JUNE 2019 ■ VOL. 15, NO. 4

Willow GLEN, SAN JOSE ** WWW.WILLOWGLENTIMES.COM

Dr. Sherry McAllister of Willow Glen makes list as the Top Women in Healthcare '19

r. Sherry McAllister of Willow Glen has been recognized as one of the Top Women in Healthcare for 2019

Foundation for Chiropractic Progress (F4CP) Executive Vice President Sherry McAllister, DC, of Willow Glen, has been named to PR News' inaugural list of the Top Women in Healthcare for 2019.

The prestigious award recognizes the most innovative women leaders in the healthcare sector from agencies, corporations and nonprofits.

Other honorees include executives from some of the world's best-known medical and dental organizations, including the American Dental Association, United Healthcare, Optum and Dignity Health.

Dr. McAllister was one of the first to call attention to the opioid crisis in the U.S. As head of a nonprofit with limited financial resources, she recognized the power of public relations to raise awareness of a healthcare issue and masterfully used every tool at her disposal: from white papers to infographics and everything in between.

Under her direction, F4CP launched a PR campaign three years ago focused on See McALLISTER, page 3

San Jose housing crisis: Terry Christensen will spend \$250K to build 'granny unit'

By Kyle MartinSpecial to the Times

an Jose officials vow to make it quicker, easier and cheaper to build 'granny units' to alleviate Silicon Valley's housing crisis, but tell that to Terry Christensen.

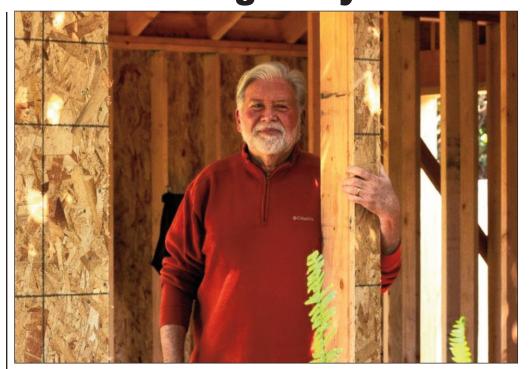
The longtime political scientist and Naglee Park resident has spent \$30,000 since Oct. 2017 — and will fork over upwards of a quarter million dollars — to build a 540-square foot cottage in his backyard.

"We did talk about pulling the plug more than once," said Christensen, 75. "We're going to manage. We decided to go through with it, but once you get to a certain point, there's no turning back."

Christensen is hoping his secondary unit will be done by July, nearly two years after he started the process. He's building the unit so he can "age in place" and to house his caretakers in the future. Christensen and his partner want to stay in their house for as long as they can, renting out the cottage or using it as a guest room in the meantime.

By the time he's done, Christensen estimates the granny unit will cost him about \$250.000.

San Jose lawmakers this year have focused on cutting the red tape for building "accessory dwelling units" — or ADUs — on homeowners' land as a means to address the city's immediate need for more housing. But Christensen and others said that while the



Terry Christensen stands inside his partially constructed ADU. Photo by Kyle Martin.

process has gotten "easier" — it's definitely not easy.

One of the delays for Christensen was awaiting approval of his application and receiving permits, which he said took several months. He had to make design and planning changes before getting the green light to build.

"Part of the problem is we got different

answers from different people," Christensen said of his experience with the city's planning department. "It's been a frustrating process. It's frustrating if you go back and get a different answer, and that happened to us a few times — more than a few times.

In an effort to simplify the process, San Jose See HOUSING, page 5

Willow Glen student video selected for Disney International Festival

aely Guerero, a student at Willow Glen High School, is among ten students from the animation program at Silicon Valley Career Technical Education (SVCTE) were selected to premiere their videos in this year's Walt Disney Family Museum's Teen Animation Festival International (TAFI).

TAFI invites entries from around the world and offers both educational and collaborative opportunities as well as a chance to win great prizes. Previous awards have included family memberships to The Walt Disney Family Museum, portfolio reviews with industry professionals, and Bay Area professional animation studio tours.

TAFI will be held this month at the Walt Disney Family Museum located in the Presidio in San Francisco.

"Our SVCTE Animation Instructor Eric Whitman is such a great mentor and supporter of his students. It's not a surprise to any of our

staff that he'd have so many students qualifying for this year's showing

We're proud of the effort of all of our staff and instructors," shared MetroED Superintendent Alyssa Lynch. "It's really an amazing achievement for a single class. I'm so proud of my students! We devoted more time to working on the storyboards this year, and went through multiple rounds of critique and revision.

The results speak for themselves," said Animation instructor Eric Whitman.

In 2019, TAFI will highlight excellence in high school animation programs as well as outstanding achievement by individual students.

The five submission categories (School Show Reel, Individual Reel, 2D Short Film, 3D Short Film, and Stop-motion or Experimental Short Film), reflect the breadth and creative variety of student productions.



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Times Feature

McAllister

Continued from page 1

educating the public about the dangers of opioids and the benefits of non-drug approaches to manage pain, including chiropractic care. F4CP published several white papers, toolkits and eBooks, including "Chiropractic: A Safer Strategy Than Opioids," "Chiropractic: A Key to America's Opioid Exit Strategy," and "As the Opioid Epidemic Rages On, Chiropractic is Recognized as Safer Option for Pain."

"Dr. McAllister has led the Foundation for Chiropractic Progress from 8,000 members to more than 24,000 in just over three years," said F4CP Chairman Kent S. Greenawalt. "She works tirelessly to elevate the profession's profile in positive and meaningful ways and is never satisfied with the status quo, always striving to raise the bar each year."

Dr. McAllister has been featured in Forbes, U.S. News & World Report, Becker's Spine Review, Journal of the Mississippi State Medical Association, Employee Benefit News, Dynamic Chiropractic, Chiropractic Economics and many other trade and consumer-facing outlets.

During the past two years, she has received the following accolades:

- Presidential Award from the California Chiropractic Association -- recognizes members for their hard work and dedication to the profession
- Robert B. Botterman Award from the California Chiropractic Association -- honors the member who has done the most for the image of chiropractic in the community
- \bullet Best of San Jose Chiropractor of the

Year (2017 and 2018)

- Top Chiropractor California (2018)
- Accepted into the Forbes Nonprofit Council (2018)

"This award is tangible recognition of how far our profession has come and is gratifying on so many levels," said Dr. McAllister. "For more than a decade, the Foundation has been knocking on doors in the media with little to no avail, and now, not only are we being answered, but journalists are seeking our insight and commentary about safe, effective and drugfree chiropractic care. More importantly, a growing number of doctors of chiropractic are being included in collaborative, multidisciplinary care teams not only to help curb opioid prescriptions, but also to help patients achieve greater sustained pain relief and mobility. Research has shown that the involvement of doctors of chiropractic with integrated care teams is having a profound effect on outcomes, as well as patient satisfaction."

Dr. McAllister earned her Master's Degree in Education from the University of California East Bay. She is a graduate of Palmer College of Chiropractic West, where she taught as an associate professor. She has served as a qualified medical examiner, expert chiropractic witness for the State of California, and has been in private practice in San Jose since 1996.

The Top Women in Healthcare Awards Luncheon will take place on June 5, 2019, from 12 to 2 p.m. at The Yale Club in New York City. This celebratory event will bring together female healthcare executives who are advancing their profession in meaningful and moving ways, with an impact on patients, customers and culture at large.

States with Worst Taxpayer ROI

- 41 Connecticut
- 42 Mississippi
- 43 Vermont
- 44 North Dakota
- 45 Nevada
- 46 Louisiana
- 47 Arkansas
- **48 California** 49 New Mexico
- 50 Hawaii

Best vs. Worst

Red States have a higher **taxpayer return on investment**, with an average ranking of 21.20, compared with 31.95 for Blue States (1 = Best).

Georgia has the lowest **proportion of major roads in poor or mediocre condition**, 15 percent, which is 5.3 times lower than in Rhode Island, the state with the highest at 80 percent.

Maine has the lowest **violent crimes per 1,000 residents**, 1.21, which is 6.9 times lower than in Alaska, the state with the highest at 8.29.

Massachusetts has the lowest **infant mortality rate per 1,000 live births**, 3.71, which is 2.3 times lower than in Mississippi, the state with the highest at 8.62.

To view the full report and your state's rank, please visit wallethub.com/edu/state-taxpayer-roi-report/3283

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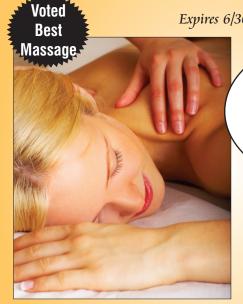
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Best and worst states with taxpayer ROI

alletHub has released its latest analysis of the U.S. tax land-scape, an in-depth look at the states with the Best & Worst Taxpayer Return on Investment in 2019.

WalletHub used 30 metrics to compare the quality and efficiency of state-government services across five categories — Education, Health, Safety, Economy, and Infrastructure & Pollution — taking into account the drastically different rates at which citizens are taxed in each

States with Best Taxpayer ROI

- 1 New Hampshire
- 2 South Dakota
- 3 Florida
- 4 Virginia
- 5 Colorado 6 Missouri
- 7 Texas
- 8 Georgia
- 9 Nebraska
- 10 Wyoming



Allison Jia receives Intel Foundation Young Scientist Award

Allison Jia was awarded the Intel Foundation Young Scientist Award for \$50,000, for her investigation into toxic tau protein aggregates.

Tau protein aggregates spread in neurons in the human brain and are associated with neurodegenerative diseases such as Alzheimer's.

The award is one of four top awards at the Intel International Science and Engineering Fair (ISEF), a program of the Society for Science & the Public and the world's largest international pre-college science competition.

Alzheimer's disease is the world's most common form of dementia and is estimated to affect roughly one in eight Americans over the age of 65.

The hope is that Allison's research will serve as a platform to help find potential cures for Alzheimer's and other neurodegenerative diseases.

Willow Glen **Times**

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Valley Currents

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

OP ED

A tale of two tax rates

By Karen Seal Stewart, PhD

Special to the Times

ne year on from the Tax Cuts and Jobs Act, the majority of Americans are seeing paltry benefits from Trump's tax cuts, if any at all, while the wealthiest among us are living like kings. That's because our tax code is so skewed in favor of the rich that there may as well be two different tax rates entirely: one for the top 1 percent, and another for everyone else. The fact is, that's not far from the truth.

As a wealthy investor, I pay a far lower rate on what I earn than most working Americans. If you make your money off investments, as most rich people do, our laws tax that kind of income at about half the average American's earned income from salary and wages. What's worse, the tax code also lets an investor keep their first \$78,750 in income completely tax-free, while someone who works a 9 to 5 job for a living is taxed on their very first dollar. But wait - it gets even worse! Investment income, unlike regular income, also isn't subject to Social Security or Medicare taxes.

Let's take an example. Imagine a married couple who happen to be living off a couple different kinds of investment income, either qualified dividends or long term capital gains, which basically means they turned a profit on some investments, like real estate or stocks. Together, they make \$103,150 a year.

This couple can already keep \$78,750 of that money tax-free under our capital gains exemptions, leaving them with \$24,400. But wait! Because they're filing jointly, \$24,400 is the standard deduction for a married couple, and that money is exempt from taxes too. So this couple pays absolutely ZERO in income tax. And, since they don't have to pay in to Social Security or Medicare on their investment income, they keep even more of their money. That's \$8,600 they bring home each month, completely tax-free.

Then there's a second married couple, who each work regular, salaried jobs for a living.

Together, they also make \$103,150 a year, tax rate for someone making \$40,000 a year.



Sharks library cards still available

The San Jose Public Library (SJPL) continues to offer the first-ever limited edition San Jose Sharks library card to every member of the public.

Since the release of the card on February 4, SJPL has issued nearly 9,000 cards which has helped increase the current number of library members to nearly 545,000. To learn more about the advantages of their library, visit sjpl.org/membership and gain instant access to exclusive benefits.

As part of our partnership, the SJPL is offering a couple of social media contests giving fans the opportunity to win autographed hockey pucks from Joe Pavelski and Marc-Édouard Vlasic. This summer, the SJPL will be offering a series of events presented by the SJ Sharks.

For more information, please visit: www.sjpl.org/sjsharks

You can get almost any item from your local library through Link+

By Kevin Larsen

Times Staff Writer

Did you know Books, music, cd's, dvd's and more can be requested in a different way at your local library.

If you have a need to find a book, movie, TV series and more that you fell in love with long ago but it is not on the shelf nor catalogued in your local San Jose library, you can request it with Link+.

Just think, say you wanted to watch the third season of a TV series that you were excited about but it was no longer available. You can use Link+ to tie in to a collaborative check out system that stretches from the entire state of California. Now you can re-watch old time favorites to bring back warm memories to you and your loved ones.

The loan period will be for 21 days only but you can come in and renew it for an additional 21 days too unless others have requested it (there are exceptions as some DVD's have a check out of just one week).

Watch out though, link plus is free but if you lose the item it can cost you over a $See\ LINK+,\ page\ 6$

but they don't get that first \$78,750 exempted from their taxes like the investor couple does. So while they deduct the standard \$24,400 for married couples, they pay around \$9,000 in federal income taxes, and another \$8,000 in Social Security and Medicare taxes. That doesn't even take into account state income taxes.

The investor couple, who are almost certainly already rich if they're living off investments alone instead of working for a living, gets a \$17,000 discount just for being rich. That's it. The working couple, meanwhile, work a combined 80 hours a week and take home only about \$83,000 compared to the investors, who keep every cent they "earn."

This is only one example, but as the numbers go up in investment income, the inequality only gets worse. Even a person making hundreds of millions of dollars a year through capital gains will pay a maximum rate of just 20% on their income - that's less than the top tax rate for someone making \$40,000 a year.

When wealthy people are able to receive \$78,750 of income tax-free while working people and most retirees pay income taxes on their very first dollar – and at rates approximately double what investors pay – something's got to give. The US taxes the rich entirely differently than it does the middle and working class, and that injustice is so obvious and egregious that even a rich person like myself feels compelled to speak out against it

Tax policy may seem intimidating, but this isn't complicated. Rich people should not get special treatment just for being rich. We need a tax code that acknowledges this simple, if inconvenient for some, truth: income is income, no matter where it comes from, and it should all be taxed the same.

Dr. Karen Seal Stewart is a former Certified Financial Planner. and member of the Patriotic Millionaires, a coalition of high-net worth Americans concerned about the destabilizing concentration of wealth and power in the U.S.

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Times Feature



Mayor **Sam Liccardo** holds a press conference on May 15, with Councilmembers **Magdalena Carrasco** and **Sylvia Arenas** regarding a new proposal to provide forgivable loans and lower impact fees for homeowners hoping to build Accessory Dwelling Units. *Photo by Kyle Martin*

Housing

Continued from page 1

officials eliminated a requirement that the ADU needed to be 5-feet away from a backyard property line, but that was after Christensen already started building. He calls the setback "wasted space."

"There were a couple changes that helped us," said Christensen, such as a change in the parking policy that no longer required him to provide a parking slot for his tenant since he lives a halfmile from public transit.

"There are other changes that will help plenty of other people now."

Mayor Sam Liccardo, along with Councilmembers Pam Foley, Magdalena Carrasco and Sylvia Arenas, have proposed reducing fees and allocating \$5 million for loans to those who want to build an ADU on their land. And several state bills, such as Fremont Sen. Bob Wieckowscki's Senate Bill 13, have potential to eliminate more barriers for building the units throughout California.

According to records from San Jose's planning department, the number of applications to build ADUs increased by hundreds over the last three years. In 2016, the city received 49 applications and issued 39 permits. Between 2017 and the end of last month, the city received 762 applications and issued 385 permits.

Still, San Jose leaders acknowledge there's more work to do.

"If I don't have a lot of debt on my main house, taking out a loan to build a \$250,000 ADU is probably something I can do," said Cheryl Wessling, a spokeswoman for the city's Planning, Building and Code Enforcement Department. "But if I have a huge mortgage already on my main house, why would I go out and take on more debt to build an ADU?"

Additionally, Wessling said, general contractors, plumbers and electricians are expensive throughout the region. Wessling acknowledged the complexities

with building codes and recommended San Jose residents hire experienced contractors to ensure their plans don't get stalled due to inaccuracies or other setbacks.

The city's self-help permitting center will soon have a kiosk dedicated to providing ADU information, Wessling added, and the city offers free consultations with a planner to help homeowners with their ADU plans.

"I think the most important thing is for people to, before they invest in the building permits and going through plan reviews, come and speak with a planner who can look at where you're headed and advise you on some things you should be aware of," Wessling said.

Christensen isn't the only San Jose homeowner waiting months and spending tens of thousands of dollars to build an ADU.

"As an individual homeowner who probably has never interacted with the planning department before, maybe for construction people this is just normal and they've gotten used to it," said Matt Gustafson, a downtown resident near Roosevelt Park. "But my expectation was not that it was going to be a long and frustrating process where you're going weeks or months without getting updates on the status of where your plans are at."

Gustafson, who's currently building a 540 square foot unit on his property to house a homeless individual, said the process "should be way simpler." He began construction last summer, and the project has already cost about \$15,000.

Gustafson said he's building the secondary home to "put our money where our mouth is" and add to the city's housing stock.

"It's nice to feel like we can actually contribute something personally," Gustafson said, "even if it's just one unit."

Contact Kyle Martin at kylebmartin96@gmail.com or follow him @Kyle_Martin35 on Twitter. Article courtesy of San José Spotlight.





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Times **News**



'Don't wash your raw chicken': CDC says doing so can spread germs

Step away from the sink and don't wash raw chicken.

While many consumers believe giving poultry a quick rinse under the faucet is a precautionary measure that wards off illness, the Centers for Disease Control and Prevention says it can spread germs to the sink and utensils.

Instead of washing, cooking chicken thoroughly, not washing is the best way to prevent germs from spreading says the CDC.

Here are the steps the CDC advises when shopping, cooking, and eating out to help prevent food poisoning:

- Place chicken in a disposable bag before putting it in your shopping cart or refrigerator to prevent raw juices from getting onto other foods.
 - Wash hands with warm

soapy water for 20 seconds before and after handling chick-

- Do not wash raw chicken. During washing, chicken juices can spread in the kitchen and contaminate other foods, utensils, and countertops.
- Use a separate cutting board for raw chicken.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that previously held raw chicken.
- · Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing chicken and before you prepare the next item.
- Use a food thermometer to make sure chicken is cooked to a safe internal temperature of 165°F.
- If cooking frozen raw chicken in a microwavable meal, handle it as you would fresh raw chicken. Follow cooking directions carefully to prevent food poison-
- If you think the chicken you are served at a restaurant or anywhere else is not fully cooked, send it back for more cooking.
- Refrigerate or freeze leftover chicken within two hours (or within one hour if the temperature outside is higher than 90°F).

Link+

Continued from page 4 hundred dollars so be careful to return it.

One library patron stated the Link+ is very user friendly. A man known as "Video Guy" who uses the local library often stated," you can get stuff you can't get that is not carried here." This patron also expressed that old TV series like Twilight Zone and more are all available. Also, many exciting premium movies and pay per view TV series not shown on regular TV are available on DVD through Link+. "It usually comes in within a week. I get new releases that way too! Sometimes I get them on D.V.D. through Link+ because the films may only be on Blu-Ray at a library branch, so Link+ gives me the option to view almost any film on regular C.D., states "The Video Guy."

This connectivity of all libraries in California in a free of charge service brings a lot of smiles to library patrons in the know. Link+ has been available for the past ten years but few know about this separate library check out service. It is very easy to order on the library computer. This sets in to motion the collaborative wheel of each library reaching out to help patrons and stretches to University Libraries, and other public library sys-

Link+ is a testament to the value and wonder of our librarians in what they do. They never stop trying to find that book or film or document or to guide any patron in helping all learn.

Times Community

COUNTY UPDATE

Big changes are coming to Election Day

County

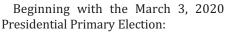
Report

By Supervisor Mike Wasserman

Special to the Times

n April, my colleagues and I on the Santa Clara County Board of Supervisors approved the implementation of the Voter's Choice Act (VCA),

which will modernize voting and provide voters with greater flexibility and convenience. The VCA is a new law (Senate Bill 450) passed by the California State Legislature in 2016 and has been implemented successin San Mateo, Sacramento, Napa, Nevada and Madera Counties during the 2018 Elections. Two of the largest Counties in California, Los Angeles and Orange, have also signed on to the VCA model for the 2020 Elections.



- Voters will receive a Postage Paid Vote-By-Mail ballot starting 29 days before Election Day.
- Voters can vote at any of the Vote Centers in Santa Clara County.
- Approximately 25 Vote Centers will be open on Election Day, as well as 10 days prior.
- Approximately 100 Vote Centers will be open for 4 days, including Election Day - for a total of 125 Vote Centers throughout the County.
- Vote Centers will offer more space, additional services and new enhanced voting equipment.
- Voters will have more options and get to choose WHEN, WHERE, and HOW to vote!

While I am sure that I am not alone in feeling nostalgic about traditional neighborhood polling places being replaced by Vote Centers and Vote-By-Mail ballots, the new system will make it more convenient for our 900,000 registered voters to cast a ballot and is anticipated to increase voter participation. Public meetings will be held to receive feedback from interested citizens or groups regarding the creation of the County's Election Administration Plan. For questions, contact the Registrar of Voters' Office at (408) 299-VOTE (8683) or www.sccvote.org

I appreciate the nearly 300 San Jose residents who made the time to attend Councilmember Pam Foley's Public Safety Community Meeting on April 22nd in response to the tragic murder of Bambi Larson. I was invited to the meeting to provide an update from the

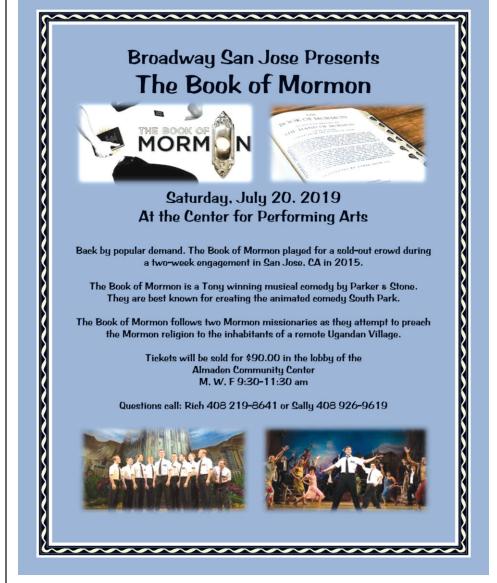
County. I am in favor of removing undocumented individuals who have committed serious and violent crimes, and have been convicted of doing so, from our communities however and whenever possible. This is why I proposed a change

to the County's policy to reflect the current law, to reaffirm that the County has and will honor all judicial warrants, and to allow notification to ICE of those undocumented individuals who have been convicted of serious or violent felonies as defined by state law. In the next 60 days, county staff will examine the notification process further, and then bring their findings back to the Board of Supervisors. Bambi Larson's murder stunned and

terrified our community. Our hearts go out to Ms. Larson's family, friends and neighbors. My proposal will improve public safety in Santa Clara County and I look forward to its implementation.

Healthy Nail Salon Program

Last month, Supervisor Cindy Chavez and I kicked off the Healthy Nail Salon Program, a free and voluntary program for the 850 nail salons in Santa Clara County that employ more than 5,000 nail technicians. Every single day, nail salon owners and workers endure prolonged exposure to low levels of toxic products such as solvents, glues, polishes, and unsafe practices that may lead to an increase risk of cancer, allergies, respiratory, neurological and reproductive health issues. In a joint effort with the California Healthy Nail Salon Collaborative, Santa Clara County is implementing the Healthy Nail Salon Recognition Program to protect the health of nail salon workers and customers. A recognized Healthy Nail Salon offers safer products, safer practices, and proper ventilation to reduce exposure to more toxic products. While this pedicure experience was my first and will probably last me a lifetime, I am proud that our new program will help protect my family, friends, community members and salon workers from toxins. You can get involved by encouraging your salon to join the program today. Simply tell your local nail salon about this free program. You can also encourage your nail technician to protect his or her health by using gloves, masks, and safety glasses. And look for the Healthy Nail Salon logo before using a nail salon's service. Learn more: www.sccgov.org/healthynails



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Times News Briefs

South San Jose institution celebrates 30 years with the Y

Many of the thousands of families whose lives have been impacted by the YMCA know Rick Valdez, and he knows them, too.

He greets visitors to the South Valley Family Y by name and enquires about their families, their workouts or just what's going on in their lives.

"Our members are more than just people in the community," said Valdez. "Our members are our family, and I treat them the same way I would treat any member of my family – I want to know them on a personal level so I can relate to them. We may be a business, but our members are more than just customers. Some of our members have been with us since the beginning, which means, technically, I've known them longer than some members of my family."

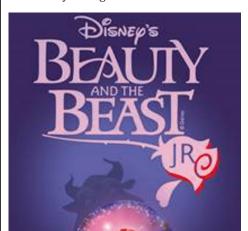
Valdez has been the Executive Director of the South Valley Family Y is marking 30 years with the Y. Starting as a Health and Wellness Director, he worked his way up to Executive Director roles in multiple locations. Along the way he was recognized by First Lady Michelle Obama for his work on the Let's Move Campaign, and received Commendations from the City of San Jose in 2012 and 2017.

Valdez' first term as a Y Executive was in the community of East San Jose (East Valley Family YMCA). Under his leadership, the facility underwent a capital renovation and expansion that resulted in a state of the art 40,000 square foot facility, complete with full indoor gym, rock climbing wall, and indoor pool. The expansion was crucial for a community that, at the time, had very few options for organized health and family programs. Over a decade later, the facility is still recognized for its ability to serve a diverse community with even more diverse needs.

Since moving to the South Valley Y, Valdez has seen the location grow from serving approximately 5000 people through its various programs, to more than 11,000 people today while revenue has grown from \$4 million to \$9 million annually. During that time the local Y has seen over 1400 volunteers educated on the YMCA Mission and Cause, working year round to raise money and improve relationships and programs, and they've partnered with local school districts to identify the needs of its students and families, and in turn, created programs that filled the gaps for those students and families. Valdez and his talented team also worked to identify new and innovative ways to create an immersive experience for his members. This included partnering with local organizations to deliver state of art classes and programs, and using new technology to track member work outs and fitness improvement. "Never assume what the member wants," notes Valdez. "Never settle and be comfortable with the services we have. If we aren't looking to improve our services, or to provide more for our members, then we are doing them a disservice."

In addition to his work with the South Valley community, Valdez also provides leadership to three branches as a District Executive Director and leads the YMCA of Silicon Valley's Health and Wellness Committee.

After a 30 year career serving the local community, which has included designing an outdoor Family Aquatic Center at the Central YMCA in downtown San Jose, modernizing the YMCA of Silicon Valley's Youth Sports programs to better meet the needs of parents and participants and even making the ultimate sacrifice by growing a champion mullet in the style of Billy Ray Cyrus as a fundraiser, Valdez is doubling down on his commitment to this community. He's showing no sign of slowing down as he continues to deliver for the families served by the YMCA. "Rick has provided exceptional leadership throughout his 30 years of service with the YMCA of Silicon Valley," notes Sandy Berlin Walker, CEO of YMCA of Silicon Valley. Rick is a remarkable role model who leads the Y with his commitment to ensuring each youth has opportunities to thrive and builds relationships that make the Y and the community stronger."



The Tabard Theatre Company announces 2019 Summer Mentor Production of Disney's Beauty and the Beast Jr.

The Tabard Theatre Company presents its 2019 Summer Youth Mentor Production of Disney's Beauty and the Beast Jr. Rehearsals for ages 7-16 begin Monday, June 17.

Tabard's Summer Mentor Production is a fun musical theatre adventure for youth of all skill levels! Young people ages 7 – 16 rehearse and perform alongside seasoned adult performers who teach and mentor the young actors in various aspects of theatre and performance.

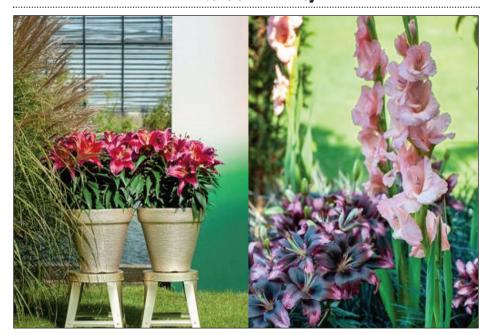
This is a unique program and opportunity for youth and mentors alike. Everyone who is registered for this production will be cast and asked to participate in a casting session that will be held to determine which role(s) would be best for each person, youth and mentors alike.

Tabard Theatre (formerly Theatre on San Pedro Square), 29 N. San Pedro Street, San Jose, CA 95110 (Parking is validated at the San Pedro Garage directly across the street) Registration:

www.tabardtheatre.org/tickets

Casting for the show will be held June 12 & 13, email Nick Nichols at nick@tabardtheatre.org for casting session appointment. Adult Enrollment: Adult performers interested in serving as mentors should also contact, Nick Nichols.

Times Community



Summer bulbs: natural talents for the 'New Frontiers' garden trend

Three garden trends are being forecast for 2019: 'Harvesting Elements', 'Soft Landing' and' New Frontiers'. Discover the role summer bulbs can play in the 'New Frontiers' trend.

Embrace the chaos

Together, these three trends are being called 'Cutting Strings'. In other words, the time has come to break with old patterns and set out in new directions. Since change is happening at breakneck speed, old ties have to be severed. Although change is fun and exciting, it also causes stress and it makes you lose sight of the big picture. Because certainties are no longer certain, chaos develops. But no change means no innovation! This is why embracing chaos will facilitate innovation.

Green environments are essential

We're being confronted with a tsunami of technology. Although it makes our

everyday lives a lot easier, this technological wave also leads to a need for healthy living conditions: we have to find the right balance between body and mind. On a practical level, this means alternating high-tech with a generous exposure to the wonders of nature. When it comes to this, the energizing allure of summer bulbs is essential. In the garden, they provide exactly what we want: a fresh, bright futuristic setting.

Natural talents

Summer bulbs such as lilies, dahlias and gladioli add to today's trend for a futuristic look. Combining flowers in utopian colors and ultra-unique shapes produces a feeling of technological advancement along with that relaxed, unhurried atmosphere we need so much. Cool pastels graduating from light to dark mixed with vivid intense colors make a garden look fresher than ever. Dahlias and lilies are natural talents in this regard.

Would you like to know more about the kinds of summer bulbs and how to plant them? Take a look at www.bulb.com. *Photos courtesy of ibulb.org*

Santa Clara County to explore forming its own public bank

By Nadia Lopez

Special to the Times

he Santa Clara County Board of Supervisors recently unanimously voted to explore the legality of creating a county-operated public bank in support of a California bill that, if passed, will allow local governments to form their own banks.

Advocates say that public banks would help strengthen local institutions, keep public money within the local economy and finance public projects.

"I think we have an opportunity for being able to use public dollars better and also comport ourselves more as a public benefit corporation," said Supervisor Cindy Chavez, who added that frustrating challenges with banks such as Wells Fargo and growing national attention on the prospect of a public bank system both contribute to her support.

"Public banks not only save taxpayer money, but they can also make money," added Santa Clara resident Judy Young. "Bankers know their customers as opposed to big banks that are so far removed by their customers they don't really know what the risk is. With a local public bank, you know what the risk is with a customer. It would also make sound investments in local community projects and keep money circulating in the local economy."

The proposed bill — Assembly Bill 857 — would allow cities, counties and municipalities within the state to set up their own banks for the first time in history, giving local government the control to deposit and regulate public funds. The landmark bill was authored by Assemblymember Miguel Santiago (D-Los Angeles) and Assemblymember David Chiu (D-San Francisco).

Other cities in the Bay Area have also signed onto the idea of a public bank, including San Jose after its City Council approved a memo in March that abandoned a proposed contract with Chase bank. Chase won a bid for the city's banking contract, but the council members decided against partnering with the institution after it was accused of wage theft violations.

"While the State deliberates over the proposed AB 857 during this legislative year, the See BANK, page 11







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Times Arts

Liccardo to waive salary increase

Liccardo said he'll sign the waiver to reduce his salary increase to three percent, instead of \$58,000, which was nearly a 30 percent increase in his salary, which is currently \$132,000 per year.

Liccardo said he is declining the increase because he believes it is unfair to city employees who earned a three percent raise and that the city's budget could not support that type of raise. Liccardo is proposing a three percent increase for himself next year, falling in line with other city employee raises.

The waiver that Liccardo will sign is irreversible, specifies how much of the salary is being waived for a given time period and must be submitted before the city's annual budget is

Bank

Continued from page 9

City should be proactive in the legislative process and strongly consider how this bill could benefit the 10th largest city in America," said council members Raul Peralez, Magdalena Carrasco and Sergio Jimenez in a memo.

While all the county supervisors supported the idea Tuesday, some were cautious about the costs of forming a public bank, especially among the growing list of other infrastructure projects the county has in the pipeline.

"There's nothing guaranteed about banking," said Supervisor Mike Wasserman, who added that the creation of a public bank will not necessarily "create more money for the county."

While he agrees that a public bank will provide an alternative means of assistance to the most needy, citing how loan sharks often rack up interest rates for the working poor, Wasserman said there's only so much money that can be invested for new endeavors, as the county continues to approve funding for projects such as a new jail, the Public Safety and Justice Center and the remaining phases of the Civic Center Master Plan.

"If we put money into a venture such as this, then we don't have those dollars to use elsewhere," added Wasserman. "I ask to keep that in mind as we move forward. There's a risk, if we put money there we don't have money over here, so we need to have our priorities right."

Contact Nadia Lopez at nadia@sanjosespotlight.com or follow @n_llopez on Twitter. Article courtesy of San José Spotlight. approved. If no waiver is signed, the pay increases stand and would go into effect July 1.

Unlike the mayor, San Jose City Councilmembers accepted a \$28,000 pay increase. The rationale is that some councilmembers are working a second job and that a pay increase may encourage more qualified candidates to run for office.

Ngo of San Jose initiated into Phi Kappa Phi

Vian Ngo of San Jose was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Ngo was initiated

at University of the Pacific.

Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved schol-

arly distinction.

Phi Kappa Phi was founded in 1897 under the leadership of undergraduate student Marcus L. Urann who had a desire to create a different kind of honor society: one that recognized excellence in all academic disciplines. Today, the Society has chapters on more than 300 campuses in the United States and the Philippines.

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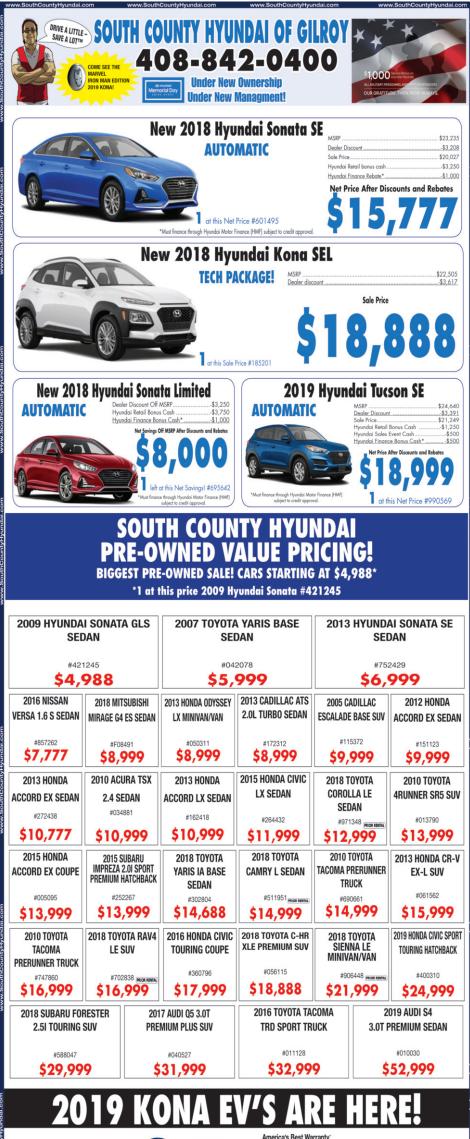
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2:17

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Anthony parish is located San Jose, 95120, Our weekend Masses are at 4 p.m. on Saturday at our historic church at 21800 Almaden, CA 95042 and on Sunday at 8:30 a.m., p.m. at the McKean Road Office is open Monday 9 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.church-

God is One ਰੱਬ ਇਕ ਹੈ Rab Ik Hai

SAN JOSE GURDWARA

San Jose, CA 95148 The

3636 Gurdwara Ave.

word Sikh (see-kh) means "disciple" or "student." A Sikh is a practitioner of the faith founded in the 15th century by Guru Nanak in Punjab of old British India. A Guru who is a "teacher" or "enlightener" completes the relationship of teaching and learning. Sikhism is monotheistic and stresses the equality of all men and women. Sikhs believe in three basic principles; meditating on the name of God (praying), earning a living by honest means and sharing the fruits of one's labor with others. Currently there are close to one million Sikhs living in the USA and Canada and 25 million Sikhs living around the world. Sikhism is the 5th largest religion in the world. At the Gurdwara (House of God) in San Jose we welcome all. We pray daily for peace and prosperity for everybody in the world. Come to visit and enjoy Langer (food) in our kitchen which is open 365 days of the year and serves complementary vegetarian meals. We also encourage you to enter our history room on site and walk the beautiful grounds. Learn more about us and community events we sponsor by visiting our website; http://www. SanJoseGurdwara.org

ST FRANCIS OF ASSISI CATHOLIC CHURCH 5111 San Felipe Rd., San

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408-223-1562. www.stfrancisofassisi. com or www.stfrancis ofassisipreschool org We invite you to join our community of faith located in the Evergreen area of San Jose. We are an inclusive diverse community striving to serve as Disciples of Jesus Christ in the footsteps of St. Francis, offering praverful and joyful liturgies: evangelization, fellowship, and service opportunities to the community. We offer spiritual opportunities for all ages, including children's liturgy, dynamic E.C.H.O - Jr. High, IGNITE - High School and North Star -Young Adult Ministries, along with small faith communities and opportunities to help the poor and marginalized of San Jose, Our Preschool is the only Catholic Preschool offering quality family oriented service in the Evergreen and Silver Creek areas. Our Chapel, Gathering Hall, Parish Office, Mission Center, Parish Gift Shop, Memorial Garden and Preschool are all located at 5111 San Felipe Вd Please come join us to worship at one of the fol-

lowing times and locations: St. Francis of Assisi Chapel Saturday 5:00PM, Sunday 8:30 AM. 10:30 AM 12:30 PM 4:00 PM (Mass in Vietnamese). 6:00 PM Youth Mass St. Francis of Assisi Gathering Hall Sunday 9:00 AM, Sundav11:00AM, Igbo Mass - Second Sunday of the month 12:30 PM Mt. Hamilton Grange -2840 Aborn Road Sunday 9:30 AM The Villages Gated Community (Cribari Auditorium) Sunday 8:15 AM For more information, please call or visit us at the Parish Mission Center open M-F 9:00 AM -12:00 PM; 1:00 PM - 4:00 PM. Come join us and share your presence with us so that together we may grow and share our gifts to help build God's

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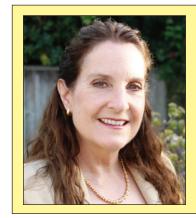
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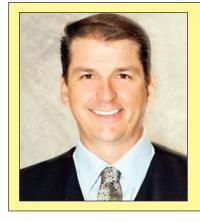
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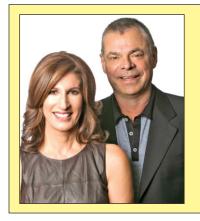


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