks and self-guided tour of the Ainsley House. 300 Grant St., 21 and over. Register at campbellmuseums.org.

JANUARY 30

Celtic Nights-Spirit of

Freedom, 8pm. Tells the story of Irish independence through music and dance. Heritage Theatre, 1 West Campbell Ave. For tickets call 408.866.2700 or go to downtown-campbell.com.

CUPERTINO

JANUARY 18

"Young Audubon Day of Service," 8:30am-1:30pm.

Volunteer to help with invasive species removal, planting and more. Activities appropriate for 8 years and up. McClellan Ranch Preserve, 22221 McClellan Rd. Space is limited so RSVP or contact the SCVAS office at 408.252.3740. Visit scvas.org.

JANUARY 29

Crab Feed, 5:30pm. Bring your appetite and a friend for a full meal and fun for \$45. St. Joseph Catholic

Church, 10110 North DeAnza Blvd. Visit portal.clubrunner.ca.

GILROY

JANUARY 9

Library Book Sale, 10am. Help support events with great bargains on books for all ages. 350 West Sixth St. Visit sccl.org.

JANUARY 9 - FEBRUARY 14

Art Exhibit by Joanne Perez Robinson, Glynis Crabb and Christy Wait. Gilroy Center for the Arts, 7341 Monterey St. Visit gilroy-artsalliance.com. See ad pg 50.

JANUARY 11

Growing Salad Greens, 7pm. Learn about planting techniques, pest control and more. Presented by UCCE Master Gardener Joan Cloutier. Gilroy Library, 350 West Sixth St.

JANUARY 15 - FEBRUARY 5

Pintello Comedy Theater presents "Skin Flick,"

8pm Fridays and Saturdays, 2pm Jan. 24th. Gilroy Grange Hall, 8191 Swanston Lane. Make reservations at 408.337.1599 or pintello@charter.net. Visit pintellocomedy.com. see ad pg 49.

JANUARY 16

Bike Safety Rodeo. Sponsored by the Gilroy Police Department. Bring your bike for an inspection. View displays and get **FREE** helmets, bike licensing and child fingerprinting. Gilroy Police Department, 7301 Hanna St.

JANUARY 19

Beginning Gardening,

7pm. Learn the basics including soil improvement and what crops to grow and when. Presented by UCCE Master Gardener Patrick Day. Gilroy Library, 350 West Sixth St.

JANUARY 20

St. Mary School Open House, 5-7pm. Get answers to questions for enrollment in 2016-2017 school years. Meet in the school gymnasium. Visit stmarygilroy.org.

JANUARY 22 - FEBRUARY 13

The MOMologues, 8pm Fridays and Saturdays, 2pm Sunday 31st and 7th. An Original Comedy about Motherhood. "The toughest job you'll ever love," told by four separate characters. Gilroy Center for the Arts, 7341 Monterey St. Go to limelightactorstheater.com. See ad pg 50.

JANUARY 23

Pruning Deciduous Fruit Trees, 9:30-11:30am. See demonstrations on how to promote good branching and encouraging new fruitwood. St. Louise Hospital Master Gardener Demonstration Garden.

FEBRUARY 2

St. Marys School Open House, 9am-Noon. For parents interested in enrolling students in the 2015-2016 School year.

HOLLISTER

JANUARY 2, 3, 9

Boy Scout Christmas Tree Pickup, 9am-2pm. For a donation of \$8 the local scouts will pick up trees left on the curb. Donations can be left under the doormat. Visit benitolink.com.

JANUARY 22

Bookmobile Stops. 9:30-10:30, Hazel Hawkins North side Nursing Facility, 11-Noon Hazel Hawkins Mabie Convalescent facility, 1-2pm, San Juan School. Visit sanbenitofl.org.

LOS GATOS

JANUARY 10

South Bay Teen Idol Live Auditions, 10am-2pm. Teens, 8th – 12th grades are invited to audition for the JCC's annual singing competition. For application and information go to apjcc.org.

JANUARY 19, 20

Auditions: The Diary of Anne Frank, 7-9pm. Come either night, appointments not necessary. Cold readings from script, practice time allotted. Addison-Penzak JCC, 14855 Oka Rd. For more information go to apjcc.org.

MORGAN HILL

JANUARY 4

Bridge: Play of the Hand, 12:30-3:15. Join in on a **FREE** series of Bridge classes focusing on the play of the hand. Morgan Hill Library. Visit scll.org.

Building a Raised Bed for Vegetables, 7pm. Find out how easy it is to grow a successful garden in a raised bed. Presented by UCCE Master Gardener Glenn Lattiq. Morgan Hill Library.

JANUARY 14

Rock the Mock, 8am-2pm. An event in which local businesspeople help teens refine their interviewing skills through workshops. Ann Sobrato High, 401 Burnett Ave. Visit

business.morganhill.org.

Annual All Citywide Science Fair, 4-8pm. Featuring projects from middle & high school students. Register deadline, Jan. 5th. **FREE** viewing for the public. Oakwood School Auditorium, 105 John Wilson Ave. Call 408.779.9444 or visit business.morganhill.org.

JANUARY 15, 16, 22, 23, 29, 30

TRU – A One-Person Show, 8pm. Adapted from Truman Capote's words from his infamous novel "Answered Prayers." Morgan Hill Community Playhouse, 17090 Monterey Rd. For tickets go to svct.org.

JANUARY 23

Oakwood School Open House, 10am-Noon. Come learn more about Morgan Hill's independent, non-sectarian, college-preparatory school for preschool-12th grade. 105 John Wilson Way. Visit oakwoodway.org.

JANUARY 25

Beginning Gardening, 7pm. Learn the basics including soil improvement and what crops to grow and when. Presented by UCCE Master Gardener Patrick Day. Morgan Hill Library.

JANUARY 30

Stratford School Open House, 10am-1pm. Preparing students for their 21st century futures. RSVP for the nearest campus at stratfordschools.com. See ad pg 3.

MONTEREY

JANUARY 16

Inaugural Planting at



Tommy Emmanuel's on his "It's Never Too Late" winter tour playing his Maton Signature TE guitar.

Emporium Presents Tommy Emmanuel With Jackie Bristow

Emmanuel's ability to blend melody, supporting chords and bass with his finger-style guitar playing, Bristow's soulful-seductive melodies, and beautiful vocals will amaze and delight any music lover. Both artists are well known and recognized by some of the world's greatest musicians. Come along on the journey as Emmanuel and Bristow share their distinctive talents on stage at The Heritage Theatre, 1 West Campbell Ave., Campbell; Jan. 16 at 8pm. For tickets go to ci.campbell.ca.us.



The Peking Acrobats demonstrate their amazing talent in full color at the Flint Center in Cupertino.

Peking Acrobats Chinese New Year Celebration

It's the year of the Monkey and the Peking Acrobats are celebrating their 30th Anniversary. Experience an amazing show of gravity defying displays, daring maneuvers and astonishing special effects accompanied by live musicians playing traditional Chinese instruments. Witness this spectacular show with friends and family at 8pm on Saturday, Jan. 30 and 3pm on Sunday, Jan. 31, at the Flint Center in Cupertino, 21250 Stevens Creek Blvd. For tickets and information go to flintcenter.com.

Monterey State Beach, 10am-1pm. Join in on the first ever native dune species planting. Listen to live Jazz and enjoy **FREE** snacks. Look for R.O.N. special event sign. Go to seemonterey.com.

JANUARY 23, 24

Annual Whalefest, 10am-5pm. A **FREE**, family, fun event celebrating the migration of gray whales. Old Fisherman's Wharf. For more information go to montereywharf.com.

SAN JOSE

JANUARY 2

Almaden Quicksilver Park Half Marathon 5K/10K, 8:30am start time. New Almaden entrance, 21758 Almaden Rd. Park in overflow lot in back. Register at active.com.

JANUARY 9, 10

Bay Area Pet Expo, 10am-6pm Saturday, 11am-4pm Sunday. Bring your four-legged pal and enjoy a

day of **FREE** exhibits, demos, prizes, and live entertainment. Get **FREE** nail trims and more. Santa Clara County Fairgrounds, 344 Tully Rd. Visit bayareapetexpo.com.

El Dia de los Tres Reyes Magos.

Sat. 10am-5pm, Sun. 12-5pm. Celebrating the Three Kings, complete with Rosca de Reyes bread, papel picado crafts and community performers. Children's Discovery Museum, 180 Woz Way. Call 408.298.5437 or visit cdm.org.

JANUARY 10

Steinway Society presents Sandra Wright Shen, 2pm. Be inspired by the performance of this classical pianist. Le Petit Trianon Theatre, 72 North Fifth St. Call 408.990.0872 or visit steinwaysociety.com.

JANUARY 11

ShakesBEERience, 6:30-9:30pm. Professional actors play out Shakespeare in unique ways while the audience eats and drinks. **FREE** stage reading of "The Winter's Tale". Café Stritch, 374 South First Street. Visit Buck Hill Productions on Facebook.

JANUARY 23

Play Your Way, 5:30-8pm. Designed for children with autism, ages 2-15. \$20 per family (up to 8). Pre-registration required. Children's Discovery Museum, 180 Woz Way. Call 408.673.2822 or go to cdm.org/autism.

FEBRUARY 7

Super Guadalupe River Run, 9am. Before the game, gather your family and friends. Go the distance at 6.2 miles or kick it off at 3.1 miles. Either way, you'll be a winner. For more information go to grpg.org.

SAN JOSE – WILLOW GLEN

JANUARY 29, 30

Piano and Instrumental Adjudication, Noon. A Youth Focus competition. Entry deadline Jan. 15th. Santa Clara County youth will showcase their talent. Bayside Community Church Theater, 1901 Cottle Rd. Contact youthfocustalent@gmail.com or call 408.448.5437. Visit youthfocusinc.org.

SAN JUAN BAUTISTA

JANUARY 2, 3, 9

Christmas Tree Pick-Up, 9am-2pm. The Boy Scouts will be providing curbside service asking for an \$8 donation. Trees are recycled; flocked ok. Leave tree on the curb, stripped of ornaments. Donations can be left under the doormat. Make checks payable to BSA Troop 436 for Hollister, and BSA Troop 428 for San Juan Bautista.

JANUARY 30

33rd Annual Mission 10 - 1/2 Marathon, 10 Mile, and 5k, 7:30am packet pick up. Sponsored by the Hollister Rotary Club. Start and finish in front of the historic San Juan Mission. The course takes runners through farmland in a rural area. Medals awarded. Visit mission10.racemine.com.

SANTA CRUZ

JANUARY 3

New Year's Community Mushroom Walk, 12pm. Walk through the woods looking for mushrooms of the midwinter season, **FREE**. Meeting location sent after registration. Go to brownpapertickets.com.

JANUARY 8-10

Annual Santa Cruz Fungus Fair, 3-7pm. Learn about the hundreds of species of mushrooms found in the area. Featuring speakers, cooking demos and more. Loudon Nelson Community Center, 301 Center St. Visit ffsc.us.

JANUARY 17

9th Annual Chocolate

Festival, 1-4pm. Featuring chocolate and wine tastings, silent auction, gifts for sale, music and more. Boardwalk Coconut Grove, 400 Beach St. Visit santacruzchocolatefestival.org.

JANUARY 31

2016 Bridal Expo, 10am-4pm. Over 100 wedding specialists with all the information you need to plan your wedding, including cake samples, decorations and a grand prize drawing. Boardwalk Coconut Grove, 400 Beach St. Visit beachboardwalk.com.

SARATOGA

JANUARY 30 - FEBRUARY 21

"Forever Plaid," 8pm, Thursdays, Fridays and Saturdays; 2:30pm Sundays. A goofy musical filled with songs from the 1950's. Opening Night Gala offers a complimentary champagne reception. Saratoga Civic Theater, 13777 Fruitvale Ave. Go to southbaymt.com.

WATSONVILLE

JANUARY 7

Art and Play in the Pre and K, 9:30-11am. Parents and their children are invited to a morning of activities at the Mount Madonna Preschool and Kindergarten, Lakeview Building, 445 Summit Rd. RSVP encouraged, call 408.846.4042 or visit mountmadonnaschool.org.

JANUARY 13

Mount Madonna School Campus Tour, 9:30am. Prospective families are invited. Programs focus on positive character, creative self-expression and academic excellence from preschool through grade twelve. Mount Madonna School Library, 491

Summit Rd. Call 408.846.4042.

JANUARY 20

2016 Docent Training Program. A seven-week program, Wednesday evenings and Saturday morning field trips. Learn how to facilitate student field trips and help to connect kids to nature. Learn more at watsonvilwetlandswatch.org. Contact Kathy Fieberling, Volunteer Coordinator, at 831.345.1226 or email Kathy@watsonvilwetlandswatch.com.

JANUARY 22, 23, 24

"Once Upon A Mattress," 7pm Friday and Saturday, 2pm Sunday. The musical is a version of Hans Christian Andersen's fairy tale "The Princess and the Pea." \$15 Adults, \$10 students. Mount Madonna School, Hawks Nest Theater, 491 Summit Rd. Reserve your seat at mountmadonnaschool.org.

ONGOING YEAR-ROUND

South Bay Autism Support Group, for parents of kids with Autism in San Jose, Morgan Hill, Gilroy and Hollister. Join on facebook, call 408.717.2802 or email montoyale-ah04@gmail.com.

SUNDAYS

CAMPBELL

Downtown Campbell Farmers' Market, 9am-1pm. Year-round market with crafts vendors and live music. Campbell Ave. and Third St.

MORGAN HILL

Good Grief Group, 2pm. First and third Sunday. Providing a safe

and respectful place to share your grief. United Methodist Church, 17175 Monterey St. Call 408.607.5779 or email platumcr@aol.com.

Grange Breakfast, 8-11am. First Sunday. Pancakes, eggs, ham or sausage, juice, coffee, tea. \$6 adults, \$2 kids. Morgan Hill Grange, 40 East Fourth St. Call 408.776.1500.

Meditation Sundays, 3:30-5pm thru May 29. Learn techniques to help lower stress, anxiety and more. BookSmart, 80 East Second St. **FREE** admission. RSVP 408.359.7996.

SAN MARTIN

San Martin Open Air Market, 7am-3pm. Spaces available for \$25. Andrade Country Meadows, 13755 Monterey Rd. Call 408.825.3684 or email andradecountrymeadow15@gmail.com.

MONDAYS

GILROY

Parkinson's Support Group, 1-3pm. Second Monday. The Village Green Senior Living Center. **FREE**. 7600 Isabella Way. Call 408.848.2240.

South County Meditation Group, Noon-12:45pm. All meditators welcome. No charge, donations accepted. Dry Creek Village, 8347 Church St. Call 408.842.0208 or go to bluelotuscenter.org.

SAN MARTIN

Line Dancing Lessons, 7:30-9:30. Join Lu at the San Martin Lions Club, 12415 Murphy Ave. Call 408.683.4448.

TUESDAYS

GILROY

CALENDAR

Gilroy Ladies Golf Club looking for new members. Play 18 holes on Tuesday. Contact Peggy Woolf at 408.779.0886 or Janet McElroy at 408.776.7509.

Rotary of Gilroy, 12:15-1:30pm. Meets at Elks Lodge on the Hill. Go to rotaryofgilroy@yahoo.com.

Creative Writers Club, 6pm. First and Third Tuesday. For adults interested in the craft of writing. Gilroy Library, 350 West Sixth St. Call 408.842.8207.

HOLLISTER

BRIDGE - ABCL - Relaxed Open Duplicate Play, Noon. Guaranteed partner and refreshments; \$6 lessons available. Dunne Park Clubhouse, 600 West St. Call 831.801.9257 or visit LRKING@hughes.net.

LOS GATOS

Mission Valley Chorus, 7:30pm. Join with other women who sing in classic American four-part harmony style known as barbershop. Nordahl Hall, 580 West Parr Ave. Go to missionvalley.org.

South Bay Folks Acoustic Open Mike, 6:45pm. **FREE** and open to all acoustic musicians, singers and songwriters. Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd. Visit southbayfolks.org.

MORGAN HILL

BINGO, 5pm. CCC, Hiram Rm., 17000 Monterey Rd. Call 408.782.1284 or go to fmhsc.org.

Gilroy Ladies Golf Club. Looking for new members. Come play 18 holes with other golf enthusiasts. Call Peggy at 408.779.0886 or Janet at 408.776.7509.

Dementia Caregiver Support Group, 6-7:30pm. Third Tuesday. Drop-in okay. \$8 fee requested but not required. New Location: 17015 Walnut Grove Dr. Ste. 103. Visit dementiacarecoaching.com or call 408.225.6617.

Line Dancing with Lu, 1-3pm. \$2. Morgan Hill Recreation Center, 171 W. Edmondson, Senior Center.

La Leche League Meeting, 6:30-7:30pm. Third Tuesday. Casa Natal Birth Center, 50 W. Main Ave. Ste. D. Call 408.778.7583.

South Valley Quilt Association, 7pm. Second Tuesdays. Meeting and social at Hiram Morgan Hill House, 17860 Monterey Rd. Visit svqa.org.

WEDNESDAYS

GILROY

Dementia Caregivers Support Group, 6:30-7:30pm. First Wednesday. Village Green of Gilroy, 7600 Isabella Way. Call 408.441.0223.

Line Dancing with Lu, 7-10pm. Old City Hall, 7400 Monterey St. **FREE** lessons. For more information call 408.842.3454.

South County Meditation Group, 6:30-7:30pm. All meditators welcome. No charge, donations accepted. Dry Creek Village, 8347 Church St. Call 408.842.0208 or visit bluelotuscenter.org.

HOLLISTER

Breast Cancer Support Group Sisterhood of Survivors, 7pm. Second Wednesday. Hazel Hawkins Memorial, 911 Sunset Dr., Hospital Boardroom. For more information call 831.636.2644.

Downtown Hollister Certified Farmers' Market, 3-7:30pm. Includes crafts, culinary demos and live entertainment. San Benito St.

Hollister MS Self-Help Group, 6:30-8pm. Forth Wednesday. Hazel Hawkins Memorial, 911 Sunset Dr., Hospital Boardroom. Contact Andrew or JoAnn at 831.630.0266.

Memory Impairment Group, 6-7:30pm, First Wednesdays. Develop communication skills and coping strategies when caring for a person who suffers from memory impairment, **FREE**. Light refreshments served. Community Center, Jovenes de Antano, 300 West. St. Call 831.637.9275 or 831.637.9276.

MORGAN HILL

ArtWalk, 11am-7pm, First Wednesday. 5-7pm Artist Reception. 12 different locations to view art for **FREE**. Morgan Hill Art Gallery. Visit art@morganhillartgallery.com.

Dementia Caregivers Support Group, 6:3-7:30pm. Third Wednesday. Westmont of Morgan Hill, 1160 Cochrane Rd., Conference Rm. First floor. Call 408.779.8490.

Rotary Club of Morgan Hill weekly luncheon, 12:15pm. Community and Cultural Center, 17000 Monterey St. Go to morganhillrotary.org.

Breast Cancer Support Group, 6:30-8pm. First and third Wednesdays. Anyone diagnosed with breast cancer is welcome to this **FREE** support group. Conference room at Pacific Hills Manor, 370 Nobel Ct. Call 408.779.8004.

SAN JUAN BAUTISTA
Pinnacle Quilters gener-

al meeting, 6:30pm. Second Wednesday. Guest welcome. Native Daughters of the Golden West, 203 Fourth St., Parlor No. 179. Go to pinnaquilters.org.

SAN MARTIN

BINGO at the San Martin Lions Club, 6:30pm regular bingo. 4pm doors open. 12415 Murphy Ave. For more information call 408.683.4448.

Movable Feast, 4-8pm. The food trucks are out and ready to serve. Listen, dance or even sing to the music. The barn will be open serving beer and wine. Andrade Country Meadows, 13755 Monterey. Visit them on facebook.

THURSDAYS

HOLLISTER

The American Legion, 7pm. Third Thursday. Room 204 of the Veterans Memorial Building, 649 San Benito St. For more details call 831.636.6929.

MORGAN HILL

Piece by Piece Quilters, 6:30-9pm. Third Thursday. Presbyterian Church, 16970 Dewitt Ave. Call Marianne Peoples at 408.842.9022.

FRIDAYS

CAMPBELL

Downtown Campbell First Fridays, 6-9pm. **FREE** entertainment from one end of East Campbell Ave. to the other, plus shopping and great food. Go to downtowncampbell.org.

LOS GATOS

10th Avenue Band, 7-9pm.

December 18th. \$5 admission, prizes, beverages and light snacks available. LGS Recreation Center, 208 East Main St. For more information call 408.354.1514.

MORGAN HILL

Breastfeeding Support

Group, 10:30-Noon. Casa Natal Birth Center, 50 West Main Ave. Ste. D. Call 408.778.7583.

SAN MARTIN

San Martin Horsemen's

Association meeting, 7pm, Second Friday. Lion's Club, 12415 Murphy Ave. For more information visit smhorse.org.

SATURDAYS

GILROY

Essential Tremor and Dystonia Support Group

10am-Noon. Every other month **FREE**. Next meeting in January 2016. St. Louis Regional Hospital boardroom, 9400 No Name Uno. Contact at 408.847.8649, det@gmail.com or detsv.org.

Garlicky Gilroy Poets open poetry meeting

3:30-5pm. Second Saturday. Bring your own writings or work by one of your favorite authors. Gilroy Library, 350 West Sixth St. Call 408.842.8207.

HOLLISTER

Saturday Morning Bicycle

Ride, 8am. Thru Jan. 3. Join Off the Chain bike shop for a ride of about 20 miles. Good for beginners. Meet at 101 McCray St., Ste. 101. Go to benitolink.com.

Hazardous Waste Collection

Third Saturday through March 19th.

FREE for residents of San Juan

Bautista, Hollister and unincorporated areas of San Benito County. Limited to household waste only. Proof of residency required. John Smith Road Landfill, 2650 John Smith Rd. For more information call Integrated Waste Management at 831.636.4170.

LOS GATOS

Los Gatos Art Association meetings

1-3pm, Second Saturdays, Members, their guests and others considering membership are welcome. Los Gatos Adult recreation center, 208 East Main St. Visit Igaa.org.

MORGAN HILL

Mind and Meditation

3-4pm. Four workshops Jan. 9-30. Teaching practical yoga, breathing and meditation. \$40 for members, \$50 for non-members. Community and Cultural Center, 17000 Monterey Rd. Register at 408.782.0008.

Tennant Avenue Certified Farmers' Market

11am-Noon Saturday, 1:30-2:30pm Sunday. Live music, produce, honey, arts and crafts. Tennant and Murphy. Visit tennantavenuefarmersmarket.com.

SAN JUAN BAUTISTA

History Comes Alive

11am-4pm. First Saturday. The Plaza at the state historic park comes alive with 19th century life: blacksmithing, gold-panning, old-fashioned toys, baked breads and freshly churned butter. Demos of pioneer life, fur trapping and more. Call 831.623.4881 or visit plazapha@gmail.com.

SAN MARTIN

San Martin Antique Faire

7am-3pm, Fourth Saturday thru Dec. Discover jewelry, art, elegant glass and other vintage items.



Participants gather at the starting line for the Mission Ten race in San Juan Bautista.

33rd Rotary Mission Ten

All runners in the 10 mile, 5k and half marathon can be proud to know that their contributions support scholarships, athletic programs and other charities around this historic community. All three races begin and end at the historic San Juan Mission, 408 Second St, San Juan Bautista. The course runs through rich farmland and up into the Anzar hills. First race starts at 8:30am. Races are timed and awarded three deep. Race shirts guaranteed if registered by Jan. 20th. Register at mission10.racemine.com.

FREE admission. Andrade Country Meadows, 13755 Monterey Rd., San

Martin. 408.825.3684 sanmartin-eantiquefaire.com.



Ladies' Dressmakers

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6-8 pm * Thursday, January 7

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Alternative Treatment Is An Option

KIMBERLY EWERTZ

Over the years, complementary and alternative medicine have become a growing trend. According to MayoClinic.org, “Nearly 40 percent of adults report using complementary and alternative medicine,” termed CAM for short.

The term integrative medicine is the combination of CAM therapies utilized by medical doctors, and in Gilroy alone, there are a number of available alternative treatment options.

General Practitioner for the past twenty-five years, Dr. Faith Protsman, of the Center for Stress Management, believes many patients utilize alternative healing and complementary medicine in their health care, and she’s seen the results.

“Whether it’s in the form of vitamins, supplements, herbals, chiropractic, acupuncture or other body work, patients seem to benefit from these modalities,” Dr. Protsman said, adding, “That better

pain relief can be achieved through the combination of alternative and complementary medicine.”

Protsman explained that alternative methods focus on returning the body to natural function by replacing vitamins and minerals or by opening blocked energy channels in the body, which can produce positive results. Chiropractic care follows a similar theory, releasing nerve pressure in the body by alleviating the pressure on the nerve, directly.

Dr. Guy Bostock, of Bostock Chiropractic Offices, followed in the footsteps of his father and uncle, also doctors of chiropractic, and has been practicing since 1992.

Following in the line of his philosophy, “fixing the cause, rather than a temporary fix,” Bostock’s patients undergo a full exam on their initial visit to determine the cause of pain.

“When the body misaligns, there’s direct

pressure on the nerve, then the muscles go into their frenzy,” Dr. Bostock said. “The pain is primarily associated with the nerve pressure from a misalignment in the spine,” he said, adding that, “Everything comes off of the nerves, all our organs function directly from this nerve root.”

Experiencing a sharp, shooting pain, or numbness and tingling, or burning sensation, according to Bostock, are all symptoms caused by pressure on the nerve.

“So we alleviate the pressure on the nerve directly by manipulating the spine,” Dr. Bostock said. “We actually make an adjustment in the spine and realign the spine. The bottom line is relief.”

The same end result can be said for supporters of acupuncture. Ahnna Goossen, Licensed Acupuncturist, has been practicing since 2002 and is the owner of Acupuncture and Herbal, and Yoga Bella studio in Gilroy.

Goossen acknowledges similarities between chiropractic care and Chinese

medicine. With chiropractic, keeping the nervous system unimpeded and flowing results in good health. With Chinese medicine, if the Qi, (energy) is flowing you have good health.

"I feel like chiropractic and acupuncture work very well together due to that concept of flow," Goossen said. "Blockage equals disharmony in the body and unblocking it will lead to restoring the body's natural function."

After sustaining a back injury, Goossen discovered acupuncture. She first tried physical therapy, "It didn't work for my body," Goossen said.

Her next step was acupuncture. After six sessions her body completely rebooted. "I felt like myself again," she said.

After attaining a master's degree in Chinese medicine, Goossen began her practice where she's treated a myriad of illnesses, including Bell's Palsy, ADD and Crone's disease; although she specializes in back pain. "Mainstream people think of acupuncture for pain, but we can treat the immune system, allergies, fertility, cosmetic, and menopause. It's a complete form of medicine," Goossen said.

She believes the mind-body-spirit integration is key to health and happiness and can also be found through the practice of yoga. "You can use the body with the yoga poses to relax the mind, and then the spirit follows," Goossen said.

Relaxation is the key component of meditation as

well. Through the Blue Lotus Meditation & Yoga Center of Gilroy, Paula Wang-Ramos, Spiritual Director of the Center, offers South County an "oasis of peace."

The Center, an affiliate of the Center for Spiritual Enlightenment (CSE) in San Jose, serves in the tradition of Paramahansa Yogananda, one of the first yogis to come to the U.S. in 1920.

They teach that yoga is a life philosophy and can be practiced by anyone, and meditation is their foundational practice.

"This is how the yoga and the meditation come together at the center," Whang-Ramos said.

A licensed Western health care provider with years of training and experience in Western Psychology, Whang-Ramos is a supporter of the holistic approach of meditation and yoga, which are older than western medicine and based on the holistic healing systems.

"Even more than the mind, body and spirit of the person, is the integration of that individual within all of life," she said.

"There's research on meditation that shows it helps with physical conditions like high blood pressure, chronic pain, anxiety," Whang-Ramos said. "Through regular meditation and conscious living practices, we can directly experience and live from the empowering peace, wisdom, joy and love of our essential wholeness, even in the face of illness, stress, and great loss."



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Pacific Cancer Care

Pacific Cancer Care (PCC) is a community-based private cancer center, providing comprehensive oncology and hematology services across California's Central Coast and throughout Monterey County for over forty years. Our mission is to provide the highest of quality oncology and hematology services to patients and their families in Central California and

beyond. PCC strives to exceed patient expectations by offering prompt, convenient, compassionate care in community-based, state-of-the-art treatment centers. Everything we do at Pacific Cancer Care is centered on our patient and restoring their health, quality of life and confidence, and PCC is designed with one thing in mind - the patient's healing and comfort. The

highly qualified physicians and staff at PCC work diligently to provide our patients and their family members with a comfortable and caring environment while delivering personalized care close to home. Your first appointment starts with a comprehensive evaluation and ends with a personalized cancer-risk assessment and a treatment plan designed just for you. Your assessment will include a comprehensive medical history, a physical exam and lifestyle evaluation. Following the completion of your assessment, you will be scheduled for a thorough, one-on-one, education session which will promote strategies for your in-depth personal care. There are two convenient locations to serve you in Morgan Hill and Monterey.

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Morgan Hill • 408.779.9843
pacificcancercare.com

Businesses in the Health & Wellness Guide 2016

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San Jose
408.248.2617 English
408.642.9378 Spanish

Richard W. Shelton
Insurance Marketing, Inc.
719 San Benito St., Ste. B
Hollister • 831.637.8941
877.727.1122 Toll Free

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Morgan Hill • 408.779.9843

Hazel Hawkins Memorial Hospital
911 Sunset Dr.
Hollister • 831.637.5711
hazelhawkins.com

Primary Care Associates
Arminda Tolentino MD
Junife Burguillos PA
Joseph Godbout PA
Anita Tolentino-Macaraeg MD
591 McCray St., Ste. 231
Hollister • 831.636.7494
Kenneth P. Jiang MD
901 Sunset Dr., Ste. 3
Hollister • 831.636.4994
Ray S. Kusumoto MHS, PA
591 McCray St., Ste. 211
Hollister • 831.636.3116

Saint Louise Regional Hospital
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18181 Butterfield Blvd. Ste. 125
Morgan Hill • 408.782.2515
preetebhanotmd.com

Dr. Tommy Tong
• 7880 Wren Ave., #C132
Gilroy • 408.842.0314
• 370 W. Dunne Ave.
Morgan Hill • 408.779.4169

Stephen S. Lee, MD
• 7880 Wren Ave., D-138
Gilroy • 408.848.0888
• 284 Foam St., #28
Monterey • 831.372.3228

Robertson | Adams
8339 Church St., #116
Gilroy • 916.434.2550
robertsonadamslaw.com

Centennial Recreation Center
171 West Edmundson Ave.

Morgan Hill • 408.782.2128
mhrc.com

Gary Nishimura, DDS and Associates
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Gilroy • 408.842.2818

Health Market Insurance
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Morgan Hill • 408.687.0731

Bikram Yoga
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Gilroy • 408.848.0400
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831-375-4105

Roger Shiffman, MD | John Hausdorff, MD

Arina Ganeles, MD | M. Zach Koontz, MD

Jerome Rubin, MD | Nancy Rubin, DO

Laura Stampleman, MD | Denise Del Gaudio, NP



Hazel Hawkins Memorial Hospital

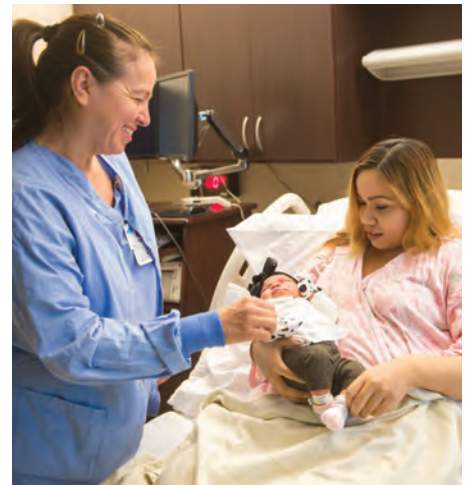
Serving the community since 1907, Hazel Hawkins Memorial Hospital is a 62-bed acute care facility offering a full range of inpatient and outpatient services and diagnostic procedures. Their medical staff is made up of over 100 physicians representing thirty fields of medicine. For more than 100 years they've been the hub of health for San Benito County sharing a tradition of high-quality compassionate care bolstered by state-of-art innovation.

Hazel Hawkins Hospital recently celebrated the second Anniversary of their Women's Center. The center

features a state-of-the-art Birthing Center with thirteen private, spacious birthing suites with hotel-like amenities to comfortably accommodate moms and their newborns along with family members and visitors. A state-of-the-art surgical suite and recovery room for C-sections is also part of the Birthing Center. The Women's Center also includes women's imaging services such as digital mammography, bone density testing, stereotactic breast biopsies, echocardiography, and ultrasound in elegant, relaxing surroundings. Automated Breast Ultrasound, and 3D and 4D Ultrasound will be available in the Women's Center in late January 2016.

In keeping up with the needs of the growing community, the Hospital offers four community health clinics, a Multispecialty Center, an Orthopedic Specialty Center, a Primary Care Associates group with three locations and four satellite laboratories.

Hazel Hawkins is the proud recipient of the Joint Commission "Gold Seal of Approval" and is a three time award winner for the "Quest for Zero" award from BETA Healthcare group for excellence in obstetrical safety standards. They are also a five-star



rated facility from Healthgrades for hip fracture and heart attack treatment. The Emergency Department was recognized with the Excellence through Insight award for Overall Emergency Department Patient Satisfaction, and along with The Mabie Skilled Nursing Facilities, received a 5-star rating from CMS in October, 2015.

Hazel Hawkins Memorial Hospital
911 Sunset Dr., Hollister
831.637.5711 • www.hazelhawkins.com





PRIMARY CARE ASSOCIATES

Arminda TOLENTINO MD FAMILY PRACTICE



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Kenneth P. JIANG MD INTERNAL MEDICINE



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Suite 3 • Hollister
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7:00am – 5:00pm

Joseph GODBOUT PA FAMILY PRACTICE / PEDIATRICS



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Volunteering is a great way for families to spend time together and cultivate civic virtues.

Happy New Year's Resolution

CHRISSEY GOLDBERG

This time of year, there's a lot of talk about New Year's resolutions. Are you going to make one? What do you really hope to accomplish? Basically, the idea behind a resolution is that we should check in with ourselves on an annual basis. By doing so, we can identify habits or traits we think need improvement, then take action.

American New Year's resolutions are one modern example of an ancient ritual still practiced all over the world. Many religious traditions encourage similar moments of reflection, too (think of our approaches to Lent and Rosh Hashanah).

Some people make resolutions to get more organized or travel. Others resolve to spend more time with loved ones, fall in love, or enjoy life to the fullest. With some resolutions we begin asking ourselves to help others or learn something new. Most frequently, resolutions focus on physical health: I'd like to quit smoking, lose weight, or get more sleep.

Physical, emotional or spiritual, resolutions aim to improve our health and wellness. Standing on that solid foundation, we can give back to our community, too. Whether it's getting fit or leaving your comfort zone, New Year's resolutions

help us find ways to spend our limited time in more, meaningful, fulfilling ways.

Well, sometimes they can. Statistics show that while approximately forty-five percent of Americans make New Year's resolutions, only eight percent are successful.

First of all, it's never the wrong time of year for improvement. March, August and November are perfectly reasonable times to make an important change. That said, since January is poised to serve as a strong jumping-off point, here are a few suggestions.

1. Make the commitment far in advance.

Resolving to travel or spend time with family?

Make the plans now, while you're still determined. It will be harder to cancel later.

2. Make the commitment with a group of people.

Want to lost weight? Work out with a family member or friend; preferably someone with similar goals. Plan out the days and times you'll meet, right away while you're still excited. This also counts as spending time with loved ones. Importantly, accountability is helpful.

3. Don't be hard on yourself if you make a mistake.

Make a mental note of how to avoid future setbacks and move on. Dwelling on missteps may use up so

Continued on page 22



Saint Louise Regional Hospital

Employees, volunteers, physicians and - most especially - patients have every reason to feel hopeful about the bright future ahead for Saint Louise Regional Hospital; now part of Verity Health System. Since the transfer of leadership from Daughters of Charity Health System to Verity, hospital leaders are planning significant capital improvements in equipment and facilities, investment in new clinical programs, and cultivation of new partnerships and affiliations. The not-

for-profit Verity hospitals will continue their historic mission of providing charity care to those in need.

Saint Louise Regional Hospital has been a part of the south Santa Clara County community since 1989, serving the people of Morgan Hill, Gilroy and Hollister. The ninety-three bed community hospital offers emergency department services 24/7, serving more than 26,000 patients a year. The Maternal Child Health Services have been enhanced with free prenatal classes

and certified lactation consultants. Some patients seek healing in the Wound Care Center, where treatment may include time in a specialized hyperbaric oxygen chamber. In addition, a variety of general surgeries are performed at Saint Louise each day.

Learn more at saintlouiseregionalhospital.org and let us know how we can be of service to you.

Saint Louise Regional Hospital
9400 No Name Uno, Gilroy

Saint Louise Regional Hospital is

now part of Verity Health System.

The Daughters of Charity Health System is now Verity Health System, with new leadership and significant investments to create best-in-class care for you and your family. That's our commitment to the community, patients and staff. Positive change is on the way.

verity.org

Saint Louise Regional Hospital
9400 No Name Uno - Gilroy, CA 95020

Verity Health
System



Many people resolve to travel or spend time with family.

much of your energy that you have none left for success.

Here are a few specific ideas that meet the above criteria and may actually fulfill more than one resolution:

Try a 5k

First things first, you can almost always walk rather than run. Walk or run, five kilometer (3.1 mile) races definitely contribute to fitness and weight-loss goals. You can spend time working out with family and friends, especially if you sign up for the race together. Registering for the race and attending training sessions help cement the commitment far in advance. Furthermore, 5Ks happen all over the country so you

could turn this exercise goal into a weekend get-away. Perhaps most importantly, 5Ks often raise money for important charities, research and causes.

Volunteer

Volunteering immediately sets aside space in your schedule for helping others and spending your time in meaningful productive ways. Depending on your interests, you might be on your feet or outside exercising, too. Many places require a six-month commitment, perhaps for one hour per week. That will help you push through ruts rather than break your resolution. Volunteering is also a great way for families to spend time together and cultivate civic virtues. You'll

learn new skills, possibly advance your career, make friends and even battle stress.

Find the following plus more opportunities online at volunteermatch.org:

LOS GATOS

Volunteer opportunities are posted at: losgatosca.gov/232/Community-Unity

Apply online. Opportunities include: cleaning up Los Gatos Creek, collecting books for a library benefit sale, painting homes or murals, planting flowers etc.

CAMPBELL

Apply to volunteer opportunities posted online at: ci.campbell.ca.us/145/Volunteer-Program.

Assist with 5K-10K events at the Campbell Park Basketball Courts on Saturday, February 7, 8-11:30am: Contact mistyb@cityofcampbell.com or call 408.866.2740

MORGAN HILL AND GILROY

There are opportunities to volunteer with the City of Gilroy through the Senior Center, Parks and Recreation, Finance, etc. Pick up information at City Hall or call 408.846.0460

The Reading Program

Santa Clara County's Adult Literacy Program needs tutors to work one-on-one with adult learners working on their reading, writing and speaking skills. No prior experience is necessary as training is included. A two hour per week commitment is asked for at least six months.

E-mail readingprogram@scccl.org or phone 408.262.1349.

Next orientation: Jan. 16 at the Gilroy Library.

Next tutor training: Feb. 6 at the Gilroy Library.

Town Cats

Volunteers can clean cat cages and litter boxes, play with cats, and give cats food and water. You can also serve as a Cat Adoption Fair Counselor or Feral Freedom Driver.

The schedule is flexible with one to two hour shifts. Helpers must be at least 16 years old. Locations are: Petco, Petsmart and Petfood Express stores in Gilroy and Morgan Hill

Village Harvest

Alleviate hunger with local food by harvesting backyard produce. Locations and dates vary. Villageharvest.org/volunteer-opportunities

SAN JUAN BAUTISTA

Register at elderhelpers.org to be matched with senior citizens in your community who need help.

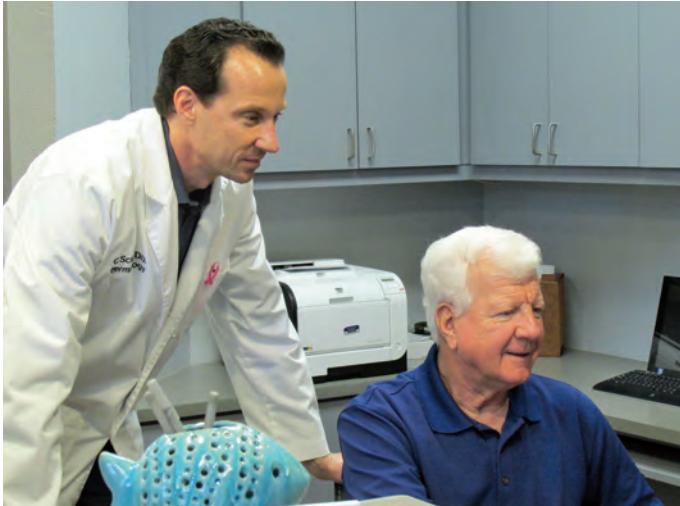
HOLLISTER

Watch the Wild needs your help observing the wilderness in your community. Observe and report trees, plants, weather and wildlife activity along a route you choose.

In as little as ten minutes, you can help them understand how our ecosystems are changing.

REINS

This is a new horse rescue in need of volunteers to help with taking horses to pasture, cleaning stalls, grooming horses and cleaning tack.



Coastal Dermatology And Aesthetics

Coastal Dermatology is a full service dermatology office, offering medical, surgical and cosmetic dermatology to the city of Gilroy and nearby areas. We treat all major skin conditions, in infants through the elderly and accept most major insurances, including Medicare and Medi-Cal.

Coastal Dermatology offers mole checks, cancer screenings, and skin cancer surgery, including Mohs surgery. We treat everything from warts, acne, and wrinkles, to eczema, psoriasis and melanoma.

Our Physician, Dr. Clayton Schiltz DO, MS, is a fully licensed physician and a Board Certified Dermatologist.

Dr. Schiltz is trained in the latest cosmetic techniques including lasers and Botox, and is passionate about improving the health and appearance of his patients. Dr. Schiltz was raised in Gilroy and is a proud graduate of Gilroy High School.

At Coastal Dermatology and Aesthetics, we recognize that your choice of a dermatologist is driven both by the doctor's competency and personality. When searching for dermatological treatment, you need a dermatologist who is experienced, understanding and supportive. You get this caring attitude from all the staff at Coastal Dermatology and Aesthetics every day. Our staff works together as a team to be sure we are responsive to your needs and keep you informed about your health issues. We look forward to getting to know you.

Mission Statement

Our mission at Coastal Dermatology and Aesthetics is to provide superior patient care and dermatologic services to our patients and community.

Coastal Dermatology And Aesthetics

7888 Wren Ave., Ste. A110, Gilroy

408.713.2600 • www.coastaldermatology.biz

Hours: Mon.-Thurs. 8:30am-5:00pm, Closed 12:00-1:00pm

Fri. 9:00am-5:00pm



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- We treat all major skin conditions and diseases
- All ages of patients, from infants through the elderly
- Skin cancer screening and surgery
- Latest in laser facial rejuvenation



Dr. Schiltz is a fully licensed physician and board certified dermatologist.



Coastal Dermatology And Aesthetics

7888 Wren Ave., Ste A110 • Gilroy • 408.713.2600
www.coastaldermatology.biz



Welcome to Preete Bhanot MD

I was born in North Carolina and moved to Ohio at a very young age and have called the Bay Area home since age eleven. I absolutely love the Bay Area because of all it has to offer. Especially important to me is the region's cultural diversity as well as the variety of entertainment and cuisine.

I received my undergraduate degree from the University of California, Berkeley, earned my MD from Ross

University Medical School and completed my residency in OB-GYN at Kern Medical Center in Bakersfield. Prior to going to Medical School, I worked in biotechnology in Palo Alto helping to sequence the genome. I then mined the database to find unique sequences for potential medical use. After Residency, I worked at Kaiser Permanente in Santa Theresa for four years and earned Board Certification from the American Board of Obstetrics and Gynecology. I then became a Fellow of the American College of Obstetrics and Gynecology (FACOG).

I am married and the mother of three children and appreciate the role of women in society, the work place and in the home. It is my pleasure to care for women, and help them to thrive in their roles. OB-GYN is enjoyable because it is one of the few specialties that allows me to get to know my patients over time as I follow them through the

different phases of their life.

I am excited about serving the residents of South Santa Clara County. Through my practice in Morgan Hill, I offer well woman exams and a full range of OB-GYN services including 3D/4D Ultrasounds, infertility treatments, and advanced minimally invasive procedures. I have the latest technology and tests to offer my patients.

Outside of work, I love to travel, spend time with my family, watch movies and read.


My practice is a reflection of who I am, my interests and my passions.

I hope to get to know you and your family at our next appointment!



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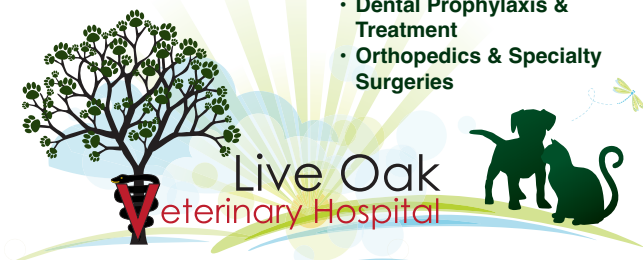
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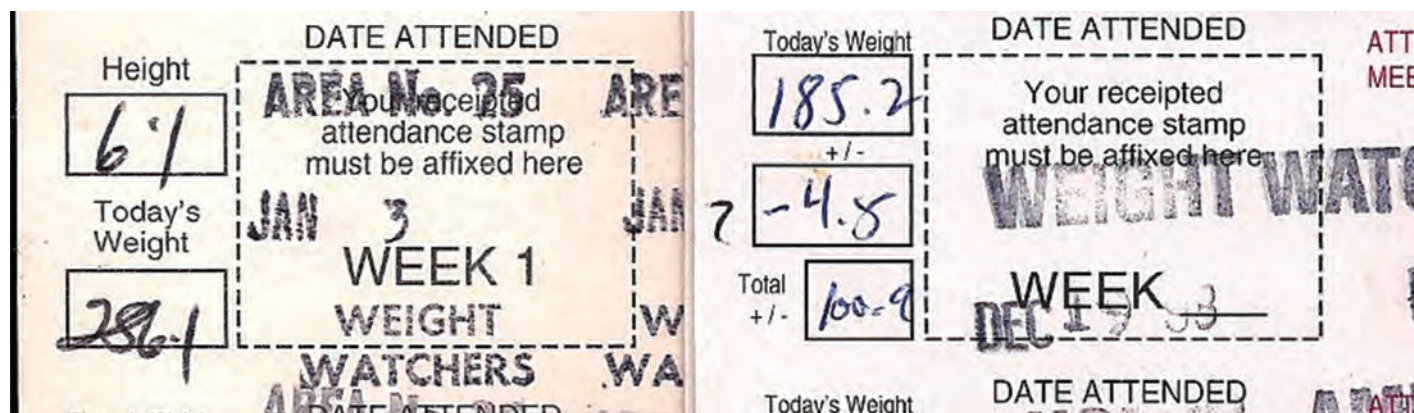
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Spoking My Mind

Happy New Gear, and welcome to 2016!

CURT 'CYCLE GUY' HENTSCHKE

Before we dive into the new year, congrats to Reese and Troy Griffin, for tearing up the track at the recent BMX Nationals!

Did you get a new bike for Christmas? Great! Did you also get a bike license? If not, get one ASAP. The bike you save may be yours. (Contact your local bike shop or police station.)

Anyone make a resolution to lose weight and/or get in shape this year? Great! I did it back in '98, and it was one of the smartest ideas I've ever had. When I slogged dejectedly onto that Weight Watchers scale on January 3, 1998, the verdict was 286.1 lbs. (I must admit that I hadn't yet learned that one is *supposed* to remove shoes, doff jackets, and TOTALLY empty ALL pockets before stepping onto the aforementioned scales, so my starting weight may have been skewed.) Then 350 days later, on December 19, 1998, I hopped onto the same scales (probably wearing a winter tank top and bathing suit) and weighed in at a respectable 185.2.

I had lost 100.9 lbs.

I can't guarantee the same results to everyone, but I will share what I think were the key factors in the *Lost Weight*

of '98 saga, in hopes that they might help some of you.

- Get a bicycle. The low impact, cardio exercise really works.
- Find a friend who will ride with you. You'll be less likely to skip a ride if someone's out there waiting for you.
- Find a program that will help you change your eating habits. It truly is a

lifestyle change.

- If you are a person of faith, ask your friends to pray for you. I cannot tell you how much this helps.
- Set reasonable, reachable goals, and never beat yourself up when you occasionally backslide. Remember, we're human.

Keep me posted. I'll be pullin', prayin', cheerin' and rootin' for you!

Out & About makes every effort to supply the correct information, but please check for last minute changes on dates before attending. Curt Hentschke has pedaled over 52,000 miles of Out & About roads and trails. Email him at heycycleguy@gmail.com.

SAVE THE DATES

Road and Mountain

- 2/20 - Pedaling Paths to Independence - Linden - communitycenterfortheblind.org
- 3/5 - Kings River Blossom Ride - Reedley - blossombikeride.com
- 3/12 - Solvang Century - bikescor.com
- 3/12 - El Granada 200k - santacruzrandonneurs.org
- 4/2 - Party Pardee - Ione - bikehikers.com
- 4/19 - Cinderella Classic - Pleasanton - valleyspokesmen.org
- 4/14-17 - Sea Otter Classic - Monterey - seaotterclassic.com
- 4/17 - Primavera Century - Fremont - fremontfreewheelers.org
- 4/23 - Wildflower Century - Creston - slobc.org
- 4/30 - Tierra Bella - Gilroy - tierrabella.org

Cyclocross

Central Coast Cyclocross Series - cccxcycling.com

Events

- 1/8-9 - BE-Pro Conference - San Jose - BE-ProConference.com
- 4/14-17 - Sea Otter Classic - Monterey - seaotterclassic.com
- 5/10-17 - Amgen Tour of California - amgentourofcalifornia.com

Coming in the March Issue of

Out&About

The 2016-17

Wine & Dine GUIDE

**Morgan Hill • San Martin • Gilroy • San Juan Bautista • Hollister
Campbell • Los Gatos • Willow Glen • Saratoga**

The Wine & Dine Guide will be a pull out section in the center of the March *Out & About* and will also be distributed monthly to various hotels and other prime hotspots throughout the year. It will also be featured in a digital edition on our website all year long.

ADVERTISING RATES

Size	Actual Dimensions	Rates
1/4 Page	3.547" x 4.319"	\$480
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The Wine & Dine Guide is an annual publication that will be restocked monthly in high traffic locations (hotels, hospitals, public facilities) every month through March 2017.

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Health Screenings, A Good Way To Start The New Year

KIMBERLY EWERTZ

With the holiday season behind us and our New Year's resolutions declared, this might be the best time for a check-up. Many organizations throughout the South County area offer free or low-cost screenings for its residents, from blood pressure to blood tests. Consult the following list for location sites, dates and times, that screenings will be held near you.

GILROY

**Valley Dental Screening
St. Joseph's Center**
7950 Church St., Gilroy
Every Wednesday from
9am-5pm
Contact Info: Valley Dental
at 408.842.9999
FREE

**Valley Health Center
Medical Screenings**

St. Mary's Church
11 First St., Gilroy
Every Thursday 1-7pm
Contact: Valley Medical at
888.334.1000
FREE

**Gardner Medical Services
Medical Screenings
St. Mary's Church**
11 First St., Gilroy
Every Monday 1:30-5:00pm

Contact: Gardner Medical
Services at 408.848.9400
FREE

**Blood Pressure Screening
CVS Pharmacy**
825 First St., Gilroy
Automated Station by
Pharmacy
Open 24-Hours a Day
Contact: 408.842.0373
FREE

**Blood Pressure Screening
Walgreens Pharmacy**
770 First St., Gilroy
Monday-Friday, 8am-9pm
Saturday 9am-6pm
Sunday 10am-6pm
Contact: 408.847.0983
FREE

MOGAN HILL

**Hearing Screening and
Hearing Aid Cleaning
Morgan Hill Centennial
Recreation Center/Senior
Center**
171 W. Edmundson Ave.
Morgan Hill
Second Tuesday of each
month from 9am-Noon
Advance appointment is
required.
Contact: 408.782.1284
Ages 60+ **FREE**

**Blood Glucose, Cholesterol
& Blood Pressure
Screening
Morgan Hill Centennial
Recreation Center/Senior
Center**
171 W. Edmundson Ave.
Morgan Hill

Third Thursday of each month from 10-11:30am
Please call the Senior Center to sign up.
Contact: 408.782.1284
Ages 50+ **FREE**

Fitness for Arthritis Classes
Morgan Hill Centennial Recreation Center/Senior Center
171 W. Edmundson Ave.
Morgan Hill
Every Tuesday & Friday, 9am
Contact: 408.782.1284
\$2.00 per session

50+ Aerobics
Morgan Hill Centennial Recreation Center/Senior Center
171 W. Edmundson Ave.
Morgan Hill
Every Tuesday & Thursday, 10:05am
Contact: 408.782.1284
\$3.00 per session

Blood Pressure Screening CVS Pharmacy
16995 Walnut Grove Dr.
Morgan Hill
24-Hours Per Day
(Automated Station)
Contact: 408.779.6981
FREE

Blood Pressure Screening Walgreens Pharmacy
745 E. Dunne Ave.
Morgan Hill
Monday-Friday 8am-9pm
Saturday 9am-6pm
Sunday 10am-6pm
Contact: 408.782.9591
FREE

SARATOGA
Hearing Screening
Saratoga Senior Center
19655 Allendale Ave.
Saratoga
Friday, Jan. 4, 9-10:30am

Contact: 408.868.1257
FREE

Blood Pressure Screening
Saratoga Senior Center
19655 Allendale Ave.
Saratoga
Thursday, Jan. 21, 10:30-11am
Contact: 408.868.1257
FREE

Better Choices, Better Health Workshop
Saratoga Senior Center
19655 Allendale Ave.
Saratoga
Friday, Jan. 29, 9-11:30am for 6 Fridays
Contact: 408.868.1257
FREE

CAMPBELL
Blood Pressure Screening
Campbell Community Center
1 W. Campbell Ave.
Room M50, Campbell
Monthly, Second Friday, 11-11:30am
Contact: 408.866.2138
FREE

LOS GATOS
Audible Hearing and Hearing Aid Screening
Los Gatos Recreation/55+ Program Office
123 E. Main St., Los Gatos
Tuesday, Jan. 26, 1:30-3pm
Call to schedule an appointment.
Contact: 408.354.1514
FREE

Advance Health Care Directive Assistance
El Camino Hospital
815 Pollard Rd.
Los Gatos
Monday-Friday. Call to schedule an appointment.
Contact: 408.866.4044
FREE

HOLLISTER
Blood Pressure Clinic
Youth of Yesteryear
300 West St., Hollister
Monthly, third Friday, Noon-3pm
Contact: 831.637.6700
FREE

Hepatitis B Screening
El Camino Hospital provides free on-site screening for hepatitis B to uninsured and underserved community members. Registration and qualification is required. You must be a resident of El Camino Hospital's service area, which includes:

- Alviso
- Campbell
- Cupertino
- Los Altos
- Los Gatos
- Milpitas
- Mountain View
- Palo Alto
- San Jose
- Santa Clara
- Saratoga
- Sunnyvale

Call Chinese Health Initiative at 650.988.3234 for more information.

LIFE LINE
This service offers a core group of vascular tests checking for plaque build-up in the carotid arteries, peripheral arteries and abdominal aorta, along with testing for atrial fibrillation and the most common types of arrhythmia. To schedule an appointment for a Life Line screening, call 888.653.6450. Fees start at \$149.00. Screenings are held at the locations below:

San Juan Bautista
Feb. 8, VFW Post 6359, 58 Monterey St.

Morgan Hill
March 4, Morgan Hill Community Center, 17000 Monterey St.

Gilroy
March 8, Gilroy Lodge on the Hill, 2765 Hecker Pass

Los Gatos
March 21, Los Gatos Lodge, 50 Saratoga Los Gatos Rd.





Paula Whang-Ramos holding class at Blue Lotus Meditation & Yoga Center in Gilroy.

Mind Over Body: How Meditation Aids Recovery

KIMBERLY EWERTZ

Licensed Psychologist and Spiritual Director of Gilroy's Blue Lotus Meditation & Yoga Center, Paula Whang-Ramos, began a journey of self-discovery 27 years ago when she was diagnosed with cancer.

After undergoing two surgeries for the disease, she was cured, only to have the

cancer return in 1997; nine years after the first diagnosis.

But something had changed for Whang-Ramos between her first and second diagnosis. She'd adopted the mindfulness, meditation and stress reduction lifestyle learned through her teachings of tai chi and Qi Gong. The positivity generated from her teachings

of the Chinese practices aided her greatly during this time of crisis.

After undergoing an operation to remove her entire cervix, Whang-Ramos' doctor explained that the biopsy showed "clean margins"; the operation had successfully removed all traces of cancer. He went on to explain that the entire

surface of her cervix had been covered with cancer.

"So I actually received the confirmed diagnosis of cancer; after it was taken out," Whang-Ramos said.

Reflecting back on all she'd gone through, the psychologist realized the significant benefits that a holistic lifestyle had made for her. This prompted her to incorporate the approach into her psychology practice, with the understanding that none of us are just a mind and a body, that we are all much more than that.

"Through regular meditation and conscious living practices, we can directly experience and

live from the empowering peace, wisdom, joy and love of our essential wholeness; even in the face of illness, stress and great loss,” Whang-Ramos said.

Ten years ago, inspired by her continued search to find a path that reflected a level of openness and practical ways to live, she found the Center for Spiritual Enlightenment (CSE) in San Jose.

“My experience in the Source of life is that it is eternal, and the source of everything, but it is not limited by anything it’s created,” Whang-Ramos said.

She found what she’d been searching for at CSE through its founder and spiritual Director, Yogacharya Ellen Grace O’Brian, who became Whang-Ramos’ mentor during her time there.

Upon attending her first service at CSE, she broke into tears. “The energy and the presence just broke my heart open, and I knew I found my spiritual home with a doorway wide enough to welcome sincere seekers from all backgrounds,” Whang-Ramos said.

Soon after, she decided to pursue a Masters of Divinity degree, which would allowed her to offer teachings, as well as provide her with personal growth and the ability to offer more to those she served. After her graduation in 2010 from CSE, Whang-Ramos approached O’Brian about offering South County a spiritual center; an area she’d lived in for over twenty years. O’Brian agreed and sent Whang-Ramos to head up the center.

The spiritual director believes that it was the community that brought the center, “...an oasis of wholeness and peace,” to South County.

“It’s not that the center brings the people, it’s the hearts and the yearning for peace in our community that brought the center to South County,” Whang-Ramos said.

Since its opening in Gilroy last year, the Blue Lotus Meditation and Yoga Center has established a weekly mailing list totaling three hundred and has served over 1,500 patrons this past year. Over one hundred meditation groups were led by Whang-Ramos, and she’s taught over seventy Spiritually Conscious Living classes and offered approximately forty spiritual direction sessions. The spiritual director sees no reason that those numbers won’t continue to increase.

Nine years ago, waking up at sunrise on her 50th birthday, Whang-Ramos headed outside, took a picture of the sky and made a promise to herself.

“In gratitude for the fifty years of life that I’d been given, I wanted to offer my remaining years in service back to the Source of life, so that’s what I’ve been doing,” she said.

Whang-Ramos has every intention to continue serving her community through her service at the center for years to come.

For more information on the Blue Lotus Yoga and Meditation Center, located at 8347 Church Street, Gilroy (in Dry Creek Village), consult the website at bluelotuscenter.org.

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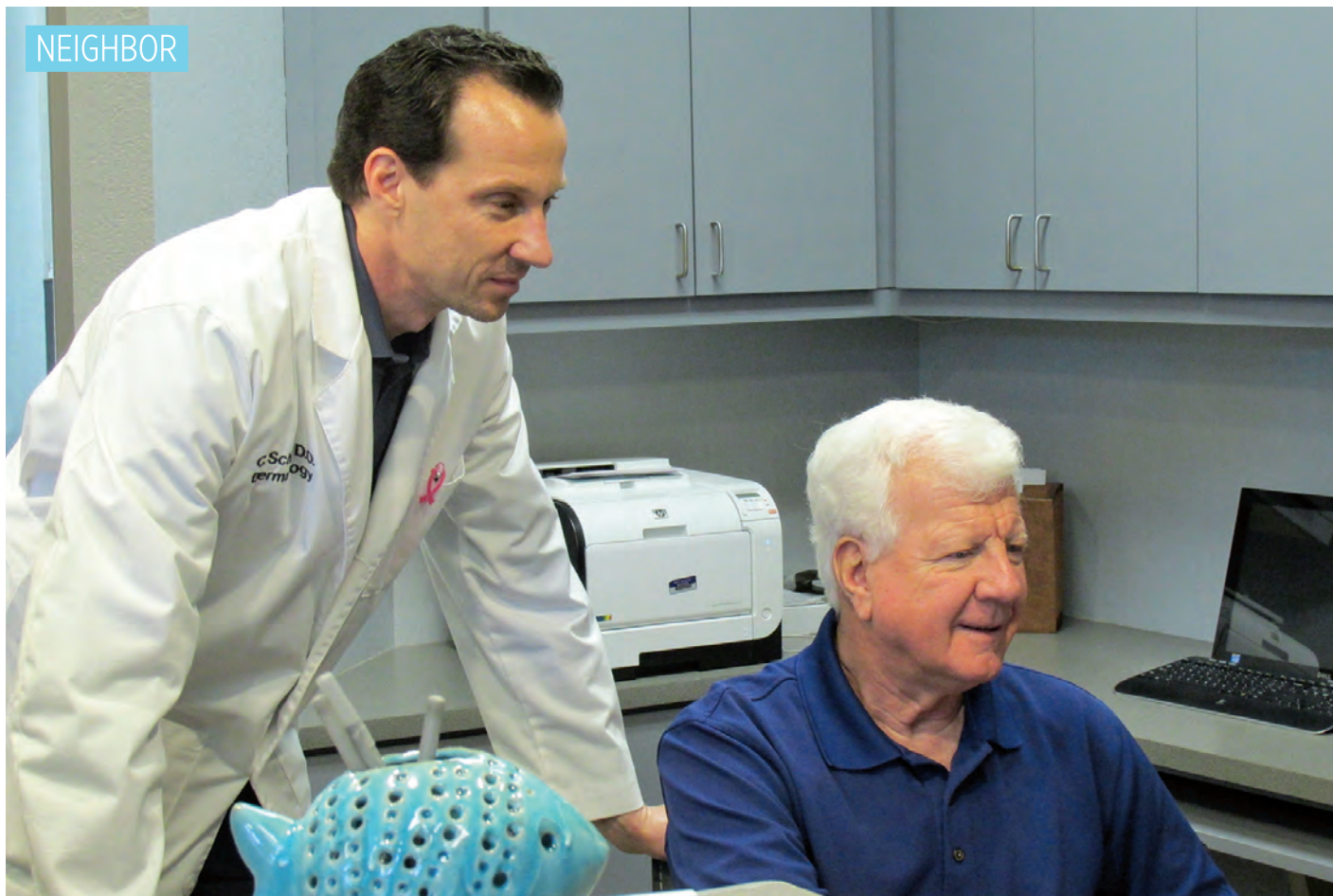
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Dr. Schiltz and his father, Ron Schiltz at Coastal Dermatology in Gilroy.

A Welcome Addition To South County

KIMBERLY EWERTZ

At 31 years of age, Dr. Clayton Schiltz, already a successful senior engineer at Sony, felt he wasn't making enough of a difference in his life.

"I had always thought about being a doctor, even before I went into engineering, and it was something that the older I got, the more I thought about it," Schiltz said.

"There was an intrinsic reward in being a physician. That's what drew me to the field," Dr. Schiltz said.

With this goal in mind Schiltz left his engineering position and returned to college, full-time, to acquire the prerequisites needed to pursue his dream.

"It ended up being a five-year process to get my medical degree," Schiltz said. The additional year was due to his pursuit of a second degree, the masters in health sciences.

Dr. Schiltz, an Osteopathic Physician, and a board certified dermatologist, graduated from medical school in 2010. DO's have a slightly different branch in their training, as they are taught the osteopathic manipulation of the body. According to Schiltz, a DO tends to look at the overall picture of what's going on in their patient's life.

"You're looking at the person as a whole, as opposed to just treating a specific disease," Dr. Schiltz said.

With degrees in hand, Schiltz spent the next four years in Michigan, completing his dermatology residency internship at a hospital associated with Michigan State University.

"When you're a resident you're already a physician, you're practicing medicine, you're just specializing in your field," Dr. Schiltz said.

In 2014, his residency completed, he and his fiancé, Kim Ngo, decided to head back home to California.

Although San Diego was their original destination, the couple decided to move nearer to family and friends living in and around South County. This decision led them to their current home in Marina.

Once they were settled in, Schiltz took on his next challenge, finding the best location to set up his practice.

"It makes it more rewarding to have your own practice," Schiltz said. "To know you kind of took this from nothing, from an empty office space, to what it is today."

His search revealed that the Gilroy area, where Schiltz had grown up, had a shortage of dermatologists.

"I was really surprised, especially with how much Gilroy, and Morgan Hill and Hollister have grown, that there were not more options," Dr. Schiltz said.

This revelation provided the obvious answer as to where the good doctor would establish his practice.

"This is my hometown, and this is where I want to go back to," Dr. Schiltz said. "It's fun to come back and be able to offer this service that really wasn't available."

Coastal Dermatology opened its doors in April of 2015. Schiltz offers full-service dermatology for the treatment of acne all the way up to severe skin cancers, including a procedure called, Mohs surgery.

"I also do cosmetic dermatology,



Dr. Schiltz at Coastal Dermatology in Gilroy.

which has become a very big field, especially here in California," Dr. Schiltz said.

Cosmetic dermatology encompasses everything from general skin care to procedures such as Botox and filler injections, for fine lines and wrinkles.

"I also have cosmetic lasers that can help with the texture and tone of the skin, as well as pigmentation issues," Dr.

Schiltz said.

Office hours for Coastal Dermatology, located at 7888 Wren Avenue, Suite A110 in Gilroy, are Monday through Thursday from 9am-5pm, and Friday from 9 until Noon. Consult the website for additional information regarding services offered, including skin care product lines endorsed by Dr. Schiltz, at coastaldermatology.biz.

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HALINA KLEINSMITH

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If you live here, you're hip to the available fresh local produce, seafood, meat and baked goods found daily in our grocery stores, farmers market, restaurants, cafes, bakery, ice cream parlor and coffee house.

Take a good look at the menu choices and you will see heart healthy and vegetarian selections in our dining establishments. Salad bars and fresh soups are in-house or ready-to-go, and produce departments feature organic and antioxidant powerhouse veggies and fruits.

Familiar with California history? Then you'll know that San Juan Bautista has always been a major hub for travelers seeking a place to relax, enjoy a libation, stretch the legs and get a good night's rest.

By the light of or with a flashlight at night, San Juan Bautista shines as an ideal location to stroll, walk, bike, hike and run your calories off while enjoying wide open spaces and big sky vistas. Two major designated trails provide a pleasant way to actively reduce your cholesterol, lessen your body fat, and lower your blood pressure.

If you get a boo-boo while you're here or don't feel well, there's an in-town Community Health Clinic as well as a major hospital within 10 miles. Trained paramedics are also here as part of the San Juan Bautista Fire Department, and the American Medical Response Service provides local ambulance service. If you overstretch a muscle or have neck or back pain, then a visit to the local massage therapist could really help.

Perhaps you're feeling the need to boost your energy level or assist your overall digestive and circulatory health. If so, the impressively stocked natural foods and health store on our main thoroughfare is a boutique of vitamins, supplements and holistic products; with individualized assistance to professionally guide your

way to vibrancy.

Throughout the year, numerous organizations find San Juan Bautista an ideal locale to hold fun runs, specialty marathons, bicycling events and power walks. This year we begin with the Mission 10 Race on Saturday, Jan. 30. There's a Half Marathon, 10-mile, 5K, and 1-mile run; please go to mission10.racemine.com for details. On the local side of things, you will often see our resident population enjoying soccer, little league, tennis, tai chi, Qi Gong, hula, Yoga and Saturday morning bike rides.

Information on these types of activities is always featured in Out & About Magazine, Visitor Guide and on-line at www.sanjuan-bautistaca.com. Also, please come by our Welcome Center inside the San Juan Bakery any Tuesday through Sunday from 8am to 5pm, where a big selection of free brochures, magazines and newspapers are available, featuring community-wide travel, touring and activities details.

So, put on your comfy shoes and come enjoy a happy, healthy new year in Old San Juan!

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Affordable Care Act

Out and About recently asked Ron Almaraz, a licensed Health Markets Insurance agent in Morgan Hill, some questions about that might help local residents understand the details of the Affordable Care Act's implemented legislation.

Nationally, health care is undergoing a tectonic shift with the implementation of the Affordable Care Act (ACA) (also known as Obama Care). What does this mean for residents of Morgan Hill?

It means individuals who could not qualify for health insurance because of their medical history will now be able to

get health insurance. Under the ACA, health insurance is now guaranteed. Those individuals who previously could not afford health insurance may now have access to a subsidy to help pay for their health insurance if their household income/family size falls below four hundred percent of the Federal Poverty Level. Finally, those individuals who can afford health insurance but do not have coverage in 2015 may have to pay a penalty.

What are the timelines for rolling out the new care system?

The Affordable Care Act is a set of health insurance reforms that started

in 2010 and will continue to roll out in 2016 and beyond.

Open enrollment in the health insurance marketplace started Nov. 1, 2015, and will end Jan. 31, 2016. However, if you enroll by Jan. 31, 2016, you will **not** have to pay the penalty for any month before your coverage began. Therefore, if you didn't have coverage earlier in the year, you won't have to pay a penalty for any of the previous months of 2015. After open enrollment ends, you won't be able to get health coverage through the marketplace until the next annual enrollment period. There is a special enrollment period if an individual has a qualifying life event.

Health insurance is a very confusing issue for people to understand. What's the best way for people to educate themselves so they can best benefit from it?

To become more educated on the Affordable Care Act, go to healthcare.gov or the Covered California (CoveredCA) website, coveredca.com, to learn the basics of healthcare reform. You can also contact a local licensed CoveredCA certified agent who will assist you with the application process to determine whether you're eligible for cost assistance, and help to designing a plan to that will suit your needs.

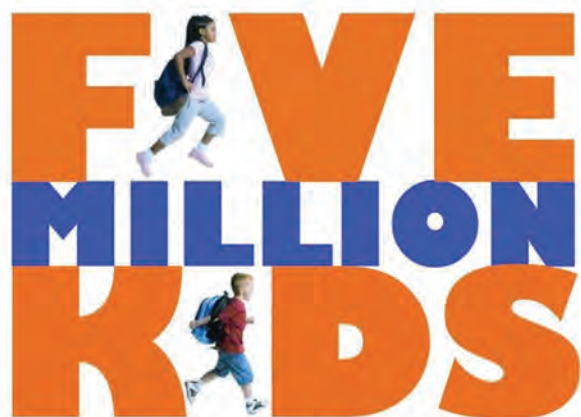
Will Obama Care force people to switch doctors, have their company cut their hours, violate their privacy or end employer-run health insurance?

All ACA health plans are managed care plans and consequently all have networks that the insured's must utilize to be covered. Purchasers may choose a Health Maintenance Organization (HMO), Exclusive Provider Organization (EPO) or maximize their coverage in a Preferred Provider Organization (PPO).

Health Insurance Portability and Accountability Act (HIPAA) laws will continue to mandate privacy in the healthcare arena.

Some small business owners may elect to discontinue providing their employees with access to health insurance. They may subsidize their employee's premiums instead or direct their employees to the marketplace to get their premium subsidized from the exchange; that is, if their family size and household income qualifies them for a subsidy/premium tax credit.

Ronnie Almaraz, Owner
Health Markets Insurance



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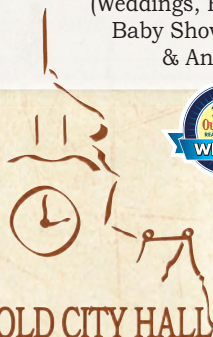
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Farmer In The Field

California navel oranges

BONNIE SWANK

California has long been known as the golden state and for its citrus production. While other states are shoveling snow or battling extreme winter weather, California is in the middle of its citrus harvest. Acres of rolling hills dotted with orange is a beautiful site in the middle of winter. Today these groves can be spotted in the San Joaquin Valley, but the original “cit-

rus belt” started in Southern California. In the 1840s frontiersman, William Wolfskill planted the first commercial citrus farm in what is now known as Los Angeles. Lucky for Wolfskill during the Gold Rush of 1849 there was a huge demand for citrus and his business grew. Scurvy, a vitamin C deficiency, was a big problem during this time and eating fresh citrus was a way of combatting it.

Wolfskill grew hundreds of orange and lemon seedlings which he had gotten from the San Gabriel Mission. His business did well, but it wasn't until the navel orange was introduced, in the 1870s, that the California citrus industry exploded fueling both social and economic development. Oddly enough, the navel orange was a mutation found growing on a sour orange tree in a Brazilian monastery.

Unlike the seedlings Wolfskill grew, this orange was seedless. In order to reproduce the fruit, a cutting had to be taken from the tree and grafted onto another tree. The missionary sent a few cuttings back to California to see if they would grow in its Mediterranean climate. The fruit was phenomenal and changed how farmers produce citrus. Citrus grown from seed retained its biological diversity and substandard fruit whereas, the seedless navel are clones of the original fruit.

In 1915 California navel orange maturity standards were created. In 2012 after several years of technical research and thousands of taste testers, the balance between acid and sugar has resulted in a tastier navel and The California Standard.™ This new standard requires all California navel orange growers to field-test their fruit to be sure it meets the sweetness requirements.

Some interesting facts about Oranges:

- The navel orange got its name because the end of the fruit looks like a belly button.
- The oldest living tree is 137 years old and grows in Riverside.
- California's family-owned orange groves provide nearly eighty percent of all the fresh oranges produced in the United States. Over eighty percent of Florida's citrus crop is processed into juice.
- The citrus boom spurred California's “second” Gold Rush, except they were orange, not gold.
- When growers were being taken advantage of by those marketing the fruit, they formed the Southern California Fruit Exchange in 1893. Today this cooperative is known as Sunkist Growers.

Bonnie and her husband, Dick Swank, are owners of Swank Farms in Hollister. Contact them at 831.637.4704.
SwankFarms.com

Orange Tapioca Pudding

Ruth Cousineau - GOURMET, February 2008

INGREDIENTS

- 2 navel oranges
- 2 tablespoons orange liqueur such as Grand Marnier or Cointreau
- 1/3 cup plus 3 tablespoons sugar, divided
- 1/3 cup tapioca pearls (preferably 1/8 inch; not quick-cooking)
- 3 cups whole milk
- 2 large eggs, separated
- 1/2 cup chilled heavy cream

Yield: Makes 6 Servings

Active Time: 1 hr. Total Time: 2 hrs.

DIRECTIONS

1. Finely grate enough orange zest to measure 1 teaspoon. Cut remaining peel and white pith from oranges with a sharp knife, then discard. Cut segments free from membranes, letting them drop into a bowl, then squeeze enough juice from membranes to measure 3 tablespoons, adding it to segments. Add liqueur and 2 tablespoons sugar and toss with segments. Let macerate 20 minutes.

2. While orange segments macerate, cook tapioca, milk, grated zest, 1/3 cup sugar, and 1/8 teaspoon salt in a heavy medium saucepan over medium heat, stirring, until sugar has dissolved. Bring to a boil, stirring occasionally, then reduce heat to medium-low and gently simmer, stirring constantly, until thickened, about 10 minutes. Drain orange segments in a sieve over saucepan to add liquid to tapioca (reserve segments), then gently simmer, stirring constantly, until tapioca pearls are completely translucent, 20 to 30 minutes.

3. Whisk together egg yolks in a metal bowl, then gradually whisk hot pudding into yolks. Quick-chill by setting bowl in an ice bath and stirring occasionally until cool (pudding will be very thick).

4. Beat egg whites with a pinch of salt using an electric mixer until they just hold soft peaks. Add remaining tablespoon sugar and beat whites until they hold stiff peaks.

5. Beat cream in another bowl with cleaned beaters until it just holds stiff peaks. Fold whites, then cream, into pudding gently but thoroughly.

6. Divide orange segments among 6 glasses, ramekins, or small bowls and top with pudding. Chill, covered, at least 1 hour.

Cooks' notes:

- The egg whites in this recipe are not cooked, which may be of concern if salmonella is a problem in your area.
- Tapioca pudding can be chilled up to 3 days.



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Passion For Plants

Plants 101 - The Basics, revisited

NANCY SCHRAMM

Plants are amazing. Think about it. Even with our advanced technology, plants are still an important part of our everyday life. They clothe us (cotton, linen) and feed us both directly (fruits, grains & vegetables) and indirectly (feeding animals that we eat). We use plants to build the shelters we live in, keep us healthy and to make medicines that cure our ills. They are an intrinsic part of the natural environment. In addition, plants make our world a more beautiful place. Beyond all of this, caring for plants can make us happier human beings. Both research- and experience-based published papers show that people who care for plants live an improved quality of life.

So why isn't everyone growing plants? To be honest, I think gardening can be a bit intimidating. If you haven't grown up with plants as part of the family, you might simply not know where to start. Keep a few things in mind, first, it's not against the law to kill a plant; everyone does it. When you're new to the plant world, don't buy the most expensive ones. There is a learning curve to anything worth doing, and if you make your beginner mistakes with cheaper plants, then the lessons learned aren't quite so painful.

A year ago at the Out & About New Year's Party, one of my table-mates asked me if I ever wrote for people who know nothing about growing plants. I looked back and found that my July

2011 column, "Plants 101 - The Basics," was about just that. So in honor of those joining the world of plants, I'll revisit the topic and share a few basic tips to help you keep your plants healthy.

Plants need light, water and soil. There are exceptions to everything, but in general, good potting or garden soil is one-size-fits-all. Plants need a more tailored fit when it comes to sunlight and water; too much or too little of either can kill them in a hurry. Most plants won't tolerate soil that is either constantly wet or allowed to completely dry out between waterings. Few plants will survive in deep shade though there *are* many that thrive in full sun.

If someone gives you a plant, you need to know what it is to learn how much water and sun it requires. If you know the plant name, look it up in the *Sunset Western Garden Book*, (a great reference). If you have no clue what a plant is, start out with middle-of-the-road conditions. Put it where it has full sun in the morning and keep it evenly moist. How often is that? Well, it depends on the container and how many roots the plant has. A young plant with few roots will need less water than a mature plant with a lot of roots in the same size container.

Another wrinkle is a plant will have different water needs in a container than in the ground. An established, drought-tolerant plant may need little supplemental water in the ground, but any container plant will need scheduled watering. Be forewarned, not all plants can be grown indoors. For example, bonsai are often considered delicate houseplants. No! Don't do it! They usually need filtered sunlight, but they definitely need outdoor weather. If a plant has needles (pines, junipers) or is deciduous (maples, apples), it needs to experience the seasonal change of living outdoors.

I suggest you make a 2016 New Year's resolution to grow at least one new plant. You can be part of creating a better world for our kids and will make yourself happier and healthier in the process.

Nancy Schramm is the owner of Carman's Nursery.
greenthumb@carmansnursery.com

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Jeremy battling a Salmon storm fishing the Klamath River.

Fishers on the Storm

Bad weather can increase the catch

JEFF STRAMETZ

Now that we are fresh into the New Year and smack in the middle of winter, most people wouldn't even consider that this is the time to go fishing. Cold weather, cold water, short days and stormy days don't sound too much like optimum conditions to get outdoors and catch fish.

It never fails, whenever the weather turns cold and storms start rolling in, I get the fishing bug like no other time of the year. The reason for this is that when I think back to some of my best days fishing, it was when I was all bundled up and fishing in a storm. Steelhead fishing, bass fishing, trout fishing are all good just before and

during a storm. Now, you might be thinking, why would anyone want to go out in a storm to go fishing? There are many reasons but my main two reasons are that fish tend to get really active during a storm and, no one else is out there.

In the winter, in our local lakes or any lake in the state for that matter, the fish go into a dormant state. Cold water, lack of forage and weather all tend to make fish very tough to catch as compared to spring and summer. Winter fishing can serve you up a good helping of "Humble Pie" as even the most experienced fisherman will very likely get "skunked" during their winter trips. There is one time that for me has

been consistent in producing quality fish, more than any other time of year for me, and I call that time “Storm Front Fishing.”

In California, we are spoiled by our consistent weather; sunny and hot, sunny and mild, sunny and cold. The key ingredient in those three scenarios is sunny. When a storm front approaches, the weather changes, it gets cloudy, windy and it rains. This change in the weather stirs up the water and provides cover in the form of choppy water that has “color” from waves hitting the shore, as the runoff from rains or just the rain itself churns up the surface of the lake. During this period, fish that have been “dormant” will move into the shallows and feed aggressively for this short period of time. I caught my biggest bass ever fishing from the bank during a storm. I have had incredible steelhead fishing during a storm, and I recently had a day where I went float tubing during a storm and caught and released six bass that were all between four and six pounds!

There are some important tips for winter storm fishing here locally that you should follow if you want to give this a try. First, dress in layers, and make sure that you have good rain gear. Waterproof shoes are a must, as cold, wet feet will cut a day short and make you miserable. Simplify your fishing gear. One or two rods, and a very limited selection of lures that will fit in a small pack or in your coat pockets is



The author poses with a storm-caught Trinity River Steelhead.



Mark and AJ Storm Fishing at Coyote Lake.

all you need. If you are fishing from the bank, find rocky shorelines as a location to fish. Stinky, sticky, lake-bottom mud clings to everything, and you will have five pounds of mud stuck to your boots which makes walking treacherous, and it will destroy the interior of your vehicle. The goal is to get out and enjoy the serenity of being outdoors in a storm while fishing and hopefully as a bonus, catching that personal best. There is nothing like the thrill of asking yourself “What kind of fool would be out in this weather fishing,” when, as you reel up your lure to cast out again, you see a huge dark shadow following the lure that grabs it at your feet and the battle begins!

The best lure selection for storm fishing our local lakes is the following: Rattletraps or similar crankbaits,

plastic worms fished in your favorite method, jigs and lastly, spinnerbaits. If you carry three or four of each, you have everything you need for a couple hours of adventure doing what most people won’t do, and you will have fun. As I always suggest, do some research on winter fishing for bass or whatever species that you are after. There are a lot of great websites with tips to give you your best shot at success.

Lastly, bring a change of dry clothes to include dry shoes and socks. If you get soaked, it will make your drive home much more pleasurable. Be safe, get your new fishing license, and get out and enjoy some storm fishing!

Have a question or idea for a column? Email Jeff at
jpsieraguy@gmail.com.

CURTAIN CALL



Hershey Felder as Irving Berlin celebrates show business at TheatreWorks in Mountain View.

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