

# Out & About

FEBRUARY 2016

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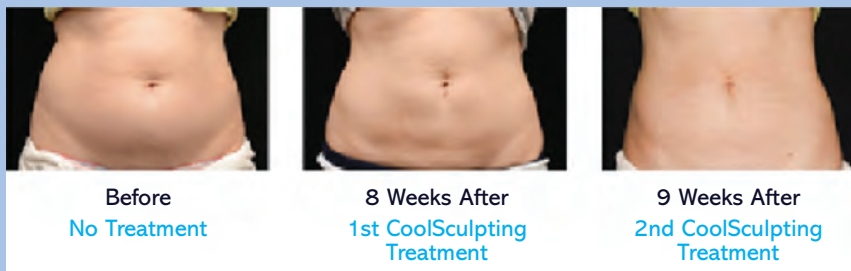
AN ISSUE DEDICATED TO THINGS WE LOVE

*Bridal*  
INSIDE

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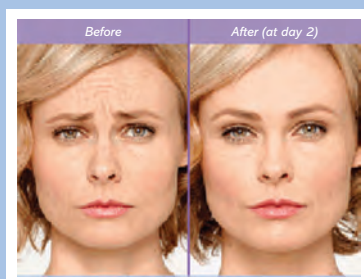


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# February Is All About The Love

**H**appy February, readers! It's been a wet winter but we need this precious rain so I will bite my tongue each time I start to complain. Our main features this month focus on Bridal and Love. Not just because Valentine's Day lands in February, but also because it's "Who Do You Love" month and the voting runs from February 1 until February 29. It's a chance for you, the reader, to vote for the local businesses you love out there. I'm always anxious to see the ballot results, especially the ones honoring community members and the mini competitions between businesses. It's also very interesting seeing what this year's most popular voting categories are. This is a great opportunity to promote your business by asking your customers to vote for you. Have the magazine open to the page of the ballot on your counter and a stack of Out & Abouts for them to grab and vote. If you don't carry Out & About in your business already, this is a good time to contact our office to request becoming a drop off point.

You can vote online at [www.outandaboutmagazine.com](http://www.outandaboutmagazine.com) or scan your ballot from your February issue and email it to [calendar@outandaboutmagazine.com](mailto:calendar@outandaboutmagazine.com), Subject:

WDYL2016. You can also snail mail it by pulling out the ballot, and mailing to Out & About Magazine, WDYL2016, PO Box 1568, Gilroy, CA 95021.

Only one vote per reader please. We will publish the results in our April issue and those winners receive an Out & About Who Do You Love Certificate by contacting our office at 408.842.7071.

Thanks go out to our faithful staff, writers, advertisers, readers, vendors, friends and families for supporting the magazine that brings us all together, this one thing we have in common, our pride and joy, Out & About Magazine. Still a bright star in spite of the computer, web surfing, app connecting world where you can fish that little guy out of your purse, backpack, back pocket, suit jacket, overcoat, gym bag, briefcase, grocery bag, what have you and read. Have fun out there and share the love by purchasing your Valentines gift for that special someone and help save our local small businesses in the world of online shopping and big box stores. Stay dry and be safe, it's wet out there for heavens sake!

*Bobbi Jo Palmer*  
[publisher@outandaboutmagazine.com](mailto:publisher@outandaboutmagazine.com)

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Deadline for March advertising is February 12, 2016

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## CALENDAR LISTINGS

Deadline for the March issue is February 15, 2016

email: **[calendar@outandaboutmagazine.com](mailto: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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February 13

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# CALENDAR

## LISTING YOUR EVENT

To list your event, call 408.847.7228 or email [calendar@outandaboutmagazine.com](mailto: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

### FEBRUARY 3

**Recycle Book Club meets,** 6:30-8pm. Meet the author, Meg Waite Clayton, as she talks about her book, "The Race for Paris." Recycle Book Store, 275 E. Campbell Ave. Call 408.370.3514.

### FEBRUARY 6

**Valentine 10K & 5K Fun Run,** 9am. Pre-Valentine and Super Bowl Kickoff run at Campbell Park, Gilman and Campbell Aves. Register online at [cityofcampbell.com](http://cityofcampbell.com).

### FEBRUARY 13

**Friends of the Library Book**

**Sale,** 10am-1pm. Find bargains and build your own home library; 77 Harrison Ave. Call 408.866.1991.

### FEBRUARY 13 - APRIL 16

**FREE Income Tax preparation,** 10am-Noon Saturdays, 6-8pm Tuesdays. Trained volunteers will be available for people who make \$60,000 single and \$85,000 married who are 60 and older. Sign up in person one hour prior to start time. Campbell Library, 77 Harrison Ave. Call 408.866.1991 or visit [sccl.org](http://sccl.org).

### FEBRUARY 17

**Recycle Book Club meets,** 6:30-8pm. Meet the author, Ellen Kirschman as she talks about her book, "The Right Wrong Thing". Recycle Book Store, 275 E. Campbell Ave. Call 408.370.3514.

### FEBRUARY 25

**Silicon Valley Reads: Celebrity Storytime,** 10:30am. Campbell Mayor Jason Baker will read "Water Is Water" by Miranda Paul. Campbell Library, 77 Harrison Ave. Call 408.866.1991.

### FEBRUARY 26

**History Happy Hour: Masters of the Field,** 5:30-7:30pm. Join author John Herberich as he discusses the Fourth United States Cavalry in the Civil War. Tickets \$10 for museum members, \$15 for all others. Ainsley House, 300 Grant St. Visit [downtown-campbell.com](http://downtown-campbell.com).

### MARCH 2-30, APRIL 6-20

**Citizenship Classes,** 1:30-3pm, Wednesdays. **FREE** classes for those interested in becoming a US citizen. Includes classes in reading and writing in English. Sign up at the Campbell Library or visit [sccl.org/Services/Citizenship-resources](http://sccl.org/Services/Citizenship-resources).

## CUPERTINO

### FEBRUARY 3

**Master Gardeners: Growing Citrus,** 7-8pm. Learn the basics including tips on planting and caring for your citrus fruit trees. Cupertino Library, 10800 Torre Ave. Call 408.446.1677 or visit [sccl.org](http://sccl.org).

### FEBRUARY 4, 11, 18, 25

**Afternoons with Alfred Hitchcock,** 1:30-4:30pm. A winter series with film historian, Mark Larson. **FREE** admission, reservations recommended at [cupertinolibraryfoundation.org](http://cupertinolibraryfoundation.org). Bluelight Cinema5, Oaks Shopping Center, 21275 Stevens Creek Blvd. Visit [sccgov.org](http://sccgov.org).

### FEBRUARY 14

**Romance Authors Panel and Documentary,** 2-5pm. Meet local romance authors and hear them discuss their writing lives. Cupertino Library, 10800 Torre Ave. Visit [sccl.org](http://sccl.org).

### FEBRUARY 17

**Artist Reception "Burning Ice,"** 5:30-7:30pm. Meet the artists and Silicon Valley Reads authors. Enjoy music and refreshments. Euphrat Museum of Art, De Anza College, 21250 Stevens Creek Blvd. Call 408.864.5464.

### FEBRUARY 24

**Feng Shui for the Year of the Monkey,** 7-8:15pm. Join Feng Shui master, Mr. Y.C. Sun who will use a combination of Feng Shui and I-Ching, the 2000 year of Chinese law of the universe, to make predictions on global events for 2016. Cupertino Library, 10800 Torre Ave. Visit [sccl.org](http://sccl.org).

### FEBRUARY 27

**Voices In Harmony presents:**

**"Lies in the Attic, a Beatles A Cappella Musical,"** 2pm and 7pm. An award-winning, all-volunteer, a cappella musical. DeAnza College Visual and Performing Arts, 21250 Stevens Creek Blvd. For tickets go to [brownpapertickets.com](http://brownpapertickets.com).

## GILROY

### FEBRUARY 4

**Country Style Nights,** doors open 7pm-Midnight. Step into those boots and come kick it up at The District Theater with California Cowboys. For tickets and info visit [thedistricttheater.com](http://thedistricttheater.com).

### FEBRUARY 6

**Spice of Life Awards, and Dinner,** 5:30-10pm. Celebrate Gilroy's local citizens and businesses. San Juan Oaks, 3825 Union Rd., San Juan Bautista. Register at [cca.gilroy.org](http://cca.gilroy.org).

### Super Barrel Tasting Day,

Noon-4pm. Wine up for Super Bowl 50 and be the first to taste the latest vintages straight from the barrel. Get your \$25 tickets at the Gilroy Welcome Center or participating wineries. Go to [gilroywelcomecenter.org](http://gilroywelcomecenter.org).

### Applebee's Flapjack

**Fundraiser,** 8-10am. Help support South Valley Middle School Band with a full pancake and bacon breakfast including coffee, tea or soda. Tickets are \$7.50. See you there at 8200 Arroyo Circle.

### Live Music Performance,

8pm-Midnight. Party with local blues artist, Shane Dwight, at The District Theater. Cover \$10. For tickets and info visit [thedistricttheater.com](http://thedistricttheater.com).

## FEBRUARY 6-7, MARCH 5-6

**Guided Backpacking Tour,** 8am Saturday through Sunday late afternoon. Participants should be experienced and have adequate ability and equipment to hike eight miles, carry a load, and prepare meals. Meet at Henry Coe Park, Bell's Station entrance. Go to [coepark.net](http://coepark.net).

## FEBRUARY 7

**Gilroy Elks Lodge Super Bowl Tailgate Party,** 2-7pm. Watch the game with friends and enjoy hamburgers, Polish sausages, hot dogs, chili and more. \$10 per person at The Lodge on the Hill, Members Lounge. Open to the public. RSVP by Feb. 4th at 408.842.9397.

## FEBRUARY 9

**Silicon Valley Reads Seminar: Graywater,** 7pm. Learn how to direct laundry water to landscape and the \$200 rebate. Gilroy Library, 350 W. Sixth St. Call 408.842.8207.

## FEBRUARY 10, 24

**Open House,** 10:45-11:45am. St. Mary School, 7900 Church St. Visit [stmargilroy.org](http://stmargilroy.org).

## FEBRUARY 11

**Senior Potluck and presentation,** 11:30am. CalRTA, retired educators, will gather to present information about activities available in the Gilroy and Morgan Hill areas. United Methodist Church, 7600 Church St. Call 408.842.4021.

## FEBRUARY 13

**Trail Work Day,** 8:30am-3pm. Lend a hand and help keep the trails clear. Coffee and donuts or bagels available before start time. Bring a lunch, plenty of water, gloves and



*Boots on Boats in at the Henry Coe Park's, Rain Coats and Rubber Boots event.*

# Coats And Boots

If you're unafraid of getting wet, come out and celebrate in style at the Annual Rain Coats and Rubber Boots FREE event. The day includes ducky races, scavenger hunts and a mountain bike clinic with Course Challenge for the kids. Pack a lunch, stack the bikes and head out to Henry Coe Park on Mar. 5 from 10:30am to 1:30pm. Meet at the Hunting Hollow entrance. Parking fee \$6. For more information contact Chere at 408.683.2247 or visit [coepark.net](http://coepark.net).

other protective gear. Meet at the Hunting Hollow Entrance parking lot off of Roop Rd. For more information contact Chere at 408.683.2247. Visit [coepark.net](http://coepark.net).

**Valentine Mixer: We LOVE to Party.** Doors open at 7pm. Join in on the love at The District Theater for an evening of wine tasting and food pairing. Dance the night away with the All Star Jukebox band. Cover \$20. For tickets and info visit [thedistrict-theater.com](http://thedistrict-theater.com).

## FEBRUARY 20

**Live Green Program,** 1-4:30pm. Hosted by The First Tee of Silicon Valley. Fourth graders and up can join. This program encourages young people to explore the health of their community and discover how they can give back and care for the environment. \$10. Register at [thefirsttee-siliconvalley.org](http://thefirsttee-siliconvalley.org).

**Art Exhibit,** Noon-4pm. Celebrating Black History Month thru March 20 at Gilroy Center for the Arts, 7341

Monterey St. For info visit [gilroy-artsalliance.com](http://gilroy-artsalliance.com).

## FEBRUARY 26, 27, MARCH 4, 5

**"Once On This Island,"** 7pm and 1pm. A musical centered around a small Caribbean island and its inhabitants. Gilroy High School Theater, 750 W. Tenth St. Tickets available at [brownpapertickets.com](http://brownpapertickets.com).

## FEBRUARY 27

**Silicon Valley Reads,** 11am. Meet



## LIVE ENTERTAINMENT VENUES



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### CAMPBELL

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tessoras.com 408.626.7711

### GILROY

#### **Old City Hall Restaurant**

7400 Monterey St.  
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oldcityhall.biz 408.842.3454

#### **Spice "N" Ice**

55 5th St.  
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thespiceice.com  
408.767.2680

#### **The District Theater**

7430 Monterey St.  
Live Concerts and Performances  
Friday-Saturday  
thedistricttheater.com  
408.767.2601

### Longhouse Restaurant

8195 Monterey St.  
Live Music Friday-Saturday  
408.842.7664

### The Milias Restaurant

7397 Monterey St.  
Live Music Tuesday-Sunday  
themiliasrestaurant.com  
408.337-5100

### LOS GATOS

#### **Charley's LG**

15 N. Santa Cruz Ave.  
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#### **Number One Broadway**

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gvacafe.tumblr.com  
408.776.0571

#### **The Hill Bar and Grill**

17330 Monterey Rd.  
Live Music Friday-Saturday  
thehillbarandgrill.org  
408.778.9300

### HOLLISTER

#### **The Public House -** **Ridgemark**

3800 Airline Hwy.  
Live Music Fridays  
ridgemark.com 831.637.8151

Author Miranda Paul as she reads her book "Water Is Water" then invites children to act it out. Gilroy Library, 350 W. Sixth St. Call 408.842.8207.

### MARCH 3 - APRIL 7

**Beginning Bridge Lessons,** 2:30-4:30pm, Thursdays. Learn 2/1 method. Includes lecture, practice hands and handouts. Student Handbook available. One lesson \$10 or all six for \$54. Gilroy Senior Center, 7871 Hanna St. Register with Patty Stone, 408.981.1043 or email patty.stone@charter.net.

### MARCH 5

**Rising Young Artists,** 7:30pm. Concert performances by the Al Navaroli Young Musicians competition winners. Gavilan College Theater, 5055 Santa Teresa Blvd. For tickets visit southvalleysymphony.org.

**Annual Blue and White Auction,** "It's Your Move." A casual evening reminiscing over your favorite childhood games. Includes dinner, dancing, silent and live auction. Gilroy Lodge on the Hill, 2765 Hecker Pass Hwy. Visit stmarygilroy.org.

### MARCH 6

**11th Annual Marian Filice Piano Competition and Music Festival,** 10am. Admission is **FREE**. Awards Ceremony and Music Festival starts at 3pm. Gavilan College Theatre, 5055 Santa Teresa Blvd. Visit gavilan.edu/theatre.com.

### HOLLISTER

### FEBRUARY 4, 5, 6

**Auditions, "Honk Jr.,"** 6:30pm Thursday and Friday, 9:30am Saturday for 6 year olds through eighth graders. Wear comfortable clothing and shoes for dancing. Bring a prepared



song with sheet music or music-only CD. Held at South Valley Community Church, 2350 Technology Pkwy. For more information call 831.636.0122 or visit [sanbenitostage.org](http://sanbenitostage.org).

## FEBRUARY 6

**Sacred Heart Parish School Ranch Dance and Auction,** 5-11pm. Includes a tri-tip barbecue, no host bar and sweet treats. Toss in a bid at the live auction or score something special in the silent auction then dance the night away. Bolado Park, 9000 Airline Hwy. For more information visit [sacredheartschool.org](http://sacredheartschool.org).

## FEBRUARY 11

**Growers Workshop,** 8am-12:30pm. Learn from experts about the science of vegetable crops, irrigation, nutrient management and more. To reserve a seat call 831.637.4378 or email Shawn Novack at [snovack@sbcwd.com](mailto:snovack@sbcwd.com).

## FEBRUARY 13

**Valentine's Dinner, Dancing and Comedy Show,** 6-11pm. Treat your sweetheart to a three-course dinner. Featuring comedian Michael Mancini and music by Isaiah Pickett. Club members \$55, all others \$65. Leal Vineyards' Barrel Room, 300 Maranatha Dr. Call 831.636.8929 or visit [lealvineyards.com](http://lealvineyards.com).

## MARCH 12

**29th Annual Crab Crack and Dance.** Festivities begin at 5:30pm. Enjoy dinner, dancing and silent auction. San Benito County Fairgrounds, 9000 Airline Hwy. Visit [hollisterexchangeclub.org](http://hollisterexchangeclub.org).

## LOS GATOS

### FEBRUARY 13

**South Bay Teen Idol Semi-**

**Finals,** 7pm. The public is invited to watch the singing competition. Come hear some of the best teen vocalists in the South Bay. APJCC Auditorium, 14855 Oka Rd. For admission price visit [apjcc.org](http://apjcc.org).

## FEBRUARY 20

**History Ride,** 9-11am. Take an 11-mile mountain bike ride with a ranger through Los Gatos Creek trail to St. Joseph's Hill. Helmets required. Meet at the Vasona Lake pier parking lot. Call 408.356.2729 or visit [sccgov.org](http://sccgov.org).

## MORGAN HILL

### THRU FEBRUARY 26

**"Artistic Impressions,"** The Morgan Hill Photography Club exhibition. View 56 photos from 25 local photographers conveying their personal impressions. Public reception, Feb. 3 at 5:50pm. Community Cultural Center, 17000 Monterey St. Visit [morganhillphotographyclub.org](http://morganhillphotographyclub.org).

## FEBRUARY 5

**Zentangle Art Class,** 10am-Noon. Simple to learn and fun way to create beautiful images by drawing structured patterns. No artistic experience required. Class fee \$35 plus \$10 for materials. BookSmart, 80 E. Second St. Register at 408.778.6467.

## FEBRUARY 6

**Winter Book Sale,** 10am-3pm. All books \$1 or less. Children's 10¢ each. 2pm Bag Sale \$5, bring your own \$4. Teachers and non-profits can pre-register for **FREE** books by calling 408.782.9029. Morgan Hill Library, 660 W. Main St.

## FEBRUARY 12-15

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# CALENDAR

different species. Count birds from anywhere for 15 minutes or more. For registration and instructions go to [gbbc.birdcount.org](http://gbbc.birdcount.org).

## FEBRUARY 13

### Valentine's Day Hike,

9:30am-Noon. Hike through Uvas Canyon along the Waterfall Loop trail with someone special. Wear good hiking shoes and layered clothing. Uvas Canyon at the end of Croy Rd. Meet at Day Use parking lot. Call 408.355.2201 or make reservations online at [sccgov.org](http://sccgov.org).

### Chocolate and Wine for

**Valentine,** 2-5pm. Supporting teachers and children never tasted so good with local wine tasting, chocolate sampling and more. Silent auction and local artwork for sale. For tickets and other info go to [tacmn.org](http://tacmn.org).

### BookSmart Art Workshop,

10-11:30am. Make fancy cards and a special Valentine project for \$4 per child. Parent participation required for children under 5 years. All parents required to stay in the store during the workshop; 80 E. Second St. RSVP to ensure space and supplies at 408.778.6467. Visit [mybooksmart.com](http://mybooksmart.com).

## FEBRUARY 17

### Afternoon Maker Lab, 4-5pm.

Make cool DIY projects. Experiment with a mix of art and technology. **FREE** supplies. For ages 12 and up, adults welcome. Registration required. Morgan Hill Library, 660 W. Main Ave. Visit [scccl.org](http://scccl.org).

## FEBRUARY 20

### Family Movie: "Shaun the

**Sheep,"** 3-5pm. Make it an afternoon with the kids at the Morgan Hill Library, 660 W. Main Ave. For more

information call 408.779.3196.

**Open House,** 2-4pm. Join the fifth-year celebration of "Inspired Retirement Living" at Westmont. Enjoy chocolate decadent refreshments paired with an assortment of wines and champagnes; 1160 Cochrane Rd. RSVP at 408.779.8490.

## FEBRUARY 21

### Photography for Children,

1-3pm. Learn to use a digital camera to tell a story through basic composition, then take an easy walk in the park. Meet at Anderson Lake visitor center with a digital camera. For reservations call 408.9187980.

## FEBRUARY 27

### Emerald Regime Crab Feed,

6pm doors open. Entertainment provided by Live Oak's jazz band. Raffle and silent auction during the evening. Morgan Hill Buddhist Building, 16450 Murphy Ave. Get your tickets at BookSmart or call 408.313.5408.

## MONTEREY

## FEBRUARY 19

### 11th Annual Wine and

**Chocolate Tasting Benefit,** 7-9pm. Sample a variety of local wines, Sparkling Wine and Port with a dazzling array of chocolates. The evening includes live music, silent auction and Balloon Pop. Monterey Public Library, 625 Pacific St. Visit [seemonterey.com](http://seemonterey.com).

## FEBRUARY 20

### Native Dune Habitat plant-

**ing,** 10am-1pm. Volunteers needed. Join "Return of the Natives" (R.O.N.) for a native species planting party with live music and snacks. **FREE** to attend. Monterey State Beach. For directions go to [seemonterey.com](http://seemonterey.com).

## MARCH 4-6

### Jazz Bash by the Bay,

11:30am-10pm Friday, 9am-10pm Saturday, 9am-3pm Sunday. Three days of world-class musicians and vocalists. Experience traditional jazz, ragtime, swing, zydeco, blues and more. Portola Hotel and Spa, 2 Portola Plaza. Get your badge at [jazzbashmonterey.com](http://jazzbashmonterey.com).

## SAN JOSE

## FEBRUARY 5-7

### Sew for Love 2016, 5-8pm

Friday, 9am-8pm Saturday, 9am-4pm Sunday. All-volunteer helpers needed, ages 8 and up. Bring a machine and scissors if you have them. Snacks provided or bring a lunch. St. Paul's United Methodist Church, 405 S. 10th St. Call 408.406.3102. For more info visit [simplylovetosew.webs.com](http://simplylovetosew.webs.com).

## 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 info go to [grpg.org](http://grpg.org).

## SANTA CRUZ

## FEBRUARY 13

### Natural Bridges Migration

**Festival,** 11am-4pm. Educational booths and displays about migratory whales, butterflies, birds and other creatures that travel; 2531 W. Cliff Dr. Call 831.423.4609 or visit [thatsmypark.org](http://thatsmypark.org).

## FEBRUARY 20

### 35th Annual Clam Chowder

**Cook-Off,** 10am-4pm. Join in on the festivities as amateur and professional chefs compete. Tasting kits for

\$10 includes 6 tickets and a People's Choice ballot. Visit [beachboardwalk.com](http://beachboardwalk.com).

## FEBRUARY 27

### Polar Plunge, 9am. Help raise

funds for Special Olympic athletes. Each Plunger needs to raise \$125. Wetsuits not allowed but costumes are encouraged. Get a team together and take the plunge. Santa Cruz Beach Boardwalk. Register at [polarplungenorcalnv.com](http://polarplungenorcalnv.com).

## SARATOGA

## FEBRUARY 16

### Earth Under Water, a National Geographic documentary film,

7-8:30am. Explores potential effects and explains the science behind the prediction of sea-level rising. A Silicon Valley Reads Event. Saratoga Library, 13650 Saratoga Ave. Visit [scccl.org](http://scccl.org).

## FEBRUARY 22

### Drones: An Introduction to a Modern Phenomenon,

7-8:30pm. Learn about the different classifications and types. Also covers FAA rules and State Laws. Saratoga Library, 13650 Saratoga Ave. Visit [scccl.org](http://scccl.org).

## FEBRUARY 26

### Artist Reception, 6pm. Opening

for James Gouldthorpe's Particles: A Painting in Ten Chapters. Montalvo Arts Center, Project Space Gallery, 15400 Montalvo Rd. Visit [montalvoarts.org](http://montalvoarts.org).

## MARCH 1

### Tour the Mansion, Hike the

**Hills,** 10am-1pm. Tour the 19-room mansion at Villa Montalvo and learn the history and legacy of the man who built it. Then take the short but

steep trail to a breathtaking view of the Santa Clara Valley. Bring water, hiking boots and a light lunch or snack. Fee, \$10, reservations required. Call 408.961.5858.

## WATSONVILLE

**FEBRUARY 6, MARCH 5**

**Young Eagles Program registration**, 9am. Welcoming young people ages 8-17 into the world of aviation. Registered participants fly for **FREE**. Visit EAA Aviation Foundation at [eaa119.org](http://eaa119.org).

**FEBRUARY 9**

**Speaker Series on Education: Denise Pope, PhD**,

7-9pm. Speaking about her book "Overloaded and Underprepared: Strategies for Stronger Schools and Healthy Successful Kids." Cabrillo College Crocker Theatre, 6500 Soquel Dr., Aptos. Visit [mountmadonnaschool.org](http://mountmadonnaschool.org).

**FEBRUARY 20**

**Mount Madonna Open House**, 11am. Hands-on Science and Conversation Café. Montessori-influenced Pre/K and college prep where learning that goes beyond the classroom. MMS upper campus assembly room, 491 Summit Rd. RSVP 408.847.2717 or visit [mountmadonnaschool.org](http://mountmadonnaschool.org).

**FEBRUARY 23**

**"Beauty and the Beast,"** 9:30am and 11:30pm. A re-telling of a much loved French fairy tale. Henry J. Mello Center for the Performing Arts, 250 E. Beach St. For tickets go to [brownpapertickets.com](http://brownpapertickets.com).

**FEBRUARY 27**

**Saturday Restoration Days**, 9am-Noon. Work until noon then

take a hike to an interesting wetland location. Wear sturdy shoes, layered clothes, hat and bring water. Fitz W.E.R.C., 500 Harkin Slough Rd. Visit [watsonvillewetlandswatch.org](http://watsonvillewetlandswatch.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 [montoyaleah04@gmail.com](mailto:montoyaleah04@gmail.com).

## SUNDAYS

### CAMPBELL

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

### 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](mailto: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 E. 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 E. 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

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# CALENDAR

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](http://bluelotuscenter.org).

### MORGAN HILL

**Duplicate Bridge Game,** 6:20pm. Open and 99'er games. ACBL sanctioned. Guaranteed partner. Morgan Hill Senior center, 171 W. Edmondson Ave. Call Win Stone at 408.921.8512 or email [win.stone@charter.net](mailto:win.stone@charter.net).

### SAN MARTIN

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

## TUESDAYS

### GILROY

**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](mailto:rotaryofgilroy@yahoo.com).

**Creative Writers Club,** 6pm. First Tuesday until March 29. For

adults interested in the craft of writing. Gilroy Library, 350 West Sixth St. Call 408.842.8207.

**Zumba,** 5:30-6:30pm, until March 29. Featuring unique Latin grooves, moves and rhythms. Gilroy Library, 350 West Sixth St. Visit [sccl.org](http://sccl.org).

### 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](mailto: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 W. Parr Ave. Go to [missionvalley.org](http://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. Go to [southbayfolks.org](http://southbayfolks.org).

### MORGAN HILL

**BINGO,** 5pm. CCC, Hiram Rm., 17000 Monterey Rd. Call 408.782.1284 or go to [fmhsc.org](http://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. Suite 103. Visit [dementiacarecoaching.com](http://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. Suite D. Call 408.778.7583.

**South Valley Quilt Association,** 7pm. Second Tuesday. Meeting and social at Hiram Morgan Hill House, 17860 Monterey Rd. Visit [svqa.org](http://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](http://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 Street.

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

**Memory Impairment Group,** 6-7:30pm. First Wednesday. 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. Go to [art@morganhillartgallery.com](mailto:art@morganhillartgallery.com).

**Dementia Caregiver Support Group,** 6:30-7:30pm. 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 Street. Go to [morganhillrotary.org](http://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 general meeting,** 6:30pm. Second Wednesday. Guests welcome. Native Daughters of the Golden West, 203 Fourth St., Parlor No. 179. Go to [pinnaclequilters.org](http://pinnaclequilters.org).

## SAN MARTIN

**BINGO** at the San Martin Lions Club, 6:30pm regular bingo, 4pm doors open; 12415 Murphy Ave. 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

### GILROY

**Duplicate Bridge Game**, 6:20pm. Open and 99'er games. ACBL sanctioned. Guaranteed partner. Gilroy Senior Center, 7371 Hanna St. Call Win Stone at 408.921.8512 or email win.stone@charter.net.

### HOLLISTER

**The American Legion**, 7pm. Third Thursday. Room 204 of the Veterans Memorial Building, 649 San Benito St. 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.

Fourth Fridays. Admission \$5, prizes, beverages and light snacks available. LGS Recreation Center, 208 E. Main St. Call 408.354.1514.

### MORGAN HILL

**Breastfeeding Support Group**, 10:30-Noon. Casa Natal Birth Center, 50 W. Main Ave. Suite D. Call 408.778.7583.

### SAN MARTIN

**San Martin Horsemen's Association meeting**, 7pm. Second Friday. Lion's Club, 12415 Murphy Ave. Go to smhorse.org.

## SATURDAYS

### GILROY

**Essential Tremor and Dystonia Support Group**, 10am-Noon. Every other month **FREE**. Next meeting in March 2016. St. Louis Regional Hospital Boardroom, 9400 No Name Uno. Call 408.847.8649, email det@gmail.com or go to 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 W. Sixth St. Call 408.842.8207.

### HOLLISTER

**Hazardous Waste Collection**, third Saturday through March 19. **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.



*Students and their families receive assistance with the Student Aid application process at a Cal-SOAP workshop.*

## Cash For College

Making dreams come true. The California Student Opportunity and Access Program known as Cal-SOAP will be conducting workshops in February at various schools in the South County. Workshops provide assistance to low-income students seeking a college education, many of whom would not otherwise have the opportunity. Students and their families can receive help in the application process for Federal Student Aid and Cal Grants. For more information visit southcountycalsoap.org.

### LOS GATOS

**Los Gatos Art Association meetings**, 1-3pm. Second Saturdays. Members, their guest and others considering membership are welcome. Los Gatos Adult recreation center, 208 E. Main St. Visit lga.org.

### MORGAN HILL

**Mind and Meditation**, 3-4pm. Four workshops Feb. 6-27. Teaching practical yoga, breathing and meditation. \$40 members, nonmembers \$50. 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

**Flea Market**, 8am-3pm, thru December 2016. Space available at \$15. San Martin Presbyterian Church, 13200 Lincoln Ave.





# Bringing Weddings To South County

KIMBERLY EWERTZ

**V**alentine's Day is a season of romance and love is in the air. But for wedding planner Jenny Swigart, owner/operator of Jennilynn's Events in Gilroy, love is a year-round affair.

Born and raised in San Diego, Swigart originally majored in chemistry. She soon realized that her true love was cooking, so she set her sights for culinary school. Instead of staying close to home, Swigart chose the California Culinary Academy in San Jose, after meeting her future husband, Nate Swigart.

"I just knew from the day I met my husband, I knew we were going to get married, and I knew I wanted a family," she says, crediting her certainty to growing up in a close knit family.

After graduation, she got a job at a popular coffee chain in a managerial role and remained there for several years. In 2007, Jenny and Nate married. Two years later their son, Rowan, was born. In 2009, the family added a daughter, Tessa.

Two years after the Swigarts married, Jenny decided to put her management skills to work for herself, and Jennilynn's Events was born.

Since her company's creation in 2009, Jenny has successfully planned more than 40 weddings, and her company's growth has benefited from an inventive streak.

This past December, Jenny had an epiphany but she wasn't sure she could execute it alone. She contacted her network of wedding vendors to create a styled wedding—a staged wedding photo shoot—to be held at Guglielmo Winery in Morgan Hill. Her ultimate goal was to assemble as many vendors as possible from Morgan Hill and Gilroy to participate in the shoot.

"I didn't think it would work out, but it was pretty awesome," she says. "I feel like we don't get enough credit for what we have down here," Swigart said of her hometown location.

"The gorgeous venues, and the vendors are amazing. People don't know we're here," Swigart said.

The shoot was as successful as she'd hoped and Swigart is now in the waiting stages of finding out if the photos, showcasing all the vendors hard work, will be featured on a popular wedding blog.

Swigart considers herself fortunate to work in an industry where collaboration is not only encouraged, but it is embraced.

"The wedding planning community, it's really kind of cool. Everybody is coming together to work as a team, instead of considering the other person as competition," Swigart said.

She credits this positive atmosphere with a growing movement embraced by the wedding industry, called, "Community Over Competition".

"It's really kind of amazing to see it start up and evolve. You feel like you're part of a team instead of worrying about what the other person is doing," Swigart said.



RETIROUS



"Everyone just kind of loves each other, and helps each other out, and it's really kind of awesome."

What's also awesome is Swigart's dedication to her role in each of her couples weddings'. In preparation for their every need, she brings with her an emergency kit which includes, clear nail polish, deodorant, make-up blotting sheets, extra boutonniere pins, a sewing kit, and much, much, more.

"Anything you need, I have," Swigart said.

She also includes snacks for the bridal party, especially if they have a full day ahead of them, and she always brings a cooler.

"I like to leave a bottle of champagne for the bride and groom in their get-a-way car," Swigart said.

Once at the venue she immediately checks in on the bride, and the bridal party, arranges the decorations, contacts and confirms the vendors, and, when necessary, puts out fires.

"I make sure everyone has fun, and is well taken care of," Swigart said. Her statement certainly rang true for client, Tania Pereira.

"During the wedding, she continued providing the best support, which allowed me to relax with my husband, enjoy time with my guests, and sit down and EAT," said Pereira.

Her last duty before heading home after a very long day, is packing up the newlywed's car with their gifts.

With each wedding she plans, whether it's in a family's back yard, the De Young museum, or the Monterey Bay Aquarium, all venues Swigart has utilized, her goal never wavers.

"At the end of the day I feel that as long as the bride and the groom are happy, and had a great time, that's the most important thing," Swigart said.

Deirdre Zehner, a client of Jennilyn's Events gives testament to exactly that.

"She really makes you feel like YOUR wedding is the only one she has to plan, and she is there for YOU," Zehner said. "She's just the bomb-diggity!"

For further information, or to contact Jennilyn's Events, go to the following link: [jennilynsevents.com](http://jennilynsevents.com).



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# 5 Tips To Look And Feel Your Best On Your Wedding Day

JACQUELINE SMITH

**A**wedding day doesn't require looking like a pageant queen or a supermodel; unless you're already one. You simply want to look like the best version of yourself. If you're a gal who doesn't wear a lot of makeup, the last thing you want is a face caked with makeup or hair wound in a tight up-do. Always be yourself, stick with styles that flatter and never hide your natural beauty.

Like all weddings, though, planning is everything. It's important to establish a routine to give your skin and hair time to acclimate before the *big day*. Here are five tips to make sure you look your absolute best!

## REGULAR FACIALS

Professional facials every 4-6 weeks bring the skin to optimal health. Breakouts decrease, skin texture is smoother, hydration levels improve and your concealer and powder/foundation

will blend better. Along with facials, your skin care professional may suggest alternatives like microdermabrasion or light chemical peels, depending on the desired results. This, along with making sure you're using the right products for home care, is crucial. Start all new treatments 3-6 months in advance and be sure that your last treatment is no less than 1-2 weeks before the big day. If your skin does suffer from an irritation or minor breakout, this will give you enough time to get it cleared up. Usually a topical anti-inflammatory, like one percent hydrocortisone, will do the trick in a day or two. This goes for any other body waxing, whether it be lip, legs or the infamous Brazilian wax. Always give your skin enough time to recover.

## EYEBROWS

A beautifully shaped brow does eyebrows wonders for the face. They

are the frame to the picture. It won't matter how nice your makeup is without a clean brow. The key is to start having your brows waxed or threaded early.

## EYELASH EXTENSIONS

Lash extensions are a must for any gal looking to accentuate her eyes without having to struggle all day and night with silly strip lashes. They are light as a feather because they are individually glued directly to your natural lashes (no muss or fuss). They also make for a natural yet dramatic look. And best of all, they're great for the honeymoon! You'll hardly need makeup while you're lounging by the pool.

## DIET & EXERCISE

As important as a good skin care routine is, it won't be complete if you have a poor diet. Our skin reacts to all kinds of triggers, food being a big one. In the months before the big day, leafy greens, legumes, lean protein and lots of water will help slim you down and keep your skin clear. That goes for exercise, too. Hitting up hot yoga or getting in a good run helps rid your skin of toxins and improves circulation, which in turn will give you that glow.

## SLEEP

This one is tough, but it's also the most important for looking your best. Our skin goes through a reparative process during sleep, so getting 6-8 hours of rest each night is crucial. In that time, cortisol decreases and melatonin increases, which means less stress on the skin and more antioxidants to fight free radical damage. With all the planning, prepping and celebrating with friends, this tip might be the most underrated. And you might throw in a good night cream for good measure.

*Jacqueline Smith is a licensed esthetician with more than a decade of experience working in skincare. She can be seen by appointment.*

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## A LOVE STORY



Marianne and David Peoples have figured out the keys to a long, happy marriage.

# It's All About The Basics

KIMBERLY EWERTZ

**L**ocal business owners and longtime Gilroy residents David and Marianne Peoples celebrated their 50th wedding anniversary last December with a trip to New Orleans.

In today's world of divorce, a marriage lasting five decades and beyond is quite an accomplishment. But if you ask the Peoples what their secret to a successful marriage is, you'll find out that it really comes down to the basics.

"We have to work at it every single day," Marianne says. "When it's important enough to you, you have to work at it, like it's a job."

"It's a partnership," David adds.

Looking back at their early courtship, it's obvious that these two were destined to be lifetime partners.

When Marianne's school burnt

down during her seventh grade year, she transferred to Brownell where she met fellow student David Peoples.

The two parted ways in their second year of high school when David first moved to Alaska. He then later enlisted in the Navy, which transferred him to Norfolk, Virginia.

Meanwhile, Marianne pursued a teaching degree and attended Fresno State University. Through all the moves and changes in each of their lives, the two always kept in touch.

In 1963, when Marianne received a call from David, saying that he was in town and wanted to see her, the relationship transitioned from a long time friendship to something much more.

Unfortunately, David's call came just as Marianne was headed to the bus station to return to school from semester break, which she explained in

a brief phone conversation.

Marianne was disappointed she missed the chance to see David, which made the surprise even bigger when she arrived at the bus station and found him there, waiting for her.

From that point on, the two kept in constant correspondence through weekly calls and letters. By the summer of 1964, Marianne was still at Fresno State and David was stationed in Norfolk. He returned to Gilroy for a short visit and borrowed his grandmother's car to drive to Fresno. He had plans; wanted to take Marianne out for dinner.

Marianne recalls that evening, vividly. "Mysteriously, a ring appeared," she says.

Without a moment's hesitation, she gave David the answer he was looking for - yes, she would marry him.

The following year, on Sunday, Dec. 26, 1965, the couple married at St. Mary's Church, in their hometown.

David was given a week off and the couple spent their honeymoon in Carmel, where Marianne recalls it rained the entire time. At week's end David returned to Norfolk, while



Marianne returned to school to graduate, before readying for her move out of state.

When she arrived in Norfolk, David introduced her to their new home. "He found a house, it had three doors, a front door, a back door, and a bathroom door," Marianne says, laughing.

Marianne found a teaching job at Willard Junior High, and that same year Willard became an integrated school. 125 black students, along with 25 black teachers, were transferred to the school that year.

"It was an extremely great experience," Marianne says. "The kids were super. Most of the kids who attended the school were either Navy children, or their parents worked for the Navy. It was like a large family."

Eighteen months later, David was discharged from the Navy. The Peoples headed home and got their first apartment, on Juniper Drive. "The rent on the house was \$65.00 a month," Marianne says.

Once they settled in, Marianne returned to teaching and David got a job with Standard Oil Company. In 1969, their daughter, Stacey, was born.

By 1977, the oil company decided to move out of state, but the company wouldn't pay for the couple's relocation. David didn't think twice, he immediately quit his job.

"About a week later, we flew to LA, we bought a bunch of fabric, we came back here, and we opened a fabric store, just like that," David says. The couple had thought about starting their own business, but they never dreamed it would happen.

Their first store, The Nimble Thimble, opened on April Fool's Day, 1977.

While Marianne continued teaching at Glenview Elementary School, David grew his entrepreneurship. "David decided he needed more to do, so he decided to explore the embroidery business," Marianne says. "There was nobody in town that was doing custom embroidery."

Over the next several decades the business moved and expanded into three separate entities, The Nimble Thimble, Garlic City Mercantile and Garlic City Shirt works. The stores offered fabrics, craft items, sewing and alterations, embroidery and even garlic products.

Three years ago, David handed over the Nimble Thimble to Linda Williams, and last May he turned Garlic City Mercantile into a gourmet specialty store.

Reflecting on the six decades since the couple first met, both Marianne and David agree their success stems from a very basic philosophy. "It was a whole different era, a different time," Marianne says. "The myriad has changed, but still I think it comes down to the basics, and if you don't communicate, and you don't talk to one another, how's it going to work?"

David adds an additional credit to the couple's success having followed the advice given to them early in their marriage by a customer, who also happened to be a long time friend.

"Always kiss her before you leave," David says, "We've always remembered that."

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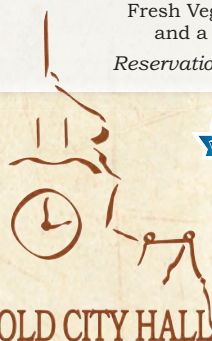
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The Wine & Dine Guide will be a pull out section in the center of the March *Out & About* and will also be distributed monthly to various hotels and other prime hotspots throughout the year. It will also be featured in a digital edition on our website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

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# Who Do You Love?

**BOBBI JO PALMER**

**F**ebruary is "Who Do You Love" month at Out & About. We've updated the ballot to reflect our advertisers, the people who support the magazine, so that it can continue to be your FREE premiere resource guide to entertainment in Out & About Country. We continue this program so that our readers can show their appreciation and support to the businesses they love.

We reviewed the ballot results and removed categories that had fewer than 10 votes last year. In the past, we've had to hunt down the recipients of awards, which sometimes meant they didn't get them right away. We want you to be able to display it proudly as soon as possible so, if you are a "Who Do You Love" winner, please contact our office to give us information regarding where to mail you your award.

You may vote manually by tearing out your ballot, completing it and then, mailing in to Out & About Magazine at PO Box 1568, Gilroy, CA 95021, or to make it even easier, you can vote online at [www.OutAndAboutMagazine.com](http://www.OutAndAboutMagazine.com). Cast your ballots online before March 1. All mail-in ballots must be postmarked no later than Feb. 29, 2016.

So how do you become a winner? Well, first you have to be lovable. Then you tell all your friends and business connections to get online or pick up the magazine and cast a vote for you. Don't be shy. You've worked hard, you deserve the award!

Look for the winners to be published in the April issue of Out & About. Good luck!

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# Who DO YOU Love?

## 2016 READERS' CHOICE BALLOT

It's that time again! Get out your pencils and vote for your favorites. Show your appreciation by letting them know who you think is the best of the best! Please include the town in case there is another by the same name somewhere else.

Remember to mail your ballots early. The deadline is **March 1st** for publication in the April issue.

You can also go online to [www.outandaboutmagazine.com](http://www.outandaboutmagazine.com) to cast your ballot.

### Where Do You Go & Who's Your Favorite for Food & Drink

Newest Restaurant:	Pasta:	Catering Co.:
Outdoor Dining:	Appetizers:	Grocery Store:
Breakfast:	Ice Cream / Frozen Yogurt:	Health / Specialty Food:
Lunch:	Wine Selection:	Local Farm Stand:
Dinner:	Winery:	Bar Tender:
Steak:	Wine Bar:	Chef:
Burger:	Specialty Drink:	Server / Staff:
Pizza:	Happy Hour:	Coffee Shop:
BBQ:	Small Bakery:	Barista:

### Where or Who Do You Go To for Health, Wellness & Beauty

Local Hospital:	Doctor:	Fitness Class:
Specialty Care Clinic:	Dentist:	Fitness Instructor:
Senior Care Center:	Orthodontist:	Stylist:
Home Health Care:	Chiropractor:	Hair Salon:
Alternative Health Care:	Massage Therapist:	Nail Salon:
Health & Wellness Center:	Health Club / Gym:	Day Spa:
Pharmacy:	Fitness Trainer:	Vision Care:

### Who is Just the Best Ever

School:	Coach:	Community Organization:
Teacher:	Volunteer:	Community Supporter:

### Who Do You and Your Kids Love

Summer Activity Camp:	After School Program:	Private School:
PreSchool:	Dance Studio:	Learning Center:
Family Activity Place:	Children Services:	Sports Park:

Please play fair and only vote once.

### Who is Your Favorite Small Retail Business

Garden Shop: _____	Womens Apparel: _____	Flower Shop: _____
Boutique: _____	Quilt & Fabric Shop: _____	Jeweler: _____
Antiques: _____	Kids Shop: _____	Specialty Shop: _____
Music Store: _____	Nursery: _____	Beauty Supply: _____
Gift Shop: _____	Furniture: _____	Appliance Center: _____

### Where or Who Do You Love in the Local Art Scene

Music Venue: _____	Art Gallery: _____	Local Band: _____
Karaoke Venue: _____	Local Artist: _____	Local Singer: _____
Theater Group: _____	Local Photographer: _____	Local DJ: _____
Youth Theater: _____	Local Columnist: _____	Local Actor: _____

### Who is Your First Choice for Local Service

Auto Repair: _____	Contractor: _____	Law Office: _____
Bike Repair: _____	Dry Cleaner: _____	Wedding Venue: _____
Tech Services: _____	Realtor: _____	Banking Institution: _____
RV Repair: _____	Interior Design: _____	Mortgage Broker: _____
Instrument Rental & Repair: _____	Pool Service: _____	Insurance Agent: _____

### Who Takes Care of Your Pets & Supplies

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Pet Grooming: _____	Dog Trainer: _____	Vet. Hospital: _____
Groomer: _____	Dog Park: _____	Veterinarian: _____

### Where Do You Go for Sporting and Outdoor Activities

Bike Shop: _____	Public Park: _____	Festival - Art/Wine: _____
Recreational Facility: _____	Running Event: _____	Public Garden: _____
Martial Arts: _____	Cycling Group: _____	Golf Course: _____
Bowling Alley: _____	Sporting Center: _____	Swim Center: _____

#### MAIL YOUR BALLOTS TO:

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or vote online at [www.outandaboutmagazine.com](http://www.outandaboutmagazine.com)

Please play fair and only vote once. Deadline is **March 1, 2016**. Results will be published in the April issue.





# Romantic San Juan Bautista

HALINA KLEINSMITH

**O**ur charming old West buildings and lovely natural surroundings make San Juan Bautista a known destination for romantic getaway weekends, day trips and spontaneous stop-offs during Central Coast explorations. Many of these visits have been a destination for flourishing relationships, and couples have returned to be married here, as well as to celebrate wedding receptions and anniversaries. Thousands of nuptials have been performed in San Juan Bautista, and equally as many honeymooners have found our city to be the quiet, cozy place to relax following their receptions.

For those who are walk-

ing down the path of love and romance, our numerous cafes, restaurants and open space picnic areas encourage intimate dining experiences. How about pizza for two, with a brew? Or, California fantasy casseroles, served in the hot pink domicile of famous lady "Rose of the Rancho." Perhaps a sampling of a vivacious blend of salsas, rellenos and margaritas is the gustatory interlude you are seeking; or maybe a to-go sandwich and salad creation accompanied by a bottle of bubbly.

Got a sweet tooth for your sweetheart? Well, there's candy and ice cream, cookies, pies and other baked goods, all to treat the kid at heart, or to savor with your boo

during tea for two. Wine tasting, karaoke nights, live music at our saloons and restaurant bars also invite you to toast your love in these happy-hour settings.

Our year-round calendar of events has it all, and we invite you to check the Out

& About listings for our city, as well as take an advanced look at the 2016 happenings by going to [www.sanjuan-bautistaca.com](http://www.sanjuan-bautistaca.com). You'll see a wealth of cool events including car shows for gearhead couples; a BBQ rib cook-off weekend for meat lovers; a major outdoor antique fair for fans of history and vintage goods; a long weekend celebrating the lore and legacy of the California Vaquero for equestrian aficionados; a cactus and succulent show and sale for those who adore gardening; parades and parties related to Halloween and Dia de los Muertos; and the can't-help-but-fall-in-love beauty of our historic downtown during the twinkle-lights season of winter.

Strolling hand-in-hand and getting lost in the expansive vistas of our surrounding fields and hills is a lovely way to share a lovely day. Photography opportunities abound at every turn, whether you've hiked together on preserved trails, or simply explored the ins and outs of our streets, alleys and pathways. However you choose to approach your time here, San Juan Bautista's gift to you will be the lasting, loving memories you will be able to cherish for a lifetime.

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*Tony Schneider and Donna Holmes, at the Mission here, have been giving back to the San Juan community for 30-plus years.*

## Stars Of San Benito County

**D**onna Holmes and Tony Schneider own a piece of San Juan Bautista's heart, or maybe it's the other way around. Schneider and Holmes' perpetual dedication to the Mission City over the past three decades has been hard to ignore for anyone. The San Benito County Chamber of Commerce saw enough to recognize the two as this year's woman

and man of the year, and will honor them along with Ralphie Hobbs as the top ambassador, McKinnon Lumber as retail business, Paine's Restaurant with hospitality business, Redbeard Communications as service business and Tonascia Farms taking home agriculture business of the year. Holmes, co-owner of Holmes & Sons Trucking in San Juan since the start of

the Reagan administration, reflected on her bevy of activities as a supporter of all things Mission City, particularly the endless stream of merchant-centric activities put on through the years. "The honor itself, I am overwhelmed by that, for sure," Holmes said.

"It is extremely humbling. I am very proud of it because there are not a lot of people that get that honor."

Schneider, a Hollister resident who volunteers regularly as a docent for the State Historic Park and volunteer for the Old Mission San Juan Bautista parish, said he generally tries to go about his community service work quietly. "I really feel honored to be recognized along with some of the other people who've been here before," he said. "I'm just honored." Some of the duties catching eyes of past award recipients, who picked this year's winners as usual,



included his volunteerism the past seven years as a set worker for San Benito Stage Company, his docent work in San Juan and his work as a kitchen volunteer at the Holte Holiday Dinners. He is semi-retired, working part time at Ace Hardware in Hollister after a 24-year career at Gilroy Lumber, and has been married to his wife for 50 years.

He started volunteering for the stage company when his granddaughter was in a play and the theatre group needed set volunteers. "You get to see the growth of the young people of the county," he said. Schneider's handiness came early on as the son of a carpenter. "I've been around building most of my life," he said. That includes some building of the old-fashioned kind, at the monthly Living History Days events put on at the state park and plaza areas of San Juan.

Schneider dresses up and

acts as characters ranging from a blacksmith to a civil war soldier or bread baker. He's been doing the docent work, interpretations on what it was like to live in the mid-19th century, for 30 years now.

Holmes has been around to see all the Living History activity through the years. She herself has been involved in many Rotary Club endeavors such as the antique fair, the old San Juan Bautista chamber and its many events, and just about anything else that has involved local businesses. Holmes is particularly proud of her standing as a woman-owned business, certified as such in 1983. She said she was invited to join Rotary in 2006 or so, and lauded at all the service done locally by the organization since then. "I just really enjoy helping out and being part of the community," she said. "I live here and I want it to be a successful community."



## 2016 DOWNTOWN HOLLISTER EVENTS CALENDAR

### APRIL 16

Plant Sale & Garden Expo

### APRIL 16

Spring Clean-Up

### MAY 4 - SEPTEMBER 28

Certified Farmers' Market (Wednesdays, 3-7:30pm)

### MAY 7

Downtown Wine & Beer Stroll

### JULY 16

30th Annual Street Festival, Car Show & Chili Cook-Off

### SEPTEMBER 17

Downtown Beer & Bacon Crawl

### NOVEMBER 26

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# Roll Out The Barrels For A Super Spring Tasting

**S**anta Clara Valley wineries are getting a head start on the Super Bowl 50 celebration by hosting “Super Barrel Tasting Day” on Saturday, Feb. 6. Wine lovers are invited to visit selected wineries along the Santa Clara Valley Wine Trail and be among the first to taste the newest vintages straight from the aging barrels.

Twelve different wineries in Gilroy, San Martin, and Morgan Hill will participate in the Super Barrel Tasting Day event on Saturday, Feb. 6 from 12 to 4pm. Tickets

are \$25 and available at any participating wineries or at the Gilroy Welcome Center.

Red wines are usually put into barrels to age a few months after harvest, where they remain for anywhere from one to three years. On Barrel Tasting Days, vintners bring a barrel of young wine up from the cellars and tap into it using a special pipette called a “wine thief.” Guests have the unique opportunity to sample the wine several months - or even years - before it will be bottled.

Cindy Adams at Guglielmo Winery says,

“Barrel tasting is fun because the wine still has the younger, fruity flavors that are very popular, especially with new wine drinkers.” Participating wineries are hopeful that the event will encourage visitors in town for the Super Bowl to explore the Santa Clara Valley Wine Trail and discover the South Bay’s own “wine country.”

Participating wineries include: Creekview Vineyards, Fortino Winery, Guglielmo Winery, J. Lohr Vineyards & Wines, Kirigin Cellars, Lightheart Cellars, Martin

Ranch Winery, Medeiros Family Wines, Morgan Hill Cellars, Rapazzini Winery, Solis Winery, and Sunlit Oaks Winery.

## About the Wineries of Santa Clara Valley:

The Wineries of Santa Clara Valley is a non-profit 501c3 Corporation made up of member wineries who grow and produce wines that are grown in the Santa Clara Valley. For more information about the award-winning wineries of Santa Clara Valley, visit [SantaClaraWines.com](http://SantaClaraWines.com). A map of the Santa Clara Valley Wine Trail can also be downloaded from the Gilroy Welcome Center website: [VisitGilroy.com](http://VisitGilroy.com).

Jane Howard, Executive Director  
Gilroy Welcome Center  
408.842.6436  
[director@gilroywelcomecenter.org](mailto:director@gilroywelcomecenter.org)



# Visit China With The Gilroy Chamber Of Commerce

**T**he Gilroy Chamber of Commerce is offering a unique opportunity to experience the Chinese culture, history and business.

Through a partnership with Citslinc, International, the Chamber is offering a cost effective trip to China from Oct. 16-24. The trip includes stops in Beijing, Shanghai, Suzhou and Hangzhou with opportunities to visit historic sites like the Great Wall of China and Tian An Men Square. There is also an opportunity to visit with a local Chinese business.

"We're excited to organize a Gilroy Chamber China Tour," said Lisa Faria, Chamber Board Chair. "This is an excellent opportunity to be introduced to China. It's extremely affordable and includes visits to major cities, various economic zones and major historical sites."

The trip includes airfare from San Jose, hotel accommodations at 4 & 5 star hotels, three full meals a day, and professional drivers and tour operators. The cost is \$2,199 for Chamber Members and \$2,299 for Potential Members.

Some of the highlights include visiting the Forbidden City, Temple of Heaven, Summer Palace, Ming Tombs, The Bund and the Great Wall of China.

The Chamber is also hosting an informational meeting on Jan. 21 at the Chamber office located at 7471 Monterey Rd. from 6:00pm to 7:30pm. Leo Liu, owner of Citslinc, will be providing information and answering questions regarding the trip.

To learn more information, contact the Gilroy Chamber at [chamber@gilroy.org](mailto:chamber@gilroy.org) or 408-842-6437.



*Shanxi Province, China. The traditional Chinese memorial archway of Niangziguan town.*



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# 2016-2017 Kindergarten Registration

## Transitional Kindergarten Registration

### Kindergarten

Children who will be 5 years old on or before Sept. 1, 2016

### Transitional Kinder

Children who will be 5 years old between Sept. 2, & Dec. 2, 2016

- **When?** Wednesday, March 2, 2016
- **Time?** 3:00 pm to 7:00 pm
- **Where?** All Eight (8) Elementary Schools  
(Please register at the school of your attendance area)  
Please visit the following link to locate school of attendance:  
<http://www.schvision.com/schoolfinder3/gilroyusd/>
- **Required documents**
  1. Proof of age (birth/baptismal certificate/passport/Military ID)
  2. Proof of required immunizations:
    - Polio (4 series) • TB Skin Test or TB Risk Assessment
    - DTP (5 series) • HEP B (3 series) • MMR (2 series) • VARICELLA (1 series)
  3. Proof of Residency:
    - IF YOU OWN:** Property tax, and 2 utility bills
    - IF YOU RENT:** Lease/Rental Agreement and 2 utility bills

Enrollment packets will be available at your attendance area school site beginning February 26, however schools will not be accepting registration packets until March 2.

For more information please visit our website at [www.gusd.k12.ca.us](http://www.gusd.k12.ca.us), contact any Elementary School or Veronica Valdez, Senior Staff Secretary, at 408.848.7104



# 2016-2017 Inscripción para Kinder

## Inscripción para Kinder Transitorio

### Kinder

Si su niño va a cumplir 5 años el o antes del 1 de septiembre 2016

### Kinder Transitorio

Si su niño va a cumplir 5 años entre el 2 de sept. y el 2 de dic. 2016

- **¿Cuándo?** Miércoles, 2 de marzo 2016
- **¿Hora?** 3:00 pm a 7:00 pm
- **¿Lugar?** En todas las escuelas primarias  
(Por favor inscriba en la escuela de su área de asistencia)  
Por favor visite <http://www.schvision.com/schoolfinder3/gilroyusd/> para encontrar la escuela de asistencia
- **¿Requisitos?**
  1. Comprobante de edad (acta de nacimiento/bautismo/pasaporte)
  2. Comprobante de las vacunas:
    - POLIO (4 series) • Prueba de TB de la piel o Examen de riesgo de TB
    - DTP (5 series) • HEP B (3 series) • MMR (2 series) • VARICELLA (1 series)
  3. Comprobante de domicilio:
    - SI USTED ES DUEÑO:** Impuesto de la propiedad y dos facturas de servicios de utilidad al corriente
    - SI RENTA:** Contrato de renta y dos facturas de servicios de utilidad al corriente

Los paquetes de inscripción están disponibles en su escuela de área de asistencia comenzando el 26 de febrero, sin embargo las escuelas no estarán aceptando los paquetes de inscripción hasta el 2 de marzo.

Para mayor información por favor visite a nuestra página de internet [www.gusd.k12.ca.us](http://www.gusd.k12.ca.us), llame a una de las escuelas primarias o a Verónica Valdez al 408.848.7104.



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*Author of "Water is Water", Miranda Paul, engages with children as part of a Silicon Valley Reads event.*

# Climate Change Takes The Stage At Silicon Valley Reads

CHRISSY GOLDBERG

**I**magine you're allowed only one gallon of water per day while the wealthy enjoy much more.

Frustration and anger would likely lead you and your neighbors to fight for equity. To survive, you must face the brutal reality that there is not enough water for everyone. This is the Portland, Oregon, of Benjamin Parzybok's second novel, "Sherwood Nation," and he is the visiting author at Silicon Valley Reads 2016.

Since 2003, Silicon Valley Reads (SVR) and its presenting organizations have collaborated to promote

reading and literacy while engaging the community in dialogue about themes relevant to Silicon Valley. Parzybok's "Sherwood Nation," as well as "Memory of Water" by Emmi Itäranta, are eco-fiction books selected to highlight this year's theme, "Chance of Rain: The Impact of Climate Change on our Lives."

Diane McNutt, SVR Coordinator since 2004, notes that "eco-fiction isn't about science or politics; it's about the human reaction to a potentially significant change in the way we live."

*Mercury News* columnist

Sal Pizarro will interview Parzybok and Itäranta about this year's theme at SVR's free kickoff event at 7:30pm, Jan. 26, at Campbell Heritage Theater. McNutt says listening to an author can be especially helpful in deciding if a book will be an interesting read.

Throughout February and March, Silicon Valley Reads will host 150 free public events across Santa Clara County, including panel discussions, workshops, book groups and activities for families with children. Itäranta, SVR's first Author in Residence, will move here

from the United Kingdom for two months to participate in dozens of events.

As part of SVR, public libraries will show documentaries about megadroughts, climate refugees and the impact of water restrictions on California agriculture.

On Feb. 20, Santa Clara Valley Water District representatives will give public tours of the Silicon Valley Advanced Water Purification Center and describe efforts to make treated water potable. McNutt says participants will be able to try a sample of recycled water.

At De Anza College's Euphrat Museum, a 15-artist exhibit on the causes and impacts of climate change called "Burning Ice" will run from Feb. 1 to Mar. 17.

SVR also selected two award winning companion books for children. "The Storm in the Barn" is an historical graphic novel by Matt Phelan, set during the 1937 Kansas Dust Bowl. In the second companion book, "Water is Water," author Miranda Paul and illustrator Jason Chin tell of one year in the life of siblings as they learn about the science of water. Each author will make multiple appearances through SVR.

"Books don't just convey information or entertain," McNutt says. "They open up minds to new possibilities." She adds that reading is a non-threatening, encouraging way to connect with others.

For more information visit [SiliconValleyReads.org](http://SiliconValleyReads.org) or email [SVReads@aol.com](mailto:SVReads@aol.com).



Participants in the 2015 Campbell's Valentine Fun Run/Walk.

# Run A Fun Race Before The Big Game

CHRISSY GOLDBERG

**W**hether or not you resolve to make healthy choices in the New Year, Campbell's Valentine Fun Run/Walk on Feb. 6 is a chance to get active both physically and in our community. The cost is \$42 for adults and \$22 for those under the age of 20.

Aaron Bueno, the City of Campbell Recreation

Supervisor overseeing the "Super" Valentine Fun Run, says Packet Pick Up for participants who register before Jan. 29 will happen at the Sports Basement in the Pruneyard Shopping Center on the day before the race from 4-8pm. Packets include race T-shirts, a bib and a goodie bag. This year, the first 1000 registered participants will also receive com-

memorative medals.

Upon crossing the race pad, a timer will start in your bib. First-, second- and third-place winners in each category will receive awards at the 10am post-race ceremony. Festivities after the race will include healthy snacks, coffee, bottled water and vendor giveaways.

Packet pickup and registration are also possible from

8-8:45am the day of the race. The 10K begins at 9am, followed by the 5K at 9:10am. Bueno recommends arriving at least 45 minutes before race time and wearing comfortable shoes.

Allow ample time to find parking, or take the light rail to Downtown Campbell and walk one block east to the start line. Participants should meet at the corner



of Campbell and Gilman Avenues in Campbell Park. The course follows the Los Gatos Creek Trail and is suitable for all walkers and runners.

"There are families, strollers and a variety of fitness levels participating," Bueno says.

Pets are not allowed, but there is no gear check and the trail remains open to the general public. If you already have Super Bowl plans, Campbell holds another Fun Run during Oktoberfest weekend.

Bueno says, "We are always looking for volunteers for this and other events!"

For maps and registration, go to [cityofcampbell.com/270/Valentine-Fun-Run](http://cityofcampbell.com/270/Valentine-Fun-Run).

If preparing a fresh barbecue dinner sounds like too much work after running a 10K, place your order with the Campbell Rotary Club by Jan. 31 to enjoy drive-thru pickup of grilled tri-tip, baked beans, garlic bread

and cookies. The Rotary's Super Bowl Fundraiser at Home Church, 1711 Winchester Blvd., features a \$49 meal that feeds up to eight people. That's less than \$8 per person!

Click on this event at [downtowncampbell.com](http://downtowncampbell.com) to download the order form. Return the form with payment to your Interact or Rotary representative, then simply pick up your meal between 10am and 2pm on Saturday and reheat the next day to enjoy during the Super Bowl. You can send payments to Campbell Rotary at PO Box 111116, Campbell, CA 95011.

Proceeds benefit Rotary's High School Interact Clubs and community service projects in Campbell and San José. Email [rotary@campbellrotary.org](mailto:rotary@campbellrotary.org) with other questions.

For more events check out [downtowncampbell.com/events](http://downtowncampbell.com/events).



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# Chocolate And Wine For Valentine

**T**eacher's Aid Coalition (TAC), a non-profit group founded in 1999 by Dr. Jon Hatakeyama and Bob Davis, is run by volunteers who's focus is to meet the needs of children in Morgan Hill school district. Due to diminishing classroom budgets, the founders felt that there was a great need in getting critical supplies for students to use in strengthening their educational opportunities. Many people may not know that teachers regularly purchase needed items with their own money and the state no longer allows tax credit to these dedicated teacher's who buy class-

room supplies. Dr. Hatakeyama said in an interview on KBAY, "It's not just the supplies that teachers are gratified to have but the public showing of support is physiologically, just as important to the teachers as it is to receive the supplies just to know that the public cares."

Teacher's Aid Coalition is supported by people in the community who graciously donate, either directly or through fundraisers like this month's Chocolate and Wine for Valentine on Feb. 13. The event will be held at the Community and Cultural Center at 17000 Monterey Rd. in downtown

Morgan Hill. This annual event will bring the community together for an evening of fabulous finger foods, local wine tasting and decadent chocolate sampling from local wineries, chocolatiers, restaurants and artists. Included in the evening's festivities is a display of local artwork that will be available for purchase. Attendees can also help support by participating in the silent auction. All donations help to support the teachers and children with needed supplies and materials, which go directly into the classrooms. Tickets are \$25, and can be purchased at the door



on the night of the event or at BookSmart at 80 E. Second St. and at Drs. Jon Hatakeyama and Don Nguyen's office at 370 W. Dunne Ave., Suite 3.

If you are unable to make this fabulous event you can always donate funds or supplies by dropping them off at Dr. Hatakeyama's office or call to make arrangements at 408.779.7391. Supplies are always welcome at any time.



Submitted

Teachers Aid Coalition  Rotary Club of Morgan Hill  Community Foundation 

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Additional information: 1-888-259-6168  
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## Morgan Hill Recreation Preschool

**Is your child ready to start school in September? We can help!**

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**Kinder Learners (Age 4-5)**  
 Mon, Wed & Fri • 8:30-11:30am  
 \*children must be 4 by 12/1/16

**Afternoon Preschool (Age 3-5)**  
 Tues, Wed & Thurs • 12:30-3:30pm  
 \*children must be 3 by 9/1/16

**Open House & Information Night**  
**2/24/16 • 6-7:30pm & 2/27/16 • 9:30-11am**  
 Children's Pavilion at the Community and Cultural Center  
 17000 Monterey Road in Morgan Hill

For more information or to schedule a tour, contact 408.310.4277 or visit [www.morganhill.ca.gov](http://www.morganhill.ca.gov)





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# Farmer In The Field

Popeye knew what he was talking about

## BONNIE SWANK

**S**pinach, like strawberries, is one of those crops that grows all year. It is grown in four areas within California: Southern California's Imperial and Riverside counties; the Southern Coast's Santa Barbara and Ventura Counties; the Central Coast counties of Monterey, San Benito, Santa Clara and Santa Cruz; and the Stanislaus and Tulare counties of the San Joaquin Valley. Out of these four areas, the Central Coast produces half of the spinach grown in California.

Spinach is a cool weather crop and matures quickly. Baby spinach can be harvested within 21 to 40 days from planting; teenage spinach 26 to 50 days; bunched 32 to 62 days; and freezer 48 to 90 days.

Spinach is often referred to as a super food, and rightfully so. The list of nutrients found in the vegetable is extensive. Out of 21 listed nutrients, the first 13 are rated "excellent" under the World's Healthiest Foods Rating. The next six rate as "very good" and the last four are "good."

When you consider one cup of cooked spinach is only 41 calories, you may want to rethink their apple a day

and try spinach instead.

Researchers have identified more than a dozen different flavonoid compounds in spinach that function as anti-inflammatory and anti-cancer agents. Flavonoid and carotenoid nutrients also provide antioxidant benefits. Here are some other important benefits from eating spinach:

**Cancer prevention:** Chlorophyll found in spinach has shown to be effective in blocking carcinogenic effects of heterocyclic amines.

**Asthma prevention:** High amounts of beta-carotene found in foods like spinach can help prevent asthma.

**Lowering blood pressure:** Consuming high amounts of potassium helps to counteract the effects of sodium. I was surprised to learn one cup of cooked spinach has 300mg more potassium than one cup of banana.

**Bone health:** Vitamin K helps promote strong bones lowering the risk of fractures.

**Promotes regularity:** Spinach is high in fiber and water content, helping to prevent constipation.

**Healthy skin and hair:** Vitamin A is necessary for the production of sebum,

which keeps hair moisturized. Vitamin A is also essential for the growth of skin and hair.

**Hair loss prevention:** Iron-deficiency can cause hair loss, and spinach is an excellent source of iron.

After learning so much about the health benefits of spinach, a vegetable I happen to like very much, I am off to find out why we aren't growing this super food at Swank Farms.

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

## Garlic Sautéed Spinach

*Recipe courtesy of Ina Garten 2002, Barefoot Contessa Style*

### INGREDIENTS

- 1 1/2 pounds baby spinach leaves
- 2 tablespoons good olive oil
- 2 tablespoons chopped garlic (6 cloves)
- 2 teaspoons kosher salt
- 3/4 teaspoon freshly ground black pepper
- 1 tablespoon unsalted butter
- Lemon
- Sea or kosher salt, optional

### DIRECTIONS

Rinse the spinach well in cold water to make sure it's very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves.

In a very large pot or Dutch oven, heat the olive oil and sauté the garlic over medium heat for about 1 minute, but not until it's browned. Add all the spinach, salt and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.



*Ledebouria cooperi*.

# Passion For Plants

A little love for *Ledebouria*

**NANCY SCHRAMM**

**T**his month let's take a look at a cute little bulb with a big name. *Ledebouria* is sometimes known as African squill, even though the true squills (*Scilla*) are from the Northern Hemisphere.

That's why common names are so dangerous, they can mislead you a half a world away.

I grow three species of *Ledebouria*, at least I think I do. Unfortunately, the taxonomists - scientists who decide on the scientific names of living organisms - keep changing plant groupings as they learn more about their DNA.

Let me just say that I grow three types of *Ledebouria* bulbs that look distinctly different, but I'll tell you about the similarities.

It doesn't matter if you don't have

any soil of your own to grow plants. *Ledebouria* are great bulbs for small containers, popular as bonsai companion plants, and suitable for garden railroads and fairy gardens. The bulbs are generally marble-sized but more egg-shaped than round. They multiply nicely, so it won't take too long to fill a container as much as six inches across, even if you start with just a few.

They all increase by making new little baby bulbs that cluster around the mama bulb. They like good, well-drained, potting soil and will do best in a situation that provides a lot of bright light without subjecting them to full, harsh sun. These three *Ledebouria* need summer water but are not as thirsty as many other container plants. And in the winter they all are happier

if kept on the dry side and slightly protected. They will tolerate freezing but not deep freezes and bloom better after a dryish winter.

I love *Ledebouria* for a variety of reasons. My first type, *L. socialis*, has gorgeous, sword-shaped spotted leaves. They look like they could have been drawn and colored by Dr Seuss. The upper sides are silver with green spots, and the underbellies are a maroon purple color. The leaf size depends on growing conditions; I've seen them range from three to six inches in length.

Another cool detail is that *L. socialis* grows best when the bulb is exposed above the top of the soil. A little purple bulb sitting on the top of the soil will allow all the leaves to grow from a cluster at the top of the bulb. The flower spike stands a few inches taller than the leaves. I admit, it is more interesting than beautiful. The individual flowers are tiny roundish bells, striped white and green. There is a hint of pink in both the flower stems and the pistil and stamens.

My second, African squill, *Ledebouria paucifolia*, has much shorter leaves, fatter than *L. socialis*, and the coloring is subtler. The upper surface is silvery-green with green spots. The flowers are very similar to those previously described and the bulb is too, but a little more lavender than purple.

Lastly, we come to *Ledebouria cooperi*. It looks quite different from the other two. *L. cooperi* bulbs prefer to hide underground like a proper bulb. The green leaves are narrow and grass-like, but they have several distinct maroon-purple stripes running the length, which could be four to six inches long.

The flower spike is shaped just like most ledebourias, except the whole thing is a rich pink, transforming them from interesting to luscious. *L. cooperi* also differs by going completely dormant during the winter.

If I've piqued your interest in these bulbs, be sure to visit the Pacific Bulb Society online at [pacificbulbsociety.org](http://pacificbulbsociety.org) for pictures and in-depth information.

*Nancy Schramm is the owner of Carman's Nursery.*  
[greenthumb@carmansnursery.com](mailto:greenthumb@carmansnursery.com)



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# Does Your Pet Have Bad Teeth?

**DOROTHY VERBLE**

**D**oes your older pet have bad teeth? It is very common for us to see senior pets that have moderate or severe dental disease, and there is a misconception that nothing can be done about bad teeth in older pets, that it's just part of the aging process. This is not the case.

Dental disease in older pets is part of the aging process and can negatively impact their quality of life. Chronic pain can be perceived as a pet slowing down, and dental pain can cause a pet to be reluctant to eat and subsequently lose weight, which can sometimes be overlooked in older pets.

Although treating dental disease in older pets can be more challenging, it can certainly be done. Here are a few steps:

- Have a complete physical examination performed by your veterinarian to assess heart function and to assure your pet is a suitable candidate for a dental procedure. The overall health of the mouth can be assessed and you can discuss with your veterinarian the anticipated treatment and aftercare.
- Blood work is recommended prior to assessing general body functions, especially livers and kidneys, as they process many of the drugs used during anesthetic procedures. Specific drug choices for anesthesia can also help minimize risks during the procedure.

Many people find that their pet is much more active and comfortable after dental treatment has been performed. Anesthesia-free dental procedures are still

available, but they can't properly address dental disease and give your pet the treatment needed.

Risks associated with anesthesia and dental treatment increase with age. It is also more likely that a pet may have other concurrent diseases as they get older. The best, safest way to care for your pet's teeth is to begin checkups when they are young. Get your pet into the routine of regular, at-home tooth brushing. Have your veterinarian examine the teeth on a regular basis and address issues as they arise.

Maintaining good oral health during a pet's younger years is the best way to prevent them from having severe dental disease as a senior. They will appreciate it!



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Photo by Love is in the Air Photography, San Martin, CA

# Love Is In The Air

CHRISSY GOLDBERG

**N**iki Britton knows her mission is simple. The owner and photographer of Love is in the Air Photography only has to “deliver outstanding photos that are timeless, beautiful, fun, and bring out the best in my client.”

No pressure.

But Britton accomplishes this on the ground - and even in the air.

A Morgan Hill native and current Gilroy resident, Britton runs her services in cooperation with its sister company, the aerial photography experts known as The 111th, which is based out of San Martin. Their office actually calls South

County Airport home.

Before the aircrafts and fairytale weddings, however, Britton’s interest in photography was sparked during her middle school years by an old 35mm Minolta, a gift from her great-aunt.

In 1994, her parents started their aerial photography business, which mostly shot landscapes and is where Britton got her start as a professional photographer in 2006.

“Obviously, photographing buildings, construction progress and solar farms is an entirely different beast from photographing people,” Britton says, “but doing so has taught me how to

use my camera, professionally edit my images, and become the photographer that I am today.”

She describes her style as illustrative, which “blends together the elements of traditional and photojournalistic styles.”

Over time, Britton developed a passion for photographing people, which led her to start Love is in the Air Photography. She now provides portraits, senior and graduation photos, and wedding and engagement photography. Aerial photography also remains a unique feature of Britton’s endeavors.

“We do own a drone and are FAA certified to legally provide commercial drone services of weddings and wedding guests as well,” she says. Clients can also fly in The 111th’s helicopter to a special location for an engagement photo session.

Britton knows that photo shoots



don't always make people feel comfortable, so she actively works to create a friendly atmosphere, especially at engagement sessions. In an effort to help all personalities shine, Britton says, "I try not to take myself too seriously and make my photo sessions fun and relaxing."

Weddings are a bit different.

"I am much more structured and make sure to capture the most expected and unexpected photos of the big day, from the smallest details to the biggest moments," Britton says. This includes encouraging couples to give her a list of must-have photos in advance. If everything goes well, every wedding will still have plenty of lighthearted moments.

"The most comical obstacle I've come across is family photographers," Britton says. "I certainly remember the person who stood in front of the photographer with his personal camera at my wedding!"

Britton admits that this can make things complicated in the moment, "but thinking back on it always makes me laugh," she says. "It's just another unexpected part of weddings that I have learned from."

The work is far from over after the wedding night, though.

"I think the most important thing I want my couples to know is how much work goes into their photos after the shoot is over," Britton says, anticipating the excitement that follows such an important event. She also knows how important these photos are and appreciates the fact that they will be cherished for a lifetime. "Capturing the love, joy and fun of weddings is such a great feeling," Britton says.

Britton photographs weddings all over the Bay Area and is willing to travel across the state and beyond. She can be reached online at [loveisintheair.photography](http://loveisintheair.photography) or by calling 408.683.9112.



Photo by Love is in the Air Photography, San Martin, CA

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The 2016-17

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GUIDE

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## CURTAIN CALL



*An original comedy about motherhood starring Robin Harris, Rachel Perry, Dana Morgan and Roberta Vinkhuyzen at the Gilroy Center of the Arts in Gilroy.*

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**Tiger Be Still**  
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**She Loves Me**  
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Los Altos  
650.949.7360  
foothill.edu

### **Golden Gate Theatre**

**Dirty Dancing**  
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1 Taylor St.  
888.746.1799  
shnsf.com

### **Los Altos Stage Company**

**Middletown**  
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97 Hillview Ave.  
Los Altos  
650.941.0551  
losaltosstage.org

### **Limelight Actors Theater**

**The Momologues**  
Thru Feb. 13

Gilroy Center of the Arts  
7341 Monterey St.  
Gilroy  
408.472.3292  
limeliteactorstheater.com

### **Montgomery Theatre**

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**A Tribute To Neil Diamond**  
Feb. 13  
**The Lead Zeppelin Concert Experience**  
Feb. 24-28  
**Honk**  
271 S. Market St.  
San Jose  
408.288.5437  
sanjosetheaters.org



**SHN Orpheum Theatre**  
**Jersey Boys**  
 Thru Feb. 14  
 1192 Market St.  
 San Francisco  
 888.746.1799  
 shnsf.com

**Pintello Comedy Theater**  
**Skin Flick**  
 Thru Feb. 5  
 Grange Hall  
 8191 Swanson Ln.  
 Gilroy  
 408.337.1599  
 pintellocomedey.com

**South Bay Musical Theatre**  
**Forever Plaid**  
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 Feb. 13 and 20  
 13777 Fruitvale Ave.  
 Saratoga  
 408.266.4734  
 southbaymt.com

**South Valley Civic Theatre**  
**Leader of the Pack**  
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Morgan Hill Community  
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 17090 Monterey Rd.  
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 800.838.3006  
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 Mountain View Center for  
 the Performing Arts  
 500 Castro St.  
 Mountain View  
 650.903.6000  
 theatreworks.org

**The San Jose Stage**  
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 408.283.7142  
 thestage.org

*Send details about  
 theater productions to  
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*Joseph (Keith C. Marshall, left) tries a little too hard to connect with his trouble teenage son, Zack (Sean Okuniewicz) in **Tigers Be Still**.*

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# The Momologues

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# Spoking My Mind

Love the road; it will love you back

**CURT 'CYCLE GUY' HENTSCHE**

**W**ith 29 days of February this Leap Year, we get an extra day to ride this month. Isn't that cool?

I absolutely love February, for one obvious reason: Valentine's Day. It happens to fall on a Sunday this year, which presents the perfect opportunity to take your sweetheart (or sweethearts, for those of us with kids) on a nice afternoon bike ride.

But there's another reason I love February: It's the perfect month to lay out a year-at-a-glance calendar and start forming goals and plans for 2016. For those trying to lose weight, write down a list of reasonable monthly goals. Every one of us should have a goal for how many miles we would like to accrue over 2016. If you're training for a specific distance goal, set it now. Is it 100 kilometers or 100 miles? Do you dare push for 200 kilometers (roughly 124 miles)?

In order to accomplish any goal, setting up a plan of how and when to train is imperative.

It's also important to set an actual target date for the eventual achievement. Finally, write down - and register for - some of the many event rides throughout the year. (See Save the Dates below.)

## SAVE THE DATES

### Road and Mountain

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

### Cyclocross

Central Coast Cyclocross Series - [cccxcycling.com](http://cccxcycling.com)

### Events

- 4/14-17 - Sea Otter Classic - Monterey - [seaotterclassic.com](http://seaotterclassic.com)
- 5/10-17 - Amgen Tour of California - [amgentourofcalifornia.com](http://amgentourofcalifornia.com)

A couple rides to get you started are Linden's **Pedaling Paths to Independence** and Ripon's **Almond Blossom Century**. Both rides take place Feb. 20, so you may only choose one, and they both feature distance options from 25 miles to 100 kilometers. Each will provide plenty of friendly volunteers and benefit very worthy causes, and they also offer some of the most beautiful, blossom-filled Central Valley orchards ever seen from the seat of a cycle!

On a final note, has your bicycle ever *leaned* over on Tilton Avenue? Have you and your bike ever been *heading west* on West Hedding? Have you ever *finished* a ride on Dunne Avenue?

Just because we no longer feature our Silliest Signage Seen From my Saddle Awards, that doesn't mean you should stop emailing me amusing signs you've seen during your rides. Send pictures and caption to [heycycleguy@gmail.com](mailto:heycycleguy@gmail.com) and I'll try to squeeze the best of them into future columns.

It's February. Go out and make it one that you'll LOVE!

*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](mailto:heycycleguy@gmail.com).*





# Lure Of Fishing

Fishing cold, muddy water

JEFF STRAMETZ

Last month, I wrote about the advantages of fishing during a storm. Over the last several weeks we have been lucky to have some of the El Niño hype come true with back-to-back storms and some significant rainfall. While we are far from receiving enough rain to substantially reduce the drought, we are receiving enough rain to start raising the levels of our local reservoirs.

Many of us look forward to a very wet winter providing much needed water for our lakes and streams, but this can also be a frustrating time for people who love to get outdoors all year and fish.

Cold muddy water presents one of the most difficult conditions to fish. Our local lakes are now receiving runoff

from the rains and most of the lakes now look like chocolate milk. When the lakes are muddy like this, one would think this precludes fish. Those of you who like to walk, hike, ride bikes or play golf know that weather will rarely stop you from your passion. Fishing is the same. While the conditions are not optimal, having a plan can allow for a successful day.

Cold muddy water is generally a setting to avoid. But with the weather we expect here in the Bay Area, there will be little choice to get around it. Don't lose heart. There are a couple of options here in the local vicinity that will remain true through the rains of the season. The best options include Calero Reservoir, Anderson Lake, San Luis Reservoir and O'Neill

Forbay. These lakes will provide the clearest water and are the least affected by storms.

For those who like a challenge - or just can't avoid muddy water - here are some suggestions.

Bass in cold muddy water will still feed. They will use the muddy water to move up into the shallows into the new structure and search for food. There are two schools of thought as to the best presentations. One is that you fish ultra slow and present a desirable target that the fish can find. This would be a lure that can sit in the strike zone and be moved very slowly like a jig. The other presentation is to cover a lot of water with a large, brightly-colored single-blade spinnerbait or a brightly-colored crankbait that can be retrieved slowly along the bottom. The point is this: Bass can see many times better than we can, and they will feed and attack lures in these conditions. The trick for a fisherman is to build confidence and focus on a few specific presentations during this difficult time.

As I look back through my notes and outings of the past, some of my most unexpected and fulfilling days have come in February when I had "Cabin Fever" due to the weather and went to the lake to get some fresh air. I went to the lake not expecting much and ended up having a great day of fishing.

We are lucky to live in this area of California, because we have a lot of options. You can fish cold muddy water, but you also have options to fish local lakes that are not as affected by runoff as others. For river or stream fishermen, this is Steelhead time and California has some incredible streams that would make a great weekend trip.

The key is not to lose heart with all the rain that we have been having. There are challenges associated with all the water, but as the storms roll through and we keep doing what we need to do, just know that the fish are there and they are doing the same. Never let the weather get you discouraged. Bundle up, grab a few lures and I will see you at the lake!

*Have a question or idea for a column? Email Jeff at [jpsieraguy@gmail.com](mailto:jpsieraguy@gmail.com).*





*Arboreal Salamander.*

# Fun With Photography

Salamanders: Our wet winter critters

**GAVIN EMMONS**

**T**he winter season has finally brought cold temperatures and rainy weather. These conditions can be challenging for photography and wildlife-watching, but one group of critters remains active in San Benito and Santa Clara counties throughout the wet winter: salamanders.

Salamanders are small four-legged critters that look somewhat like lizards, but they are in fact amphibians, more closely related to frogs and toads. This

region is home to a variety of beautiful and fascinating salamander species that become active in the cool and wet weather of winter and spring.

Most salamander species here are terrestrial; they roam around on land but are usually associated with creeks, streams, ponds or other wet areas in the rainy season. Arboreal salamanders are one of the more striking species, with red-brown bodies and rows of yellow spots along their sides. They

can be found in or near rotten logs and even up in trees.

California tiger salamanders are a state-threatened species and begin life in an aquatic phase in ponds before maturing into black-and-yellow striped adults that search for food on land.

Gabilan slender salamanders are a local endemic found nowhere else in the world. As their name suggests, they are found in the hills of the Gabilan range that extend through Pinnacles National Park. These small salamanders have tiny legs and long, thin bodies, giving them an appearance of snakes or worms from a distance. They are often dark brown, sometimes with a rich red stripe down the back, and they live in loose soil which helps them in finding insects and worms to eat.

During rainy nights, drive slowly along roads to spot them with headlights and avoid running over them. In the day, you can find them under rocks and logs, but be careful not to disturb their homes too much! If you do lift rocks and logs to check them out, remember to cover these small animals again with care to avoid crushing them. Most salamanders will freeze and move very slowly to camouflage themselves. Using tripods and self-timers on cameras can help you capture more focal depth while these fragile animals remain motionless. Using macro lenses works well to magnify the tiny features of these critters.

Look for salamanders in the protected areas of the region, such as Pinnacles National Park and Henry Coe State Park, as well as any areas with water near the San Francisco Bay. This includes creeks and even golf courses. But make sure to use caution around salamanders. They are beautiful animals to watch and photograph, but they are fragile, too. I hope to see you out enjoying these wet winter critters as the rainy season continues!

*Gavin Emmons works as a wildlife biologist at Pinnacles National Park, monitoring nesting birds of prey and California condors managing advisory areas to protect breeding raptors from disturbance, and reintroducing condors to their historical range in central California. [gavinemmons.com](http://gavinemmons.com)*



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