

Out & About

MARCH 2016



HOME & GARDEN

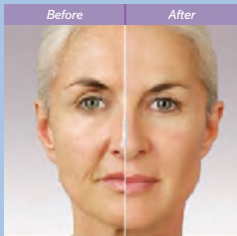
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The New Normal for Homes and Gardens



This month's issue is all about Home & Garden, and I hope you find something from our articles and advertisers to make your home more enjoyable. The recent rains and beautiful green hills make me want to go out in the yard and plant some flowers, but we're still living in a drought. See our stories on fruit and vegetable gardens, as well as ornamental gardens, and

get your beds ready with new dirt, compost, rocks and whatever else makes your heart sing. Then plan to shop the Rotary Flower Sale in April to fill it all in. I still have a planter at the back porch which is full of reseeded pansies from last year's flower sale.

It's important to get out and enjoy the weather now that the rain is subsiding and everything is in bloom. Take a trip to The Pinnacles with family or a friend and see all the wildflowers and wildlife. Or enjoy our very own National Park before the crowds come this summer!

This month marks the start of our spring outings with our Wineries of Santa Clara County Passport weekend. Twice a year the wineries open up and give you a taste of what they have to offer. We have our own amazing wine region in our backyard for heaven's sake. For just one price you can tour the participating wineries of your choice and see what they're offering. I suggest you have a designated driver and limit yourself to five or six wineries.

Check out our calendar, once again located in the back pages, and get out there and enjoy what our neck of the woods has to offer. Make a bucket list of all the things to see and do and try to check them off this year. Although I have all this information at my fingertips, it's inevitable I'll miss something I've wanted to attend. This year I hope to make it to every community event possible. If you have an event that you want to share, please email the information to calendar@outandaboutmagazine.com so that we can pass it along to our readers. Get out there and have some fun, and enjoy the world around you. And don't forget the sunscreen! Happy trails.

Bobbi Jo Palmer
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CALENDAR LISTINGS

Deadline for the April issue is March 15, 2016

email: **calendar@outandaboutmagazine.com**

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Sat May 8 @ 2PM
(Mother's Day weekend FREE matinee for moms)
& 8PM
Fri May 13 @ 8PM, Sat May 14 @ 8PM



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The District Theater in downtown Gilroy features live music on select Thursdays in March.

March Was Made for Music

Spring is in the air this month in Gilroy! Here are some of the best events to check out this month of March.

WINERIES OF SANTA CLARA VALLEY SPRING PASSPORT WEEKEND

Every year, our winery Passport Weekends seem to get bigger and better!

The 2016 Spring Passport Weekend (March 18-20) will include wine tasting, tours, food pairings, and live entertainment at over 20 wineries along the Santa Clara Valley Wine Trail. Passport holders also enjoy special discounts and VIP treatment. Passports will be available at the Gilroy Welcome Center or any

participating Santa Clara Valley winery. Don't miss out on this chance to discover all the wonderful award-winning wines being produced in and around Gilroy!

GILROY GARDENS OPENING DAY

Spring is such a glorious time of year at Gilroy Gardens Family Theme

Park! The park will reopen to the public on Easter Day (Sunday, March 27). Come to enjoy the colorful blooms and majestic gardens, plus over 40 fun rides and attractions and the world-famous Circus Trees. And be sure to discover The Green Barn, a unique space where kids (and their grownups) can explore art

and nature together. If you purchase a 2016 Elite park membership, you can enjoy the park all season long and also get unlimited nighttime visits to Lumination—the spectacular festival of light celebrating 2000 years of Chinese culture and tradition, coming to the park this July!

MARCH IS A MUSICAL MONTH IN GILROY

If you love great music, you really need to be in Gilroy this month! On Saturday, March 5, the South Valley Symphony will present “Rising Young Artists,” including performances by two extremely gifted young violin soloists (co-winners of the Al Navaroli youth concerto competition) and the world premiere of “Poppy Jasper” by local composer Robert Alexander. The next day (March 6) will

be the Marian Filice Piano Competition and Music Festival, featuring talented young pianists competing for nearly \$2,000 in prizes. On Saturday, March 12, Gavilan College and South Valley Symphony will present the annual “Bach to Blues” faculty concert with special guests. If your tastes are less classical and more country, then pull on your boots and git down to the District Theater in downtown Gilroy on Thursday nights to enjoy performances by acts like the California Cowboys (March 3), Wild West Show (March 17), and Country Cougars (March 24).

For more information about these and other upcoming events, go to www.VisitGilroy.com or stop by the Gilroy Welcome Center (at Gilroy Premium Outlets near Forever 21).



The Spring Wine Passport Weekend returns to the Gilroy area on March 18-20.

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Best Bets to Kick Off Spring

March in Morgan Hill signals the kick off to many activities and events enjoyed throughout the community. This year is no exception. There are activities for families of all ages, starting just around the corner.

The Morgan Hill Recreation Preschool is enrolling for the 2016-2017 school year. This program offers a play-based preschool

where children are introduced to different material and hands on learning opportunities through art, language, reading and math. This program is designed to help children develop social and basic academic skills to prepare for their next adventures in Kindergarten. For more information or to register for the Morgan Hill Recreation Preschool, call 408.782.0008.

The Dandelion Wishes Resale Event will take place March 5 and 6 at the Community and Cultural Center from 10am to 6pm. This event is great for finding deals on high quality baby and children's items, such as clothing, toys, accessories and more. For additional information, visit www.dandelionwishesresale.com.

You can enjoy an afternoon of wine tasting at the beautiful

Villa Mira Monte site March 5 and 6. The Tasting Room is located in the Hiram Morgan Hill House, at 17860 Monterey Road, Morgan Hill. The Morgan Hill Historical Society is also hosting the annual Spring Boutique from March 18-20. For a calendar of events or additional information about the Morgan Hill Historical Society, visit www.morganhillhistoricalsociety.org.



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The Morgan Hill Inclusive Playground planning committee invites the community to attend the general information meeting on March 9 at 6:30pm at the Morgan Hill City Council Chambers, located at 17555 Peak Ave. The playground is a volunteer driven effort to create a place where all children can come together, interact and play. For more information or to get involved, visit www.morganhillplayground.org.

You can catch the South Valley Civic Theatre's production of *Leader of the Pack* now through March 12! Watch the youth of our community perform the hit Broadway musical celebrating the life of Ellie Greenwich and doo wop sounds of the sixties! Get your tickets today by visiting www.svct.org.

Get ready to sign up for

all of your favorite summer activities when the Morgan Hill Recreation Activity Guide becomes available on Friday, March 18. Full of fun activities for all ages, the summer 2016 guide features specialty camps, such as LEGO and Mad Science camps, dance classes, soccer programs, art camps, adult sports leagues, tennis and more! Online registration begins March 18 at www.mhrecreation.com.

Another program taking place this summer is the Summer Day Camp for youth 5-10 years old. This high-energy camp includes interactive games, sports, art, team-building activities, and science projects. Every Tuesday camp is held at the Aquatics Center where the campers get to enjoy a day of swimming. For more information, visit www.mhrecreation.com!



Morgan Hill's Inclusive Playground Planning Committee meets Wednesday, March 9.

The 33rd Annual AAUW Wildflower Run will be taking place on April 3, 2016. The race features several events, including a 2k, 5k and 10k. Proceeds fund scholarships for women and girls. To sign up or learn more, visit www.wildflowerrun.org.

The Morgan Hill Aquatics Center is a destination, perfect for keeping cool in the summer's heat. With two

large waterslides, a water play feature, splash pad, a full size competition pool and a warm instructional pool, the Morgan Hill Aquatics Center is the aquatics hub of the South Bay. The facility is open year-round for lap swim and aqua fitness classes and private events. The Aquatics Center opens for the 2016 Summer Season on Saturday, May 28!



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Out & About

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The Los Gatos Chamber of Commerce hosts a networking luncheon at the historic Testarossa Winery on March 29.

Business and Pleasure Go Hand in Hand

Of all local events this month, none will offer a better opportunity to meet the who's who of Silicon Valley than the Los Gatos Chamber of Commerce Biz to Biz Networking Luncheon at the historic Testarossa Winery.

Doug Merritt, president of leading machine data software platform Splunk, will deliver the keynote. Before stepping up as CEO, Merritt served as the company's senior vice president of field operations.

The event gives local business owners a chance to meet high-ranking professionals—all in the span of a lunch break. That it takes place at a beautiful

hillside winery is a bonus.

Testarossa proprietors Rob and Diana Jensen got their start in the tech sector, too. In 1993, the former electrical engineers launched their winery with just 25 cases of wine in their garage. Less than a decade later, they left the high-tech field to take up winemaking full time. According to *Robert Parker's Wine Advocate*, they bring the same risk-taking approach to winemaking that made them so successful in the corporate world.

The chamber will host its networking luncheon from 11:30am to 1pm on March 29 at the winery, 300 College Ave., in Los Gatos. Tickets cost

\$25 for chamber members and \$30 for prospective members.

To kick off the month, the current or future members can enjoy appetizers and discounted drinks at the Chamber Happy Hour. The social sponsored by the Los Gatos Chamber of Commerce Ambassadors runs from 5:30 to 7 pm March 1 at VERGE Restaurant in the Toll House Hotel, 140 S. Santa Cruz Ave., in Los Gatos. The event is free for members and \$5 for everyone else.

Another March Mixer takes place a couple days later at Main Street Burgers. The free meet-up runs from 5:30 to 7pm on March 3 and takes place at the eatery, 20 S. Santa

Cruz Ave., in Los Gatos. For more details on either event, go to www.losgatoschamber.com.

Every Sunday in March, the farmer's market takes place at the Los Gatos Town Plaza Park at Main and Santa Cruz avenues. The market starts at 8:30am and ends at 1pm. For more information, contact SuEllen Sterling at 408.353.4293.

The New Museum Los Gatos—NUMU, for short—will host a free lecture titled "More Than Your Selfie," featuring Utah-born artist Elizabeth Barlow. The talk goes from 2 to 3pm on March 5 at the museum, 106 E. Main St., in Los Gatos. To learn more, call 408.354.2646.



The Bunnies and Bonnets Parade is an annual tradition in downtown Campbell.

Hunting for Bunnies and Bonnets

For the 18th consecutive year, Campbell will ring in Easter weekend with its Bunnies and Bonnets Parade in downtown.

A yearly family-friendly tradition, the event brings marching bands, dancers, animals and local community groups to the

heart of the city. The parade starts at noon on March 26 and marches from the east end of downtown by the Valley Transportation Authority light rail and along Campbell Avenue to Third Street.

Bunnies and Bonnets follows the Kiwanis Club's 36th annual Easter

Eggstravaganza, held at the Campbell Community Center on Campbell Avenue. Participants can meander over from the Easter egg hunt with one of the parade bunnies and reserve a spot on the sidewalk along East Campbell Avenue.

The Downtown Campbell Business Association hosts

the event every year, rain or shine. Local groups and businesses have until March 5 to apply for a spot in the parade. Businesses have to pay a fee to participate and applications can be downloaded online at www.downtowncampbell.com.

Before the Easter festivities take over



Comedian Vicki Lawrence

downtown, the Campbell Heritage Theatre will present *Vicki Lawrence and Mama: A Two-Woman Show!* The production, which takes place at 8pm on March 11 at the theater's 1 Campbell Ave. auditorium, stars Emmy Award-winning comedian Vicki Lawrence.

Lawrence became part of the cast of *The Carol Burnett Show* in its seventh season. Fans may know her as Thelma Harper, or "Mama," one of the show's most endearing characters. Her theater production this month mixes standup comedy, music and Lawrence's observations about her own life. Tickets cost \$49 a seat. For details, call 408.866.2700.

Winding down every weekend in March will be Sunday Reggae with bottomless mimosas at

Campbell Brewing Company. No cover for live music by the Santa Cruz Reggae All Stars. The performance starts by 11am each Sunday at the brewery, 200 E. Campbell Ave..

Can't wait until the weekend? Eat, drink and think at Trivia Night with Mike from 6:30 to 9pm on the second Thursday of the month. Teams of four people or less can vie for first- and second-place prizes by answering questions on a vast range of topics. But space is limited—first come, first served. Check it out March 10 at Tessoro's Barro di Vino, 234 E. Campbell Ave.

Also at Tessoro's: VinoPaint night. For \$35, enjoy some wine and paint a "Starburst Tree" based on the work of a local artist. No experience needed, but do bring an ID.

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The Downtown Certified Farmers' Market starts Wednesday, May 4. Look for over 100 vendors selling fresh, local products.

Don't Miss the Farmer's Market Fun

Now that the Holiday Season is past us, which included the successful celebration of the 25th Lights On Celebration, and all of the holiday décor is cleaned and stored, it is time to reflect on a wonderful 2015 with gratitude and to look to all of the great things to come in 2016 in Downtown Hollister.

We are truly thankful to all of the property owners, shop, business and restaurant owners, as well as government offices for their presence in our

beautiful downtown.

The Hollister Downtown Association instigated a county-wide wayfinding project from which the plan is finally complete. We continue to manage the hanging planter program and downtown clean-up effort, including the reporting of graffiti to our police department using the MYPD smartphone app.

We also held a couple business education workshops in conjunction with our Chamber, Business Council and EDC, and a Property Owners Workshop.

We helped spread the word about the San Benito Street updating to our downtown district and beyond. A good chunk of our time was spent producing events and fundraising. We produced the Plant Sale and Garden Expo, Downtown Wine & Beer Stroll, Downtown Certified Farmers' Market, helped with the Hollister Freedom Rally, produced the annual Street Festival Car Show & Chili Cook-off and also managed our fireworks booth in a very busy month on July. The

balance of 2015 was focused on producing our 25th Lights On Celebration event.

The Silver anniversary event featured a record number of entries in our evening parade, which were breathtaking in their creativity and complexity of design. Each year, the parade entries just get better and better! During the day, there was a holiday boutique held in our Veterans Memorial Building and a classic car display by NorCal B-Bodies, along with pre-parade entertainment by

local performance groups. It was truly a wonderful day and evening.

At the end of 2015, we were happy to welcome a new gift shop, Johnnie's Girl, to 535 San Benito St. in time for the holiday season, as well as the Hi Outlet, which relocated to 549 San Benito St., greatly enhancing our retail shopping opportunities.

We are off to a great start in 2016, with two of our larger buildings in Downtown under new ownership, with the sale of the former Muenzer's Sporting Goods building and the Pendergrass Hotel building. We have great hopes for their renovations and opportunity for new tenancy.

There are two new restaurants rumored to be in the works on San Benito Street in the former Third Base Burger Bar and Good Times Café locations.

Our annual Plant Sale and Garden Expo is scheduled for Saturday, April 16, as well as our downtown Spring Clean-up effort, so mark your calendars! Also, tickets are now on sale for our Downtown Wine & Beer Stroll on Saturday, May 7. This event was a sell-out success last year, so be sure to get your tickets early!

The Downtown Certified Farmers' Market will start on Wednesday, May 4 and run for 22 weeks in total. This wonderful market features more than 100 vendors selling fresh fruits and vegetables, local honey, fresh-baked goods (including gluten free), olive oils and vinegars, nuts, hummus, gourmet sausage and meats, delicious prepared cultural foods, as well as many retail and information booths. The market begins at 3pm and ends at 7:30 pm, making it a



The Downtown Wine & Beer Stroll is Saturday, May 7.

great stop for dinner fixings or to pick up a quick dinner.

A wide variety of entertainment can be enjoyed weekly, as local DJs, bands and performance groups provide the fun. Attendance has topped out at roughly 6,000 people at its height. If you haven't experienced the Downtown Hollister Certified farmers' Market yet, I invite you to do so! Free parking is available in the parking garage located in the Briggs Building on the 400 block of San Benito Street (enter from Monterey Street) and handicapped parking spaces are available on the west side of Fifth Street.

If you want to find something interesting to do Downtown, check out our website, which details the Downtown Earthquake Fault Walking Tour, Geocaching, Birding checklist, and Downtown Healthy Walk routes and well as a list of points of interest.

Downtown Hollister is a great place to spend time! Come take a stroll and discover the cute shops and restaurants with delicious fare.


For more information about Downtown Hollister, check out our website: www.downtownhollister.org or give our office a call at 831.636.8406.

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2016 DOWNTOWN HOLLISTER EVENTS CALENDAR

<p>APRIL 16 Plant Sale & Garden Expo</p> <p>APRIL 16 Spring Clean-Up</p> <p>MAY 4 - SEPTEMBER 28 Certified Farmers' Market (Wednesdays, 3-7:30pm)</p> <p>MAY 7 Downtown Wine & Beer Stroll</p>	<p>JULY 16 30th Annual Street Festival, Car Show & Chili Cook-Off</p> <p>SEPTEMBER 17 Downtown Beer & Bacon Crawl</p> <p>NOVEMBER 26 26th Annual Lights on Celebration</p>
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San Juan Bautista's main drag features a plethora of eateries.

Food Options Galore in SJB

HALINA KLEINSMITH

As you approach our city, whether travelling south on Highway 101 or west on Highway 156, the distinct aromas of ripening fields and orchards continues to greet you throughout the seasons. Pungent bulbs of garlic perfume the air, along with variety bell peppers, fresh Fuji apples and crunchy cilantro, sweetening your approach to San Juan Bautista.

Our charming city is ideally located in the verdant San Juan Valley, which is known for its loamy soil and temperate climate. Here, the views of contrasting field colors

are backlit by expansive blue sky, making for a spectacular display of vibrant veggies.

From this natural setting comes an assortment of locally produced wines and beers, coffee, salsas and seasonings, along with acres of fresh fruits and vegetables which appear daily on our restaurant menus and in our grocery stores.

Gastronomes are invited to enjoy the experience of lovingly prepared soups and specialty casseroles. Fresh daily tortillas and fresh-baked breads and desserts punctuate the air with their warm, toasty aromas, along with the distinct smell

of freshly tossed pizzas, browning in their ovens.

Here, our all-American breakfast and lunch diner features all the classics you would expect from an old-fashioned, counter-style establishment; and fans of fine Mexican cuisine have two wonderful, long-known cocinas to visit, both with indoor and outdoor dining and full-service bars.

If pastas and calamari are what floats your boat, then dining at the breakfast-through-dinner Italian American restaurant will bring you the best of both countries' choices.

Everywhere, portions are generous, but especially at the Basque restaurant, which extols family style multi-course lunches and dinners. Or maybe your appetite is calling for a burger, shake and fries?

If so, look no further, as the hamburger stand has a huge variety of creative combos, along with extras—such as the big burger wolfdown challenge for competitive eaters.

Cioppino and seafood enthusiasts should also take note of our wholesale seafood supplier, open to the public on Fridays and Saturdays.

Saturdays also mark our farmer's market, offering edibles, plants and flowers from their fields.

San Juan Bautista has a lot to offer, including opportunities for entrepreneurs to develop new restaurants, or replace the specific cuisines that we lost to retirement or relocation, namely Chinese, German, American steakhouse and the Continental tea room. With a housing boom on the horizon, this is an excellent time to get in on the ground floor and have your cuisine dream come true.

In other food related news, Summer will see the return of our famous Continental cuisine restaurant near the fault line, and on May 19-20, our city hosts the visiting craft fair and Bar-B-Que Ribs Cook Off Competition, where people can eat (and eat and eat) and vote for the best-in-flame charred beef and pork creations.

For more information, please visit www.sanjuanbautistaca.com for amenities, services, overnight accommodations, wineries and a full calendar of events.

Cheers, salud, bon appetit and come nosh with us soon!



Soil can make all the difference in tough gardening times.

How to Grow Thriving Fruit, Vegetable Gardens in a Drought

KIMBERLY EWERTZ

The ongoing drought presents a real challenge when it comes to maintaining a successful garden. In a time of drought, less moisture is available to plants, because the ground's reserve is depleted by sun and insufficient replenishment. A small fraction of our yearly rainfall remains stored in the soil by the time spring rolls around.

This may sound a bit daunting, but help is at hand

through the University of California Master Gardener Program. Expert advice is available via email, phone or in person, at any of the nine Master Gardener demonstration gardens located in Santa Clara County. For South County residents, the nearest location is at Saint Louise Hospital, in Gilroy.

"The Master Gardener Program extends UC research-based information

about home horticulture and pest management to the public," says Maria de la Fuente, Ph. D., the master gardener program advisor and county director and farm advisor. "In exchange for the training and materials received from UC, master gardeners perform volunteer services in a myriad of venues."

Saratoga resident Jenny R. Redfern, a master gardener since 2013, is

one of those volunteers. Redfern was happy to share her advice and tips for a successful garden.

"Take care of the soil, make sure you know what type of soil you are dealing with," she says.

Each soil type—sand, loam and clay—has a different water-holding capacity. When it comes to irrigating the soil, one method to consider is the drip or trickle system, which applies water to the soil

slowly, minimizing waste and allowing water to be emitted uniformly at the plant location.

According to the University of California's Division of Agriculture and Natural Resources, this ensures that all water will be directed into the root zone.

Evaporation is next, and Redfern insists mulch is the key.

"It will help in reducing evaporation, and it keeps the soil surface cooler, and suppresses weeds," she says.

With mulch, there are different types to consider: plastic, paper or organic. Black polyethylene plastic increases soil temperature more than black plastic, but you may have to deal with weed growth beneath it.

Organic mulches—shavings, compost, rice hulls, bark, straw and similar

materials—help reduce moisture loss and weed control, if administered in a thick-enough layer.

When it's time to plant, Redfern says, "There is no such thing as a drought tolerant vegetable."

Plants with shallow root systems—potatoes, onions, most other bulb/root/tuber crops, celery and cabbage—require frequent irrigation. A better choice for drought conditions are deep-rooted crops like, tomatoes, corn, winter squash, sweet potatoes, melons, and asparagus, beans, carrots, peppers, summer squash and cucumbers.

Redfern recommends testing your soil first. Soil test kits can be found at any garden center.

"Understand the health of your soil, and fertilize as needed," Redfern says.



The Master Gardener Program offers great tips.

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Succulents are perfect for decorative gardening during a drought.

Ornamental Gardening Provides Practical Beauty

CHRISSEY GOLDBERG

A stroll through public rose gardens, a cactus on your windowsill. There are many ornamental garden varieties, and just as many reasons to visit or grow one.

The distinction between “ornamental” and “functional” plants is blurry. Ornamental gardens not only provide the pleasures of color and fragrance,

they can attract (or repel) wildlife, and improve air quality. Furthermore, the leaves and flowers of edible plants are ornamental, too.

Bright perennial flowers, flowering vines, and blossoms on trees like dogwood all pop against neutral brown landscapes. Indoors, large tropical plants can enhance a home’s architecture and style.

Lavender and roses are well known for their pleasing scents, but flowering shrubs like azalea, gardenia and lilac are larger than most perennials, maximizing fragrance. Sweet smelling vines include honeysuckle and jasmine. Citrus, lindens and yellowwood are among the many pleasantly scented trees.

Native plants attract native wildlife, especially

important pollinators like birds and bees. Purple coneflower, coast angelica, coast buckwheat and pipevine attract butterflies. Keep mosquitoes at a safe distance by planting citronella, catnip, horsemint, or marigolds near sitting and play areas. Horsemint leaves even smell like citrus, and marigolds help keep aphids

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Potted flowers make ornamental gardening a snap.

off roses. Then, you can rub leaves on exposed skin for extra protection (making sure you're not allergic).

Photosynthesis in healthy houseplants improves air quality. Ornamental plants that excel at removing tobacco smoke and volatile organic compounds like formaldehyde include Gerbera daisies, English Ivy, the spider plant, peace lily, philodendron and bamboo palm.

Not interested in a home garden? Community gardens promote outdoor recreation, healthy eating, and stronger community ties. Local members of the American Community Gardening Association, a nonprofit that works to build communities through community gardening, include Mesa Verde Gardens in Watsonville and Charles Street Gardens in Sunnyvale.

Charles Street Gardens is also home to a UC Master Gardeners of Santa Clara County Teaching and Demonstration Garden. On Tuesday mornings, Master Gardeners at work will answer your gardening questions.

You can visit the Edibles side of their Palo Alto Demo Garden on Mondays. The nearby Waterwise Garden is always open to the public.

Along its mulched walkways you'll find (conveniently labeled) Mexican deer grass, African forest lily, snowy river wattle, huckleberry and more.

Between walking trails and a small shop at Cupertino's McClellan Ranch is a community garden to explore. In one plot, the Master Gardeners experiment with new vegetables and teach the public about what else can grow in local soil.

The public is welcome to hands-on events at the Master Gardeners' South County Teaching and Demonstration Garden, located at 9400 No Name Uno in Gilroy. They also host public gardening workshops at the Gilroy and Morgan Hill libraries. These are great opportunities to get tips about picking the best ornamental plants for local conditions.

The ACGA is online at communitygarden.org. Find more Master Gardener tips and techniques at mastergardeners.org, or email questions to mgsantaclara@yahoo.com. Their 22nd Annual Spring Garden Market, featuring plant sales and a sustainable gardening showcase, will happen April 16 at History San Jose, 1650 Senter Rd.

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A contractor should know exactly what you want before starting work.

Remodeling Tips from the Pros

KIMBERLY EWERTZ

If you're considering remodeling your home this year, you'll find that you're not alone. According to a recent Harvard research study, projected home remodeling spending in 2016 is expected to reach \$155 billion, surpassing the last spending peak of \$150 billion a decade ago.

This is very good news for general contractors, even in the midst of an El Niño winter. "We won't turn down work just because we're in an El Niño," says Doug Petroskey, owner of Douglas Development in Morgan Hill. "We'll maneuver around the rain, we can tarp the job and we can tent the job."

For Petroskey, as for most general contractors, no matter what the weather conditions, the key is keeping his crews producing. "You have to figure out ways to do it," he says. Over the past year and a half, Douglas Development has done exactly that. "The start of this year is going to be

even more," Petroskey adds. "It's going to be a really good year." General contractor, Darin Hopkins, owner of DH Construction in Hollister, has also seen an upswing over the past year and a half, and the number of people remodeling their homes is only expected to increase, he says.

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Out&About

When it comes to your remodeling project, selecting the right general contractor is key.

“A contractor and a homeowner, their personalities need to mesh,” Petroskey says.

Hopkins also stresses that the relationship has to begin on a solid foundation.

“First of all, make sure it is someone that you trust, that is so, so, so, important,” Hopkins says.

A great first step for homeowners is the Contractors State License Board, <http://www.cslb.ca.gov>.

By entering the contractor’s license number, you can find out his or her status, whether it’s active, non active, inactive or revoked.

Another great tip is to request referrals from friends and family, and always check the contractor’s references.

Hopkins says it’s important to never be in too much of a hurry when it comes to any remodeling job.

“The way I look at it, if you’re going to put money into your house, don’t rush into it,” he says. “Make sure your contractor gives you every option possible.”

If there are no major remodeling plans in your future, even minimal changes can result in major expense and energy savings. Gutters and downspouts can be a good place to start.

“I think it’s important that your downspouts are connected to a drain, or to an extension, in order to divert the water away from your foundation,” Hopkins says.

If you find that is not the case with your home, a three-inch flexible pipe, found in any home supply store, can be used to attach

to the downspout, directing the runoff away from the house to prevent pooling.

Hopkins also suggests keeping an eye on furnace filters, in the summer as well as the winter, because a dirty filter can trip a new furnace or cause an older furnace to stop working altogether.

Something as simple as replacing standard light bulbs with LED/incandescent lighting is a tip that Steve Allen, owner of 3 Palms Construction in Campbell, suggests for all homeowners.

“By spending around \$20 replacing the lighting, the homeowner could wind up saving money on their utility bills,” Allen says.

In the area of water conservation, homeowners should consider a hot water circulator pump.

“It’s a no waste water pump providing immediate hot water,” Allen says, adding, “that’s a real luxury these days with the draught.”

Moving to the outside of the home, treating and replacing a deck can be a trick job. Rupert Hart, of Summit Deck Doctor in Los Gatos, says that a deck turning gray is often an indicator of fungus, which means wood fibers are being exposed to the atmosphere. This is the time to stain your deck. If you’re experiencing the appearance of moss, Hart recommends filling a bucket with water, adding bleach and scrubbing the solution into the wood. This will eliminate the moss problem, along with the slipperiness it causes.

Hart also recommends checking the concrete pads, which provide support for the deck. If the pads show



Wet winter conditions won't stop you from fixing up the house.

signs of slippage, especially if the deck is built on a slope, securing the pads in place is crucial. If you make this discovery during the winter months, a temporary fix should do.

"Then follow up with a more permanent fix in the spring," Hart recommends.

Whatever home improvements you have in

mind this year, remember that experts you can count on and trust are right here in your own community, and their ultimate goal is to make you—the customer—happy.

"It matters to me that they are completely happy, no matter what," Hopkins says. "I'll do whatever I got to do."

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Real results from peel treatments take weeks but are worth it.

Health & Beauty

Peeling Back the Truth on Chemical Peels

JACQUELINE SMITH

Professional facials are vital to keeping your skin in good health. Most people know this, but what may not be as well known is the importance of a good chemical peel. During the winter and spring, low humidity can make our skin dull, dry and flaky. However, with less UV rays during this time of year, winter and spring are actually the perfect time to start a series of chemical peels in preparation for summer!

A chemical peel is essentially a form of exfoliation. The term “chemical peel” may sound intimidating, but women have been doing forms of this treatment since the ancient Egyptians and Romans, using everything from sour milk (which contains lactic acid) to grape skins (which contain tartaric acid). These days, estheticians have a lot more

effective treatments, and under the right supervision a chemical peel can tackle a number of concerns such as: fine lines, sun damage, dry skin and acne.

Here’s what to know when making your next appointment:

REGULAR FACIALS

It is very important to have at least one or two deep pore facials before starting any chemical peel treatment. This gives you and your esthetician an opportunity to complete a full consultation and discuss any concerns, as well as bring your skin to optimal health. The last thing you want to do is peel skin that hasn’t been properly cleansed or checked for extractions. This also provides time to perform a patch test on skin to determine any possible allergies.

THE PATCH TEST

Run—and I mean RUN—from anyone who’s willing to perform a chemical peel on your skin without a proper 24–48 hour patch test. It doesn’t matter if you’ve had similar treatment elsewhere. This step is crucial and saves you from a serious allergic reaction.

DOWNTIME

Depending on the degree of the peel, you will most likely see tightness and redness after 24 hours, and flaking beginning around Day Three. Peeling time varies between five to seven days and sometimes there can even be “delayed” peeling, where the skin looks to have fully recovered and then a few days later skin start to peel again. This is all completely normal. Try to set up your peel date accordingly if you want to look your best on a specific day.

AFTERCARE

A person’s home care routine often affects the results of a good chemical peel as the treatment itself. After a chemical peel, a professional esthetician should send you home with the proper products. A milky cleanser and hydrating moisturizer, along with a solid SPF (at least 30) are a must. And a great balm will help if you’re feeling tight and dry during the day. Your results are in your hands!

KNOW YOUR EXPECTATIONS

Whatever your desired results may be, always recognize that most chemical peels are a process. There is no magic peel that will immediately rid you of acne or wrinkles. The time it takes to see true results varies between four to six treatments, each done about four to six weeks apart. This gives your skin time to heal. Results may also vary depending on the type of peel you and your esthetician choose. Whatever treatment you decide on, just know that the path to beauty is good to those who are patient and appreciate the process.

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

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A Bald American Beauty

NANCY SCHRAMM

Those of us living on the left coast might not include *Taxodium distichum* (bald cypress) when asked to list famous plants, but let me tell you a bit more about this fascinating, native American tree and perhaps I can change your mind.

Bald cypress is a deciduous conifer, which means it bears cones and loses its leaves every fall. In the wild, these trees can reach one hundred feet tall, but in a garden setting (a large garden, that is) a height of 50 to 70 feet is more attainable. The width can reach 20 or 30 feet. The leaves are similar to those on our coast redwood trees, but much more delicate and feathery. They are bright yellow green in spring, sage green in summer and in fall are a warm golden brown. The native habitat of *Taxodium distichum* is the Southwest

United States, especially swampy areas; think "Everglades". The interesting thing is that bald cypress are amazingly adaptable, they will tolerate wet, dry, swamp or well-draining soil equally well. They are also very cold tolerant, surviving winter temperatures of minus twenty degrees. They prefer full sun and acid soil, but an acid-based fertilizer can compensate for alkaline soils.

And now for the cool stuff. When bald cypress grow in water, the trunks form "knees", knobby buttressing shapes that look just a little otherworldly. These "cypress knees" help firm up an already stout tree trunk, but even without the "knees" bald cypress trees are rarely toppled in hurricanes. I've seen pictures of cypress forests, but nothing compares to seeing them in person, and anyone who lives near

Gilroy Gardens can do just that. There is a bridge near Bonfante Falls where you can look downstream and see a gorgeous group of bald cypress that have already developed "knees".

T. distichum have been around for a long time. One tree in North Carolina has been verified at more than 1600 years old, which places it in the top thirty oldest trees in the U.S. However that one is a new-comer compared to a well-preserved cypress forest discovered in 2012 under sixty feet of water off the coast of Alabama. It is currently being studied, but is estimated to be alive in excess of 50,000 years ago. It amazes me to think that plants living that long ago have the same genetic make-up and could, in fact, interbreed with their brethren alive today.

Much younger bald cypress (closer to 1,000 years) growing along the Virginia-North Carolina border have yielded up several clues to the mysterious disappearances of the Roanoke and Jamestown Colonies. When core samples were taken of bald cypress trees alive during the first attempts to establish colonies in North America, it was discovered that both settlements would have been seriously impeded by lack of fresh water; both attempts to settle were followed by the worst two droughts in 800 years as shown by the tree-rings from core samples.

Let me tell you just one more fascinating fact about cypress "knees". At a recent bonsai seminar, I learned that it is possible to dig up one of these "knees" and graft a young cypress tree onto it. I was told that a well-chosen cypress "knee" has about a year's worth of energy stored, enough to keep it alive during the grafting process. Why would you do this? Well, in bonsai what you want is to have a miniaturized version of a full-sized, well-formed tree. The ideal bonsai has a large trunk tapering to a young growing tip in a short distance. Cypress "knees" have a great triangular shape, perfect for the base of a wonderful bald cypress bonsai.

Nancy Schramm is third generation owner of Carman's Nursery. She and her husband have lived in Gilroy for more than 30 years. Contact her at 408-847-2313 or visit www.carmansnursery.com.



Give celery a starring role in your diet.

Farmer in the Field

Let's Give Celery Some Love

BONNIE SWANK

I have always loved celery, maybe because it was one vegetable my mother always had in the refrigerator. For a quick snack I'd grab a stalk of celery, preferring the sweeter inner stalks. The outer stalks always seemed stringy and somewhat bitter.

Today, varieties of celery have been bred to be consistently sweeter with less strings. I can't admit to ever having heard anyone say, "Let's have celery for dinner," yet it is in many of the dishes we eat. Chopped celery, onions and peppers are known as the trinity—throw some garlic in and

it becomes the holy trinity of Cajun cooking, the base for many of the regional dishes of Louisiana.

In French cooking, chopped celery, onions and carrots are known as mirepoix, and in German cooking, chopped celeriac (celery), carrot and leeks are known as suppengrün. These are the bases for regional foods and all contain celery.

California is the leading celery producer in the country. There are two main growing regions in California, both of which are located on the Pacific Ocean: Ventura, Santa Barbara and San Luis Obispo counties make up one

spot on the southern coast; Monterey, San Benito and Santa Cruz counties on the central coast. With these two strong growing regions, California is able to produce celery eight months out of the year. You've got to love California.

For a vegetable that plays more of a supporting role than a starring one, celery sure packs a punch when it comes to nutrition. It's low in calories but high in antioxidants, anti-inflammatory support, digestive tract support and cardiovascular support. Scientists are even studying the potential benefits for cancer prevention. When cooking celery, try steaming it for 10 minutes to retain 83-99 percent of its phenol-based antioxidants. Blanching or boiling will result in 38-41 percent of these antioxidants being lost.

Buy celery with firm tight stalks and vibrant green color—although there are other colored varieties—and refrigerate for up to seven days in a tightly wrapped plastic bag. It will last longer but lose nutrients over time.

When it comes to your next healthy meal, you can't go wrong with shining a light on celery and giving it a starring role.

Thai Celery Salad with Peanuts

*Courtesy of bonappetit.com
Recipe by Alison Roman*

INGREDIENTS

SERVINGS: 4

- 3 tablespoons vegetable oil
- 2 tablespoons fresh lime juice
- 2 teaspoons fish sauce
- 6 celery stalks, thinly sliced on a diagonal
- 3 scallions, thinly sliced
- 1 red chili, such as Fresno, thinly sliced
- 1 cup fresh cilantro leaves with tender stems
- ¼ cup chopped roasted, salted peanuts

PREPARATION

Whisk together oil, lime juice, and fish sauce. Toss with celery, scallions, chili, cilantro, and peanuts.



Seek immediate veterinarian care if you suspect your pet has been poisoned.

Pet Life

How to Protect Your Pets from Rat Poison

JEANNE HAGGERTY

Could your pet be exposed to rat bait? Most pet owners are aware of the toxicity of such poisons and try to avoid what would be considered direct exposure to their pets. But it is quite common to see pets that have come into contact with these poisons despite their owners' best efforts. Here are some of the ways pets may become exposed:

- Cats that live outside and wander onto neighboring property, which may contain bait.
- Cats and dogs that catch/eat an already poisoned rodent may suffer from secondary exposure, which is just as dangerous.
- Animals that are able to remove bait from self-containing bait stations.
- Pets that have access to vineyards

and are able to access bait that is located in tunnels in the ground.

- Pets that are housed in a garage and able to access it through unlocked cabinets/shelves.

Traditional rat baits are warfarin-based and cause bleeding disorders. Affected animals often show signs after vomiting up the recognized pellets or

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Keep an eye out for rat poisoning symptoms.

block form of teal-colored bait. They may exhibit bloody vomit/diarrhea, coughing (from bleeding into the lungs), lethargy, bleeding from mouth/nose, or hemorrhages on the gums. These animals can often be treated relatively inexpensively and safely with a vitamin K antidote.

In contrast, newer baits are more toxic. Affected pets do not exhibit the traditional symptoms and are much more difficult to treat. The symptoms tend to be more neurologic— affecting the central nervous system—and there is no specific way to test for the poison, nor is there an antidote. These types of poisonings are very difficult and expensive to treat compared to the warfarin-type baits.

Over the past several years the EPA has been developing guidelines to regulate the packaging and sale of rodenticides. The goal is to help increase protection for children and non-targeted animals (such as pets). The traditional warfarin-type baits, as well as multiple other treatable types, are being phased out due to inadvertent

poisoning of wildlife. Unfortunately, they are being replaced by the newer forms of bait that will be more difficult and expensive to treat. In addition, bait stations will be used instead of loose pellets and meal forms of bait. Although this seems to add protection and likely will in the case of children, it may give people a false sense of security with their pets. Dogs and cats will often eat through the plastic bait stations and still eat the bait within.

Poisoning from various types of rodent baits is one of the more common poisonings we encounter. Pet owners need to be extra careful to eliminate any potential exposures. If you think that your pet may have ingested bait, seek immediate veterinary care. And it is crucial that you bring the bait—and, more importantly, the bait packaging—with you as the different types of baits will be treated in different ways.

Dr. Haggerty is co-owner of Live Oak Veterinary Hospital in Morgan Hill and has been a practicing veterinarian for more than 14 years.

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Pantone's Rose Quartz helps freshen up a room.

2 Colors to Live with in 2016

JACQUELINE PALMER

Spring is in full swing! Rain is pouring, birds are chirping, buds are blooming, and the season is changing. You know what that means, it's time for color!


During Fashion Week, the experts at Pantone collaborate with designers to analyze the season's top color trends. The spring's prime colors then trickle their way through fashion, interiors, graphics, design, art, and media, directing trends through to fall.

Typically, every year Pantone, the world-renowned authority on color, releases one color of the year, but this year they couldn't help but feature their favorite two colors as a pair for predictions for major fashion and design trends in 2016. If you haven't seen them by now, the colors for 2016 are a match made in heaven! Serenity and Rose Quartz were seen all over the Spring 2016 runway at Fashion Week, and they are trickling into the

interior design industry. The colors are versatile in all areas of design. They can be used as a focal color or a bold statement. This year they have been seen successfully in fashion, beauty, jewelry, interiors, as well as menswear and graphic arts.

Color is a significant factor in psychology and society, and the colors for this Spring are reflective of recent social and political trends. This season's colors are inspired by art from Picasso to Frank Stella, new global ventures and nature from Cuba to Colombia, and the desire to disconnect from the urban environment and technology. "Designers were also inspired by the contrast of urban design and lush vegetation, leading to unexpected color combinations, and collections reminiscent of architecture, travel, and nostalgia." says Pantone. The

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colors speak to the world we live in, both urban and organic, emphasizing a sense of nostalgia, escapism, and confidence.

The colors are genderless and can be seen in men and women's clothing, as well as both masculine and feminine interior design. The palette channels a gender-neutral contrast of relaxation and playfulness, with colors that are exciting and optimistic, and calming and stable. The pigments derive from nature, transporting one "to more tranquil, mindful environs that encourage relaxation

first, followed by curiosity and exploration," says Pantone.

As a versatile designer, I am excited to be using this modern color duo in my interior design projects as well as fashion and lifestyle. Here are a few ways you can decorate with the colors, individually or as a pair for yourself!

Jacqueline Palmer is a multi-creative business owner who runs an interior design service and lifestyle blog. Her work has been featured in Business Insider, Domino Magazine, 7x7 and Houzz.



Benjamin Montaño (Lakin Valdez) consoles his love, Teruko 'Thelma' Yamaguchi (Melanie Ariei Mah), as the world erupts around them in Valley of the Heart.

COMPILED BY CAMILLE BOUNDS

AMERICAN CONSERVATORY THEATRE

The Unfortunates March 1 thru April 10. The Strand Theatre, 1127 Market St., San Francisco. 415.749.2228. www.act.sfbay.org

The Realistic Joneses March 9 thru April 3. Geary Theatre, 411 Geary

St., San Francisco. 415.749.2228. www.act.sfbay.org

CLUB FUGASI

Beach Blanket Babylon Wed thru Sunday - ongoing. 678 Beach Blanket Babylon Blvd., San Francisco. 415.421.4222. beachblanketbabylon.com

CITY LIGHTS THEATRE CO.

Elephant Man March 17 thru April 17. 529 S. Second St., San Jose. 408.295.4200. www.cltc.org

FOOTHILL MUSIC THEATRE

She Loves Me Through March 6. Hwy 280 & El Monte Rd., Los Altos. 650.949.7360

GOLDEN GATE THEATRE

Dirty Dancing Through March 20. 1 Taylor St., San Francisco. www.shnsf.com


ORPHEUM THEATRE

Sean Hayes—An Act Of God March 29 thru April 17. 1192 Market St., San Francisco. 888.746.1799. shnsf.com

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Takashi (James Seol) is an aspiring sushi master in *tokyo fish story*.



Spring cycling is a sensory saturation of colors, sounds and smells.

Spoking my Mind

Bicycles Spring forward in March

CURT 'CYCLE GUY' HENTSCHE

My average January cycling mileage for the last four years was 354.8 miles. Yes, I keep records on this stuff. My total for *this* January: 239 miles. I blame El Niño!

But I'm OK with that. We should all welcome March, bicycling brothers and sisters. I totally love spring cycling. What other time of year do you get so many colors, sounds and smells? It's like cycle sensory saturation.

This is the month when bicycling events really start to perk up. If you prefer smaller, more intimate rides, try the Kings River Blossom Ride on March 5 in Reedley. Rather ride with 3,000 of your closest friends? Then the Solvang Century, on the very next Saturday, should suit you just fine. If 100 miles is just too short, the Santa Cruz Randonneurs will host their El Granada 200K the very next day.

Of course, there are plenty of rides to sign up for in April and May. Feast your eyes on our Save the Dates feature, and register for events, because many

of them are filling up fast. I'm sorry to report that the Santa Cruz Mountain Bike Festival has gone on hiatus, but there are so many other offerings from which to choose.

On a final note, there have been some changes to this year's Amgen Tour of California. The ride is back to a south-to-north route, which will bring the pros into our neck of the woods Wednesday, May 18. It's not so much the when but the where that has race fans buzzing. After a 133.6 mile jaunt—snaking up the Pacific Coast Highway out of Morro Bay—riders will conclude with a lap on the first racecourse finish in race history. Yep, the über-technical Laguna Seca Raceway!

Curt Hentschke has pedaled over 53,000 miles of Out & About roads and trails. Send your cycle celebrations and celebration to heycycleguy@gmail.com. Ride at your own risk and always within your capabilities. And always wear helmets and sunscreen!

SAVE THE DATES

Road and Mountain

- 3/5 Kings River Blossom Ride, Reedley. blossombikeride.com
- 3/12 Solvang Century. bikescor.com
- 3/12 El Granada 200K. santacruzrandonneurs.org
- 4/2 Party Pardee, Lone. bikehikers.com
- 4/9 Cinderella Classic, Pleasanton. valleyspokesmen.org
- 4/14-17 Sea Otter Classic, Monterey. seaotterclassic.com
- 4/17 Primavera Century, Fremont. fremontfreewheelers.org
- 4/23 Wildflower Century, Creston. slobc.org
- 4/24 Bicycling Spring Classic Presented by Specialized, Morgan Hill. bicycling.com
- 4/30 Tierra Bella, Gilroy. tierrabella.org
- 4/30 Healdsburg Bicycle Tour. healdsburg.com
- 5/7 I Care Classic, Morgan Hill. icareclassic.org
- 5/15 Strawberry Fields Forever, Aptos. strawberryfields.org

Events

- 3/20 Santa Cruz Classic Criterium. velopromo.com
- 4/14-17 Sea Otter Classic, Monterey. seaotterclassic.com
- 4/24 Cupertino Bike Shop Swap Meet. cupertinobikeshop.com
- 5/14 Mike's Bikes Cat's Hill Classic, Los Gatos. catshill.org
- 5/15-22 Amgen Tour of California. amgentourofcalifornia.com

Out & About makes every effort to supply the correct information but we still recommend you check for last minute changes on dates before attending.



The season doesn't allow for grumpy fishermen.

The Lure of Fishing

Keep It Simple, Cover Some Water

JEFF STRAMETZ

In the world of fishing, March is when the water comes alive. The days get longer and the sun climbs higher in the sky, which calls the fish in our local lakes out of their deep water winter homes and into the shallows.

Success is never guaranteed, but if our weather pattern produces a warming trend or a stable pattern, now will be the time to get out there and try your luck. I look forward to this time of year for many reasons, but most importantly because it's a good time to take out kids, family and friends who don't fish frequently. You get to share the fun of fishing and the outdoors when the chance of a successful outing is highest.

One tip for early spring success: keep it simple.

This time of year, the best thing you can do is keep moving and cover water. This means walk the bank and keep moving until you find fish. Use lures that also cover water as opposed to sitting in one place all day. You can use bait and sit in a chair and read a book if you like, but this is the time of year that fishing can be an adventure, so take advantage of that!

For bass, use what I call reaction lures. Crankbaits and spinnerbaits are good choices and cover a lot of water. For panfish, like Crappie and Bluegill, use a float and fly, or float and tiny tube or grub. Stripers will chase rattle traps and ripbaits, and surf perch will be tempted by motor oil colored two-inch grubs.

When I advise to keep it simple, I

mentioned several lure choices. Some of the names I mentioned may have no meaning to you if you don't fish. This is where research comes in. The easiest way to get the information you need is to visit one of the Bay Area's original, fishing shops. Coyote Bait & Tackle has a knowledgeable staff that fish and spend time in the outdoors and love to help people do the same. They will put you on the right track. The internet should also have you covered on any detailed information. Lastly, you can always email me.

We are having a good winter so far, with most of January being a rainy one. The rains can persist into March and weather can play into your fishing outings. In my past couple columns I wrote about how fishing during an oncoming storm can be very good. But fishing can be good any time—the point here is to get outdoors and enjoy the fresh air, green grass and lakes with water in them!

I don't know if I have ever met a grumpy fisherman. For people whose family members aren't into fishing, bring binoculars and look for wildlife. I have seen elk, deer, wild pigs, golden eagles, bald eagles, Canadian geese, bobcats, coyotes, minks, roadrunners, quail, redtail hawks and many other interesting animals!

The last point I will make regarding spring fishing is to remember to display good etiquette. Give space to people who are fishing at the lake near you. Do not crowd them or walk up into the area that they are fishing. Keep kids and pets under control around others. If you want to let them frolic, play, throw rocks, etc., move to an area where those fishing around you will not be disturbed.

Also, please pick up any trash or discarded fishing line that you see littering our lakes. We must be good stewards of our natural resources.

March is a great month to get some new fishing done, so line your reels, organize your tackle, do some research and make a plan to enjoy the beautiful surroundings. You'll be surprised how much a day of outdoors fishing at the lake will release the stresses of life. See you at the lake!

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



Western Grebe

Fun with Photography

Wet Weather Neighbors: Waterfowl

GAVIN EMMONS

The wet weather of late winter and early spring is upon us, and for photographers and wildlife lovers, this is always a reliable time to see waterfowl. Throughout San Benito and Santa Clara counties, there are abundant opportunities to see waterfowl in ponds, gardens, lakes, streams and estuaries—pretty much

anywhere with a source of water.

“Waterfowl” refers to a number of birds with webbed feet—ducks, mergansers, geese and swans—as well as diving birds with lobed feet, such as grebes. Many species of waterfowl migrate to central California during the winter to take advantage of our mild temperatures and wet weather,

and grace us with their presence as seasonal neighbors. Other waterfowl, like mallards and Canada geese, are residents year-round and make their homes in our city parks, waterways and gardens, whether we like it or not.

Some waterfowl species feed primarily on plants, including ducks like northern shovelers, buffleheads and scaups. Other groups like grebes eat fish, insects, and other live prey. In general, males are more spectacularly colored than females for waterfowl species, but all can be fascinating to watch and photograph.

Any ponds, lakes and other bodies of water can yield multitudes of waterfowl species. The South Bay’s Don Edwards National Wildlife Refuge can have a phenomenal numbers of birds. San Benito County is usually drier, but try to stop near San Felipe Lake, McAlpine Lake and others to see large congregations of waterfowl, waders, gulls and raptors.

Some waterfowl species like geese, mallards and coots will approach quite close if you remain still and non-aggressive, especially if you remain still in a boat or car. Other species like western and pied-billed grebes will dive and resurface often as they circle through bodies of water in search of prey. Be patient and they will eventually come to you. Waterfowl can be entertaining subjects as they feed, clean themselves, flap in/out of the water and engage in courtship and territorial displays. Try to take advantage of early morning and late evening light to get saturated colors, as well as to avoid heat haze and distortions during midday.

Sometimes the wet weather can seem tiresome, but remember that it is important for our wet weather neighbors. If we take time to watch and photograph the activity and antics of local ducks, geese and grebes, the days of March can be quite entertaining and educational. We should enjoy the time with our neighbors!

Gavin Emmons is a wildlife biologist and longtime nature photographer in San Benito and Santa Clara Counties. To contact Gavin and see more of his photography work please visit www.gavinemmons.com.

CALENDAR

LISTING YOUR EVENT

To list your event, call 408.847.7228 or email calendar@outandaboutmagazine.com. Include the name of the event, date, time, location, contact information and a very short description.

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

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

AROMAS

MARCH 12

Mystery Dinner Play: Bullets N Barbecue, 6pm. Neighbors Helping Neighbors will be conducting a play where the audience will determine who shot the Sheriff. Includes an awesome barbecue for \$30. Drinks available for purchase. Get your tickets at brownpapertickets.com.

MARCH 26

Gourds: From Garden to Centerpiece, 10am-2pm. Starting with a trunk show of decorated gourds. Learn different artistic techniques and how to grow your own gourds. Aromas Grange. Visit aromashillsartisans.com.

CAMPBELL

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.

MARCH 11

Vicki Lawrence and Mama: A Two-Woman Show, 8pm. Relive the moments with stand-up comedy, music and Vicki's observations about real life. Heritage Theatre, 1 West Campbell Ave. For tickets call 408.866.2700 or go to downtowncampbell.com.

MARCH 13

Downton Abbey Tea, 1pm. Event includes Champagne Tea, created by Steepers, Downton Abbey trivia contest and a full tour of the Ainsley House. General admission \$45. Reservations required. Contact Laura at 408.460.7048. Visit campbellmuseums.org.

MARCH 29

Recycle Book Club meets, 6:30-8pm. This month's book is by Cara Black, "Murder on the Champ de Mars" book fifteen of the Ameer Leduc series. Recycle Book Store, 275 East Campbell Ave. Call 408.3703514.

APRIL 1

History Happy Hour: The History of the Universe, 5:30pm. Featuring Stanford Astrophysicist, Dr. Phil Marshall. Ainsley House, 300 Grant St. Visit downtowncampbell.com.

CUPERTINO

MARCH 26

Big Bunny 5k, 8:30am. Kick-off the

beginning of spring with a heart-pounding run or a leisurely walk. Includes kids fun run. Cupertino City Hall on Torre Avenue. Medals awarded for finishing. Register at bigbunny5k.com.

APRIL 9

Holi (Festival of Colors), 11am-5pm. Celebrate the triumph of good over evil with live music, dancing, yoga and the tradition of tossing colors into the air. Memorial Park, Anton Way at Stevens Creek Boulevard. Visit cupertino.org.

GILROY

THRU MARCH 12

US Citizenship Classes, 10:30am-Noon, Saturdays. Prepare with civics and government questions, reading and writing English and practicing interviewing skills. FREE. Space limited. Contact 408.293.2326 x 3071 or register online at sccl.org.

MARCH 4, 11, 18, 25

Karaoke Competition, 8:30pm. Hang out and listen to the best Karaoke singers from the South County as they show off their stuff. All signers are encouraged to enter; win cash prizes. The District Theater, 7430 Monterey St. Visit thedistricttheater.com.

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.

MARCH 5

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 5

Raincoats and Rubber Boots, 10:30am-2:30pm. Bring the family and join in on the scavenger hunt, look for newts and maybe race ducky's and boats. Parking \$6. Bring lunch, water and snacks. Hunting Hollow Parking Lot. Visit coepark.net.

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.

MARCH 6

Scholarship Breakfast and Bake Sale, 7-11:30am. Semi Annual Italian Catholic federation Br. 28, St. Mary Parish, Cullen Hall. Full breakfast \$8 for adults, \$4 for 12yrs and younger.

MARCH 8

Exceptional Kids of Gilroy "Coffee Talk", 7-9pm. Join in on the conversation with other parents of children with special needs. First Street Coffee, 1211 First St. For more information call 408.727.5775 or visit php.com.

MARCH 8

Building a Raised Gardening Bed, 7-8:30pm. Construction, soil amendments and composting will be discussed. Presented by Master Gardener, Glenn Lattig. Gilroy Library, 350 West Sixth St.

MARCH 12

Back to Blues is back, 7:30pm

Showcasing regional talent raising funds for Gavilan College Music Program. General admission \$15. Tickets available at Gavilan bookstore, Porcella's Music and BookSmart. Gavilan College Theater, 5055 Santa Teresa Blvd., Call 408.848.4796.

MARCH 12

Gilroy Elks Lodge Annual Fashion Show, 11am-2pm. Enjoy a delectable lunch with whimsical cocktails as you experience the latest fashions.. Open to Elks members and their guest. Tickets are \$30 per person. Gilroy Lodge on the Hill, 2765 Hecker Pass Hwy. Call 408.842.9397.

MARCH 12

Shane Dwight, 9am-12pm. Come Rock and Blues with one of South County's favorite local talents. Doors open 7pm, \$10 cover. The District Theater, 7430 Monterey St. Get your tickets at eventbrite.com. Visit thedistricttheater.com.

MARCH 12

Starting Seeds, 9:30-11:30am. Starting your own seedlings is fun, economical and broadens what you can grow. Presented by Master Gardener, Robin Bastinilli. St. Louise Hospital Teaching and Demo Garden, 9400 No Name Uno Way.

MARCH 19, 20

Spring Passport Weekend 11am-5pm. New this year, visit participating wineries through the month of April. For more information visit santaclarawines.com

MARCH 26

Gilroy Hot Springs Tour on Horseback. 9am. Ride a single track on the Historic Anza Trail. Bring your own horse, water for you and your horse and lunch. Meet at Coyote Creek Gate. Parking \$6,



At the Bunnies and Bonnets Parade in Downtown Campbell, participants show off their Easter Bonnets.

Eggs, Bunnies and Bonnets

Get ready for a full day of Bunny stuff as Campbell Kiwanis Club starts the weekend celebration with "EGGstravaganza". The festivities include face painting, jump houses and pictures with the Easter Bunny on March 26 at 9am. The egg and candy hunt starts at 10:30am for children 1-12 on the Athletic Fields at the Campbell Community Center. After the baskets are full hop on over to East Campbell Ave. for the Bunnies and Bonnets Parade and enjoy the marching bands, animals and more. For more information visit downtowncampbell.com.

tour \$5. Must RSVP at 408.842.6215 or 408.683.2247. Visit coepark.net.

MARCH 26

Annual Easter Egg Hunt, 10:30am. Pictures with the Easter Bunny followed by an egg hunt for toddlers to 10 year olds. Please RSVP 408.842.0113. Merrill Gardens, 7600 Isabella Way.

HOLLISTER

MARCH 4, 5, 6, 10, 11, 13

Teen Mystery Dinner Show, 6pm. Sundays,

1pm. Get in on this hilarious and kooky mystery dinner show. Tickets available at Inspire Performing Arts Academy, 618 San Benito St. or call 831.635.0553. Paine's Restaurant, 421 East St.

MARCH 12

29th Annual Crab Crack and Dance. 5:30-11pm. Enjoy a crab dinner, dancing with Isaiah Pickett and silent auction. Balado Park Pavilion, 9000 Airline Hwy. For tickets and more information go to hollisterexchangeclub.org.

MARCH 18

Champagne Tea and Treasures, 1-3:30pm. Enjoy an afternoon of tea, goodies and silent auction. Proceeds benefit the San Benito County FREE Library. San Juan Oaks Golf Club, 3825 Union Rd. For tickets call 831.205.1373 or visit sbfriends.org.

MARCH 19

Veterans Appreciation Dinner and Dance, 4pm. Supporting local Veterans. Enjoy Tri-tip or Chicken dinner, no host bar, raffles and more. Music by Moondance. FREE for Veterans, → 46

CALENDAR

← 45 \$15 donation for all others. Get tickets in advance by calling 831.673.7011 or 408.804.2057. Seating is limited. American Legion Post 69 Veterans Memorial Building, 649 San Benito St.

LOS GATOS

MARCH 8

Starting your Summer Vegetable Garden, 6:30-7:30pm. Learn for FREE how to prepare for your summertime veggies. Los Gatos Library, conference room, 100 Villa Ave. Go to town.los-gatos.ca.us.

MARCH 13

Go Green St. Patrick's Day Run, 8am. Three courses take a scenic tour of Vasona Park. Volunteers also needed. For more details visit finishlineproduction.com.

MARCH 15

Jewish Musical Theater Concert, 3-4:30pm. Be entertained musically while learning about the history of composers and their music. FREE for APJCC members, \$10 non-members. Visit apjcc.org.

APRIL 2

South Bay Teen Idol Finals, 7pm. The public is invited to hear some of the best teen vocalists compete. Three finalists will be chosen then the audience will vote for their favorite. 14855 Oak Rd. Visit apjcc.org.

MORGAN HILL

THRU MARCH 25

Grant Money Available. The Morgan Hill Community Foundation is accepting grant applications for its annual grant awards. Submit to PO Box 1974, Morgan Hill. Deadline to submit is March 25. Visit morganhillcf.org for guidelines and application or contact Janet at 408.722.7612.

MARCH 2

Morgan Hill Community Preschool and Kindergarten Fair, 6:30-8pm. Learn about local preschools, kindergarten and other learning options for your child. A FREE community event, children welcome. Oakwood School Gymnasium, 105 John Wilson Way. For more information visit oakwoodway.org or call 408.782.7177.

MARCH 5, 6

Dandelion Wishes Spring Consignment Sale, 10am-6pm Saturday, 10am-2pm Sunday. Local Mom's will come together bringing gently used children items for resale. Sunday is half price sale. Parking and admission are FREE. Proceeds go to Community Solutions. Morgan Hill Community Center, 17000 Monterey Rd. Go to dandelionwishesresale.com.

MARCH 6

South Bay Du-Athlons, 7am and 9:30am. Run-Bike-Run on a moderately flat and fast course. Live Oak High School, 1505 East Main Ave. Register at usaproductions.org.

MARCH 7

Controlling Spring Pests and Weeds, 7-8:30pm. Learn how to control the most common spring pests and control weeds without chemicals with Master Gardener, Joan Cloutier. Morgan Hill Library.

MARCH 8

Silicon Valley Reads with Author Benjamin Parzybok, 7pm. The book "A Sherwood Nation" is an eco-fiction novel about the lives of people and neighborhoods in Portland, Oregon, after years of severe drought and water rationing. Morgan Hill Library, 660 West Main Ave. Visit siliconvalleyreads.org.

MARCH 18

Helping Hands and Healing Hearts, 11:15am-1:30pm. Awards luncheon

honoring a community leader and a former Community Solutions client who has changed the course of their life. Community and Cultural Center, 1700 Monterey St. Visit communitysolutions.org.

MARCH 19

Oakwood School Open House 10am-Noon. Join us for a fun family event. An independent, non-sectarian, college-preparatory school for students preschool to 12th grade. 105 John Wilson Way. Visit oakwoodway.org.

MARCH 20

Photography for Children, 1-3pm. Learn to use a digital camera to tell a story. Anderson Visitor Center, Cochrane Road. For reservations call 408.918.7980. Visit sccgov.org.

MARCH 21

Gifts from the Garden, 7-8:30pm. Gardens provide more than just vegetables and flowers. Presented by Master Gardener, Vera Kark. Morgan Hill Library, 660 West Main Ave.

MARCH 30

Local Employers Seminar-Fair Pay Act, 7:30-10am. The Gavilan EAC provides relevant information on human resource issues and other topics of interest. Member fee \$45, \$55 non-member. Includes hot buffet breakfast. Hilton Garden Inn, 6070 Monterrey Rd. Register with Michelle at gavilaneac@gmail.com.

MONTEREY

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.

MARCH 5, 6

Inspired Home Expo, 10am-5pm Saturday, 10am-4pm Sunday. Over 100 home and garden professionals available to help you with your home needs. FREE admission and workshops. Fairgrounds, 2004 Fairgrounds Rd. Enter through gate three. Visit inspiredexpos.com.

MARCH 12

Barn Today, Gone Tomorrow, 5-10pm. Party at the Swine and Sheep Barns before they tear them down. Enjoy a barbeque dinner, hosted cocktails, DJ and dancing. Monterey County Fair and Event Center, 2004 Fairground Rd. Tickets \$40 for adults, \$15 for kids. Go to montereycountyfair.com.

MARCH 19, 20

Yesterday's Treasures Antique and Artisan Market 9am-3pm. Two days of treasure hunting fun. Monterey County Fair and Event Center, 2004 Fairground Rd. Visit montereycountyfair.com.

SAN JOSE

MARCH 4, 5, 6

Disney Cinderella KIDS, 7pm, Friday, 11am, 3pm and 7pm Saturday, 11am and 3pm Sunday. Playful People Productions presents this timeless story on stage at the Historic Hoover Theatre, 1635 Park Ave. For information and tickets call 408.497.9983 or go to playfulpeople.net.

MARCH 5, 6

Tails and No Tales, 10am-5pm. Saturday, Sunday 9am-5pm. View purebreds and household pets as they compete for Top Cat at the Santa Clara County Fairgrounds, Gateway Hall, 344 Tully Rd. Admission \$8 adults, \$6 seniors and \$4 children. Visit tailsandnotales.com.

MARCH 6

Lunar New Year Celebration, Noon-3:30pm. Enjoy the traditional lion dancing, festive cultural performances and a parade. Includes hands on children's activities. FREE admission. History Park, 635, Phelan Ave. Visit HistorySanJose.org.

MARCH 20

Hellyer Marathon, 10k/5k, 8:30am. Walkers, hikers and runners are welcome. Silver Creek Sportsplex to Coyote Creek Parkway. 800 Embedded Way. Visit brazenracing.com.

MARCH 20 THRU DECEMBER 30

Tattooed and Tenacious: Inked Women in California History, 12-4:30pm. Discover the long history of inked women in California through a new exhibit of photographs, personal histories and artifacts. Leonard and David McKay Gallery, Pasetta House, 635 Phelan Ave. Go to historysanjose.org.

APRIL 2

History San Jose Spring Tea, 11am-3pm. Enjoy a traditional tea and sweets, featuring exclusive blends from Satori Tea. Pacific Hotel, Renzel Room, 635 Phelan Ave. Two seating's available. For tickets call 408.918.1045 or contact Juanita at jlara@historysanjose.org.

APRIL 4

Calero Run, 6am and 8am. A challenging run with single track, great hills and dirt paths. Calero Park, 23201 McKean Rd. Register at active.com.

SAN JUAN BAUTISTA

MARCH 12

Anzar High School Ultimate Rummage Sale, 8am-3pm. Find your next

treasure at this annual fundraiser. Have stuff to sell? Space is limited so reserve your space now. 2000 San Juan Hwy. Go to sanjuanbautistaca.com for an application.

MARCH 26, 27

San Juan Spring Arts & Quality Crafts Festival, all day, both days. One of the best fairs around. Music, food and block after block of great arts and crafts in the heart of San Juan Bautista. Admission is FREE. Visit sanjuanbautistaca.com.

SANTA CRUZ

MARCH 5, 6

Hummingbird Days 8am-4pm. Family-oriented, educational event. Guided tours, presentations and activities for the kids. FREE to members and kids under 17, \$10 for all others. UCSC Arboretum, 1156 High St. Call 831.502.2998 or visit arboretum.ucsc.edu.

MARCH 18, 19

30th Annual Santa Cruz Jazz Festival; concerts at 7pm. Listen to guest artists, attended master classes and clinics and enjoy the beautiful surrounding area. Cabrillo College, 6500 Soquel Dr., Aptos. Call 831-479-6100 or visit scjf.org.

MARCH 18, 19

Boardwalk Spring Overnight. Sleep inside the Coconut Grove, enjoy a movie and games. Receive all day rides wristband, free play in the Casino Arcade, breakfast and San Castle Contest. Register by March 4th. Validated parking available. Benefiting Lucile Packard Children's Hospital. Visit beachboardwalk.com.

SARATOGA

MARCH 5

Sanborn Park Trail Challenge, 8:30am. A challenging run situated in the hills above Saratoga, 16055 Sanborn Rd. Register at active.com.

MARCH 11

Silicon Valley Reads "Chance of Rain" Tea Ceremony, 1pm. Join author, Emmi Itaranta for tea and discuss her book at beautiful Hakone Estate and Gardens, 21000 Big Basin Way. For tickets go to hakone.com.

MARCH 19

The Blossom Festival, 10am-4pm. Vintage vehicles, craftspeople, food trucks, live music, children's activities and more. Heritage Orchard and Civic Center. FREE admission. For more information visit saratogahistory.com.

MARCH 23

History of Villa Montalvo Hike, 10am-2:30pm. Join Bay Area Older Adults for FREE and get in on monthly events. Enjoy discounts and meet others who have similar interests. Call 408.774.0595 or visit bayareaolderadults.org.

WATSONVILLE

MARCH 13

Shamrock Run, 9am. Off-Road ramble 5/10K. Kids race 8:30am. Online registration closes on March 10. Pinto Lake County Park, 451 Green Valley Rd. Register at fleetfeetaptos.com.

MARCH 16

Mount Madonna School Campus

Tour, 9:30am. Focuses on positive character development, creative self-expression and academic excellence; preschool to 12th grade. 491 Summit Rd. RSVP at 408.846.4042, or visit mountmadonnaschool.org.

MARCH 19

Aloha Night Casino, 6:30-10:30pm. Freedom Rotary is hosting this annual Casino Night including a buffet, drinks and music. Join in on the raffle and silent auction and help raise funds for local charities. Santa Cruz County Fairgrounds, 2601 East Lake Ave. Visit freedomrotaryclub.org.

MARCH 24

Cultural Awareness Assembly, 9am. The public is invited. Exploring Diversity in Spanish speaking countries. Featuring presentations on the arts, culture, people and traditions of different cultures by Pre/K through Fifth grade students. Mount Madonna School, 491 Summit Rd. Call 408.847.2717 or visit mountmadonnaschool.org.

APRIL 4

Musical Comedy: "Miss Nelson is Missing", 9:30am and 11:30am. Teacher, Miss Nelson outwits her unruly students. Suggested for grades K-5. Henry J Mellow Center for the Performing arts, 250 East Beach St. Get tickets at brownpapertickets.com.

Got an event for our calendar?

calendar@outandaboutmagazine.com

CALENDAR

← 47 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.

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 platnumcr@aol.com.

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

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

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.

MORGAN HILL

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

SAN MARTIN

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

TUESDAYS

GILROY

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

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.

LOS GATOS

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

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

MORGAN HILL

BINGO, 5pm. CCC, Hiram Rm., 17000

Monterey Rd. Call 408.782.1284 or go to fmhsc.org.

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 or call 408.225.6617.

Game Night-Morgan Hill Math

7-8:30pm. Third Tuesdays. Fun for families, students and those who like to play games of skill and logic. Different each week. For 8yrs and older. Visit morganhillmath.org/game-night.

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 Tuesdays. Meeting and social at Hiram Morgan Hill House, 17860 Monterey Rd. Become a member for \$30 annually. Visit svqa.org.

WEDNESDAYS

GILROY

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

Line Dancing with Lu

7-10pm. Old City Hall, 7400 Monterey St. FREE lessons, donations welcome. For more information call 408.842.3454.

South County Meditation Group, 6:30-7:30pm. All meditators welcome. No

charge, donations accepted. Dry Creek Village, 8347 Church St. Call 408.842.0208 or visit bluelotuscenter.org.

HOLLISTER

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

Downtown Hollister Certified

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

Hollister MS Self-Help Group

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

Memory Impairment Group

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

MORGAN HILL

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

Dementia Caregivers Support Group

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

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

Native Daughters of the Golden West meeting, 6pm social, 6:30 meeting. Second Wednesdays. NDGW Adobe, 203 Fourth St. New members encouraged. Visit ndgw.org for details.

SAN MARTIN

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

THURSDAYS

CAMPBELL

Adjusting to Motherhood Drop-in Emotional Support Group, 1:30-3pm.

A safe place to share for moms of infants up to one year old. No one is turned away. Suggested donation \$15. Tiny Tots Baby Boutique, 138 Railway Ave. Visit downtowncampbell.com.

GILROY

Country Thursdays, 7-10:30pm. Line dancing lessons from 7-8pm followed by a local country band or DJ. The District Theater, 7430 Monterey St. Check it out on facebook or at thedistricttheater.com for country band line up.

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. For more details call 831.636.6929.



The Saratoga Blossom festival brings out the artists as they share their renditions of spring in bloom.

The Blossom Festival

Bringing back the memories of yesteryears. The Saratoga Blossom Festival is reminiscent of the original festival from the 1900's when the community came out to celebrate the end of the drought. On March 19th from 10am-4pm you can enjoy antiques cars, vintage motors and farm vehicles along with artists, children's activities, live music and Apricot tastings. The festival is held at the Saratoga Heritage Orchard and Civic Center on Saratoga and Fruitvale Avenue. For more information visit saratogahistory.com.

LOS GATOS

South Bay Folks Acoustic Open

Mike, 6:45pm. Open to all acoustic musicians, singers and songwriters. Los Gatos Lodge, 50 Los Gatos-Saratoga Blvd. Visit southbayfolks.org.

MORGAN HILL

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

SAN MARTIN

Pacheco Pass 4-H monthly meeting, 7-8pm. Youth learn leadership, citizenship

and life skills. Join the monthly meeting. Email pachecopass101@gmail.com or call 408.509.4199.

FRIDAYS

HOLLISTER

Paul's Paint Party, 7-9pm, First Fridays. No experience required. Bring a friend and share an evening of laughter and art. Fee of \$45 includes dessert, wine and materials needed to complete an original painting. Visit sanbenitoarts.org.

Downtown Campbell First Fridays, 6-9pm. FREE entertainment from one

end of East Campbell Avenue to the other, lots of great shopping and great food. Go to downtowncampbell.org.

LOS GATOS

10th Avenue Band, 7-9pm. Fourth Friday. Admission \$5. Prizes, beverages and light snacks available. LGS Recreation Center, 208 East Main St. For more information call 408.354.1514.

MORGAN HILL

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

→ 50



Participants of the Wildflower Run get into the spirit of the day in Morgan Hill

Running Wild

A great run for your money. The annual AAUW Wildflower Run has been providing funds to support education for women and girls for 33 years. This is an ever growing, ever changing event where there is something for everyone including this year's new Senior 2K Run/Walk. On April 3, runners will check in at Live Oak High School in Morgan Hill at 7:30am. Special Family and group rates are available and a reduction in fees if registered by March 24. Register at wildflowerrun.org.

← 49 SAN JUAN BAUTISTA

Pedro Party, 6:30pm. Second Fridays. Includes prizes and light snacks. Open to all. Admission \$5. NDGW Adobe, 203 Fourth St.

SAN MARTIN

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

SATURDAYS

GILROY

Essential Tremor and Dystonia Support Group, 10am-Noon. Every other month FREE. Next meeting in March. St. Louis Regional Hospital boardroom, 9400 No Name Uno. Contact at 408.847.8649, dets@gmail.com or detsv.org.

Garlicky Gilroy Poets open poetry meeting, 3:30- 5pm. Second Saturday. Bring your own writings or bring one

of your favorite authors. Gilroy Library, 350 West Sixth St. Call 408.842.8207.

Book Sale, 10am-1pm. Find great deals every month at the Gilroy Library, 350 West Sixth St. Visit scll.org.

HOLLISTER

Hazardous Waste Collection. Third Saturday through March 19th. FREE for residents of San Juan Bautista, Hollister and unincorporated areas of San Benito County. Limited to

household waste only, proof of residency required. John Smith Road Landfill, 2650 John Smith Rd. For more information call Integrated Waste management at 831.636.4170.

LOS GATOS

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

MORGAN HILL

Mind and Meditation, 3-4pm. Four workshops March 19 thru April 9. Teaching practical yoga, breathing and meditation. \$40 for members, \$50 for non-members. Community and Cultural Center, 17000 Monterey Rd. Call Balaji, 408.359.7996.

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.

FREE "Living Trust" Seminars

Plus Medi-Cal Planning & Eligibility



Taking care of your needs and your loved ones

Seminars will cover important topics such as:

- Advance Directives
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SAN JOSE
March 22, 2016
TUESDAY
4:30-6:00pm

"The American Legion Hall"
Willow Glen Post 318
1504 Minnesota Ave., San Jose

SAN JOSE
March 23, 2016
WEDNESDAY
11:30am-1:00pm

"The American Legion Hall"
Willow Glen Post 318
1504 Minnesota Ave., San Jose

SAN JOSE
March 24, 2016
THURSDAY
1:00-2:30pm

"The American Legion Hall"
Willow Glen Post 318
1504 Minnesota Ave., San Jose

Seating is Limited. Call to Register today: (800) JIM-WARD • (800) 546-9273 or online www.wardesq.com



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The **ONLY** estate planning attorney in the South Valley area with a postgraduate law degree in estate planning.

NATIONAL DOCTORS DAY

March 30, 2016

We are honored to pay tribute to our valued physicians. We are proud of their commitment to provide quality, compassionate health care to the residents of our community.

Kaveh Akhbari, DPM - Podiatry
Damon Alavekios, MD - Orthopedics
Zarin Amin, DO - OB/GYN
Mohammad Al-Hasan, MD - Internal Medicine/ED
Aytac Apaydin, MD - Urology
Ralph Armstrong, DO - OB/GYN
Annamalai Ashokan, MD - Pain Management
Aslam Barra, MD - OB/GYN
Danica Barron, MD - Emergency Medicine
Rebeka Barth, MD - Emergency Medicine
Paul Berman, MD - Orthopedics
Luke Bi, MD - Gastroenterology
Lawrence Birndorf, MD - Ophthalmology
Martin Bress, MD - Internal Medicine/Cardiology
Lynne Bui MD - Oncology
Lawrence Burchett, MD - Emergency Medicine
David Carl, MD - Pathology
Benedict Carota, MD - Family Practice
Raymond Carrillo, MD - Nephrology
Peter Coelho, MD - Family Practice
John Crowder, MD - Ophthalmology
Bruce Deas, MD - Emergency Medicine
Eric Del Piero, MD - Ophthalmology
Russell Dedini, MD - Orthopedics
Michael Dicus, MD - Nephrology
Ly Do, MD - Radiation Oncology
Morteza Dowlatshahi, MD - Radiation Oncology
Moshe Engel, MD - Emergency Medicine
Robert Evans, MD - Emergency Medicine
Joseph Ezer, MD - Pulmonology
Jack Fisher, DPM - Podiatry

Roberto Flores, MD - Anesthesiology
Michael Frommlet, MD - Emergency Medicine
Dennis Phan, MD - Nephrology
Peter Gerbino, MD - Orthopedics
Jared Gerstein, MD - Emergency Medicine
Sunao Gilbert, MD - Emergency Medicine
Narinder Gill, MD - Pulmonology
Jerry Ginsburg, MD - Cardiology
M. Claudette Grageda, MD - Family Practice
G. Allen Gustafson, MD - Orthopedics
Kevin Herrick, MD - Family Practice
Ariel Hurtado, MD - Anesthesiology/Pain Mgmt.
Joel Jacobson, MD - ENT/Otolaryngology
Vivek Jain, MD - Neurology
David Jensen, MD - Pathology
Kenneth Jiang, MD - Internal Medicine
Heajin Kamalani, MD - OB/GYN
Carl Kirsch, MD - Sleep Medicine
Joseph Klapper, MD - Cardiology
Michael Koteles, MD - Endocrinology
Jordan Kramer, MD - Emergency Medicine
Gopal Krishna, MD - Nephrology
Felicidad Lao-Domingo, MD - Allergy
Jesus Leon, MD - Radiology
Theresa Longo, MD - Pediatrics
Steven Maron, MD - Emergency Medicine
Enis Martinez, MD - General Surgery
Amit Mathur, MD - Anesthesiology
Roderick McBride, DDS - Oral/Maxillofacial Surgery
Arezou Minooee, MD - Internal Medicine
Ghulam Moheyuddin, MD - General Surgery
Thomas Mustoe, MD - Cardiology
Hue Nguyen-Ngo, DO - Pediatrics
Carmen Partida, MD - Emergency Medicine

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Courtney Ray, MD - Ophthalmology
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Barbara Rever, MD - Nephrology
Neil Richman, MD - Orthopedics
Robert Rocco, MD - Family Practice/Adults
James Roefs, MD - Anesthesiology
Geno Romano, MD - Emergency Medicine
Joseph Rondina, M.D. - General Surgery
Jessie Salazar, MD - Emergency Medicine
Diane Sanders, MD - Pathology
Edwin Savay, MD - Emergency Medicine
Stephen Scherr, MD - Emergency Medicine
Parveen Sharma, MD - Ophthalmology
Anubhav Sinha, MD - Anesthesiology
Jiwu Sun, MD - Internal Medicine
Lorilee Sutter, MD - Rheumatology
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Barry Tuch, MD - Orthopedics
Meenu Vaid, MD - Infectious Disease
Steven Vetter, MD - ENT/Otolaryngology
Aileen Wang, MD - Endocrinology
Daniel Wang, MD - Family Practice/ED
Mark Wills, MD - Emergency Medicine
Joerg Wittenberg, MD, DDS - Oral/Maxillofacial Surgery
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