FUNDRAISER SCHEDULED TO FIGHT DIPG PEDIATRIC BRAIN CANCER - P4



FITNESS FLEXIBILITY: CITY RECREATION STAFF TO STUDY FITNESS CLASS PARTICIPATION – P8



EARTHTALK: IS IT TOO LATE TO FIX OUR PROBLEM OF PLASTICS IN THE OCEAN? – P21





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Leland High School senior **Brian Lin** presented his website to his volunteer group at the California Academy of Sciences, a group of roughly 25 youth volunteers.

HOT IDEA

Leland senior Brian Lin develops online map to predict wildfire behavior

eland High School senior Brian Lin has developed a website to help visualize potential wildfire behavior throughout the state of California.

"I developed the website over the summer of my high school junior year," Lin explained. "It measures potential fire behavior in California through an interactive map. The idea was born out of a conversation I had last year with someone whose home had been close to the Tubbs fire complex, and how happy he was to be out of the smoke for the first time in a few days stuck with me."

To gather data for the website, Lin utilized the Fosberg Fire Index, which is based on weather conditions. "This index doesn't predict where fires are, but instead how the fire will behave if one starts in a specific location - how far it will spread or how intensely it will burn, for example," Lin said. "The interactive map is updated regularly, and it is divided at the county level for California."

Lin's website also features embedded links to the webpage of each county on the map, and links to other useful resources for wildfires such as CAL FIRE. Lin presented his website to his volunteer group at the California Academy of Sciences, a group of roughly 25 youth volunteers.

For more information about Lin's Fosberg Fire Map, contact Brian Lin at brian. lin78536@gmail.com or visit www.fosbergfire.com.

Almaden Little League A Field of Dreams

By Lorraine Gabbert Senior Staff Writer he pitcher winds up for the pitch as the batter stands ready. With steely determination, he swings, the ball hitting the sweet spot. Heads swivel as the crack of the bat reverberates across the diamond and the ball's sent flying into the outfield. The batter releases the bat and races to first base, then second, as the runner on 3rd slides towards home. The crowd cheers caught up in the excitement.

This isn't just any ballgame: It's Almaden Little League, whose Major and Minor teams both won their District 12 Tournament of Champions in 2018. It's also not just baseball. "Little League is a Youth

Development League," says



Three-year-olds Lincoln and Jameson **Armes** inspect the new dirt for the baseball field.



(I to r): Almaden Little League Board Vice President **Pete Fuqua** and President **Don Dixon** appreciate all that Little League has to offer.

League President Don Dixon. "It's about raising young boys and girls to be part of a community. It's so, when an umpire makes a horrible call, and the coach and parents handle it with dignity, it makes an impact on the children."

"Little League is a community," agrees League Vice President Pete Fuqua. "Everyone has a soft spot in their heart for it. Kids learn a lot of life lessons here: paying it forward, helping the younger ones coming up, being role models. It's not just baseball: it's where kids come to hang out and be together."

"...and get candy from the snack shack," adds Dixon with a

smile.

Almaden Little League has called Almaden Country Day School's baseball fields home for more than 20 years. Situated beside a shady park, it's an ideal location. "They love coming down here," says Fuqua. "With a park next door and the school, everyone's playing. You have a good vibe here. Some kids spend all day, arriving at 8 a.m. and leaving at 8 p.m."

But, as great a location and partnership as it is, things needed to change. When Dixon and Fuqua joined the Board a year ago, they were determined to make an investment to trans-See FIELDS, page 14 When the market shifts it always helps to hire the Realtor® with the most local knowledge and experience.

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— Karen Chiswell





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Valley Currents

cur | **rent** (adj.) *Present, topical, timely, newsworthy.* (n.) *Movement in a definite direction, a flow.*

Fundraiser scheduled to fight DIPG pediatric brain cancer

The Mithil Prasad Foundation is holding its first annual Fundraising Gala on December 2 to raise funds to help fight DIPG, the number one form of pediatric brain cancer that affects 300 children in the United States every year.

The foundation was started last year by Prasad Rao and his wife Sarva, who lost their son Mithil to the dreaded disease in November 2016.

"We are acting on his wishes and his attitude of Live Life Blissfully," said Prasad. "So we have created this foundation last year. Mithil Prasad Foundation is a nonprofit created to raise awareness and funds to support DIPG research and patients. 'Live life blissfully' is profound advice, isn't it? It was written by 11 $\frac{1}{2}$ year old Mithil on a post it, to hang at his mother's cubicle. We all soon realized however, that these were not just words on a paper, but that they were the true philosophy that Mithil lived by. Even through his sickness, Mithil's positivity never wavered and he spread that joy wherever he went."

Mithil's story

Mithil was a voracious reader, a big Star Wars fan, and loved playing with Legos, Minecraft and Clash of clans. Baseball was his favorite sport. He was the starting pitcher for his baseball team. "On a trip to his grandparents place, we noticed Mithil's gait was a bit off," Prasad said. "It seemed to get worse and prompted a doctors visit. That was when we were told that Mithil had DIPG - Diffuse Intrinsic Pontine Glioma. We had never heard of this disease and worse, the prognosis of 6-8 months left us shocked."

During his sickness, Mithil showed tremendous strength, was always positive, and cared for others. "Mithil also became very empathetic towards kids like him going through a tough time," Prasad said. "He would say 'I will never look at another kid in a wheelchair the same way again'. After Mithil passed away, we donated his brain spine for and medical research, with the hope that it will help researchers learn more about DIPG in any way possible."

The idea of starting a foundation stemmed from Mithil's love to help children like him. In honor of Mithil's spirit, the family started the Mithil Prasad Foundation.



"We are acting on his wishes and his attitude of 'Live Life Blissfully'." —Prasad Rao, pictured here with his son Mithil

DIPG

Diffuse Intrinsic Pontine Glioma (DIPG) are highly aggressive and difficult to treat brain tumors found at the base of the brain



Mithil was loved by his family and friends.

which affect 300 children in the US each year. They are glial tumors, meaning they arise from the brain's glial tissue—tissue made up of cells that help support and protect the brain's neurons. These tumors are found in an area of the brainstem (the lowest, stem-like part of the brain) called the pons, which controls many of the body's most vital functions such as breathing, blood pressure, and heart rate.

Gala scheduled

The first annual Gala Fundraising Dinner for DIPG Research is going to be held Sunday, December 2 at the Willow Heights Mansion in Morgan Hill. The event opens at 4:00 p.m., with dinner and the program beginning at 6:00 p.m. Music will be provided by singer/songwriter LemoLive, and the guest speaker is Dr. Nalin Gupta, chief of pediatric neurological surgery at UCSF Benioff Children's Hospital.

To buy tickets or for more information, visit mithilprasadfoundation.org.



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1045 Willow St, San Jose, CA 95125

Times Health

Fitness flexibility: City recreation staff to study fitness class participation

By Councilmember Johnny Khamis Special to the Times

A meeting was held at the Almaden Community Center on October

4 Ath to roll out a new fitness pilot program. This meeting was the final discussion in what has been a yearlong conversation with the residents who are still taking part in the SJCityFit program offered by the City's Recreation Department.

Several years ago, the Recreation Department rolled out a program called GroupX that was a sort of "all-youcan-eat" annual fee program. Over time, it was clear that the program was not appealing to residents across the entire City, so they discon-

tinued the program. There were three Community Centers that had many members enrolled in the program, so to accommodate them, the Recreation Department kept the program going, but changed the name to SJCityFit. Under that program, users were allowed to drop in on any class, any time, for an annual



District 10 Report Johnny Khamis, City Councilmember

fee. Classes in that program were never cancelled, even if only just ONE person showed up.

As the City looks for ways to cut costs and make things more effi-

cient, the Recreation Department has analyzed all recreation programs and realized that SJCityFit has been losing a significant amount of money, so they let members know that the program would be discontinued. To put things into perspective, to fully cover the cost of the program, Staff would have to raise the \$250 annual fee to over \$800 per person. The 150+ users were very upset and vocal about the plan to terminate the program. My office received many calls

and emails over the past year on this issue.

In response, my staff met with staff from the Recreation Department a few times and provided input that helped shape the new Pilot Program that was rolled out at the October 4th meeting. In the new program, all classes will require registration, as do all the classes in what the Recreation Department calls "Leisure" classes. However, to allow for the drop-in element, during the pilot period they will offer a Flex Pass, which will be a one-time-fee, per-season (not annual), pass that will allow participants to drop into any class. Also during the pilot, no classes will be cancelled due to lack of registered participants. This will allow City Recreation staff to collect data on how many classes are filled with registered versus drop-in participants.

Members are still disappointed to have lost the program they love, but are hopeful that the new program will work. The pilot will run from January to June, 2019. I appreciate the efforts the Recreation Department staff put into working with the community, listening to their concerns, and caring about the needs of even this small group of residents, while also being mindful of the need to be fiscally responsible. I also appreciate the community participants for their flexibility and willingness to try out this new pilot program. Thank you all for working together to solve this difficult challenge! To learn more about the Flex Pass Pilot

Program, please talk with staff at the Almaden Community Center.



Make the grade with these fresh new school lunches

(Family Features) Back-to-school time means it's back to being busy before, during and after school, so it's time for parents and kids to create new routines. From early wakeup calls to shuttling kids to school and activities, ease the morning mayhem by incorporating a simple meal-planning strategy.

As a parent, look for fresh, makeahead options your kids will enjoy. Serve up lunchbox love by mixing up the classic sandwich with a spin on sushi in this Bento Box Lunch recipe. It's a creative way to deliver nutritious, wholesome ingredients that will make the whole lunchroom drool. Plus, it's something you can take for lunch too.

No matter what meals you're prepping, a store like ALDI can be your solution for packing tasty and better-for-you choices for lunches and on-the-go snacks. With high-quality ingredients at affordable prices, ALDI offers what you need to get ready for the days ahead.

For more recipes and meal prepping ideas, visit aldi.us.

Bento Box Lunch

Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

Prep time: 10 minutes Cook time: 30 minutes Total time: 40 minutes Servings: 4

■ "Sushi Roll":

4 slices SimplyNature Knock Your

Sprouts Off Sprouted Low Sodium 7 Grain Bread

- 4 slices Lunch Mate Never Any! Turkey
- 1 teaspoon Burman's Yellow Mustard 1/2 avocado, sliced

1 mini cucumber, cut into 3-inch-by-1/4-inch sticks

Quinoa Salad:

1 cup SimplyNature Organic Quinoa, cooked

1/4 cup Southern Grove Sliced Almonds

2 mandarin oranges, peeled and separated

1/4 cup Southern Grove Dried Cranberries

3 bunches green onions, sliced

1 teaspoon Carlini Pure Olive Oil Stonemill Iodized Salt, to taste

Stonemill Ground Black Pepper, to taste

Broccoli Salad:

1 large head broccoli, chopped

1/4 cup Southern Grove Sliced Almonds

1/4 cup Southern Grove Dried Cranberries

1 teaspoon Fusia Soy Sauce

1/2 cup Friendly Farms Vanilla Nonfat Greek Yogurt

Stonemill Ground Black Pepper, to taste



Cinnamon Apples:

1 Granny Smith apple, sliced 1 tablespoon Nature's Nectar Lemon Juice

1 teaspoon Stonemill Ground Cinnamon

To make "Sushi Roll": Trim crust from bread. Using rolling pin, roll out bread slices to 1/8-inch thickness. Top with turkey, mustard, avocado and cucumber. Roll into cylinder, wrap with plastic wrap and cut in half.

To make Quinoa Salad: In medium bowl, combine quinoa, almonds, oranges, cranberries, green onions and olive oil; season to taste with salt and pepper.

To make Broccoli Salad: In medium bowl, combine broccoli, almonds, cranberries, soy sauce and yogurt; season to taste with pepper.

To make Cinnamon Apples: Toss apples with lemon juice and cinnamon. Place in sandwich bags and wrap tightly.

Organize equal amounts of "Sushi Rolls," Quinoa Salad, Broccoli Salad and Cinnamon Apples in separate bento box compartments.

#14416 Source: ALDI

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SELLING DURING THE WINTER MONTHS

The winter months can be one of the best times to sell. Generally, buyers looking during the winter are serious about purchasing. These buyers are not looking because they want to move, but because they need to move. Sometimes they need to purchase quickly and that could be reflected in their negotiations.

As always, pricing is important. If the price is too high, buyers will look elsewhere. However, some sellers have found that they were able to price more ambitiously during the winter months having less competition.

Play up the season with festive greenery and a warm, welcoming entry. Make sure you keep the shades open, lights on and the thermostat to a comfortable temperature. With the right steps to prepare your home, prospective buyers will have a favorable impression and hopefully reward you with an attractive offer!

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Times Features

Traffic issues are under constant study

By Supervisor Mike Wasserman Special to the Times

s residents of the highly-populated Bay Area, we all experience some form of traffic problems in our daily commutes-be it the bumperto-bumper traffic along State highways, cars speeding through neighborhoods, or the ubiquitous potholes. Even my modest 12-mile commute from my home to the County Government Center in San Jose often takes 45 minutes dur-

longer on a Friday evening. The County's Roads and Airports Department is constantly studying County roads to learn where improvements need to be made. As part of their infrastructure improvements, they also help by adjusting the traffic lights and timers at intersections. Almaden and Capitol Expressways, for example, are under constant scrutiny and improvement to reflect the demands

ing rush hour and even

of daily traffic. To report an area of concern on an Expressway,

please fill out a service request form at the Santa Clara County Roads and hood streets. While it may be quicker to



County Report

website Airports at: www.countyroads.org. Residents can also use the County Roads app "Mobile Citizen" to report a County Road or Expressway-related issue such as a malfunctioning traffic signal, graffiti, or illegal dumping. Simply download the Mobile Citizen App to your smartphone, take a picture of the issue and submit it.

Another road-related issue that residents mention to me are the navigation apps such as Google

Maps and Waze directing drivers away from main routes and on to neighbor-

use a neighborhood street to avoid heavy traffic, these shortcuts through unfamiliar neighborhoods can create unsafe conditions. I met recently with representatives of Google and Waze to convey residents' concerns about their apps and to find a balance between efficient transportation and keeping roads safe. My hope is that they have gained a better understanding of the unintended impacts of their tools. For our part, the County works to keep County-maintained roads safe by using traffic calming measures in the face of so many cars on the road. While there is no magic spell to eliminate all traffic issues, it is through working together that we can tackle these and other problems.

more information. visit For www.supervisorwasserman.com.



SAVE THE DATE – October 3, 2019 – 18th Annual Charity Gold Classic For more information contact Rick Valdez 408-513-3146 or RValdez@ymcasv.org

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LETTER TO THE EDITOR **Run Turkey Run fundraiser to** aid Bret Harte programs

Dear Editor

The Bret Harte Middle School Booster Club in Almaden would like to invite the communuity to the 7th annual Run Turkey Run fundraiser fun run event.

Our Booster Club is made up of volunteers who run the club for the PE and athletics department at Bret Harte Middle School so that all of the students have great sports programs and PE equipment. We depend on the Run Turkey Run fundraiser each year to help support all the athletic teams and sports and Physical Education programs at the school.

The event takes place Thanksgiving morning with the race being 5K or 10K and it is held at Leland High School. Anyone interested can register online or get more information at https://run signup.com/Race/CA/SanJose/AVRTR

Stacy Pimental

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2440 Shibley Ave. San Jose, 95125 4 Bed 3.5 Bath 2,449 sqft \$2,150,000



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1088 Fleetwood Dr. San Jose, 95120

4 Bed 2.5 Bath 2,244 sqft \$1,500,000



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San Jose, 95124 3 Bed 2.5 Bath 1,644 sqft

\$1,250,000

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2 Bed 1 Bath FOR RENT: \$2,650



6770 Olive Branch Ct. San Jose, 95120 4 Bed 3.5 Bath 2,943 sqft List: \$2,250,000



2675 Yerba Cliff Ct. San Jose, 95119 2 Bed 2 Bath 936 sqft List: \$936,000



248 Beegum Way. San Jose, 95123 3 Bed 2 Bath 1,400 sqft SOLD: \$935,000



1486 Ridgewood Dr. San Jose, 95118

3 Bed 2 Bath 1,548 sqft SOLD: \$1,100,000

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Times Features



New irrigation, top soil, grass and infield dirt has been added to Almaden Little League's Majors field at Almaden Country Day School. Photos Courtesy of Don Dixon.

Fields

Continued from page 1

form the fields and re-energize the program. "Our job as Board members, coaches, umpires, dads, is to give the boys and girls the best fields to play on," says Fuqua, "and families the best place where they can come and spend time. We want to make the fields look good and make everyone feel good."

Dixon says that in the past 20 years, the fields have been minimally maintained. "If you look around the district—I'm a district umpire so I go to all the fields you'll see that our fields are low in terms of quality compared with others," he says. "We knew that we had a project we had to do, but we kept putting it off."

The addition of new portables at Almaden Country Day School, changing the dimensions of the fields and making the entryways unusable, compelled them to action. "The portables made it problematic for us," says Dixon. "We could either move, and we didn't have any options, or figure it out. We have a really nice partnership with Country School and a lot of the other school fields weren't built for Little League. Plus, we like these fields. They work well for us."

They had their work cut out for them as renovating the baseball fields required a great deal of planning and funding. Fuqua, who had been involved with the fields as Vice President of Almaden Valley Girls Softball League, drove the discussions, initiating the approval process with the League's Board, Almaden Country Day School and San Jose Unified School District.

"We all knew the fields weren't in great shape," says Dixon, "so it wasn't a hard sell. The hard part was making sure we had finances in order." With a budget of \$125,000 to \$150,000, this project is a major investment for the League. Luckily, they had a nest egg set aside.

"The League's done a decent job over the years with long-term capital planning," says Dixon, "and hasn't done a lot of maintenance on these fields, so we were able to stockpile money without having to do major fundraising."

The renovation included grading, irrigation, top soil, infield dirt, infield and outfield sod, fencing, seven-foot high dugouts, scoreboards and more. With the irrigation dug up and massive piles of fresh dirt, "it looked like WWI with trench warfare," says Dixon of the initial construction.

Main work was done on the Major's Yankees' field. After years of water runoff, scraping was necessary for creating a smooth, level surface and a much more playable field. "It's a nice fresh start," says Dixon. "It should really be done every five, six or seven years but it's probably been 20 years since we've done it."

After the new irrigation and sprinkler heads were put in place for better water coverage, the dirt was rototilled, new topsoil was added for the grass, and mulchtreated fertilized dirt was distributed, rolled flat, and raked for rocks. A warning track was created with different colored dirt as well as a pitching mound. "It makes it look and feel like baseball," says Dixon. "That's a huge thing for kids."

A new concrete backstop with fresh wooden boards was also created, as well as a scoreboard for the Minor's Cubs' field, a scorer's booth for both fields and a relocated bullpen as a safety measure. "When kids were warming up to pitch," says Dixon, "they were running onto the field, ducking balls."

"We're doing this because it's our way of giving back to the community for the common good," says Fuqua. "The gratification is making sure the kids have a good place to play. I'm a big proponent of team sports. You learn just as much here as you do in the classroom. That life's not about you, it's about the team and a common goal. It's not just the game, it's practice and hard work. Life's not fair. You have to learn how to deal with that at an early age."

Dixon also values getting kids away from electronic devices. "Baseball's a slow sport and they have to focus and pay attention," he says. "It's the interaction that's important. There's time for teammates in the dugout to talk about homework or buying bubblegum at the snack shack. It's those types of things that are neat about baseball."

"It helps you have physical interaction and deal directly with people," adds Fuqua. "It's about building friendship, the community, the camaraderie. You might make a friend for life."

Resident Michael Armes agrees. "Base



ball gives kids a sense of structure and discipline, as well as sportsmanship," he says. "It brings the community together and provides an opportunity to make friends and get away from that California feel where we don't know our neighbors."

"It's an innocence of play and one of the last things we can do communitybuilding with," says Fuqua. "It's more than the game. It's where the community comes together and socializes and develops relationships. We bridge generations. We'll all sewn together. You remember the good times, the people you met...the families."

Fuqua and Dixon also appreciate the opportunity to watch the kids grow and mature. "It's the way they work together as a team and interact," says Dixon. He recalls a family with multiple siblings who were disrespectful and didn't pay attention to the game at age 9. By age 11 and 12, they displayed leadership, letting younger kids go in front of them at the snack shack. He also gets a kick out of seeing dads umpire games with their older sons and daughters who have aged out of the program.

As tryouts are in early February, Almaden Little League plans to have all of the work completed by New Year's. They're planning an Opening Day to celebrate the kids, community and the opening of the new field in March with the start of the new season.

Almaden Little League is sporting a new online registration system (Blue Sombrero) that makes it easy to register, track schedules and standings for the Spring 2019 season. The platform also helps with scheduling, building team rosters and volunteer signups.

"At the end of the day, we're a collaborative group of parents and volunteers who are trying to help each other out and make this a better environment for everyone," says Dixon. "When the kids are in an environment that's clean and fresh and looks good, and we ask them to take care of it, they understand why. There are so many lessons you can teach and part of having a good facility for kids to be proud of is teaching all of those lessons."



Join us for the Bret Harte Booster Club's 2018 Run Turkey Run 5K/10K and start your Thanksgiving off on the right foot! This fun family run starts and ends at Leland High School in scenic Almaden Valley, San Jose. Both the 5K and 10K courses are run on level terrain on the paved trails along the Alamitos Creek and the Open Space area.

Late Registration (November 1-November 15)

Kids 13 & under \$16, Adults \$20, Seniors \$14 - shirt not included

Super Late Registration (November 16-23)

If available - don't delay! We expect to sell out! \$25 per person all ages - shirt not included

A limited supply of shirts will be available for purchase at packet pickup and race day for \$17

Race Day Schedule, Thursday, Nov. 22

Packet pick-up and last minute registration (if available): 7:00 - 8:00 am (sharp!) 10K start: 8:30 am | 5K start: 8:40 am

> 6677 Camden Ave (Leland High School) San Jose, CA US 95120

REFUND POLICY

Please remember that entries are non-refundable and non-transferable. Event is rain or shine. Tell your friends to register early as space is limited! PACKET PICKUP & LAST MINUTE REGISTRATION

We will be hosting pre-race packet pickup on Wednesday, November 21 from 5:30 pm to 8:00 pm at Bret Harte Middle School Cafeteria (7050 Bret Harte Dr, San Jose, CA 95120).
Day of race packet pickup is available from 7 am to 8:00 am (sharp!) at Leland High School (6677 Camden Ave, San Jose, CA 95120).
Registration will be available at both packet pickup and race morning if the race is not sold out and will be \$25 for all ages, shirt not included.

Times **Feature**



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Grilled Chicken Shawarma

Try the trendiest flavors tonight: new seasonings make it easy

(Family Features) Exotic flavors common in the Middle Eastern region of the world like harissa, za'atar and shawarma are having a moment, appearing on restaurant menus and in popular makeat-home recipes.

Now is the perfect time to give these flavors a try. Thanks to new global seasonings from McCormick Gourmet, the spice combinations are already blended for the ultimate taste and simplicity.

Made from high-quality herbs and spices, the seasonings are USDA-Organic certified and Non-GMO Project verified so you can feel good about the ingredients used in your cooking. The expertly blended spices help create distinctive global-inspired dishes that take your home dining experience to the next level so you can explore these flavors from around the world without leaving the comfort of home.

* Za'atar: This traditional Middle Eastern blend of spices including thyme, oregano and sesame seeds is perfect for sprinkling on flatbreads, roasted vegetables, nuts or popcorn. It can also be mixed into hummus or oil for dipping.

* Harissa: A spicy flavor found in North African cuisine, this seasoning is made from a combination of chilies, warm spices and mint. Add it to meat and veggies before roasting, stir it into cooked rice and grains, mix it into yogurt to make a dip or combine it with roasted bell peppers and oil to turn this spice into its namesake sauce.

* Shawarma: Often associated with the slow roasting of meat, this Middle Eastern street food favorite is made with cinnamon, coriander, cardamom and more. Use this seasoning to flavor an easy marinade for chicken, pork or steak.

Look for these flavors as well as new Peruvian and Berbere seasonings in the spice section of retailers nationwide. Find more recipe ideas at McCormick Gourmet.com. (See next page)



Times Feature

Grilled Chicken Shawarma Prep time: 10 minutes Cook time: 16 minutes Servings: 8

1 1/4 cup plain Greek yogurt, divided 5 teaspoons McCormick Gourmet Organic Shawarma Seasoning, divided

2 tablespoons olive oil 1 tablespoon fresh lemon juice

1 teaspoon McCormick Gourmet Sicilian Sea Salt

2 pounds boneless chicken breast 4 pita pockets, halved

1 medium seedless cucumber, thinly sliced

8 lettuce leaves

In small bowl, mix 1 cup yogurt and 1 teaspoon shawarma seasoning. Cover and refrigerate until ready to serve.

In small bowl, mix oil, lemon juice, remaining yogurt, remaining shawarma seasoning and sea salt. Reserve 2 tablespoons of mixture; set aside.

Place chicken in large re-sealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 1 hour, or longer for extra flavor.

Heat grill or skillet to medium heat. Remove chicken from marinade. Discard remaining marinade. Grill or saute 6-8 minutes per side, or until cooked through and internal temperature reaches 165 F, brushing with reserved marinade.

Slice chicken into thin strips. Serve in pitas with cucumber, lettuce and yogurt dressing. Shaved Carrot Salad with Pomegranate Harissa Dressing Prep time: 20 minutes Servings: 5

1/4 cup chopped fresh mint

3 tablespoons pomegranate juice 1 tablespoon honey

2 teaspoons McCormick Gourmet Organic Harissa Seasoning

1/2 teaspoon McCormick Gourmet Sicilian Sea Salt

1/4 teaspoon McCormick Gourmet Organic Black Pepper, coarse ground

3 tablespoons extra-virgin olive oil 1/2 pound multicolor carrots, washed and peeled

- 1/2 cup shelled roasted pistachios
- 1/2 cup dried cranberries3 cups baby arugula
- 1/4 cup crumbled feta cheese

In large bowl, mix mint, pomegranate juice, honey, harissa seasoning, sea salt and pepper. Gradually add oil while mixing with wire whisk until well mixed. Set aside.

Trim carrot ends. Slice each carrot lengthwise into ribbons with vegetable peeler or mandoline. In medium bowl, toss carrots with 1/4 cup prepared dressing. Stir in pistachios and cranberries.

Arrange arugula on serving platter. Drizzle with remaining dressing and top with carrot mixture. Sprinkle with feta before serving.

Are you interested in having a meaningful discussion on our homelessness crisis?

Would you like to talk with neighbors, share your experiences and opinions, and begin to explore options for action?

The Episcopal Church in Almaden is hosting a Living Room Conversation (livingroomconversations.org) to begin to work together with our neighbors toward action to make a difference in the challenge of homelessness in our area. If you want to work with others who want to be part of the solution, please attend.

When: November 11, 3 - 5 pm Where: 6581 Camden Avenue, San Jose, CA 95120

Contact us: Rev. Shelley Denney: shelley@eca-sj.org Bonnie McPherson: Mamasaur@comcast.net 408.268.0243

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worship services on Sundays at 10:00 a.m. Coffee, refreshments, and conversation always, right

after service CONGREGATIONAL CHURCH OF ALMADEN VALLEY, UCC

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and Kristen Pearson We are located at 2827 Flint Ave (Between Tully & Norwood) San Jose, CA 95148. Phone 408-238-0231, e-mail info@eastvalleychurch.com We are associated with Converge Worldwide www.convergeworldwide.org

THE EPISCOPAL CHURCH IN ALMADEN 6581 Camden Ave. San Jose, CA 95120. The Rev. Shelley Booth Denney, Rector Phone:408-268-0243 Web:www.eca-sj.org At the Episcopal Church

joyful followers of Jesus Christ. Through worship study, fellowship and outreach, we strive to nurture and grow a strong faith community of believers, a family of all ages, where each member feels welcomed, loved, valued and empowered to serve. Children are especially welcomed and cherished as an important part of God's family. All junior high and senior high students are welcome to participate in our Youth Groups, During the school year we have joint Sunday School with our sister church, the Congregational Church of Almaden Valley, UCC. The Episcopal Church in Almaden offers the following regular opportunities for worship: Sunday at 7:30AM and 10:45AM, Holy Communion service. Each Sunday service is followed by a coffee hour for friendship and conversation.

EVERGREEN VALLEY CHURCH

Visit our Web Site at wwww.evcsj.com 2750 Yerba Buena Bd. San Jose, CA 95121. Phone: 408-274-7422. Saturday worship is at 5 pm. Sunday worship services at 9 am and 11 am.. Excellent contemporary Christian music and Bible-based teaching. Nursery care and Children's Sunday School programs at 9 am and 11 am. Junior High students meet at 9am and High School students meet at 11am. Nuevo Comienzo: Servicio en espanol, Domingo 4pm.

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and many other adult ministries as well. Saint Anthony parish is located in Almaden Valley at 20101 McKean Road, San Jose, 95120. Our weekend Masses are at 4 p.m. on Saturday at our historic church at 21800 Bertram Road in New Almaden, CA 95042 and on Sunday at 8:30 a.m., 10:30 a.m., and 5:30 p.m. at the McKean Road location. Our Parish Office is open Monday 9 a.m. - 12 p.m. and Tuesday thru Thursday, 9 a.m. - 12 p.m. and 1 - 4 p.m. For more information, stop by the Parish Office or call 1+ (408) 997-4800, or visit our website at www.churchstanthony.com. Fr. Larry Hendel. Pastor.

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Times Feature

CCEANCLEANUP PROT

Dutch inventor **Boyan Slat** hopes that the marine cleanup boom he dreamed up back in 2013 can be deployed soon to take a bite out of the ever increasing amount of plastic debris floating on or near the ocean's surface. *Credit: The Ocean Cleanup.*

EARTHTALK Plastic in the ocean: Too late to fix?

By Roddy Scheer and Doug Moss Special to the Times

Dear EarthTalk: What are we doing about getting rid of all the plastic floating in the ocean and forming giant gyres far from land?

—**Jake Johnson,** *Merrimack, NH*

Plastic in the ocean is a big problem that first came to widespread public attention in the late 1980s when mariners began sharing reports of what turned out to be a 1.6 million square kilometer garbage patch (that's about three times the size of France) floating in the middle of the North Pacific about halfway between Hawaii and California.

When this news broke, researchers started looking deeper into the problem, and found that perhaps even more troubling than plastic chunks and pieces floating on the surface that you could see with the naked eye was the fact that even more plastic had broken down into tiny particles that would sink in the water column and get eaten by marine wildlife, in turn getting passed up the food chain, in some cases right onto our own dinner plates.

While reducing the amount of plastic that ends up in the ocean is more up to the individual than most environmental challenges—we can just stop buying and using plastic—it may be easier said than done. Plastic is a miraculous material that has made many consumer and industrial products easier to fabricate and afford. The result has been a huge quality of life improvement for billions of us on the planet.

Governmental efforts to ban disposable plastic bags in grocery stores—such as in Kenya, Chile, China, Australia and the UK, as well as in several U.S. cities including Washington D.C., San Francisco, Seattle and Boston—are no doubt a step in the right direction. And while these bans have proven highly successful in keeping plastic litter out of waterways, they represent merely a drop in the bucket of what we could do societally to ditch plastic.

As for cleaning up the socalled Great Pacific Garbage Patch, technology could come to the rescue. Dutch inventor Boyan Slat had a vision as an 18-vear-old back in 2013 that a passive drifting system could autonomously collect plastic and other types of marine debris so we could get it out of our oceans, and today his vision has become a reality. Along with a team of 60 engineers, Slat has created a 2,000-footlong U-shaped floating plastic tube (with a 10-foot curtain dragging underneath) that can float through the water pushed by the wind and currents, entrapping plastic and other fragments along the way.

Periodically, manned boats can catch up with the device and skim the debris for recycling or disposal in landfills back on shore. Slat and crew, incorporated as the non-profit The Ocean Cleanup and funded in large part by Salesforce founder and high-tech billionaire Mark Benioff, believe they can shrink the Great Pacific Garbage Patch by half within five years of deploying their new low-tech plastic scooper.

If Slat's "passive collector" does as well in open ocean trials as its inventors hope, it could be deployed for real next year. This inexpensive low-tech approach is a model for how we can solve other big environmental problems if we put our minds to it.

EarthTalk[®] is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. To donate, visit www.earthtalk. org. Send questions to: question@earthtalk.org.











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