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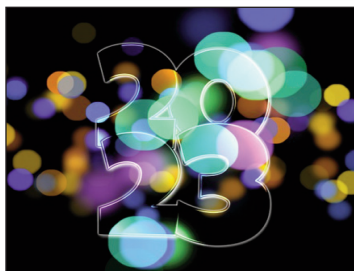
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JANUARY 2023 ■ VOL. 19, NO. 1

Willow Glen *Times*

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A new year, a new beginning

By Bryan Golden

The New Year is a time of resolutions. It's a time when people commit to making a change in their life. Losing weight, changing jobs, saving money, making money, a new relationship, getting in shape, going back to school, or giving up smoking, are just some of the goals people set for themselves on January 1st.

Although it's possible for anyone to make a change or a new start, it takes determination, commitment, and persistence. A new goal must be your own. You have to really want it. Without a burning desire, your motivation will fade quickly. It's virtually impossible to make a change due to external pressure.

You may agree to what someone else wants you to do, but it's very difficult to succeed without an internal drive. So, in order to successfully make a change or reach a goal, you have to make sure it's what you really want.

Don't start off on the wrong foot by making excuses as to why you will probably fail. If you don't truly believe you can do it, you won't. People who do this will say something like, "I'll try to do it, but ..." Or you may hear, "I tried before and it didn't work but I'll give it another go." Before you begin, make sure the only things you are telling yourself are, "I can," "I will," and "I will do whatever it takes."

A new beginning is a three-step process. You have to first
See NEW YEAR, page 10



Members of the Silicon Valley Bicycle Coalition gather for a community ride in 2022. Photo courtesy of Shiloh Ballard.

San Jose unsafe for bicyclists

'People are dying on our roads'

By Loan-Anh Pham
San José Spotlight

San Jose tops the list of Silicon Valley cities with the most bicycle crashes, injuries and deaths, which is nothing to brag about.

San Jose ranks the worst in bike safety, tallying 2,803 bike crashes over a decade, resulting in 38 deaths and 2,752 injuries. Palo Alto ranks second with 787 bike crashes, resulting in three deaths and 795 injuries. That's according to a study conducted by Walkup Law Firm, which collected data from 14,718 bicycle incidents from 2011 to 2021 in Silicon Valley. The study defines Silicon Valley as San Mateo and Santa Clara counties.

The study also reveals downtown San Jose and around San Jose State University as the second most dangerous area for cyclists, only topped by Palo Alto's Downtown North. Downtown San Jose had a total of 97 crashes from 2011 to 2021, resulting in 92 injuries and one death.

Shiloh Ballard, executive director of the Silicon Valley Bicycle

Coalition, said bicycle safety is an urgent matter that requires streamlined processes to get infrastructure projects constructed. Currently, a bicycle lane can take years to finish.

"San Jose on average has 20 crashes a day... We can't wait 10 years," Ballard told San José Spotlight. "People are dying on our roads."

Unsafe streets have long been a part of San Jose: the city saw 60 traffic fatalities last year and has surpassed that record with 64 deaths this year. The city adopted the Vision Zero initiative in 2015 and announced a \$6 million

effort in March to implement safety measures, including pedestrian barriers, bike lanes and better signage and lighting. Vision Zero aims to reduce traffic fatalities and injuries through infrastructure and data collection projects.

Colin Heyne, spokesperson for the city's transportation department, said San Jose has had eight cyclist deaths this year. That number is the same as last year, and cyclist deaths have been on the rise along with other types of traffic fatalities, he added.

"We look at bicyclists, along with pedestrians, as our most vulnerable road users and as a barometer for how safe our streets are," Heyne told San José Spotlight.

The high accident numbers in San Jose can be explained due to a variety of factors, including a large population, busy downtown and larger amounts of activity due to students and workers near San Jose State University, Heyne said.

The report reveals a high number of incidents on streets near downtown San Jose, including the intersection between South Sixth and Reed streets. Bicycle
See BICYCLES, page 10



Michelangelo's Sistine Chapel: The Exhibition Jan. 14 – April 30

Up-close-and-personal with 34 reproductions of Michelangelo's famous ceiling frescoes at Westfield Oakridge Shopping Center in San Jose

Tickets are now on sale for the internationally acclaimed *Michelangelo's Sistine Chapel: The Exhibition*, which opens Saturday, January 14th and runs through April 30th at Westfield Oakridge shopping center in San Jose.

Presented by SEE™ Global Entertainment and CBF Productions, the exhibition is a presentation of museum-quality, near-life-size reproductions of one of the world's greatest artistic achievements.

"From Rome to the Bay Area, this exhibition allows visitors to bask in one of Rome's most renowned pieces of art and history without having to make the long and expensive journey," said Vincenzo Giammanco, CEO and Founder of CBF Productions.

Michelangelo's Sistine Chapel: The Exhibition is a collection of the artist's renowned ceiling frescoes from the Vatican's Sistine Chapel, reproduced in a format that allows viewers to get
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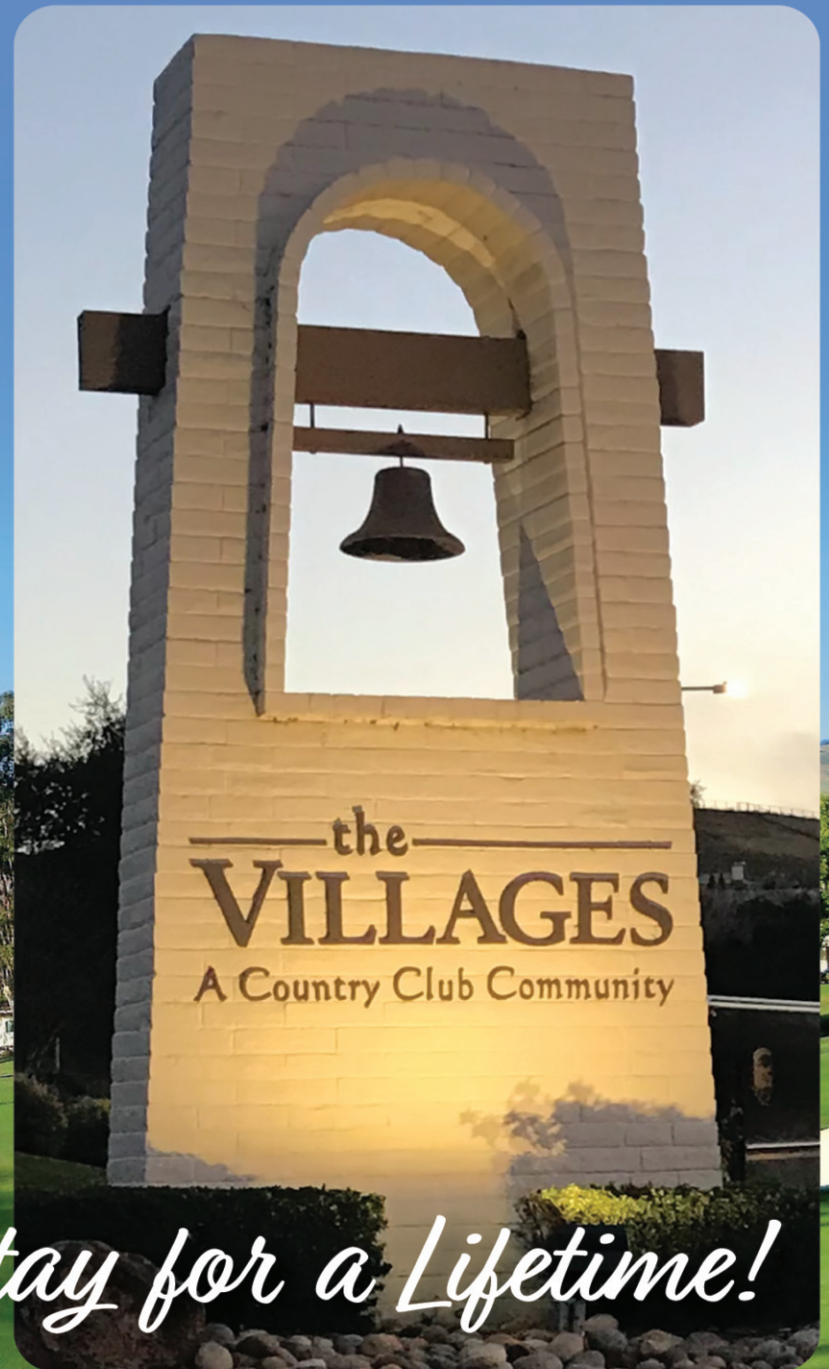
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NOTEBOOK



Four Valley Water board members begin terms following ceremonial swearing-in

Valley Water held a ceremonial swearing-in at the board meeting on Dec. 13 for newly-elected directors Jim Beall and Rebecca Eisenberg and re-elected directors John L. Varela and Tony Estremera.

Directors Beall and Varela officially took the oath of office on Dec. 2, and Directors Eisenberg and Estremera were sworn in on Dec. 9. The board meeting on Dec. 13 will be the first meeting for the newly-elected directors.

Jim Beall will represent District 4, which encompasses the City of Campbell and parts of west and south San José. Communities and neighborhoods include San José's San Tomas, Cambrian Park, Parkview, Branham, Blossom Hill, and the northern portions of Almaden Valley and Santa Teresa.

Beall is embarking on his fifth decade of public service. He entered public office at age 28 and served as a San José councilmember (1980-1994), Santa Clara County supervisor (1994-2006), and as a Legislator in the state Assembly and Senate (2006-2020). He graduated from Bellarmine College Preparatory and earned a degree in Political Science from San José State University with a focus on Urban Planning and Public Finance.

Rebecca Eisenberg will represent District 7, which encompasses the cities of Palo Alto, Mountain View, Los Altos, Monte Sereno, the towns of Los Altos Hills and Los Gatos, and parts of South San José. Communities and neighborhoods include the unincorporated community of Redwood Estates along Highway 17 in

Los Gatos and the southern portions of Almaden Valley in San Jose.

Eisenberg has 30 years of experience as a Silicon Valley attorney, social activist and entrepreneur. Most of her career has been with Silicon Valley startups where she has served as an early employee and executive including PayPal, Trulia and Reddit. Director Eisenberg majored in Decision Science at Stanford University and attended Harvard Law School, which spurred a career in legal justice and social change.

In addition to the two new board members, John L. Varela and Tony Estremera were re-elected to represent Districts 1 and 6, respectively.

Varela, currently serving as Board Chair Pro Tem, was appointed to the Board of Directors in December 2015 to represent District 1. He was elected by the voters in November 2016 and re-elected in 2018 and 2022. District 1 encompasses the cities of Gilroy, Morgan Hill, the unincorporated community of San Martin and parts of East and South San Jose.

Varela is a former Morgan Hill city mayor and councilmember. He serves on the Board of Directors for Joint Venture Silicon Valley, Morgan Hill Chamber of Commerce, and the Pajaro River Watershed Flood Protection Authority. He is also involved in the South County Regional Wastewater Authority and Safe Clean Water Independent Monitoring Committee. He began his tenure on the board in 1996, when he was

See WATER BOARD, page 9

Valley Currents

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



Nearly 200 Oberlin students took part in a private gala performance for the General Assembly of the United Nations at Carnegie Hall. Photo credit: Chris Lee

San Jose musician performs with Oberlin College and Conservatory at Carnegie Hall

Noa Talmor of San Jose was among nearly 200 student musicians from Oberlin College and Conservatory to perform works spanning three centuries in the magnificent Stern Auditorium at Carnegie Hall Dec. 2.

The private gala was held for the 77th General Assembly of the United Nations to honor the work of Csaba Kőrösi, president of the UN General Assembly, and diplomatic and UN staff communities around the world.

Under the direction of Raphael Jiménez, a professor of conducting and director of Oberlin Orchestras, the program included Adolphus Hailstork's triumphal Fanfare on Amazing Grace; Sergei Rachmaninoff's emotionally charged Piano Concerto No. 2 in C Minor, Op. 18 and Ludwig van Beethoven's Symphony No. 9 in D Minor, Op. 125—widely regarded as a celebration of irrepressible unity, with its iconic "Ode to Joy."

"We believe that espousing art and education is an embrace of our common humanity," said Oberlin President Carmen Twillie Ambar in an address to an audience of 1,800 diplomats and invited guests. "And this approach is a way to change the world."

Financial aid tip of the month

Know your school's satisfactory academic progress standards

By Erin Klarer

Satisfactory academic progress, or SAP, is an important phrase in the language of student aid for Kentucky students to know, according to Kentucky Higher Education Assistance Authority (KHEAA)

SAP comes into play after you have taken college or technical school classes and are applying for student aid for the next school year.

All colleges that award federal student aid must have SAP standards, which are based on three key areas: GPA, pace and a maximum time frame.

The GPA students may vary by school, major and whether a student is pursuing an undergraduate or graduate degree.

To meet the pace standard, students must pass a certain percentage of the classes they take in a given period of time. This may also vary by college.

Maximum time frame means students have to finish their degree within a given number of attempted credit hours. For example, a school may require a student to pass 120 credit hours to earn a bachelor's degree, but the student must earn those 120 hours without taking more than 150 hours.

KHEAA is a public, non-profit agency established in 1966 to improve students' access to college. It provides information about financial aid and financial literacy at no cost to students and parents.

In addition, KHEAA disburses private Advantage Education Loans on behalf of its sister agency, KHESLC. For more information, visit www.advantageeducationloan.com.

KHEAA also helps colleges manage their student loan default rates and verify information submitted on the FAFSA. For more information about those services, visit www.kheaa.com.

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IN MEMORY

Donna Sheffield

June 19, 1936 - Nov. 26, 2022

Donna Mae Sheffield passed away on November 26, 2022, at the age of 86. She touched many lives with her kindness and gentle spirit. Donna loved the Lord Jesus with all her heart.



Donna spent her childhood in Muskegon, MI graduating from Muskegon High School in 1954 and from Western Michigan State University in 1958.

Donna also attended the Sherwood Music School in Chicago as a piano and clarinet student.

After a few years teaching in Michigan she moved to San Jose, CA and became a middle school home economics teacher. In 1963 she married her husband, Paul Sheffield. Donna attended First Baptist Church San Jose/Church on the Hill for 60 years. She served in many different music, leadership, and teaching positions.

Donna enjoyed traveling both in the U.S. and abroad with her family and many of her friends. She loved attending the hymn sings at Mt. Hermon. Donna invested heavily in the lives of her two granddaughters.

Donna is survived by her children Raymond Sheffield (Angela) and Joy Panetta (Frank) and two granddaughters Natalie and Stephanie and her sister Eleanor Mitchell (Earl), all of the bay area.

Family and friends attended a memorial service Dec. 15 at Church on the Hill, 500 Sands Drive, San Jose, CA.

In lieu of flowers, contributions may be made online or mailed to City Team Ministries and marked "in memorial for Donna Sheffield".

Edward Van Cleave

Dec. 3, 1925 - Nov. 13, 2022

Edward Paul Van Cleave, 96, passed away peacefully on Nov. 13. Ed served in the U.S. Navy in the South Pacific during WWII as a machinist's mate, developing a love for working on engines and cars throughout his life. He loved playing and listening to music and being with his extended Italian family.



He worked for 38 years at Westinghouse Marine Division in Sunnyvale in Logistics and Quality.

Ed is survived by sons Tom (Debby) and Russ (Laura); five grandchildren, Kristyn, Andrew (Becca), Matthew, Daniel and Nathan; great granddaughters Ava and Sophie; nieces Jeanette Alburn, Donna Deiss, Kathy Reins and Cindy Wade. Ed was preceded in death by Alma, his wife of 62 years; son Richard, sister Vesta Deiss, and brothers Julius and Ero Saccone.

Memorial Services were held Dec. 17 at Lima Family Erickson Memorial Chapel, 710 Willow St., San Jose.

Herva 'Bud' Jobe

Oct. 3, 1938 - Dec. 1, 2022

We are sad to announce the passing of Herva "Bud" Jobe of San Jose. Bud died at the age of 84 on December 1st, 2022. He passed away surrounded by his son and daughter-in-law after a sudden decline in health.



Bud was a longtime mem-

ber of the Elks and a retired principal from the Alum Rock School District.

Family and friends attended the viewing Dec. 17th at Christ the Good Shepherd Lutheran Church in Willow Glen.

Margaret "Louise" Deisenroth

Sept. 15, 1944 - Dec. 4, 2022

Resident of Willow Glen

Willow Glen High School Grad

On Sunday, December 4th, 2022, Louise Deisenroth of San Jose passed away suddenly at the age of 78.

Louise was born in Compton, California to Arthur and Margaret Burrell. At a young age her parents relocated to Northern California where she grew up on the Quicksilver Mine in Almaden Valley before moving to Willow Glen.



Louise graduated from Willow Glen High School in 1962 and married her husband Dennis in February of 1963.

Louise worked in the banking industry for over 50 years. Her 38-year long career with Bank of America enabled her to travel all over the US where she was involved in many large projects like the launch of the first-ever ATM machines. She spent her last few working years with Wells Fargo before finally retiring for good.

Louise enjoyed reading and gardening, her home was decorated for every holiday, and she

loved music specially her favorite, Willie Nelson. More than anything, Louise was an exceptional wife, mother, and grandmother.

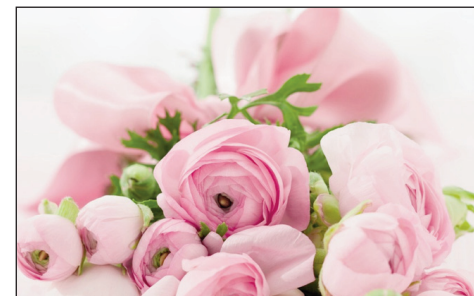
She made extended family out of all of her friends and children's friends. Just recently she started taking a group of her friends on what she called their "adventures"- going places like Mission San Juan Bautista, Filoli, and even the new Eataly at Valley Fair.

Louise's big heart also extended to animals- especially her beloved cats, dogs, and chickens.

Louise is preceded in death by her father, Arthur, her mother, Margaret, her brother Artie, her son, Eric "Ricky"

Peterson, and her son Dennis Deisenroth Jr. She is survived by her husband of 59 years and 10 months, Dennis, her daughters Amy and Lisa Deisenroth, her granddaughter Jenessa (Rey) Perez, her grandson Eric Deisenroth, her granddaughter Lanie Delgadillo, her great grandsons Vincent and Damien Perez, along with her sisters, Marty (Bob) Martin, Laurie Shields, Tina Reza and brother, George (Suzanne) Burrell along with many nieces and nephews.

In lieu of flowers, please consider donating to the Humane Society of Silicon Valley or your local Planned Parenthood.



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LOCAL NOTEBOOK

Supervisors approve new trails connecting parklands in South County

Thousands of acres of parklands soon will be linked

Santa Clara County supervisors voted Tuesday to buy two tracts of land located near the Santa Cruz Mountains.

The lands — which combined will cost the county \$1.6 million and are located near the southernmost edge of Santa Clara County — will end up connecting 5,622 acres between Mount Madonna and Uvas Reservoir County Parks. In addition, the county will nab a slice of land that will link Santa Teresa County Park to a nearby boulevard, allowing for easier accessibility.

The completion date for the trails is currently unknown, according to the county. They are set to be multiuse, allowing for hikers, mountain bikers and horseback riders. When completed, trail goers will be able to trek from Mount Madonna's 1,897-foot peak all the way north to the Uvas Reservoir, where trout and largemouth bass reside.

Mount Madonna has been under the county's control since 1927 and since has expanded, while Uvas Reservoir was first purchased in 1960. Though the two chunks of lands initially will be owned by the Santa Clara Valley Habitat Agency, it eventually will be turned over to the county, according to the agency's executive director. The total cost of the lands is \$8.2 million, with the county, Santa Clara Valley Habitat Agency, Peninsula Open Space Trust, the California Wildlife Conservation Board, U.S. Fish and Wildlife Service and the local Gordon and Betty Moore Foundation all pitching in.

"I think this is a great move," said Supervisor Otto Lee — who represents District 3 — during Tuesday's meeting about the project, pointing out the county Parks Department's larger goal of connecting all of its public lands through trails. In March, the county spent \$8.5 million for a 47-acre sliver of land to link Santa Teresa and Calero County Parks.

Recent storms drop 1.5 inches of rain in Santa Clara Valley

Experts say California needs at least one well-above-average water year to end drought

Valley Water reported that there were no major impacts from the recent storms that dropped more than 1.5

inches across Santa Clara County.

This storms came on the heels of much-needed rain over the past few weeks. The agency's employees worked to ensure our waterways remain clear of debris and blockages.

Valley Water owns and manages 294 miles of the more than 800 miles of creeks in the county. The agency regularly inspects streams and bank conditions, and the crews have been cleaning out areas of creeks that are known hot spots for vegetation and debris buildup. These areas were checked and cleaned following the storm last week, according to John

Varela, Chair Pro Tem and Director Dist. 1 Valley Water Board of Directors.

"Our employees will continue to clean out waterways throughout the winter. To report issues in creeks, call 1-408-630-2378 or visit our website at valleywater.org. Residents and businesses can also take steps to be flood ready," said Varela. "For flood safety tips, visit www.valleywater.org/floodready. The website includes sandbag locations and other resources."

Experts say that California needs at least one well-above-average water year, and maybe more, to end the drought and

replenish reservoirs.

"We all must continue our water-savings efforts," said Varela. "Earlier this year, our board adopted watering rules which prohibit property owners in Santa Clara County from watering within 48 hours of rainfall measuring a quarter inch or more. So please turn off your sprinklers this weekend and leave them off during the cooler winter months."

To learn how Valley Water can help you save water and money through our robust rebate and conservation programs, visit WaterSavings.org.

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Find more tips at WaterSavings.org





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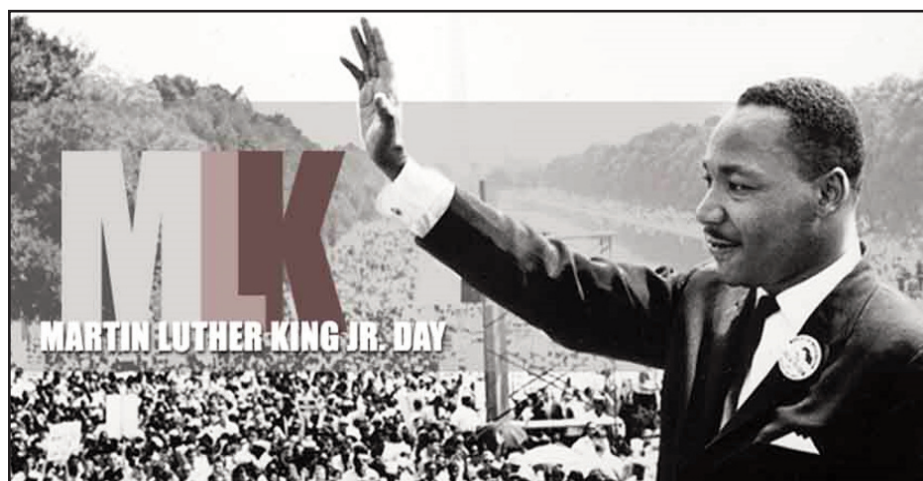
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Times Community Notebook



Report: States with the most racial progress

With Martin Luther King Jr. Day around the corner and half of adults saying a lot more needs to be done to ensure equal rights for all Americans, the personal-finance website WalletHub today released its report on States with the Most Racial Progress, as well as accompanying videos and commentary.

To measure America's progress in harmonizing racial groups, WalletHub measured the gaps between black people and white people across 21 key indicators of equality and integration in each of the 50 states and the District of Columbia. The data set ranges from median annual household income to standardized-test scores to voter turnout.

This report examines the differences between only black people and white people in light of the high-profile police-brutality incidents that sparked the Black Lives Matter movement. The report was released ahead of the holiday honoring Dr. Martin Luther King Jr., who played a prominent role in the Civil Rights Movement to end segregation and discrimination against black people.

Key Stats

- The District of Columbia has the lowest gap in homeownership rates between white people and black people, at 14.31 percent. Connecticut has made the most progress in closing this gap since 1970, with a change of 8.97 percent.

- Hawaii has the lowest gap in median annual household incomes between white people and black people, at 16.71 percent. Wyoming has made the most progress in closing this gap since 1979, with a change of 36.55 percent.

- Alaska has the lowest gap in unemployment rates between white people and black people, at 0.72 percent. North Dakota has made the most progress in closing this gap since 1970, with a change of 10.41 percent.

- Hawaii has the lowest gap in poverty rates between white people and black people, at 0.07 percent. Mississippi has made the most progress in closing this gap since 1970, with a change of 26.38 percent.

- Wyoming has the lowest gap in the share of adults age 25 and over with at least a bachelor's degree between white people and black people, at 1.54 percent. Wyoming has also made the most progress in closing this gap since 1970, with a change of 9.35 percent.

To view the full report and your state or the District's rank, visit: <https://wallethub.com/edu/states-with-the-most-and-least-racial-progress/18428>

Most Racially Integrated States

1. Arizona
2. Hawaii
3. Texas
4. Montana
5. Maryland
6. New Mexico
7. Wyoming
8. Alaska
9. Washington
10. Georgia

States with the Most Racial Progress

1. Wyoming
2. Texas
3. Georgia
4. Mississippi
5. Florida
6. Idaho
7. New Mexico
8. Maryland
9. North Carolina
10. New Jersey

Water Board

Continued from page 1

appointed to fill out a term after the District 2 representative resigned. The following year, the Santa Clara County Board of Supervisors appointed him to serve as an at-large member. He was elected by voters in 2010 to represent District 6, and re-elected in 2014, 2018 and 2022 and served as the Board's chairperson in 2001, 2007, 2014 and 2021. District 6 encompasses parts of Central and East San Jose.

Director Estremera has extensive government experience in both appointed and elected positions serving on the Santa Clara County Grand Jury, Santa Clara County Housing Task Force, Valley Medical Center Advisory Board, Santa Clara County Personnel Board, San Jose Municipi-

pal Stadium Task Force, (San Jose) Mayor's Committee on Minority Affairs and the San Jose/Evergreen Community College District Board of Trustees.

Valley Water manages an integrated water resources system that includes the supply of clean, safe water, flood protection and stewardship of streams on behalf of Santa Clara County's nearly 2 million residents. Valley Water effectively manages 10 dams and surface water reservoirs, three water treatment plants, an advanced recycled water purification center, a state-of-the-art water quality laboratory, 277 acres of groundwater recharge ponds and 294 miles of streams. We provide wholesale water and groundwater management services to local municipalities and private water retailers who deliver drinking water directly to homes and businesses in Santa Clara County.



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New Year

Continued from page 1

know what you want, formulate a plan to achieve it, and then take the necessary action to get it. Setting a specific goal is essential. The more detailed the better. If you want to lose weight, how much and by when? If you want a new job, what will it be and how much will it pay? If you want to save money, how much and how often?

Next, you need a plan. Just like your goal, your plan must be as detailed as possible. If you are going to lose weight, what will be your menu each week? Are you going to go on a specific diet, cut out certain foods, or just eat less? For finding a new job, what will be your strategy? Do you need a new resume? Will you look on line, in the classifieds, use an employment agency, network, cold call, or all of these? If you want to save more money, in what areas will you cut back? Do you know where your money is going? Have you created a budget?

You want your plan to be doable. The smaller the steps are, the more likely you will be to succeed. Any time you feel a step is too big, break it down further. It doesn't matter how small each step is so long as you keep going and never give up.

Losing 20 pounds may feel overwhelming, but dropping two pounds a month doesn't seem too bad. If you keep at it for 10 months, you will reach your goal. Saving \$3000 might appear beyond reach, but cutting back \$9 a day on family spending is manageable.

Finally, you must take action. The best goals and greatest plans will go nowhere without action. The reason you divided your plan into small sections is so it would be easy to take action, one day at a time. All you have to do is keep going, until you achieve your goal.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@columnist.com or visit www.DareToLiveWithoutLimits.com Copyright 2022 Bryan Golden

Bicycles

Continued from page 1

crashes are also high in other parts of the city, including Senter and Tully roads.

San Jose's Better Bike Plan 2025 aims to make bicycling more accessible by increasing bike parking, sharing services and bike lanes, Heyne said. Santa Clara County has been

working to create a bicycle super-highway for cyclists to travel between cities. The goal is to ensure cyclists can access all parts of the city safely, he added.

"We acknowledge that even if it is great infrastructure, if it's an island, it's not going to help," Heyne told San José Spotlight. "We need to have that great infrastructure be connected."

Michael Kelly, a senior partner at Walkup Law Firm, said addressing

bicycle safety requires a culture shift. Many drivers remain inattentive to cyclists on the road, he said, an attitude that puts cyclists in harm's way.

"We see conflicts both due to roadway design, roadway use, and the behavior and psychology of drivers... We see so often vehicle drivers who say, 'Well, I never saw the bicycle,'" Kelly told San José Spotlight. "There's no such thing as an invisible bicyclist."

Michaelangelo

Continued from page 1

face-to-face with the masterpieces. Through 34 artfully displayed reproductions, this innovative presentation includes world-renowned pieces like The Last Judgement, bringing them just a few feet away from the audience.

Guests will enhance their experience with the audio guide tour, which provides the "why" behind each fresco – all through their own mobile device. This narrative accompaniment is available in multiple languages and is free-of-charge.

"We have had sold-out openings in Austin, Cleveland, Portland, Philadelphia, Washington D.C., and Green Bay in recent months and now we are proud to bring this experience to the San Jose area," Martin Biallas,



CEO of Los Angeles-based SEE™ Global Entertainment, producer of the exhibit.

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5 health tips to help you succeed in the New Year

Photos courtesy of iStock
(Family Features) The new year brings a time to reassess health habits. New Year's goals and resolutions are often focused on weight loss or exercise. Although these are important indicators of health and happiness for many people, maintaining overall health is important, too.

Registered dietitian, author and nutrition consultant Manuel Villacorta offers these tips to start the new year with a healthy routine:

Create a Meal Plan you'll want to eat

For well-balanced meals, think ahead and plan a weekly menu that matches your taste preferences to stay interested. When you feel like you're on a diet or being forced to eat something, you're more likely to stop following the plan. It's helpful to make something to enjoy together with family or friends and make sticking to a meal plan easier. Manuel suggests:

1. Making shopping lists to stay organized
2. Checking your cupboards to avoid overbuying and waste



3. Scheduling a day of the week to shop This Ground Chicken and Sweet Potato Skillet is an easy meal plan starter.

Think ahead for balanced meals

For well-balanced meals, think ahead and plan a weekly menu that matches your taste preferences to stay interested. When you feel like you're on a diet or being forced to eat something, you're more likely to stop following the plan. It's helpful to make something to enjoy together with family or friends and make sticking to a meal plan easier. Manuel suggests:

1. Making shopping lists to stay organized

2. Checking your cupboards to avoid overbuying and waste

3. Scheduling a day of the week to shop This Ground Chicken and Sweet Potato Skillet <https://tinyurl.com/yc434ff9> is an easy meal plan starter.

Fill in dietary gaps with flavanol supplements

A balanced diet is key to overall health, including your heart and brain health. In fact, the Academy of Nutrition and Dietetics released a first-of-its-kind recommendation to eat 400-600 milligrams of flavanols daily to support cardiometabolic health. Flavanols are bioactive compounds found in plant-based foods like cocoa, tea, apples and berries; however, levels can vary across foods, and it can be difficult to get everything you need from food alone.

A flavanol supplement like CocoaVia™ can help fill dietary gaps when you can't meet the recommendations with food alone. The flavanols in CocoaVia are clinically proven to promote cardiovascular and brain health for the long-term, supporting a strong heart and better memory.* Each Cardio Health product serving provides 500 milligrams of cocoa flavanols in two capsules or one powder scoop. Additionally, Memory+ – containing 750 milligrams of

cocoa flavanols per three-capsule serving – is ConsumerLab.com's Overall Top Pick for cocoa products with the highest concentration of flavanols. Only CocoaVia is made with Cocoapro™ cocoa extract, the most concentrated and clinically proven flavanol extract ingredient on the market.

Try adding CocoaVia capsules to your routine or a scoop of Cardio Health powder to smoothies, coffee or this Cocoa Blueberry Smoothie Bowl. Learn more at CocoaVia.com.

Fuel for energy

Not having enough energy can impact performance at work and the gym. What you eat can impact your energy levels. Manuel suggests eating every 3-4 hours and including all three macronutrients – carbohydrates, protein and fat – at meal-times.

For example, many people eat salads with greens and protein, but you can bulk them up with broccoli and carrots for a heartier mix. Aim for meals packed with vitamins, minerals and nutrient-dense foods like grains and starchy vegetables that provide energy.

Make Fiber a focus

Fiber is a nutrient often overlooked. Soluble fiber helps maintain glucose levels, which are important for your brain to function at its best. Oats, beans and avocados are all good sources of soluble fiber. Including fruits, vegetables, nuts, seeds and whole grains can increase your fiber intake and benefit your gut health.

Be strategic about stocking your kitchen

Making several weekly grocery trips is time consuming and better spent on things like physical activity. Try strategies to get most of what you need in the fewest trips possible like buying bulk beans, grains and pasta. Remember, not everything has to be fresh. Frozen and canned produce are often stored at their peak freshness to offer many of the same nutrients. Choose low-sodium, canned options when possible and rinse before eating.

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CAREER COLUMN

Keep looking forward

By Angela Copeland

When you're riding a horse, there's an important lesson about where you focus your energy. You need to keep your head up, and focused on where you want to go. If you look down, you may get stuck and ultimately, you may not make it to your intended destination. The same is true when looking for a job.

The modern job search comes with quite a few bumps in the road. It has happened to the best of us. You're interviewing with one company. It seems like it's going well. You receive positive feedback, so you stop looking for jobs. You



wait for the job offer to arrive. But, at the end, you aren't selected.

This happened to me when interviewing for a job at a financial services company. They put me through ten rounds of interviews over a six month period. After going in person for interviews, the hiring manager let me know that I was the one he'd selected. But, he wanted me to talk with a few more people, which elongated the process by a month or more. This was an unusual request given how far along we were, but I did the interviews. Since I knew I'd been selected, I began to pack my things. The job was in another city, and I needed to prepare to move.

Strangely, that job offer never arrived. Instead, I received a phone call from the hiring manager. He told me he had good news and bad news. I was the winning candidate. But, they had decided not to hire anyone in order to save money. I could tell by the lightness in the hiring manager's tone that he had no idea what an impact this decision had on me. He wasn't thinking about the months it would take me to find another job. He had no idea I'd already packed, or that

I'd stopped applying at other companies. In his mind, it was as if he'd changed his mind about ordering a dessert after dinner. But for me, it was devastating news.

What could I have done differently here? Well, for one, the lesson is to never stop applying for jobs until you have a written job offer in hand. Until that point, anything could happen. The company could choose to hire someone else, or to hire no one at all.

Second, you should try to go through job interviews without thinking about the outcome. When you focus on the outcome, you will be extremely disappointed by all the rejection. It will begin to feel as if something is wrong with you. But, that's not true. The modern hiring process is broken.

And, don't get too excited just because you're a perfect fit for a role. Someone else may be a perfect fit too.

So, stay focused. Keep your eyes on the end goal. When you reach it, you'll know. Until then, keep looking forward.

Angela Copeland, a leadership and career expert, can be reached at www.angelacopeland.com.

Website identifies which school districts are well run

By Dan Walters

One conspicuous absence on his list of California's virtues is its public education system, for good reason.

In statewide and nationwide tests of K-12 academic achievement, California lags badly behind. Learning is especially deficient among children from poor families, but even kids from affluent California families tend to lag behind those in other states.

To the extent that this educational crisis receives any attention in the state Capitol, the discussion is almost always confined to money, on the fanciful notion that spending more will automatically increase academic attainment.

One reason money doesn't solve the problem is that the state provides very little oversight on how the money is spent, including the extra funds that local school systems receive specifically to close the achievement gap. State education officials intervene only when local systems are flirting with insolvency.

Some school districts spend their money wisely and effectively and some don't and outcomes largely hinge on the quality of their governance. Those with engaged and committed boards and administrators tend to have better outcomes than those with inconsistent, politics-driven and often chaotic governance.

That's why a massive effort to judge how well California's local school systems are structured and managed is welcome.

Arun Ramanathan, CEO of Pivot Learning, an Oaklandbased nonprofit



organization that advises school systems on improving instruction, created a series of benchmarks to gauge how well school districts are prepared to embrace reforms. He also created a website that allows the public to view the results for every school district with at least 2,500 students.

"Despite billions in investment and decades of effort, new reform efforts rarely have intended impacts at the district, school and classroom level, and sustained improvement is rare," Ramanathan told EdSource, a website of education journalism. "There are rarely insights into why. The District Readiness Index (districtreadiness.org) resulted from that questioning."

The ratings cover five "domains" — community relations, finance, leadership, personnel policies and workplace conditions. Users can see how the districts score in each, with overall ratings designated by colors. Blue is the best, yellow is in the middle and

orange is the worst. The grading process resulted in about half of the 420 districts getting yellow grades and about 40% blue marks with roughly two dozen placed in the orange category, meaning they have "few foundations" for achieving needed reforms.

Some of the state's largest districts are colored orange, including Los Angeles Unified, whose enrollment approaches 10% of the state's 6 million public school students.

It's not surprising that L.A. Unified, Oakland Unified, San Francisco Unified and Sacramento Unified received low marks because all have been in constant political turmoil and financial distress of their own making.

Three of the large districts — San Diego Unified, Elk Grove Unified and San Juan Unified — escaped the orange designation and are marked as yellow. A few large districts achieved blue status for being well prepared, including Fresno Unified, Long Beach

Unified and San Bernardino Unified. But most of the blue districts tend to be either in affluent suburbs — no surprise there — or in rural areas.

Most interestingly, the blue list includes a number of districts with large numbers of poor students, such as Brawley and Calexico in poverty stricken Imperial County.

The District Readiness Index provides new ammunition for the school reform movement in California, which seeks to elevate students' welfare over the petty politics, particularly in Los Angeles Unified and other large districts, that sabotage their educations.

Dan Walters is a CalMatters columnist.

Report Where inflation is rising the most

With the year-over-year inflation rate at 7.1% in November, the personal-finance website WalletHub just released its report on the Cities Where Inflation is Rising the Most, as well as expert commentary.

To determine the cities where inflation is rising the most — and thus is the biggest problem — WalletHub compared 23 major MSAs (Metropolitan Statistical Areas) across two key metrics involving the Consumer Price Index, which measures inflation.

The Consumer Price Index was compared for the latest month for which BLS data is available to two months prior and one year prior to get a snapshot of how inflation has changed in the short and long term.

Rising the Most	Rising the Least
1. Phoenix, AZ	19. Los Angeles, CA
2. Miami, FL	20. Chicago, IL
3. Tampa, FL	21. San Diego, CA
4. Atlanta, GA	22. Honolulu, HI
5. Seattle, WA	23. Minn., MN

To view the full report and your city's rank, please visit: <https://wallethub.com/edu/cities-inflation/107537>

Report New research reveals California has 3rd highest cost of living in the US

The research, undertaken by Lensa, looked at data from World Population Review and United States Census Bureau to determine which state had the highest cost of living in 2022 and the lowest labour costs from the years 2016-2020.

Here are the top 10 states with the highest cost of living:

Rank	State	Cost of living index score
1	Hawaii	193.3
2	New York	148.2
3	California	142.2
4	Mass.	135.0
5	Oregon	130.1
6	Alaska	127.1
7	Maryland	124.0
8	Connecticut	121.6
9	Rhode Island	117.2
10	Vermont	117.0

The highest cost of living is in Hawaii (193.3), the highest in the nation, meaning the cost of living in the state is nearly twice the average.

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Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

FAMILY FEATURES

In today's world, grocery shopping can seem more like a burden than an opportunity to gather supplies for your family's favorite meals. With prices of everyday ingredients fluctuating almost daily, it's important for many families to make their dollars go further at the store.

Easy ways to stretch your grocery budget, like using versatile ingredients, can make the checkout experience a little less impactful on your household's finances. Consider the benefits of mushrooms, which provide a delicious option to enhance flavor in favorite recipes while extending portions in an affordable way.

Save Money

Stretch your dollars by stretching your meals using a process called "The Blend." Blending finely chopped mushrooms with ground meat can extend portion sizes of your favorite meaty recipes and help your bottom line. Chop your favorite mushroom variety to match the consistency of ground meat, blend the chopped mushrooms and meat together then cook to complete the recipe. For burgers, use a blend of 25% finely chopped mushrooms and 75% ground meat. For tacos or chili, use 50% mushrooms and 50% meat or an even higher mushroom-to-meat ratio.

Savor the Flavor

The savory umami taste of mushrooms means a flavorful experience in blended recipes like burgers, where the chopped mushrooms help hold in the juiciness. Or, you can chop, quarter, slice or enjoy them whole in recipes like Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto, Creamy Spinach, Mushroom and Lasagna Soup or Blended Pasta Sauce paired with your favorite pasta.

One Carton, Multiple Dishes

Thanks to mushrooms' versatility, you can buy one large carton of mushrooms to chop up then bulk up multiple dishes, from a morning omelet to hearty soups to blended burgers.

Serve Up Nutrition

Low-calorie, low-sodium, fat-free and cholesterol-free, mushrooms are nutrient rich and can play a starring role in a variety of meals. With an array of fresh varieties and nearly endless ways to prepare them, they can be your powerhouse from the produce department.

Find more recipe ideas and ways to make the most of your grocery store dollars at MushroomCouncil.com.

Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4

- Chicken:**
- 8 boneless, skinless chicken thighs
 - salt, to taste
 - pepper, to taste
 - 6 tablespoons unsalted butter
 - 16 ounces mushrooms, such as white button, crimini or portabella, quartered
 - 3 zucchinis, sliced in half moons
 - 3 large carrots, thinly sliced
 - 4 sprigs fresh rosemary, leaves removed and roughly chopped
 - 4 cloves garlic, minced

- Orzo:**
- 4 cups chicken or vegetable broth
 - 1 tablespoon unsalted butter
 - 1 tablespoon extra-virgin olive oil
 - 1 small yellow onion, diced
 - 2 garlic cloves, minced
 - 16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
 - 1 cup uncooked orzo pasta

- 1/8 teaspoon black pepper
- 1/3 cup white wine
- 1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F.

Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan. Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Blended Pasta Sauce

Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms (such as white button, crimini or portabella), finely chopped
- 1 pound 80% lean ground beef

- 1 tablespoon Italian seasoning
- 1 teaspoon kosher salt
- 1 jar (24 ounces) marinara sauce
- cooked pasta
- salt, to taste
- pepper, to taste
- grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons. Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan.



Creamy Spinach, Mushroom and Lasagna Soup

Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces mushrooms, such as white button, crimini or portabella, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- 1/2 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon black pepper
- 1 bay leaf

- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- 1/2 cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole milk ricotta
- 1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

State Senator Cortese achieves historic record by passing crucial CA Senate bills to help others

By Kevin Larsen

Times Staff Writer

On December 9, Senate District 15 held a quaint outside event to honor his team with regard to the many accomplishments of laws passed this year by the Office of State Senator Dave Cortese.

Cortese has become a juggernaut in how he focuses on doing his important work to help the good of the people. He achieves more than most anyone in how he does his work.

Here's his answer to how he does it.

He was asked how it is that he has accomplished so very much in so short a period of time in his role as a State Senator. Of course, his team helps him but he's like the quarterback of setting the pace and plays.

The soft-spoken Dave Cortese said, "To use a football analogy I think I use a hurry up offence in getting things done in the State Senate." He went on to say, he works hard and fast because he wants to help others and that is his quest and what motivates him. It is seen in his face and eyes that he cares deeply about assisting people in California and beyond and he doesn't want people to suffer. It is a calling for him.

Growing up he attended Evergreen elementary school in East San Jose. In middle school he played safety position in football and his first love of sports is and always will be baseball. When asked to give any advice for the youngsters he said, "Well, the best baseball player I ever saw was Willie Mays and he struck out once and awhile, so, if you swing and you miss at one of your goals, don't give up!"

His winning attitude and fantastic management techniques with his team has translated to creating year after year record accomplishments that surpass the norm.

Endless accomplishments

2021 – Juvenile Justice Diversion & Supportive Programs for Youth – Helping Retirees Continue Post-Retirement Opportunities – Consumer Protection Law – Santa Clara County Hospital Seismic Safety – Local Economic Development; Funding for Affordable Housing – Wildlife Connectivity Barriers to Protect Wildlife – California Surplus Land (*Corresponding Bill to SB 530*) – Ending Spousal Rape

2022 – Family Finding Protocols for Children – Tenant Preferences to Prevent Displacement – Special Education Inclusion & Equity – Protections for Continuing Care Residents – Equity & Stability for Retired Educators – Parity for Classified School Employees – Accessible, Safe & Democratic Public Meetings – Retirement Savings Program Expansion & Postretirement Equity – Student Mental Health Support through School-Linked Services – Worker Wellness in Response to the VTA Shooting – Preventing Online Sexual Exploitation Other areas of support were obtained for: Martial Cottle Park improvements, Integrated Data for Student Mental Health Support, Eastside Education Initiative, Santa Clara County Youth Climate Initiative, Silicon Valley's LBGTQ+ History, Transportation Infrastructure and Worker Wellness Protection.

His secured requests in 2021-2022 State Budget

Student Mental Health to create school and county mental health partnerships across California. VTA to provide post-tragedy



relief to traumatized employees and help get essential transit services running again as soon as possible. Universal Basic Income - California Guaranteed Income Pilot Program" to serve California youth exiting the state's extended foster care program as well as pregnant women.

Highway 17 Wildlife and Trail Crossings Project - To create connectivity and a safe crossing for trail users to enjoy the natural beauty of our Santa Cruz Mountains. Litter Abatement - To assist local jurisdictions with the removal of trash and debris from local streets and along state highways in Santa Clara County. San José - Evergreen Community College District - a planning and community engagement grant to plan the development of vacant college property to serve students. Wildfire Preparedness Technologies - To provide state-of-the-art technology to communicate securely and effectively during a wildfire or natural disaster including emergency mobile cell phone coverage.

Oh so humble

At the event that celebrated this year's accomplishments, something unbelievable happened. State Senator Cortese, after graciously meeting many people, walked to the podium to speak. He thanked everyone and there was individual applause for individuals, but in an oh so humble way, he did not refer to any of his accomplishments done this year. This is one of the hidden qualities of State Senator Dave Cortese, no bragging!

His lengthy biography helps us to know him better and allows us to understand why he is so humble. There is no one like this highly successful leader for he is a one-of-a-kind. Let's take just a moment to brag a little about him.

His upbringing forged his ability to communicate in ways that get things done. You might say that he does not wrestle with the thing called procrastination. His website goes into depth. It is important to note, while growing up, his vivacious mother and strong father with two very intelligent and enchanting sisters, along with the entire extended family, helped shape the many qualities of State Senator Cortese.

This historic family with roots in farming and traditional family values has always reached out to help the community and beyond. They have done many good things and walk with all. This unpretentiousness and miraculous support for the common person, helped the entire community and they continue to do so to this day. No one sets limits on a Cortese! Yes indeed, family helped the boy to grow up into who he is today.

Biography

Senator Dave Cortese was elected in November of 2020 to represent State Senate District 15 which encompasses much of Santa Clara County in the heart of Silicon Valley. Along with his accomplished career as an attorney and business owner, the Senator previously served on the Santa Clara County Board of Supervisors for over a decade, with four years as Board President, on the San Jose City Council for eight years, including two years as Vice Mayor, and as a trustee for the East Side Union High School District for eight years.

He grew up in San Jose as part of a family that has been active in civic, cultural, and business activities for generations. Dave graduated from Bellarmine College Preparatory then University of California, Davis where he earned a Bachelor of Science Degree in Political Science. He earned his Juris Doctorate at Lincoln University Law School in San Jose. He has four children and is married to his wife Pattie Cortese who is currently a Trustee on the Eastside Union High School Board.

During his nearly three decades in public service, Dave has brought the community together to address and reduce homelessness, combat climate change, expand public transit options, reform the Santa Clara County's jail custody operations, and fight for the rights of immigrants.

To increase affordable housing and find solutions to homelessness, Dave initiated the creation of a countywide housing task force with representatives from business, labor, city and county offices, the local homeless population, and many experts on housing and homelessness. That group's recommendations led to such initiatives as the groundbreaking \$950 million "Measure A" affordable housing bond that Dave co-chaired as well as the All the Way Home campaign that has housed 1,940 of the County's veterans

As a member and former Chair of the Metropolitan Transportation Commission (MTC), Dave fought hard to bring federal stimulus funds to the South Bay to rehabilitate our aging roads and ease congestion. On the Valley Transportation Authority (VTA), he pushed to secure funding for the BART expansion into San Jose and for VTA's eventual light rail service to Eastridge. Dave secured improvements to expressways, Highway 101, Highway 85, and the Tully Road/Capitol Expressway/Yerba Buena interchanges. He spearheaded officially merging the Association of Bay Area Governments (ABAG) and MTC's efforts to advance



smarter land-use policies for the entire Bay Area and to tackle the important connection between housing, jobs, transportation and climate protection in a coordinated, regional fashion.

Dave has long been a champion of protecting our environment, leading Santa Clara County to transition to 100% renewable electric power, creating the County Climate Coalition in partnership with Al Gore's Climate Reality Project, and helping to form Silicon Valley Clean Energy, the community-owned provider of carbon-free electricity for Silicon Valley

Dave has prioritized women's policy issues. He initiated the County's Gender and Ethnicity Pay Equity Ordinance, their landmark Anti-Human Trafficking Team, and their first-of-its kind review of Title IX policies for K-12 and higher education institutions.

Dave pushed Santa Clara County to become the first in the nation to file a lawsuit in federal court against the Trump Administration to overturn its unlawful rescission of the DACA Program. This attempt was successful, with the Supreme Court eventually overturning the Trump Administration's repeal of DACA. Dave again pushed the County to sue the Trump Administration for denying federal funding to "sanctuary" cities and counties that didn't participate in the President's aggressive immigration enforcement agenda. He helped lead the establishment of the Santa Clara County Office of Immigrant Relations, the New American Fellowship program that employs DACA youth, and the allocation of millions in funding for legal services for DACA/DAPA recipients.

Dave provided oversight and direction for the County in areas of Finance, Budget, Technology and Capital Projects. He created the County's Open Government Ordinance and Office of Labor Standard's Enforcement to monitor the County's Wage Theft and Living Wage Ordinances, that he championed, as well as workplace sexual harassment.

Dave has initiated several local community-based gun buy-back and firearm relinquishment programs including "Unity Day" that became the County's largest gun buy-back event. After hosting the Community Summit on Firearms Safety with over 300 diverse participants, Dave spearheaded the County's safe-storage ordinance to prevent accidental shootings and suicides in homes.

With a strong track record rooted in restorative justice and fighting systematic inequities, Cortese has taken major steps to re-envision our justice system, including establishing the Santa Clara County Blue Ribbon Commission, which led to hundreds of recommendations to improve the treatment of inmates in custody, and creating the first policy in the United States to halt the incarceration of offenders under 13 years of age at Juvenile Hall.

Helped establish Evergreen Valley High School

As a School Board Trustee, Dave jump-started dormant plans to build a new high school in Evergreen and co-chaired the \$80 million bond campaign that led to Silicon Valley's first new high school in 25 years. He was a major architect of School Linked Services, a program

See CORTESE, next page

Times Feature

Cortese

Continued from previous page that connects students and families to County social services and counseling. School Linked Services has grown to serve about 200 schools in the County.

Dave has had the opportunity to work with his father, former Assemblyman Dominic L. Cortese over a political career that commenced in 1968. His deep, local roots and love for his community continue to fuel his passion for public service.

As a California State Senator, Dave intends to continue and expand on the successful work he has done in Santa Clara County and apply as many solutions as possible statewide. That includes addressing climate change through building decarbonization, increasing California’s housing stock, shifting the focus of our justice system from incarceration to rehabilitation, and fighting sexual assault and gender-based violence.

Shares viewpoints on his work
Q1: What makes you a successful State Senator?

“There are so many thought leaders, advocates, and experts right here in Senate District 15 that are moving the needle on our most pressing issues, often through new, innovative ways of thinking. I am grateful to tap into their expertise and work in partnership with our community to tackle issues that cut across diverse populations and places, whether it is education, poverty alleviation, or restoring our environment. I have always led with the understanding that we will not make progress in these critical areas unless we work collaboratively with people that hold different beliefs and ideologies.”

Q2: What is one thing you are most proud of accomplishing in the past 2 years as State Senator?

“During an historic budget surplus, the State Legislature had an incredible opportunity to double down on our efforts to provide stability to children, families, older adults, small businesses and all of those recovering from the pandemic; I believe we met this moment together to truly improve the lives of millions of Californians. Over the course of two years, I secured over \$41,000,000 in district-specific investments for our Santa Clara County residents, including funding to expand school-based student mental health services, wildfire preparedness, safe wildlife and trail crossings, college and career preparedness for students that need it the most, and more.”

Q3: Let’s talk about your TEAM, what makes them so very special?

“When I think about my team, those that I lean on for advice, support, and even at times, positivity, there are so many people, colleagues, and collaborators I have to be grateful for. I look to my family,

my office staff that keeps things moving, my colleagues and my community. I am constantly overwhelmed and motivated by the generosity of those in our area that reach out to my office to provide their ideas and input, and I could not do this work without each and every one of them. It is this team that has greatly shaped my legislative and community work to serve the residents of Senate District 15. I am thankful for their partnership.”

Q4: What are you planning to do in your job in the future years?

“As I look to the future, I want to expand on my core priorities that

have defined my legislative work during my three decades of service as a School Board Member, a City Councilmember, and as a member of the County Board of Supervisors - ensuring wellness, support, and adequate protections for our most vulnerable community members. This includes those experiencing homelessness or extreme poverty, youth and our young adult population that lack the support systems they need to thrive, workers that put themselves on the frontlines every day, Californians that are at risk of the disastrous effects of wildfires, flood-

ing and other climate emergencies. This legislative session, I was proud to author 19 bills covering these areas and more that were signed into law. There is much work ahead of us as we begin to enter the 2023-24 Legislative Session, but I am confident we can continue to champion successful efforts that will make our state healthier and stronger.”

Small social event comes to a close

At the special event, Dave’s wife Pattie Cortese also took time to kindly speak to others too. People just love to talk with them because they

are humble, unassuming and hold the special secret to little by little help our world. Perhaps some believe, if they can rub elbows with them, then maybe some wisdom might be bestowed. Of course, it is known that every wonderful leader has help with regard to strength and intelligence and Godliness from their partner.

When told Patti was a Godly person, she responded, “Everyone is Godly.” Then she added, “But some do not know they are Godly.” When asked how we can help them be aware, she said, “We love them.”

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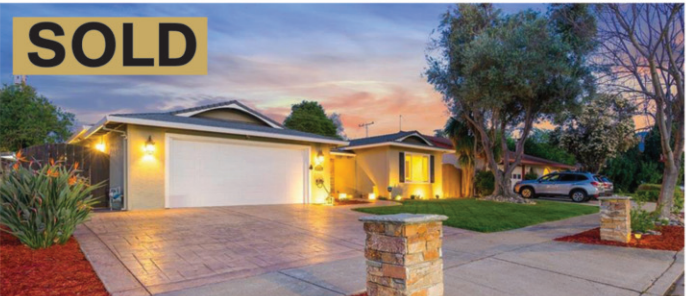
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SCAN ME



TECH JARGON OF THE WEEK
Compliance as a Service (CaaS)

By Shubhi Asthana

Have you ever stumbled into a conversation where every-one is speaking around this “techie” word – and even after you’ve broken in, it is difficult to understand the unfamiliar jargon and acronyms? Well, there’s no need to sweat it. Let me teach you the meaning of some commonly used tech words:

Compliance as a Service (CaaS)

Businesses today handle large amounts of electronic customer data, from email addresses to payment information. Much of this sensitive data



can harm your business and your customers should it fall into the wrong hands. Compliance plays a vital role in serving customers and protecting your business from legal and financial trouble.

Compliance as a Service is a type of solution that uses cloud computing to help businesses store data and manage regulatory compliance. Though services vary depending on the industry, Compliance as a Service providers typically store sensitive data in accordance with regulations and provide tools for managing and reporting compliance in your organization. Compliance support services in the cloud are often used by large organizations that operate in highly regulated industries such as healthcare, banking, and finance. The goal of Compliance as a Service is to reduce an organization’s compliance burden by outsourcing compliance

management tasks to a third-party that has the resources required to meet regulatory requirements in a more cost-effective manner.

The Pros and Cons of Compliance as a Service

If you’re involved in highly regulated industries like healthcare or financial services, you may want to think about using compliance services from cloud-based companies as they can enhance your compliance initiatives and help ensure you stay abreast of continued updates.

Getting help with compliance can increase efficiency in small businesses by decreasing the amount of documentation required by regulatory bodies that you or your employees must personally administer and oversee. It can also cut down on the cost of managing HIPAA regulations or other industry-specific compliance issues. This can include offerings such as vulnerability scanning,

data encryption log monitoring, access management, and several other tools that can be difficult for smaller organizations to manage themselves.

On the other hand, carving out portions of compliance requirements may make you feel too comfortable. If you assume that another company has taken care of your risks and legal responsibilities when it hasn’t, your business will be the one that pays for any slipups — and those fines can be financially devastating to small businesses. Relying on someone else to ensure your compliance may muddy the waters and leave certain responsibilities to chance.

Do you enjoy reading this column? Send in your comments or feedback to the author at shub.saxen@gmail.com. Shubhi Asthana works as a Research Senior Software Engineer at the IBM Almaden Research Center, San Jose.

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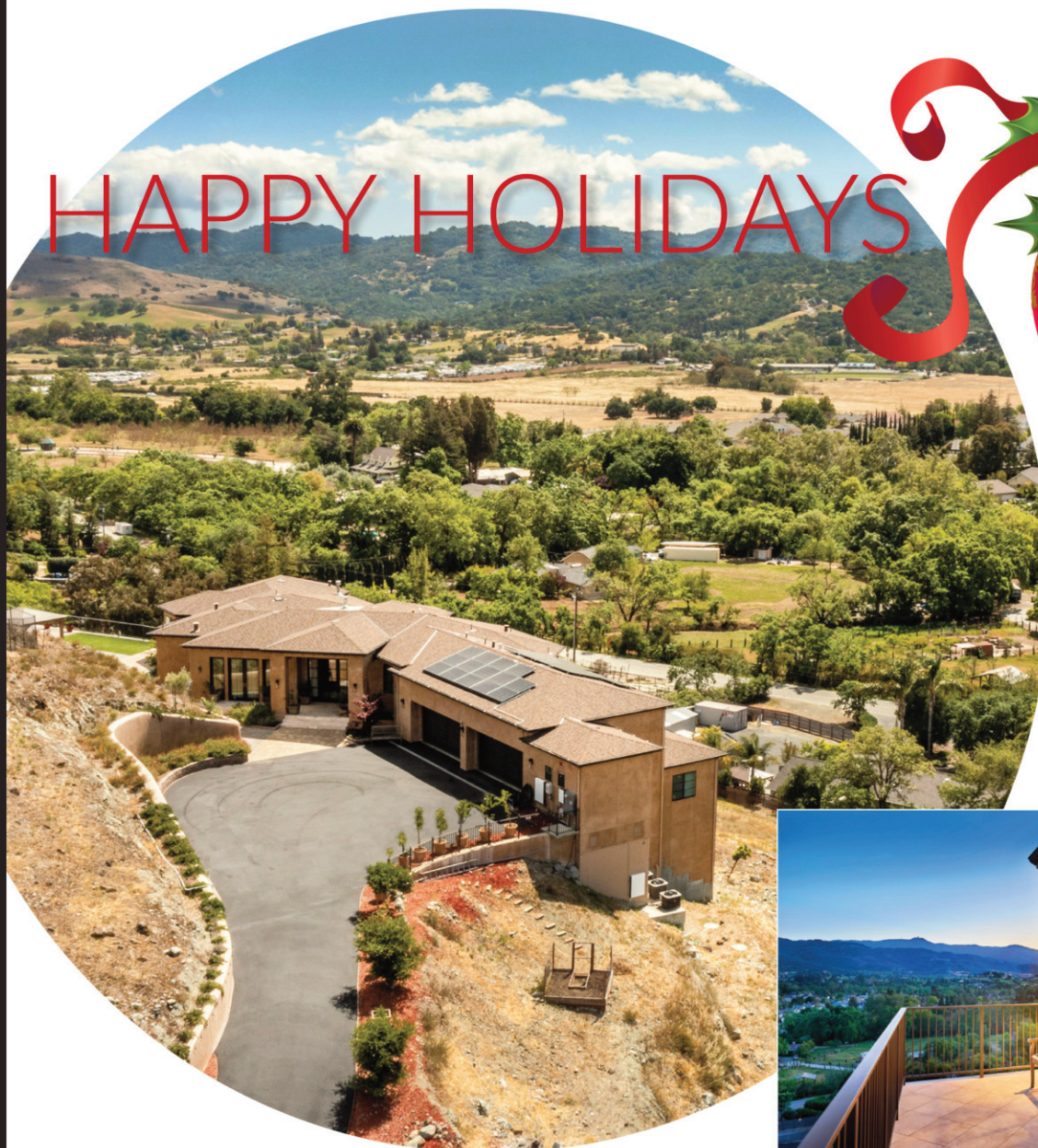


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