

# SEARCH



**MAGAZINE**

**WINTER 2023**

**#INDULGENCE**



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# Letter from the Editor

## #Indulgence

We could all use a little indulgence. Budgeting, thrifting, and self-control have their place, but a splurge now and again makes the world a happier place. My definition of indulgence has changed over the years. As a college student, eating off-campus was indulgent. When I had kids, indulgence became quiet time with a book. Now that my kids are older, indulgence is about doing something that interests me, even if it doesn't interest anyone else. I took a trial sailing course for one morning, and it was both free and incredibly indulgent. I've also taken up Trivia Night at a local restaurant. Setting aside a night to see my friends and answer silly questions is a true indulgence.

Our contributors also have a variety of answers to the question of what shape indulgence takes. For example, someone may dream about taking a family vacation to Disneyland, while another traveler celebrates the wild freedom of staying in a tipi in Lone Pine, California. Learn how to pamper yourself at home, or escape on a tour through San Jose Wine Country.

Ultimately, what matters is that you realize you're worthy of a moment of joy. Take it. #Indulge.

**Heather Roulo / Editorial Director**

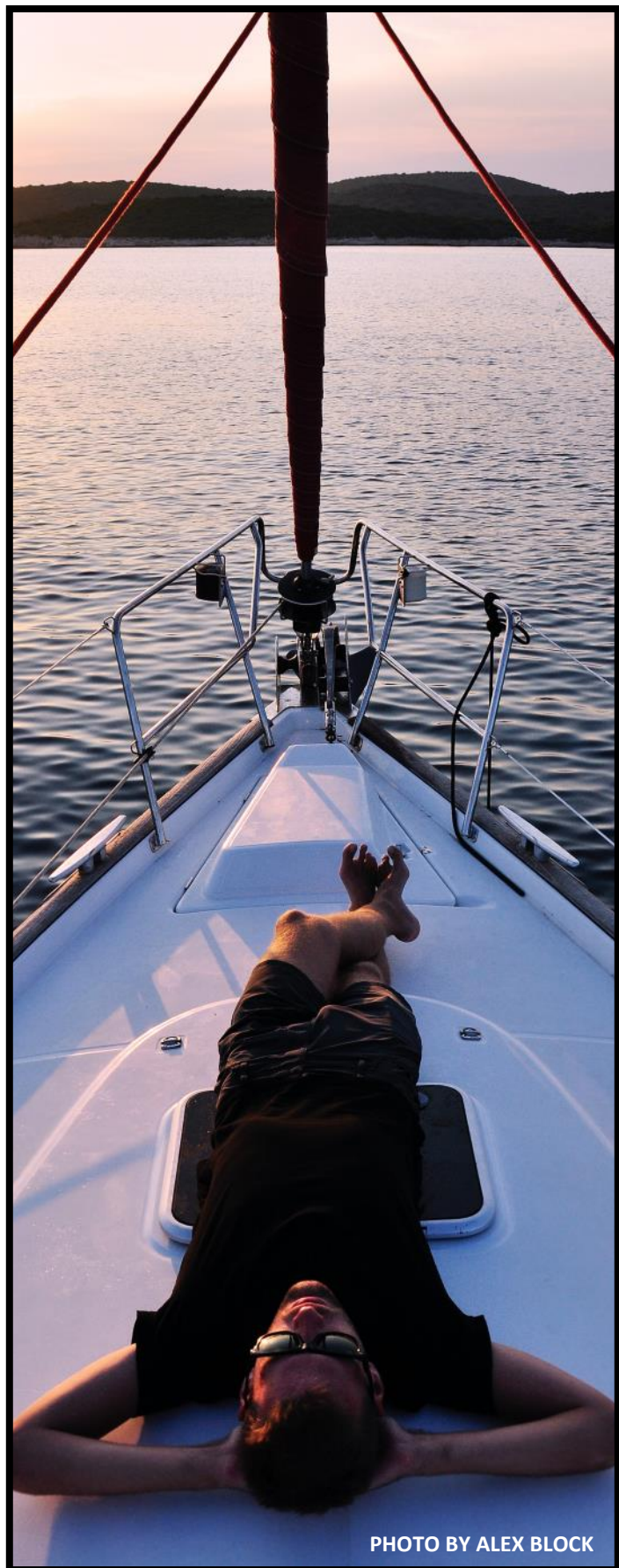
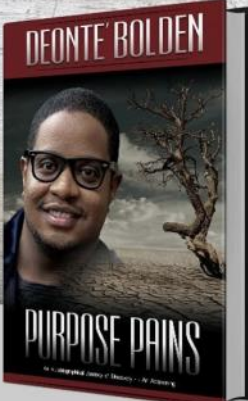



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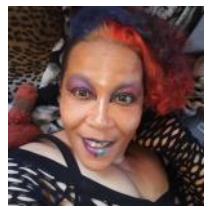
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Kay currently resides in Iceland with her "new" family. She enjoys the opportunity to travel and see new things and places (and interesting foods!) She does get back to the states for 'summer vacations' to enjoy the heat!

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## KRISTIN BATTESTELLA



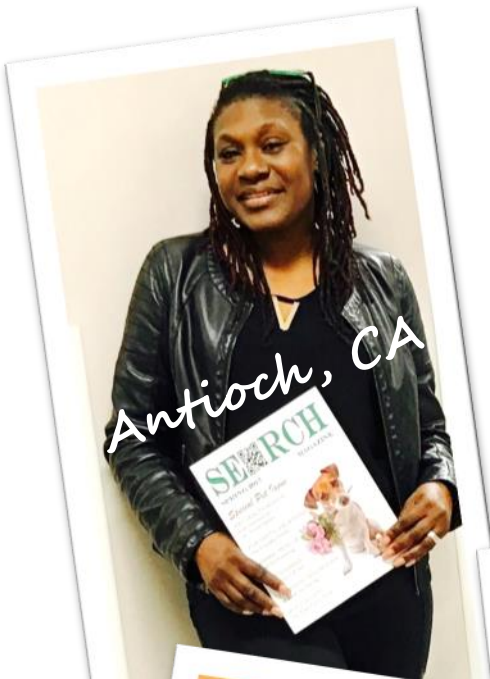
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South Bay Wine Country

*Explore San Jose-Area Vineyards*

PHOTO BY DOUGLAS LOPEZ

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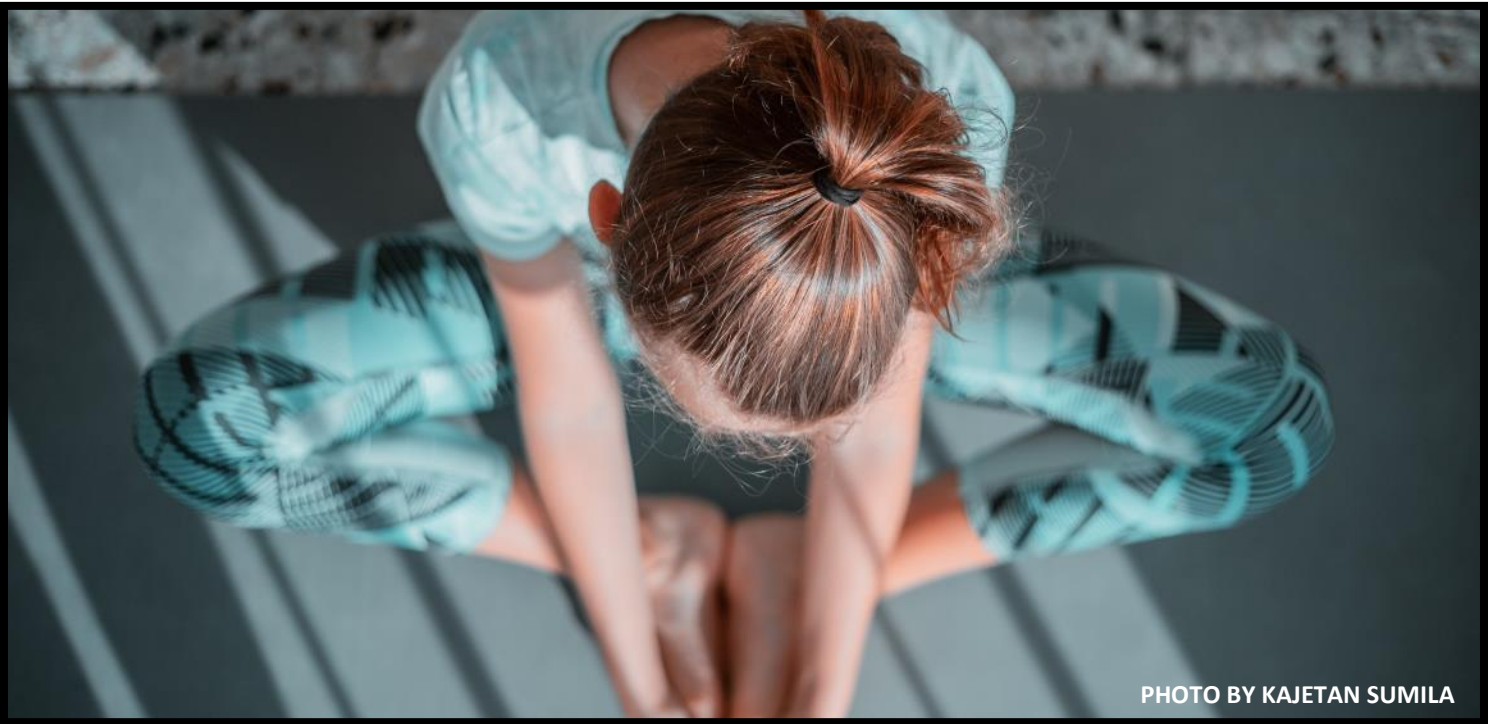


PHOTO BY KAJETAN SUMILA

The concept of hot yoga may not be for everyone, but it's worth considering if you have the time, money, and health to participate. Most of the exercises I do on a regular basis are free or cost very little. Walking my dog or using my stationary bicycle are my go-to exercises. However, I joined a friend for a month of hot yoga and discovered the indulgent benefits.

For me, a class is a treat. I enjoy the virtue of knowing I have a set workout planned. I also know that I'm much more likely to carry through if I have a friend expecting me. The hard part is signing up. After that, I just have to show up with my athletic gear, a water bottle, and a towel. Easy, right?

Of course, the workout is a whole other proposition. It helps if you are already familiar with yoga before adding in the challenges that come with being in a heated room. Bikram yoga is a specific type of hot yoga where the space is set at forty percent humidity and 105 degrees. However, there are other variations of hot yoga where the temperature of the room is left

up to the instructor. In any case, the heat should ideally be adding to the benefits of your yoga. It allows for deeper stretches and flexes, and studies have shown that participants who exercise in the heat burn more calories. Hot yoga increases the blood flow and the heart rate, much like a brisk walk.

Keep in mind that there is an adjustment period. The instructor assured me that it was natural to listen to my body and take a break if I needed to. In my first hot yoga session, I drank a lot of water and, when a pose went too long and I felt lightheaded, I simply laid down on my yoga towel and waited. Laying in the hot room, sweating, while soft music played, felt good. I rejoined the class poses, and when we exited, I definitely felt more relaxed. In later classes, I did not have to take breaks.

I found that stretches were deeper, and even balancing moves were more of a workout in hot yoga. Perhaps my brain is wired to believe that sweating means I'm working hard? Leaving, I felt accomplished and, I'll admit, relieved by the cool air. I liked the way I felt both in body and mind.

Just like yoga doesn't fit everyone, hot yoga can be a challenge both mentally and physically. However, if the thought of relaxing in the heat and indulging in physical activity intrigues you, find a local hot yoga studio and see if they offer trial or one-off classes. After I did my trial class, I was offered a one-month drop-in for any class. What a great opportunity! ■



# PLAGUE MASTER SANCTUARY DOME

When Samantha's brother goes missing, the trail leads to Julius Cerberon, the rich philanthropist who built a dome for the sufferers of mankind's newest disease. Can she really accuse the universe's greatest humanitarian of murder? Meanwhile, on a downtrodden planet, Trevor has the unenviable job of zombie bait. He saves his dream girl, but she is infected. He escapes to the domed utopia where the infected are quarantined until they change. Then the dome breaks and a planet's worth of zombies invade. And his girl could change any minute now.

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PHOTO BY SHASHI CHATURVEDULA

With our hectic schedules, instant lives, and increasingly empty wallets, the notion of pampering the likes of massages or spa treatments is most often perceived as a luxury we cannot afford. That is, if we take the time to think of a little indulgent self-care at all. Fortunately, taking precious moments of pleasure for oneself is not just for the elite. Here are a few inexpensive yet invaluable ways to make yourself feel worthy at home.

**Have a cup of tea.** The second most popular beverage in the world has perhaps understandably never quite caught on in America. However, the benefits of replacing our coffee bound, rush-rush lifestyle with sitting down to steep like the ancient tea leaf itself are innumerable. Inhale the steam of a relaxing chamomile nightcap or restart your workday with a bold, invigorating chai. One may find calming comfort and fond memories in grandma’s earl grey, but affordable variety tea samplers can provide flavored, herbal, and green teas for a rich experience in every cup. Be it warmth that shakes off the frigid morning or refresh-

ing iced tea on a hot day, it’s okay to take the time to do nothing but sip and contemplate. Inspire your palate and reward your peace of mind with a little calorie-free unwind.

**Every home has a spa.** Yes indeed, your bathroom can be a space of tranquility! Parents may balk at the chance to lock the door for a steamy soak, but it’s worth planning the private time with candles, incense, and bubble bath. Hanging herbs such as lavender make for a calming fragrance while plants provide refreshed air. If you don’t need a brightly lit mirror, swap to lower watt light bulbs for the perfect ambiance. After a tough day on the job—or in the home office with the ever encroaching line between work and family—you deserve pampering! Today’s devices can disappear with soothing ambient sounds. Have that beverage of choice and break those no-food-in-the-bathroom taboos with some much needed chocolate. Rather than the morning hectic clean routine, give your tired muscles the chance to recuperate. Continue the spa mood with your favorite lotions, powders, and perfumes. Yes, you *can* spend the few extra dollars to moisturize and make your skin feel good!

**Plant a Garden.** Making a patch of grass your own edible or zen space can be a labor, granted. Fortunately, such exercise reaps nutritious and prosperous rewards for mind and body. Rather than stressful paycheck-to-paycheck sustenance or instant appetites, growing a garden takes patience from seed to stom-

ach—but the wait makes the fruits of your efforts all the more enjoyable. If produce isn't really your thing, dedicate an outdoor niche for yourself with a cozy chair under the patio umbrella and that aforementioned iced tea. Plant flowers or sweet smelling blooms and take a deep breath. Bringing the laptop outside and working outdoors when possible can be its own therapy. However, the stillness of *not* multitasking provides witness to the peaceful benefits our precious planet has to offer. Certainly not everyone has access to a yard, but herbs on the window sill at home or hearty potted plants at the office bring a moment of sunshine, flavor, and life to our daily monotony. Get away from the desk and create a new routine around watering your greenery.

**Create therapeutic art.** Who we are creatively as an individual and how we express ourselves through art seems directly under threat in these days of rampant technology and on the brink AI. Take back an early morning rise or a night owl hour to paint or draw. Return to a hobby that reflects who you are such as unique jewelry-making or model kits that display your interests. Think back to holiday crafting you did as a child and customize the seasons with new one-of-a-kind memories. Break out the crayons for those popular therapeutic adult coloring designs. Instead of smartphone always at the ready pressures and connectivity, embrace the journey to accomplishment with small project goals. Complete a piece of art for no other reason than you wanted to make something pretty

and did it. There is value in your chosen form of expression even if our nine-to-five entrapment tries to tell you otherwise. Recently, I sewed myself several nightgowns in advance of a medical procedure. A practice-run gown made out of sheets for days I felt bad and a slinky black satin gown to make me feel good. The project gave me a calm, tangible focus, one stitch at a time.

Taking time to concentrate on yourself should not make one feel guilty or indulgent. Moments of simple pleasure do not have to be a grandiose expense, either, for peaceful opportunities are in fact waiting at your finger tips. Look for a time of day or sunny spot at home to relax, recharge, and reinvigorate. Say yes to me time! ■



# INDIGO-

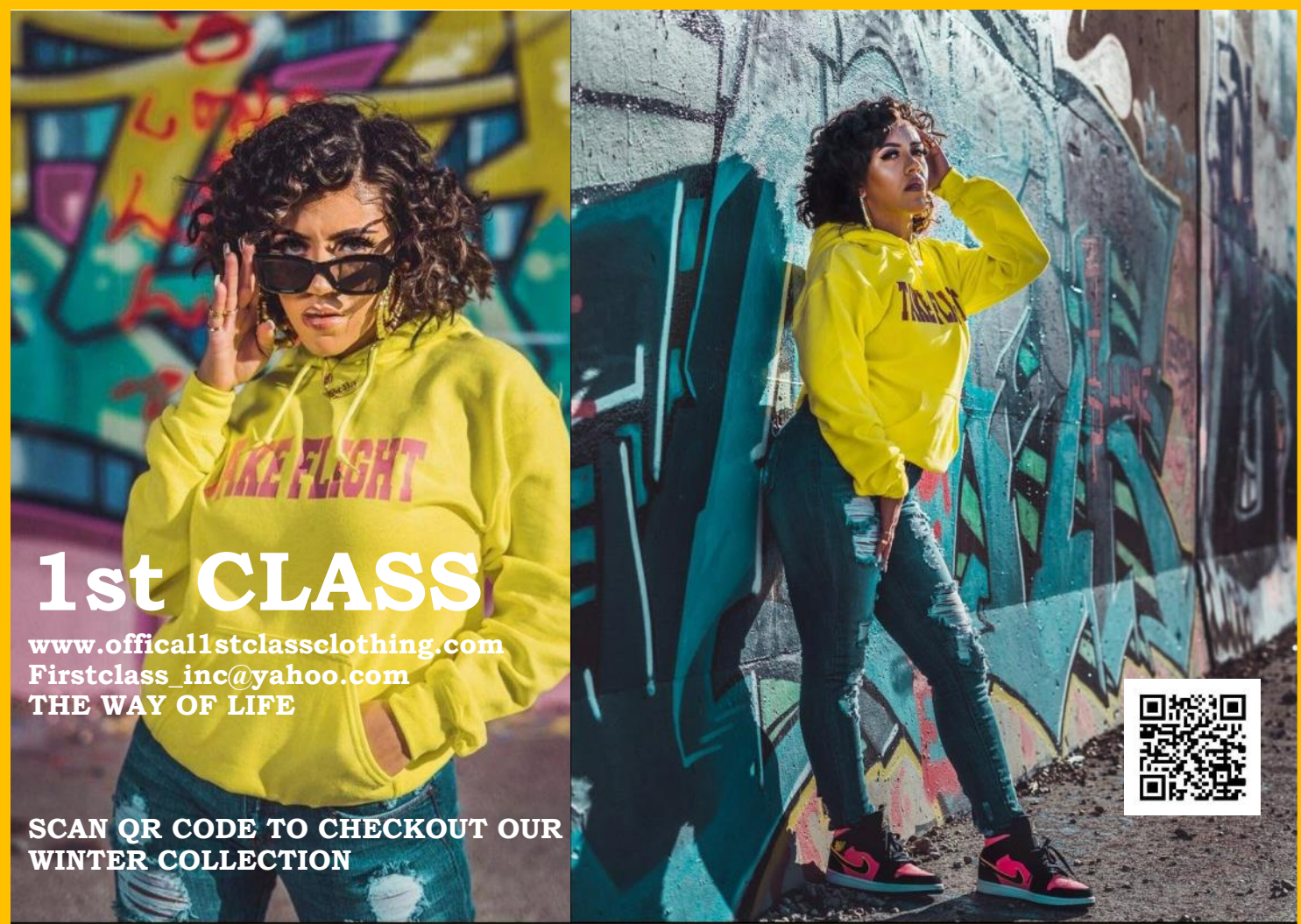


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I recently sat down with a city transit bus driver with over sixteen years experience ferrying people around a city of 1.2 million people. He said that if we really want to get to Whine Country, to take the bus, because day in and day out there's more than enough whine to go around. Here's a selection of true whines from over the years.

“You’re too early.” He wasn’t.

“You’re late.” He was. He had to use his once-an-hour bathroom break.

“The bus is too hot,” or “The bus is too cold,” from the same person.

“You stopped me to look at my bus pass.” Because it was a forgery.

“You made me pay to ride the bus.” Because the pass you tried to use was a... *forgery*. Cash or jail, Junior. Choose.

“You’re making me give my seat to a mom with a stroller, senior with a walker, or pregnant woman.” You’re sixteen, fit and able, now get your butt out of the seat, Sparky. Or walk.

“You cracked a joke and I’m not in the mood for jokes.” You don’t say!

“You won’t let me swear and say offensive, sexually denigrating comments about women.” Because

there are offended people on the bus. There aren’t any on the sidewalk, so out you go, Trash Mouth.

“You won’t let me bring my empty-but-used gas can on the bus. My car ran out of gas.” That’s a shame, but the eye-burning fumes from your gas can have caused me to run out of patience. Call an Uber.

“You stopped two feet further than where I was standing.” You were standing next to a pole and I would have hit it if I’d pulled up in front of you. “Next time, hit the pole.”

“You tried to make me put the brakes on my daughter’s stroller.” Of course, I did, Mr. Universe. I know you’re strong like a bull and smart like a dump truck, but I’m more worried about your daughter’s safety than your fragile ego.

“You won’t let me finish the smoke I lit just as you drove up.” It’s rush hour. Choose the smoke or the ride. Now! Oops. Wrong choice.

“You won’t let me put my muddy boots up on the seat under the sign with the symbol for *Keep Your Damned Muddy Boots Off the Seat*.” No comment. I can’t fix stupid.

“Your clock is two minutes off.” No, it’s set to the atomic clock in Colorado. Thanks for coming out, Einstein.

“Next time you make a promise to stop between stops, do it. Now, watch while I pour dish soap on your dashboard and your arm.” I didn’t promise that. You’re crazy. Get out.

“You won’t let me out in the middle of an intersection in traffic.” That’s the other driver who does that. You took the wrong bus.

“You grabbed me and stopped me from throwing myself in front of the train.” Sorry about that. Today is not a good day to die.

“You won’t let me drink beer, vape, smoke, toke, or do crack on your bus.” You’re on the wrong bus. The *next* one is the booze-dope-vape-crack-tobacco bus, so you’re getting out here and waiting for it. Have a nice day. Thank you for abusing Public Transit. ■

**UNDECIDED**  
BY EMMY Z. MADRIGAL

Will Cynthia make the right decision?

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**Name:** Heather Roulo

**Location:** Seattle, WA

**Tell us a little about yourself:** I am the Editorial Director for *SEARCH Magazine* who occasionally also writes science, technology, or fitness articles. I enjoy working for *SEARCH Magazine* because it lets me connect with other writers. I also love exploring each issue's themes. The world is such an interesting place and there are so many voices that can give us perspectives on topics.

### What are you up to?

I'm enjoying playing bar trivia, ramping up my exercise routine, and trying to balance parenthood while shepherding my mother's move to my city. Sometimes I feel like I get lost in the mix. I'd appreciate it if the world would stop throwing things at people. We're all just too stressed these days. It was definitely time for the #Indulgence theme.

### What are your interests, and what's next for you?

With the end of COVID lockdowns, I started going to concerts. They were less expensive and not crowded. This year, it's been using bar trivia as a stress reliever, and somehow my team made it to the finals. I'm finally starting to think about travel—well, I always think about travel but I don't always act on it—but next year I hope to plan a trip to Iceland.

### What else do you write?

I'm best known for my podcast novel, *Fractured Horizon*, which came out all the way back in 2009. Serial audio novels seem common these days but were groundbreaking at the time, and it was a Parsec Finalist. Now, I'm two books into my zombie/sci-fi *Plague Master* trilogy. Life would be dull if I only wrote serious articles, so it's nice to have some fun. The real-world (non-zombie) plague slowed down the last book in the series, though.

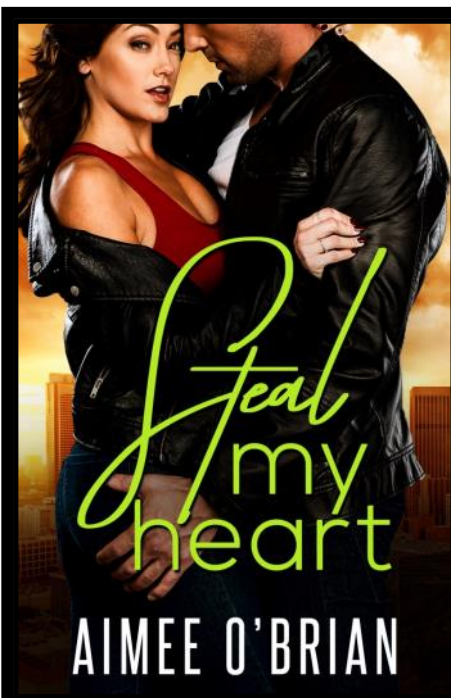


### What are you dreaming about these days?

I want to see the monarch butterflies clustered in their winter hibernation groves. I saw pictures in National Geographic when I was young, and visiting has been on my list ever since. During COVID, the monarchs' numbers increased, so it's an excellent time to see a natural phenomenon that may not last forever.

### Where can readers learn more?:

Facebook is your best bet, though I don't post often: [facebook.com/heroulo](https://www.facebook.com/heroulo) or [heatherroulo.com](https://www.heatherroulo.com) ■



*When a fantasy turns into a cold reality...*

Lexanne Harris had a plan down to the last sexy detail. Never did she think her attempt to spice up her love life with her boyfriend would involve her in a burglary with a sexier-than-sin thief whose emerald eyes and serious between-the-sheets skills are impossible to forget. As a police detective, she is expected to stand on the side of the law and fight for justice. But what happens when the lines of justice blur and what's wrong becomes way too tempting?

The situation might be challenging, but Lexanne is determined to get assigned to the case, recover the jewels, and catch the culprit.

*What will she do with her sexy cat burglar when she catches him?*





If you've felt as if the musical concert machine is just now really starting to begin ramping up again, you'd be right. Many musicians have returned to the stage and some of the concerts have been epic. Taylor Swift fans inspired seismic activity at one show.

Venues have gotten the all clear and 2024 is expected to be a fantastic year no matter what kind of music you love. Add in the Summer Olympics and the entertainment surrounding Europe and the opportunities are unforgettable. Take a look.

## JAZZ

Let's kick off our showcase with a Grammy winner. She's known for reaching across genres and creating heart stopping duets with other musical celebrities. In her own right, Catherine Russell has a voice unlike any other. I first discovered Catherine while streaming an NPR Tiny Desk concert. If you love jazz, get tickets to one of her shows early. Her tour page is: [catherinerussell.net](http://catherinerussell.net). Please note: Ms. Russell is giving a rare performance at the iconic Caffè Lena in New York. Tickets are limited (but worth the splurge in my

*opinion*). If you can't make it to New York, this particular concert is also being streamed for a lesser fee.

## RAP

I admit, the last time I saw a performance in real time of the Black Eyed Peas was the Super Bowl. The good news is that they are finishing a world tour in 2024. It gets even better. They're doing their finale in France. France is gearing up for the Summer Olympics and the Black Eyed Peas will be part of the preparation fever. Their final show is listed toward the end of April but there is a rumor that a May or June show might be added just in time to kick off the Olympics in July. If you can't make the Olympics, the Black Eyed Peas world tour finale might be the next best thing. Keep in mind, this will be a splurge. Prices are already going up in France and BnB's are being booked months in advance.

## CLASSICAL

The Detroit Symphony Orchestra has been selling out of its Candlelight Concert Series with general seating. If you want to really indulge, the DSO offers a second option. Patrons can book a private concert at the amazing Guardian Building while being surrounded by thousands of flameless candles. The minimum seating for a private concert is forty people. Gather your friends, family and neighbors, put on something glamorous and choose your theme. There are several concert music themes to choose from. Everything from Beyonce covers to Vivaldi. Visit [fever.com](http://fever.com) to book your exclusive evening.

If a small, intimate night of classical music isn't your thing, maybe you miss some of the big performances. Singer and classical musician Andrea Bocelli returns to the United States to perform in November of 2024. It hasn't been listed on his tour yet, but in recent years, he has been traveling and singing in concert with his equally talented children Virginia Bocelli and Matteo Bocelli.

## ROCK

Coldplay is the number one ranking band for touring performances according to [concertful.com](http://concertful.com). If you're a fan like me, you've been waiting a while for the band to come to your city. Sadly, it looks like I will be waiting a bit longer but die hard fans do have options if they want to splurge. Coldplay will be playing two concerts in August of 2024 in Dublin, Ireland.

Metallica, Five Finger Death Punch, and Pantera will be coming together to play a night to be remem-



bered in Seattle, Washington at Lumen Field on August 30, 2024. While many rock fans have complained that Metallica and Pantera have not received the awards and recognition that they should considering their iconic footing in heavy metal rock, Five Finger Death Punch has won several Indie Rock awards. If metal is your thing, this is a trifecta of head banging not to be missed.

### COUNTRY

Tim McGraw will play in Phoenix, Arizona on June 27 with Carly Pearce, wrapping up a tour of the southern and mid-United States. If you missed your chance to see one of his shows, Phoenix is great opportunity to catch the finale. Carly Pearce is a four time Academy of Country Music winner. You may know her best from her following and presence on streaming services like Sirius Radio.

Garth Brooks has taken up residency in Las Vegas and will have several months worth of shows in 2024 at Caesars Palace starting in April. If your travel plans include Sin City, a Garth Brooks show should be on your itinerary.

### PUNK

A music splurge wouldn't be complete without suggesting a punk rock concert in London. The Buzzcocks will be playing the Koko Camden venue in March. I mention this because London is really the birthplace of punk and it still has a big following. This is a splurge that's as much for the experience of the crowd and atmosphere as it is for the music. ■



PHOTO BY NICOLA GYPSICOLA

FROM THE ARCHIVES OF THE DEAN MARTIN ASSOCIATION

**FOR THE GOOD TIMES**

THE DEAN MARTIN COMPENDIUM

COMPILED AND EDITED BY  
ELLIOT THORPE

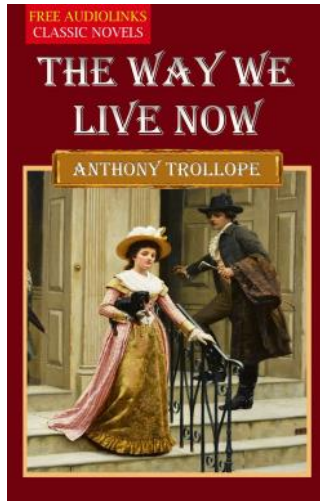
During its first 50 years, **THE DEAN MARTIN ASSOCIATION** published a phenomenal 415 issues of its regular journal, containing news, articles, features, opinions, reviews and more, all about Dean Martin, his career, his peers, his admirers and his life.

Here, collected together in one volume, is a selection of the DMA's output from 1960 onwards, re-edited and updated. With exclusive brand new material and illustrated throughout, it includes: Contemporary reviews of Dino's live shows by those who were there; interviews with entertainers and artistes; rare press articles and product advertisements; retrospectives of Dino's music, films and TV work; essays, both new and old, about Dino and his legacy; contemporary news bulletins; DMA members' memories of Dino - and more!



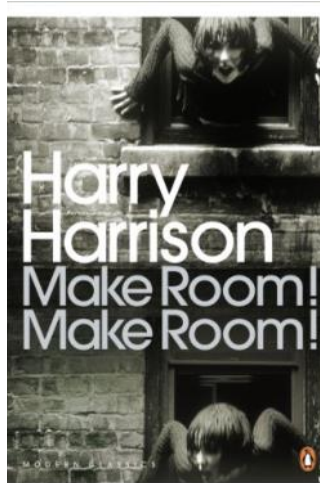
***The Way We Live Now***  
by Anthony Trollope

One of the last great Victorian novels, Trollope’s biting satire on capitalist greed is shockingly poignant nearly 150 years later. Written in reaction to the European and North American economic depression of 1873, Trollope weaves together deceit, lies, greed, and wealth into a gruelling tale with a cavalcade of boo-hiss characters and fundamentally flawed hero figures. At a whopping 232,000+ word count, Trollope’s is grippingly laced with prose that jumps off the page.



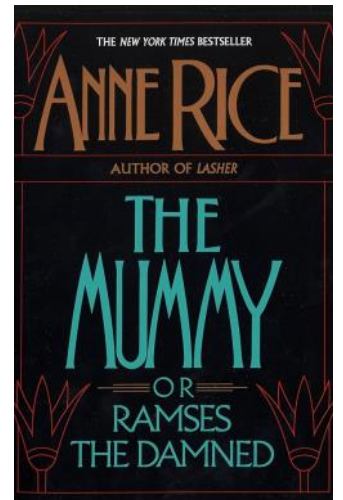
***Make Room! Make Room!***  
by Harry Harrison

I’m a sucker for apocalyptic stories, finding them chilling and unnerving because it seems the world is always on the cusp of disaster. Harry Harrison—my favorite sci-fi author next to Arthur C. Clarke—wrote this cautionary tale of world consumption seven decades ago and we seem to be heading to his future world. Excruciating heatwaves, mass food shortages, record unemployment, and deadly crime waves are the backdrop to this sobering tale of bleeding the world dry. Harrison’s wit and acerbic view of the world makes this book hugely enjoyable, when the subject matter is becoming all too close to our own reality.



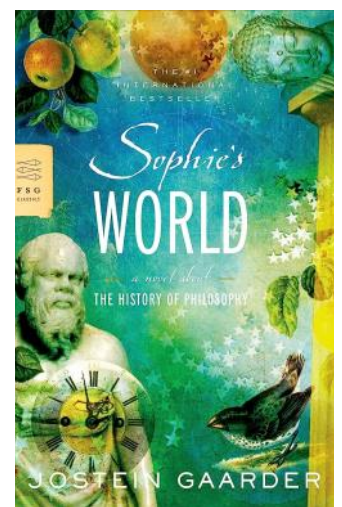
***The Mummy, or Ramses the Damned***  
by Anne Rice

Some good old fashioned gothic horror now, with the mistress of the genre, Anne Rice. While her vampire stories are more well-known, in this book, she delves into the mysterious and lush world of ancient Egyptian mummies stalking through gloomy Edwardian London. With the power of the Gods and the voluptuous prose only Ms. Rice could deliver at his disposal, the undead pharaoh Rameses chews the scenery as he pines for his long-dead Cleopatra, murdering and seducing anyone less than he who crosses his path. Sheer delight!



***Sophie’s World***  
by Jostein Gaarder

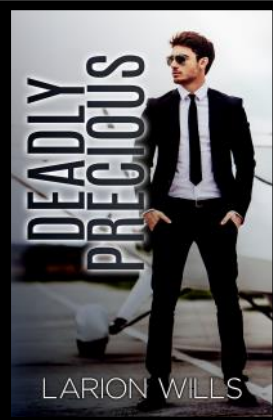
A complete change of pace and style for Gaarder’s philosophical mystery. This is quite a tricky book to summarise in a few lines without resorting to blurring out the plot, as complex and delightful as it is. Suffice to say, if you’re interested in Western philosophy, you can’t go wrong with *Sophie’s World*. An antagonist with the power to alter reality, blurring it with fiction as a means to gain power over his offspring isn’t exactly a straightforward read. But persevere and the reward of having consumed a book that entertainingly and wistfully analyzes life and all its faults you will find.



## Bisection

by Kenton Hall

An autobiography about living with bipolar disorder doesn't immediately jump out as being something that would make you belly-laugh out loud, but Hall's approach to his own mental health does exactly that. Hall is a Canadian-born actor-writer-director based in the UK. His natural charm and witty prose leap out to the reader, bringing tears and laughter in equal measure. Hall recognizes his subject matter can be hard to swallow for those remote from it, and demonstrates it's equally hard for those living with it and around it. This book is beautifully written and deserves far more exposure. ■



Drew's plan was to pay her expenses after the attack, walk away, and forget it. In no way could she know about his millions.

Or did she?  
Was revenge her plan, not forgiveness?

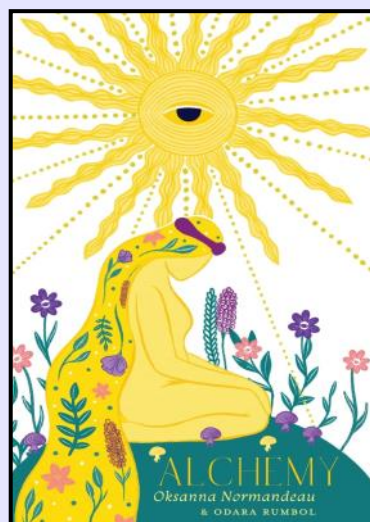


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"Northanger is a delightful story based on Jane Austen's classic, *Northanger Abbey*, that will appeal to both Austen fans and lovers of the gothic novel."

~ Kara Louise,  
author of  
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## Alchemy by Oksanna Normandeu

A story of realization, heartache, understanding, acceptance, and resilience. A collective of commentary poems on the corruption of various worldly issues. The illustrations highlight the impacts made on the human psyche captured through a psychedelic lens in hopes of deciphering the truth within a broken foundation.

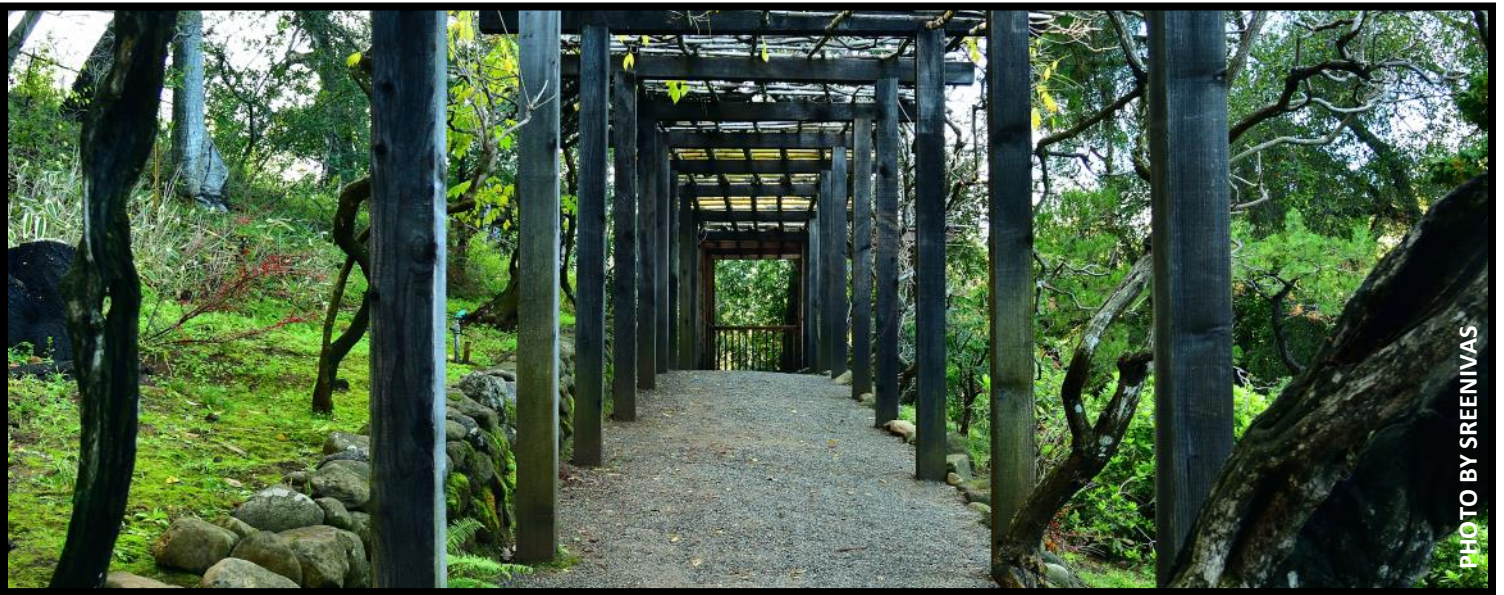
Illustrated by Odara Rumbol.

[oncpoetry.com](http://oncpoetry.com)

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## *San Jose, Santa Clara, Saratoga, and Portola*



When people think of California Wine Country, many think of the famous wineries, wine trains, and tours in areas north of San Pablo Bay, such as Sonoma and Napa. Did you know there is an equally thriving South Bay wine country in cities like Santa Clara, San Jose, Saratoga, and Portola Valley?

The South Bay also plays home to a number of local art and wine festivals like Santa Clara Art & Wine Festival, Mountain View Art & Wine Festival, and Los Gatos Art & Wine Festival, to name just a few.

The first commercial winery in California started in San Jose. Almaden Vineyards was established in Almaden Valley in the early years of the California Gold Rush. In 1852, founder Etienne Théé started the vineyard with wines from his native France and named it after the nearby Almaden Quicksilver Mine. You can still visit Casa Grande and the New Almaden Quicksilver Mining Museum in Almaden Quicksilver County Park in Santa Clara Park to see how the quicksilver (an old name for mercury) miners lived. The winery itself has relocated to San Joaquin Valley, but its original location, Old Almadén Vineyards, has been declared a historical landmark.

Wineries and the Gold Rush are closely associated in Californian history. As the gold rush blossomed, so did the vineyards. Drinking was so popular in early

California history that the original State Capitol had to be moved out of Vallejo to Benicia because there were so many drunken brawls. The thirsty miners were a grand source of revenue for the vineyards. By 1860, there were over a hundred wineries in the state, the vast majority in close proximity to its gold-mining towns. There were over seven hundred California wineries by the time Prohibition was enacted into law sixty years later, in 1920.

Most California wineries were put out of business during Prohibition, but an enterprising few managed to survive, or even thrive. Bargetto Winery in the Santa Cruz Mountains, known for its pinot noir (a red grape wine predominant in Burgundy), officially started business on December 5, 1933, on the very day of Prohibition's end. The brothers were immigrants from Castelnuovo Don Bosco—a small town in the Piedmont region of northern Italy—who established their vineyards on the banks of Soquel Creek in Santa Cruz County after their original family wineries in San Francisco closed in 1917.

However, John and Philip Bargetto were in business far before the end of Prohibition, using a loophole that allowed them to produce a certain number of barrels of wine per year for their two families. When they were caught with twenty-two barrels of wine in 1928, they apparently used the ten days it took law enforcement to retrieve the barrels to replace most of their contents with water. John's namesake—third-generation winery owner John E. Bargetto—tells the tale in his book *The Great Prohibition Caper*. The Bargettos were not the only Italian immigrants to start South Bay wineries in the wake of Prohibition.

Italian immigrant couple Emilio and Emilia Gugilamo had the foresight in 1925 to predict the upcoming end to Prohibition, so Gugilamo Winery is among the oldest of the South Bay wineries. In the 1940s, their Italian-style wines became popular in restaurants in San Francisco's North Beach District. Its award-winning table wines are produced on over fifty acres of Santa Clara Valley estate vineyards, still owned and operated by the fourth and fifth-generation descendants of the Gugilamos.

There are two major areas in the South Bay wine country. The South County Area is near the base of Highway 152, going over the hills to Watsonville, nestled in the Santa Cruz Mountains near San Martin and Morgan Hill. The North County Area is near Highway 17 on the other side of Santa Cruz near the Lexington Reservoir and Los Gatos.

Thomas Fogarty Winery, Neely Winery, Portola Valley Winery, J. Lohr Vineyards, Travieso Winery, and Alamitos Vineyards are just a few of the beautiful, sprawling vineyards found in the South Bay. Portola Valley, a quiet town southwest of Stanford University, is home to scenic trails for hikers and horseback riders, Windy Hill Open Space Preserve, the Alpine Trail, Portola Valley State Park, and rustic Portola Vineyards.

A longtime San Jose resident and wine lover, Mr. Jodie Hughes, and his wife Susan—a San Jose native—love visiting the pastoral local wineries and have created a lifetime of family memories there.

“Sara’s Vineyard is really good in the summertime. The wines are chardonnay, viognier, petite sirah, and pinot noir. They are very fresh, crisp, light, refreshing, and citrusy,” says Mr. Hughes. The couple enjoys being able to support local businesses and being in the know about unique offerings. Many of the wines are sold in local South Bay restaurants and at events, while some are available exclusively at their respective local vineyards. As a result, the brand names are less well-known, although Mr. Hughes is quick to defend that they are not just Mom and Pop vineyards.

“They’re good quality wines. Better than you might think,” says Mr. Hughes.

The Hugheses are grandparents now, and parents to three adult children. Their oldest child, Darcy Marie, celebrated their 40th birthday at Sara’s Vineyard last summer. The family arrived with a selection of Italian charcuterie, and the vineyard was quick to match the food choices with appropriate wine pairings.

“They have a little courtyard where they have different singers on the weekends,” said Jodie Hughes. “They usually have some sort of food truck where you can buy food during those events.” Sara’s Vineyard is predominantly known for their boutique wines and pinot noir.

“I’ve had a number of birthday celebrations at Sara’s Vineyard, and there’s something indescribable to me about ringing in a new year of my life while looking out over the Almaden hills covered in grapevines. A recharging peace, a comfort with the beauty of the world that comes not just from the alcohol in the wine but from the whole vibe of the place,” said Darcy Marie Hughes.

The family also has a connection to Clos LaChance Winery, where their son Patrick was married. One of the most commercial of the local vineyards, Clos LaChance has a lot of high-end estates and is a villa. It is adjacent to the San Martin Golf Course. They host many events and have a wine club.

“Clos LaChance is beautiful. I was impressed by the sheer amount of space they allowed for my brother’s wedding, a rarity in my experience. I have increasingly seen weddings be limited in time to only a few hours, but Clos LaChance allowed us the whole day to celebrate my brother and new sister properly.”

“In addition, my mother is handicapped (her word) and at neither winery have we ever encountered difficulty with accessibility. It’s not easy to expect accessibility from an outdoor venue, but both have integrated it into their landscapes elegantly,” said Darcy Marie.



PHOTO BY DOUGLAS LOPEZ

Fernwood Cellars is another historical South Bay winery established during the Gold Rush. Charles and Annis Sanders traveled to California from their native Nova Scotia in hopes of striking gold. When those plans fell through, they took advantage of the United States Homestead Act of 1862 to acquire more than 90 acres of land and establish the Redwood Retreat. Any U.S. citizen—or intended citizen—who had



PHOTO BY ANTHONY DELANOI

never borne arms against the U.S. government could file an application and lay claim to 160 acres of surveyed Government land under the act, which was designed to help encourage the growth of settlements in the West. The vineyards were just one part of the glorious retreat, which included a resort hotel, cabins, tennis courts, and the first swimming pool in the Bay Area. Sadly, the hotel burned down in 1908, and the Great Depression forced the family to shut down the remaining cabins, which were burned down by trespassers in the 1960s. In the 1990s, the old lodge home was restored, the land was irrigated, and modern vineyards were planted.

“Fernwood, another favorite of mine, serves bold reds, and has prioritized quality over quantity,” said Jodie Hughes. Fernwood is known to have very good red wines and cabernet sauvignon and offers dinner pairing events where they serve a meal that pairs well with their particular wines.

His niece’s favorite is Testarossa Winery, which features its original stone cellars. It was established in 1993 at the site of the old Jesuit Novitiate Winery originally built in 1888. A historic winery tour and an outdoor tasting patio on the grounds are among its available amenities. Testarossa is known for its chardonnay and pinot noir.

MOHI Wine at Sycamore Creek Vineyards is located in the rolling hills of Uvas Valley in Morgan Hill. It is home to an ethereal wedding venue replete with a grove of olive trees. The winery also offers multiple kinds of wine club memberships.

If you haven’t yet, I encourage you to explore the San Jose and South Bay Wine Country for yourself. ■

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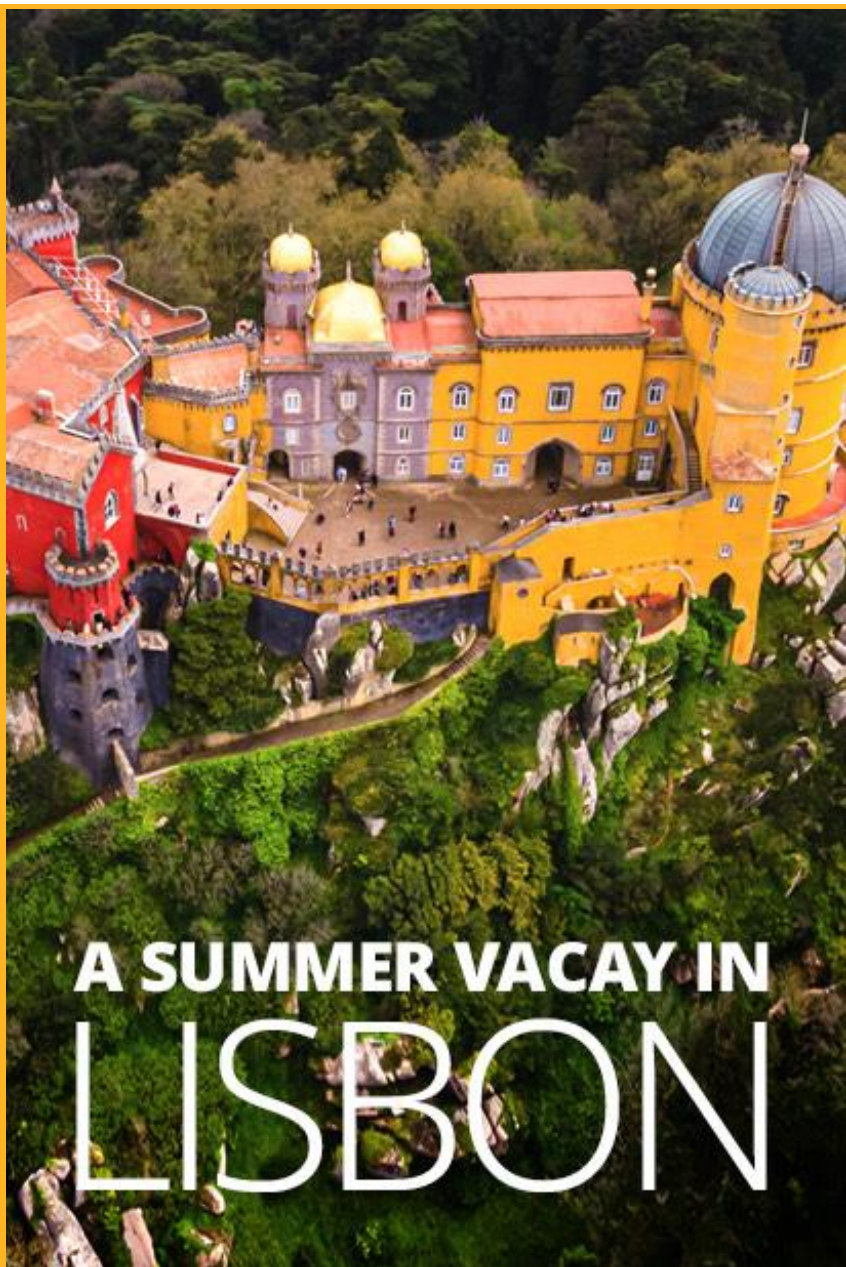


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A YEAR-AROUND HORROR MAGAZINE FOR HORROR ENTHUSIASTS



PHOTO BY GARRICK SANGIL

Ahhh...road trips. Indulgent? They can be if your definition is broad but includes beautiful views, road travel, and adventure. Thankfully, my family is into rough but unique travel accommodation.

For our trip, it was a hot and dusty day, reaching 116 degrees Fahrenheit in Death Valley. After doing Junior Ranger activities with the kids, we set out toward Lone Pine, an area of California that many people have overlooked. Lone Pine is just over an hour or so away across the Owen's Valley from the Death Valley National Park and our stop for the night. While you might think this is a long way to go for an overnight, I assure you there is plenty to do in the area.

Crossing the Owens Valley, which is part of the Great Basin of California, we stopped to see sand dunes. Lone Pine itself has the Alabama Hills—an amazing area of rock formations at the eastern base of Mt. Whitney—which is the tallest mountain in the lower 48 states. The area contains trails, scenery, and beauty worthy of Hollywood, as evidenced by the over 400 movies and shows filmed there. From *The Lone Ranger* to *Tremors*, you can enact your favorite scenes from the big screen. The Museum of Western Film History in Lone Pine proper will have lots of

information for you on classic western films and more recent shoots, such as Marvel's *Iron Man*.

Eventually, we reached our destination for the night, the Olancho RV Park and Motel. Now, "motel" is an interesting word and, in this case, even more so. There were individual cabin-like trailer house units that looked to be well-appointed. We did not get one of those, so I cannot speak to their facilities. Our group opted for the tipis they had available.

We had two tipis for our group. The large one—the Grizzly—had three beds in it. The smaller one—the Horse #2—had a single, full bed. It was nicely decorated and had towels for the pool or shower and a comfy bed. There was a ceiling fan suspended from wooden poles above, along with available electrical outlets and air conditioning. They even have a mini fridge inside. The exterior of the tipis have a small fenced deck area with a picnic table and an outdoor cooler box. There are campfire rings scattered among the tents and "motel" units, with ample firewood nearby for use.

Overall, I slept quite well and comfortably. Given that it was a tipi, the "facilities" were a short distance away by way of wooden boardwalks that were lit up at night by motion-activated solar lights. The only thing I did not see were facilities that were wheelchair accessible, although those might be handled in the "motel" units.

The location also had a pool with showers. There was a small store that had some delicious food such as bison burgers and milkshakes, as well as snack items and beverages. The staff were friendly and answered questions cheerfully. Things were generally laid back. The resident camp cats were friendly, but never tried to enter the tents or cabins from what we saw.

There are a couple of drawbacks. It is out by Lone Pine. That name should pretty much sum it up for you. It is barren and unique but the scenery was stunning. Also, Olancho Camp is right off Hwy 395. There are trucks passing by at night, though, so if you are a light sleeper, I might suggest something other than the tipi. I only woke up twice in the night, and honestly, neither time was due to the road noise or trucks. Although once I was awake, I did hear them. The groundskeeper gets an early start and likes to sing to himself. Classic rock mostly, and he stays on key.

There are a number of mixed reviews online about the place. Then again, I have stayed in some expensive places where staff could not be found to bring towels to the room so we could shower. Instead, the small tipi—which sleeps two—cost much less. The larger room costs slightly more and sleeps six.



There is lots to do in the area. To the southeast is the Cerro Gordo Mine. For an additional adventure, check out Brent Underwood—the current owner of the Cerro Gordo Mine—@GhostTownLiving on YouTube. Brent has hosted the Cerro Gordo run, not for the faint of heart! He is also working on rebuilding the old hotel in town to create destination lodging and he shares his progress and adventures exploring the old silver mine and surrounding area. Truly an interesting look into California mining history.

Life is too short not to enjoy an adventure. Let yourself have some fun, try new things, and see new places. ■



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Late Night Guac'os



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Years ago, long before meat substitutions in recipes were the rave, we had a craving for late night tacos. Not having any meat available, we got creative and made our tacos with avocados as the main ingredient. They were so delicious, we wrote the recipe down and have recreated it many times over the years. Because this dish is essentially chunky guacamole fried in a taco shell, the term “guac’os” was coined and has stuck as the perfect name.

We have enjoyed these often in a number of ways. Certainly guac’os are fabulous as a late night treat. Occasionally, we have prepared them as a main course. Often we have added them as a welcome addition to a buffet when entertaining friends. The jalapenos included in the recipe add an important and distinctive flavor. Capsaicin, the element in jalapenos that causes their spiciness, is most concentrated in the white rib membrane and rubs off on the seeds making them hot as well. Unless you and your guests are culinary daredevils, make sure you remove the white rib membrane and the seeds from the jalapenos during preparation. If you find it necessary to further reduce the spiciness of the recipe, use only one jalapeno.

**Ingredients**

- \*1 purple onion
- \*2 limes
- \*3 Roma tomatoes
- \*2 large avocados
- \*Fresh cilantro
- \*1/2 teaspoon salt (or to taste)
- \*12 corn tortillas
- \*Cooking oil
- \*1/2 to 3/4 cup finely-grated Parmesan cheese
- \*1-2 jalapenos (optional)

**PREPARATION**

- \*Cut both ends from the purple onion and dice into 1/2-inch pieces. Remove and discard ends and dry skin.
- \*Cut both limes into quarters.
- \*Place diced onion in a bowl and squeeze lime juice over the onion.
- \*Using a spoon, stir the onion in the bowl to separate onion pieces and evenly distribute the lime juice. Set aside and allow onions to marinate for 30 minutes before using. Stir occasionally while onions marinate.
- \*Cut ends from tomatoes and dice them into 1/2-inch pieces.
- \*Cut avocado in half, starting at stem and around

avocado pit and back to the stem. Gently twist the avocado halves until they separate.

\*Using a chef's knife, carefully strike the avocado pit vertically with the portion of the sharpened blade closer to the handle. With the knife blade lodged in the avocado pit, hold the avocado in place and rotate the knife horizontally to remove the pit from the avocado.

\*Using a butter knife, insert the knife between the avocado flesh and skin. Run the knife around the avocado to release the skin. Peel skin from avocado and discard skin.

\*Dice the avocado into 1/2-inch cubes.

\*Roughly chop fresh cilantro, until you have 2 tightly packed tablespoons of chopped cilantro.

\*If using jalapenos, cut stems from jalapeno peppers. Cut the peppers length-wise into quarters.

\*Cut ribs and seeds from pepper quarters, discarding the ribs and seeds. Dice peppers into small 1/8-inch pieces.

\*In a large mixing bowl, place the onions with any remaining lime juice, tomatoes, cilantro, jalapenos, and 1/2 teaspoon salt (or to taste). Mix vegetable mixture thoroughly.

\*Add diced avocado to a bowl and carefully mix with the vegetable mixture.

\*Place 1/2 cup of grated Parmesan cheese in a wide flat bowl and set aside for later use in the recipe.



### COOK

\*Place a non-coated saucepan that is several inches deep on the stove top. Pour 1/2-inch of cooking oil into pan. Turn stove top heat to medium-high and allow the oil to come up to heat.

\*Set out a large plate or platter and cover with paper towel.

\*The avocado mixture should be enough to fill 12 tortillas.

\*Spoon avocado mixture onto a corn tortilla, carefully pinching the two far edges of the tortilla together. The avocado mixture should fill the bottom third of the folded tortilla.

\*Lower the bottom of the tortilla into the hot oil without touching the bottom of the pan, holding it in place for 3 seconds to help soften the curve of the bottom of the tortilla.

\*Carefully lay the tortilla down on its side in the oil. Use a fork to hold the top edge of the tortilla in place for a few moments, to keep the edges aligned. Then leave in oil until tortilla turns crisp and browns lightly. Using a fork, turn tortilla to the other side and leave until the second side turns equally crisp and light brown.



\*Once the tortilla has cooked, you can use kitchen tongs to grasp the guac'o and remove it from the oil. While still holding the guac'o over the pan, tilt it and drain any excess oil back into pan.

\*Roll both sides of the guac'o in the bowl of parmesan cheese and place guac'o onto a paper-lined plate.

\*Repeat with remaining tortillas and avocado filling, adding more grated Parmesan cheese to plate as needed.

### SERVE

\*If serving as an appetizer, use a sharp serrated knife to cut each guac'o in half before arranging them on a serving plate.

\*Serve guac'os with salsa and/or bottled hot sauce. ■



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## **FITNESS** | #Indulge in Exercise

BY S. G. BROWNE

The word #indulgence often brings up visions of decadent desserts, expensive champagne, or a relaxing trip to the day spa.

In Catholic nomenclature, an indulgence is a means by which punishment is removed for committed sins. But indulgences don't have to be associated with excess, extravagance, or involve reducing the amount of time you have to spend in purgatory. After all, to indulge in something is to allow oneself to enjoy a simple pleasure. So, why not indulge in exercise?

Exercise obviously comes with a variety of health benefits. Aerobic exercise and strength training can relieve stress, improve mental health, lower your blood pressure, manage chronic pain, increase productivity, and improve your quality of life. It doesn't take much. You don't have to train for a marathon or devote your life to qualifying for the Olympics. Exercising for just 15 to 30 minutes a day is all you need. The key is to create a daily routine that you can indulge in and enjoy.

So, go for a walk. Take a bike ride. Do some yoga or tai chi. If you have access to a pool or a body of water, go for a swim. If you live near some public stairs, climb those stairs. If you don't have access to



PHOTO BY KIKE VEGA

a gym or a desire to join one, buy some resistance bands or dumbbells and create your own workout experience at home, tailored to your lifestyle. Do whatever works for you, but find some form of physical activity that you enjoy and that gives you a sense of pleasure.

Once you've indulged in your 15 to 30 minutes of exercise, you can crack open that pint of Ben & Jerry's ice cream and sit down on the couch to indulge in that Netflix show you've wanted to binge. ■

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PHOTO BY AVEL CHUKLANOV

Disneyland is a treat for the young and old who love to dream. The amusement park—built by Walt Disney in 1955 in Anaheim, California—makes imagination real. Close to celebrating seventy years, the park has expanded to include a second theme park across the way called California Adventure.

I first attended the park as an adult. Unencumbered, I made a point to visit every ride and watch the fireworks and parade. The day was long and I was tired from all the walking. These days, I attend with family and friends. Our children decide much of the day for us by whether they need to eat, what they want to see, and just how tired everyone gets. It's a juggling act, but it's worth it. Disneyland is great for families. Once children are over 42 inches, they can ride just about anything in the park. I suggest starting them off simply, with something like the *Dumbo* ride, since I know several families that started with dark rides their kids found too scary. Even the *Snow White* ride, which seems perfect for children, was too much for a kid more used to playgrounds. Getting their children

to try anything else after these darker rides was a struggle. However, as you have older kids, they're able to participate more and enjoy some independence.

A significant addition to the original park is the *Star Wars: Galaxy's Edge* themed area, which opened in 2019. You truly feel immersed in the world of *Star Wars* when you walk through that section of the park among robots, sipping blue or green milk. Since then, they've also added the *Avengers Campus*, where your Marvel Cinematic Universe experience can include a show from Dr. Strange or watching Iron Man and Black Widow chase bad guys across the tops of buildings. ■



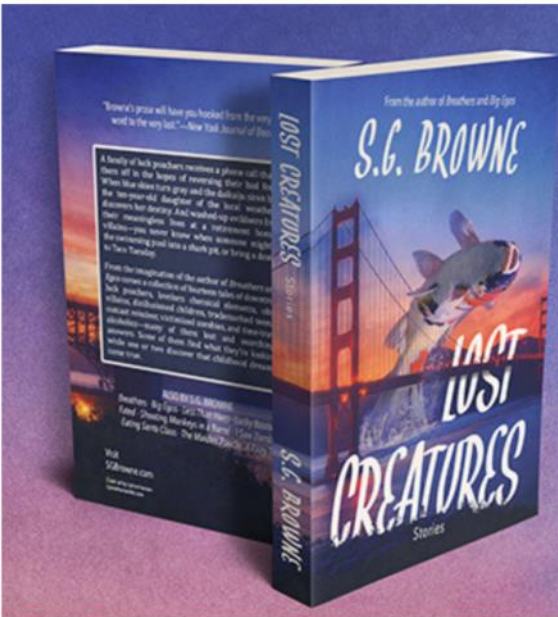
PHOTO BY HENRY KOBUTRA



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# LOST CREATURES

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A blend of fantasy, science fiction, horror, dark comedy, and social satire, *Lost Creatures* contains fourteen tales of downtrodden luck poachers, lovelorn chemical elements, disillusioned children, trademarked teenagers, outcast reindeer, domesticated centaurs, obsolete villains, and victimized zombies.

"A perfect addition for fans or a great start for new readers wanting to try Browne for the first time."

—Portland Book Review

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We love our kids. We want them to have the best lives they possibly can, given their particular challenges. It's easy to fall into the trap of doing everything for our kids and making sure they have everything they could possibly want. While that might sound like good parenting, it's not.

Our kids have a difficult enough time learning to manage daily life. Avoiding overindulgence is essential to preventing our kids from being at risk for attitudes and behaviors that will have a negative impact on their future.

According to David Bredehoft, Ph.D., a professor emeritus and former chair of psychology at Concordia University, "Overindulgence is a form of child neglect. It hinders children from mastering their needed developmental tasks and from learning necessary life lessons." In his article "16 Ways Overindulging Your Child Can Harm Them in the Future," he defines childhood overindulgence is:

- Giving children too much of what looks good, too soon, and for too long.
- Giving them things or experiences that are not appropriate for their age, interests, or talents.
- Giving things to children that meet the adult's need, not the child's need.
- Giving a disproportionate amount of family resources to one or more children in a way that appears to be meeting the children's needs but does not.

- Doing or having so much of something that it does active harm to (or at least stagnates) a person and deprives that person of achieving his or her full potential.

Parental overindulgence might stem from the desire to make kids happy or to avoid coping with tantrums. Overindulgence can also arise from the parent's own unmet needs.

"When parents look to their own life, they might feel regret for things they have missed or did not get when they were children. Some perhaps even feel regret that their life could have been better if not for certain unmet needs. Hence, parents may want to fulfill all wishes and desires of their children so that they may not face such regrets." ~*OverIndulgent Parenting: Are You Giving Your Child Too Much?* [innerspacetherapy.in](http://innerspacetherapy.in)

Parents can feel driven to overindulge their children due to far more serious reasons. Studies have been conducted to examine how the adult children of overindulgent parents felt about that parenting style. When researchers asked, "Why do parents overindulge? Is it for the welfare of their children?" the answer was no. Of those who were overindulged, more than half (57 percent) felt that the overindulgence was related to a specific parental problem/life event and not to the children's welfare. Parental issues such as chemical dependency, guilt from working too much, the death of a family member, and illness were among the most common reasons given as to why parents overindulge. ~*Why Do Parents Overindulge Their Children?* David J Bredehoft Ph.D.

The consequences of this seemingly benevolent neglect can be both far-reaching and devastating. "As

children grow up, they feel at a loss without their parents and they do not feel equipped with decision making tools. They might have great ambition but tend to lack the skill or emotional resources to work towards it. The grown-up feels lost and insecure in his environment as he/she is not equipped to deal with it or exercise control where required.” David Bredehoft and Melissa Leach found that children who are overindulged grow up to be at risk for: “needing constant stimulation and entertainment from others; not taking responsibility for their own actions; lower self-efficacy (a sense of feeling incapable of dealing effectively with life problems); overeating, overspending, and dysfunctional thinking (increased depressive thoughts).”

Some ASD kids experience developmental delays. If some type of cognitive impairment exists, is it possible to teach such children the importance of self-discipline and self-control? My answer to that question is yes. In this column, I often refer to my autistic son, John. John’s older brother, Michael, also has special needs, including cerebral palsy and seizure disorder. He’s an invalid, capable of using only his right arm and hand. That might not sound like much. At twenty-seven years old, Michael has had a lifetime of using

that arm and hand to do everything. As a result, Michael is quite strong. Michael is nonverbal, but he can vocalize his emotions. He communicates agreement or happiness by pumping his fist. That fist also comes into play when Michael is angry or in pain. Over the years Michael has walloped me two or three times. Given how little control Michael has over his daily life, it would be easy to choose sympathy and compassion over discipline. Back in Michael’s elementary school days, his physical therapist cautioned me to be aware of potential temper issues and have a plan for disciplining unwanted or harmful behavior. I still use that plan today. First, I check for any causes of physical discomfort. Second, I ask Michael questions about what he might want right then in terms of light, heat, air-conditioning, music, a DVD to watch, et al. Third, if I have established the root of the behavior as sheer temper, I explain to Michael hitting is not acceptable and will not be tolerated. If he does it again (right away), he loses a favorite activity for an appropriate amount of time (half an hour, a whole hour, or the rest of the day). Michael does understand this reasoning and can curb his own aggression. Does it seem cruel to discipline someone so severely disabled? I assure you it is not. I have a duty to protect myself, the RNs who take care of Michael, and any other in-home caregivers as well.

We love our kids and we want them to love us, too. It’s not pleasant to hear our kids cry and even yell hurtful words at us. Parenthood is not a popularity contest. We are responsible for protecting our kids from danger, which may well include their own bad judgment. Good judgment comes from facing the consequences.■



PHOTO BY TYLER NIX



With the break of another dawn,  
I long to see you.  
In the light of the morning,  
Eyes tired,  
Sleepy words.  
Three little birds  
Singing their song into dusk.

One little taste,  
One little touch,  
One little kiss,  
Shared between us.

The subtle grace  
Of your fingers tracing my  
silhouette.  
Simple pleasures  
Yet exaggerated  
embellishments.  
The real deal,  
If you will,  
Because I know  
What I know.

And I feel  
What I feel.  
And I know  
What I feel.

On another level  
Of time and space,  
Meet me there  
In our sacred place,  
For a moment of indulgence. ■



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