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Evergreen Times

SEPT. 22 – OCT. 5, 2023 ■ VOL. 40, NO. 20

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Empowering athletes' minds

Local high school student tackles mental wellness in sports and creates podcast with initiatives to support athlete mental resilience

By William Bellou
Publisher

In the heart of our community, a passionate advocate and student-athlete is breaking barriers and silencing the stigma surrounding mental health in sports.

Lavanya Verma, Founder of the transformative podcast "In My Head: The Internal Battle," is on a mission to elevate athlete mental wellness, reaching athletes on the college and junior levels. Through engaging conversations with experts, coaches, and fellow athletes, Lavanya is fostering a culture of mental resilience and well-being in the sporting world.

As a dedicated student-athlete, Lavanya recognizes the challenges that athletes face, not just on the field but also within themselves. In My Head: The Internal Battle serves as a vital platform, shedding light on the importance of mental well-being among athletes. With nine insightful episodes available on Spotify, Lavanya has conducted enlightening interviews and discussions with coaches, a mindset coach, and fellow student-athletes.

"There is way more to sports than



Lavanya Verma

just physical performance; it's a mental game as well. By openly discussing mental wellness and resilience, we can break down the barriers that prevent athletes from seeking help," Lavanya explains.

The impact of "In My Head" has been far-reaching, boasting an audience of over 300 dedicated followers and amassing more than 500 listens on Spotify Podcasts. Lavanya has not only sparked conversations but also hosted webinars focused on mental resilience, partnering with a seasoned mindset coach. These webinars have reached more than 50 high school and junior athletes, equipping them with valuable tools to navigate the pressures of competitive sports while maintaining mental well-being. This webinar recording is also hosted on youtube and it has more than 70 views.

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PHOTOOP



QUICK BUILD

Volunteers are ready to start a complete build of a Fort Model T, including driving the auto away. at The Antique Auto Show held at San Jose History Park on Sept. 9. The team completed building the Model T in less than 15 minutes. Thousands attended the event that featured period-correct pre-1946 vehicles, fire equipment, bicycles and motorcycles.

Evergreen Valley's iconic Raging Waters to permanently close after nearly 40 years

Raging Waters, the thrilling summer destination for Bay Area families located in Evergreen Valley, announced its permanent closure this month after nearly 40 years

By William Bellou
Publisher

Nearly 40 years ago, the Evergreen Times newspaper covered the grand opening of Raging Waters, which became the summer destination for thousands of Bay Area families.

Now it is time to say goodbye to this iconic water park as Raging Waters announced its permanent closure on Sept. 7, just days after its "Last Splash" event on Labor Day, which closed out the season.



An aerial view of Raging Waters in its heyday.

Boasted as "Northern California's Largest Waterpark," Raging Waters' 23-acre aquatic attraction was located inside the borders of East San Jose's Lake Cunningham Regional Park. It opened its gates to families in summer of 1985.

It will be interesting to see how it all is taken down in the year to come.

On social media, the water park issued the following: "We are thankful for the San Jose community and for our outstanding Team Members for helping us bring Northern California's Largest Water Park to life for nearly four decades. Thank you for all the wonderful memories, San Jose!"

The closing of the San Jose theme park location comes one year after the Sacramento location closed by its current owner, Palace Entertainment.

District 8 Councilmember Domingo Candelas said the closure surprised him and the city. The park was on year 39 of its 40-year lease. He said he grew up going to the park and noted it has been a hub for employing young adults during the summer.

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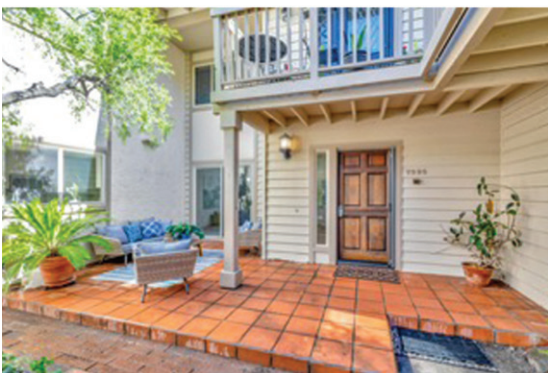
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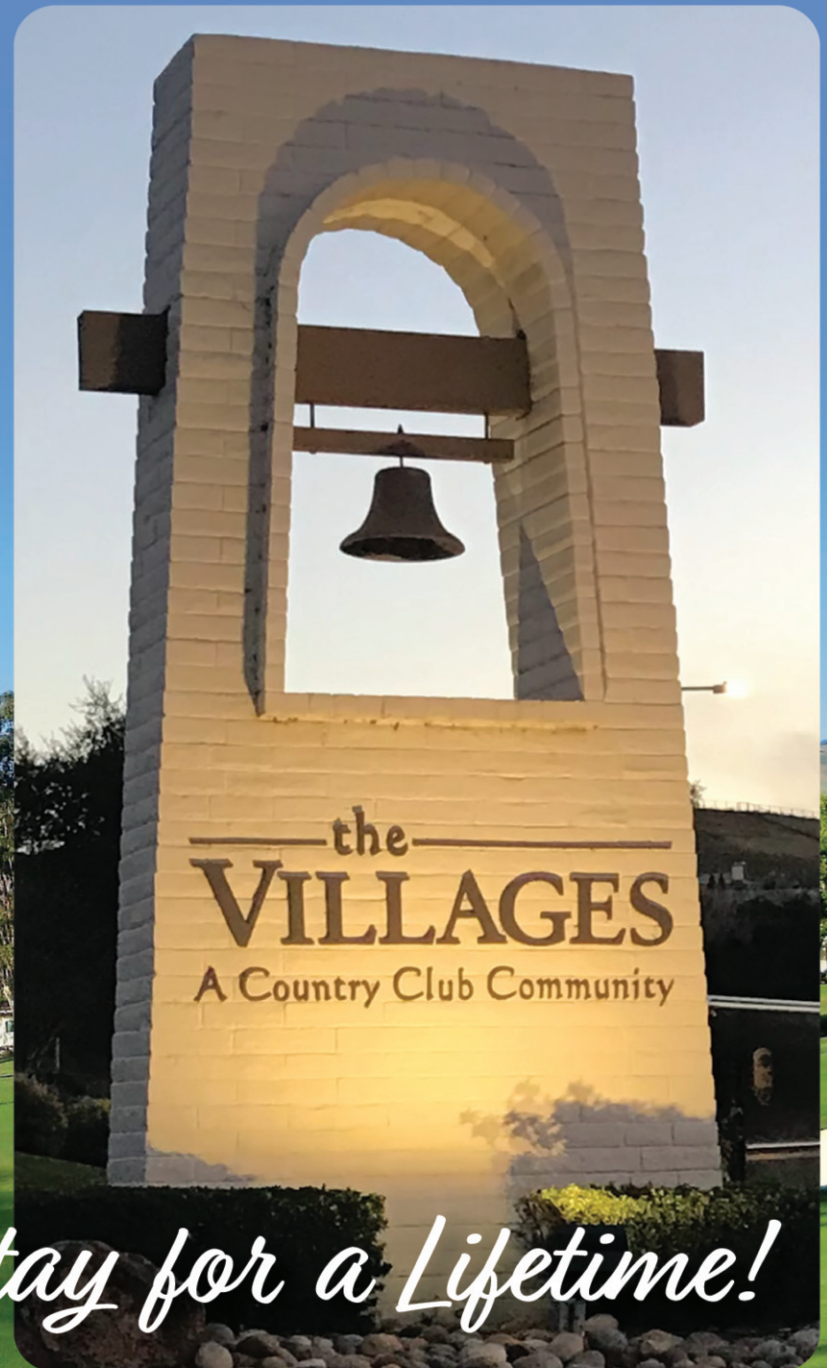
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Daniel Demayo named to SNHU President's List

Daniel Demayo of Evergreen Valley has been named to Southern New Hampshire University's (SNHU) Summer 2023 President's List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 90-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH.

Local community colleges see significant enrollment increase

For the second straight semester, San José – Evergreen Community College District (SJECCD) and its colleges show significant enrollment growth compared to the previous year.

The back-to-back enrollment increases come following double-digit reductions in student headcount during the COVID-19 pandemic.

With fall semester classes starting on Monday, August 28, both Evergreen Valley College (EVC) and San José City College (SJCC) show significant year-over-year increases. EVC's early enrollment numbers show an increase of 19.6 percent compared to last year while SJCC's early enrollment reflects an increase of 17.2 percent. A similar increase was seen in enrollment numbers at both colleges during the spring 2023 semester as well. "These are preliminary numbers

that do not yet reflect late-start classes or the flurry of enrollment activity that takes place during the first week of each academic term," said Dr. Beatriz Chaidez, SJECCD's interim chancellor. "While the numbers will continue to fluctuate somewhat, this clearly shows that we have reversed the trend of declining enrollment and are regaining much of that lost enrollment rapidly."

Regaining enrollment lost during the pandemic has been a point of emphasis for both EVC and SJCC, where faculty, classified staff, and administrators have been focused on the effort.

Free tuition and zero fees to qualifying students

Among the successful enrollment strategies has been a free tuition program, which has provided free tuition and zero fees to qualifying students enrolled in at least six units at either EVC or SJCC. This program is still available and enrollment remains open for fall semester classes.

Both colleges have also increased dual credit offerings in partnership with local high schools, which allow students to earn both high school and college credit simultaneously and at no out-of-pocket cost to the student.

Every racial and ethnic group has increased enrollment figures

Not only is overall enrollment up across SJECCD, but enrollment has increased among every racial and ethnic group compared to last fall as well, including American Indian students (32.6 percent), Asian American/Pacific Islander students (11.5 percent), Black/African American students (29 percent), Latinx students (16.1 percent), white students (42.3 percent), and multi-racial students (7.9 percent).

"These enrollment numbers reflect a lot of hard work by a lot of people," Interim Chancellor Chaidez said. "They also indicate that our community continues to see the value of its local colleges. Students want to learn from the best faculty, have clear pathways to transfer, and earn a degree that is valued by employers. They know they will have that at EVC and SJCC."

While the semester officially just began a few days ago, both EVC and SJCC offer late start classes and free tuition this fall. Applications are still being accepted and it is not too late to enroll. For more information, visit www.sjcc.edu or www.evc.edu.

Valley Currents

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



Students from Windmill Springs School enrolled in the O'Neill Sea Odyssey program,

County funds expansion of environmental education

Santa Clara County is supporting two organizations dedicated to accessible environmental education.

Proposed by County Supervisor Joe Simitian, the County approved grants for the expansion of two local youth programs: the Youth Science Institute (YSI) and O'Neill Sea Odyssey (OSO).

"I'm pleased our County can help bring these resources to a wider audience. These programs create an opportunity for better understanding and inspire kids to learn and do more," said Simitian.

Founded by Jack O'Neill in 1996, OSO provides free firsthand marine science learning for 5,000 fourth through sixth grade students and students with disabilities annually. Eligible students who have completed a Student Access Project that aligns with OSO's

curricula take part in the program onboard OSO's 65-foot catamaran, with follow-up lessons taught ashore. OSO's emphasis on creating accessible content for underprivileged students means that the Sea Odyssey experience is often a participant's first experience on open water.

The \$250,000 allotted by the County will enable OSO to expand its educational programming to 80 additional classes from under-resourced Santa Clara County schools. This impact reaches beyond the experience itself; a study of the lasting impacts of OSO revealed that 75% of participants retained knowledge from the curriculum years after attending.

"Many parts of Santa Clara County are connected to our ocean through their local watershed," said *See EDUCATION, next page*

Verma

Continued from page 1

One of Lavanya's significant achievements has been collaborating with the Mental Health and Wellness Center at Silver Creek High School. By teaming up with this center, Lavanya has facilitated the sharing of resources and knowledge about mental resilience among high school athletes within the school. This collaborative effort showcases Lavanya's dedication to nurturing a supportive environment for athletes, both within and beyond her podcast's scope.

But Lavanya's efforts don't stop there. She's currently channeling her energy towards presenting seminars that will focus on advocating for athletes' mental health and conducting presentations regarding mental resilience specifically for each athletic team at her school. Additionally, she is also building an



Lavanya Verma

inter-school committee, focused on involving other schools in the Bay Area to help prompt athlete mental health.

"Every athlete deserves to feel heard and valued through their struggles. It is vital to create an environment where it's okay to open up about our internal battles, and also celebrate the personal victories we achieve," Lavanya says.

In a world where the physical prowess of athletes often takes center stage, Lavanya is an inspiring force that reminds us of the critical role that mental well-being plays in every athlete's journey. Through her podcast, webinars, collaborations, and upcoming club, she's breaking barriers, fostering resilience, and ensuring that every athlete's well-being is given the spotlight it deserves.

For more information about "In My Head" and to join the conversation, visit In My Head: The Internal Battle at <http://www.inmyheadtheinternalbattle.com/> and follow the podcast on Spotify!

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Times **Local News**



Photo of YSI Nature Center Ribbon-Cutting event. *Courtesy of OSO*

Education

Continued from previous page

Tracey Weiss, executive director of OSO. “This County grant will allow Santa Clara County students to understand how they are connected to our ocean ecosystem and provide youth with a hands-on learning experience that creates a connection to our natural world and positively impacts our local schools and communities.”

Locally known, YSI is a nonprofit founded in 1953 with the goal of inspiring its participants to learn actively and to become invested in their ecological surroundings. The group provides hands-on learning through its science summer camps, school and community events, and safaris at its education centers in Alum Rock Park, San Jose; Sanborn County Park, Saratoga; and Vasona Lake County Park, Los Gatos.

“For decades, YSI has been giving County Park visitors and program attendees an engaging and interactive experience,” Simitian said. “Their hands-on, nature-based, science education makes learning fun for kids, families, and the public. It’s a great asset to have right here in our County parks.”

Reaching 30,000 students annually, the \$125,000 grant to YSI will expand the organization’s reach and cover both programming and transportation for an estimated 3,987 students. Transportation costs especially can be a financial barrier for participating institutions.

“YSI is grateful for the County’s support,” said Erika Buck, Executive Director of YSI. “This funding will allow us to expand our programming with a focus on under-resourced schools. This will ensure that all children, regardless of socio-economic status, have access to our hands-on, science education programs at Sanborn and Vasona County parks.”

Standardized testing has consistently ranked California below the national average in science, with wider disparities among students of color or underprivileged students. Improved accessibility to science education programs also functions to boost academic interest in the sciences.

These County grants are an expansion of Simitian’s prior support of youth science education and sustainability. He has previously backed Grassroots Ecology, which in partnership with the San Jose Conservation Corps provides ecology-focused education and job training to young adults; and the Palo

Alto Junior Museum and Zoo, along with several other science and conservation-focused groups; and Acterra’s “You(th) Be the Change” project, a six-lesson program aimed at raising awareness of climate change.

In fact, Simitian’s support for outdoor environmental education dates back to his time in the State Legislature when he authored legislation establishing a state Outdoor Environmental Education Program.

“This is one of those areas where there is broad agreement about the value quality programs provide, but little clarity about who should take on the job, and how we should pay for it,” he said. “That’s why a partnership between proven nonprofits and our County makes so much sense. It also allows us to focus the effort on underserved youngsters.”

“Educating the next generation to be good land stewards is crucial for the future,” said Simitian. “We need to make sure young folks have a chance to develop a passion for the sciences today, so others down the line can enjoy and learn from our area’s natural environment.”

Legislature passes Senator Cortese’s Bill protecting inmate religious practices

The California Legislature passed Senator Dave Cortese’s Senate Bill (SB) 309 on September 13, setting clear rules about religious clothing, headwear, and grooming for people being booked into prison or jail.

SB 309 is rooted in research that shows when inmates can practice their religion while in detention, they’re less likely to be violent or engage in other adverse behaviors.

The Senate passed the bill on a concurrence vote and the bill now heads to the desk of Governor Newsom.

“SB 309 is about civil rights. While safety and security in correctional facilities is our top priority, to strip someone of religious clothing while they are booked into a detention facility is to strip away their basic civil rights,” Cortese said. “Whether you’re a Muslim wearing a hijab, a Jewish person with a yarmulke, or a Sikh wearing a turban — you never lose your First Amendment rights. SB 309 is about preserving dignity and hope. For many, faith represents hope for the future.”



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Toyota Crown a family hybrid sedan acts like an SUV

Premium model accelerates 0-60 mpg at a whopping 5.1 seconds

By Sean Eastwood
Times staff reporter

The 2023 Toyota Crown has a raised platform giving it an SUV driving feel with up to 340 HP.

The 2023 Toyota Crown is a cross between the Toyota Camry and Toyota 4Runner, two popular vehicles.

As a premium offering, the 2023 Toyota Crown is a hybrid in two ways, its efficient engine and its raised driving position, an SUV trait. It's the idea of providing a more versatile vehicle for a family not quite interested in a full-on SUV. The new vehicle is about four inches taller than the Avalon and nearly as tall as some mid-sized SUVs.

The new Crown features a hybrid powertrain, with the XLE and Limited models including 2.5-liter, four-cylinder engines with 236 horsepower and three electric motors.

The top-line Platinum model includes the new Hybrid Max setup. It matches a turbocharged 2.4-liter, four-cylinder with an



The Toyota Crown provides a more versatile vehicle for a family not quite interested in a full-on SUV.

electric motor on the rear axle for a whopping combined 340 horsepower!

The XLE and Limited have continuously variable automatic transmissions (CVT); the Platinum uses a six-speed automatic. All-

wheel-drive is standard throughout the lineup.

Fast acceleration

Acceleration is rated at 7.2 seconds for the 0-to-60 miles per hour standard for the XLE

and reviewed Limited offerings. The Premium completes the standard in 5.1 seconds.

With its hybrid powertrain, the XLE and Limited trims have EPA estimates of 42 miles per gallon in city driving, 41 mpg on the highway. The Premium trim is rated at 32 mpg in the city and on the highway.

19 inch wheels

Standard are 19-inch wheels on the XLE and Limited, with 21-inch wheels optional on the Limited and standard on the Platinum.

Standard equipment is standard Toyota, with a long list of safety, comfort and performance features. All Crown trims feature: eight-way power-adjustable front seats with heat, dual-zone automatic climate control, and ambient interior lighting. Limited and Platinum trims add a panoramic sunroof, leather upholstery and ventilated front seats, and heated rear seats and a heated steering wheel.

Trunk space

The Crown has 15.2 cubic feet of trunk space and the rear seats fold down. A power liftgate is not available and the small button to open the trunk is positioned on the right side of the trunk lid below the LED light strip.

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SEPTEMBER 9th
Santa Cruz County Horsemen's will host in September on their showgrounds: 1251 Graham Hill Road, Santa Cruz, CA 95060. They will offer unique equestrian demonstrations every hour (vaulting, archery, breeds and exercise) with horse painting and mini horse/donkey grooming for kids from 10am-4pm. Food and drinks available for purchase. Horse camping limited to forty horses and their riders who reserve space. RSVP or questions: manemom@gmail.com.

OCTOBER 14th
Santa Clara County Horsemen's will host in October from 3-6pm, at their clubhouse and arena: 20350 McKean Road, San Jose, CA 95120. Fall festival in the countryside with a mounted drill team performance and a variety of horse breeds on display. Participate in fun horse crafts, games and grooming station. They'll have a seasonal photo backdrop and delicious BBQ. To RSVP : <https://horsemens.org/event-4576502/Registration>

DECEMBER 16th
San Martin Horsemen's will host in December at Harvey Bear Park: Harvey Bear Ranch entrance at E. San Martin Avenue & New Avenue, San Martin, CA 95046. Ride, lead or join without a horse along a flat, paved 2 mile loop and jingle all the way with bells on the horses! A great time spreading holiday cheer interacting with children and families along the route. Event begins at 12noon. RSVP or questions: toni.whedon@cbnocal.com.

Times **Local News**



WATER-WISE

Lemon Cello: A special treat for you the reader

By **Matthew Frazier**

*Qualified Stormwater Manager
Qualified Water-Efficient Landscaper*

On Thursday mornings I rise at 3:00 a.m. to resume writing column entries.

The Moon is bright in the morning sky.

Stars shine and sparkle high above. The sipping hours bring much peace and solace. So too does Lemon Cello.

Lemon Cello was a favorite drink of my father's uncle. When my brother and I spent summers at his home in Laguna Beach, California years ago we would watch the sun disappear behind the oceanic horizon. Then the blue hour, then night would arrive.

The Cello is a musical instrument not unlike the violin. It has four strings and the lower strings have a rich sound. Composers often write a particular phrase on a single isolated string.

Now, years later, I listen to Cello music as I drink lemon sparkling water and write about citrus. More specifically, lemon, hence Lemon Cello. For me, the sounds of The Cello captivate the imagination and help smooth the transition from a blank page to one filled with the musings and the writing of a columnist.

Evergreen Valley. September 8, 2023. On this Friday morning, I reflect upon the events of this most recent past Thursday and the column entry I am writing about citrus and lemon. Evergreen Valley is adorned with evergreen trees yet the gardens and the landscapes are wealthy in citrus.

As the sun rises, the yellow fruits of lemon trees are aglow with golden light. In the context of citrus, I ponder what the morning will bring to the residents of these homes and the custodians of these well-tended gardens and landscapes?

Lemon is versatile, as are those who grow

them. The fragrant blossoms of lemon are adrift in The Morning Air as we begin our day. Though I live in Santa Clara Valley, Evergreen Valley holds a special place in my mind and in my mind's eye.

Years of traveling and visiting Evergreen Valley, as a nursery consultant/specialist and water-wise irrigation surveyor bring back memories of the gardens and the landscapes I canvassed in preparation of irrigation rebates and irrigation systems.

Lemon Cello

Let the sounds of The Cello pour from your devices as you pore over the words of the morning magazine or noon newspaper. Dawn is here to usher in the majesty of lemon and the sounds of the Cello. If you are not required

to be anywhere for hours, you may indeed find yourself sipping your soothing and refreshing Lemon Cello.

The Dawn brings imagery to life with it's ebb and flow of light. With such variety in lemon, there is much to be planned and much more to be celebrated. The garden centers and the nurseries of these valleys of Santa Clara County are rich in citrus and lemon.

Dwarf Lemon, Semi-Dwarf Lemon. Standard Lemon. They come in various sizes and many varieties. Savor the flavor of

lemon. Let yourself immerse in the sounds of classical music. Now is the time for relaxation. These hours are for ourselves and those we cherish. Welcome them.

Usher in the dawn. Welcome the morning. Let flow the sounds that evoke and induce feelings of catharsis and splendor. This day is yours. This day will bring much to add to your routine. Let the presence of citrus envelop you. Listen now: Lemon Cello.

The simple Lemon Cello recipe for you to mix to your taste

- Plain Sparkling Water
- Fresh Lemon Juice
- Honey

• Add your favorite Cello music to your taste

Editor's note: Matthew Frazier is a Certified Water Manager, Qualified Stormwater Manager, and Qualified Water Efficient Landscaper. You may reach Matthew at (408) 656-5622 – Mobile; or by email: kitchenfrazier@hotmail.com



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Experience the wonder of horses

Local Horse Associations to host the public: October 14th and December 16th

By Rachael Parakh
Special to the Times

Two local Horse Associations want to invite the public to experience the joy and wonder of horses. Santa Clara County (October 14th) and San Martin Horsemen's (December 16th) will have consecutive events.

You, too, can meet horses and join in the community of others who are looking for a slower pace of life and being present in the moment! Children's faces light up when they watch a horse nibble on a carrot, and adults' hearts skip a beat when they see horses running in the field.

California Horse History

Horses have been a part of ranch life for Californians since the late 1840's when settlers came to the Golden State to stake their claim - both for gold and wide-open pastures.

The green rolling hills, with stately California Oak trees, were the perfect landscape for families



eager to set up ranches for grazing cattle.

Many generations have come and gone, with equestrians now riding for pleasure versus livelihood, yet, the rural setting of ranches is a welcome change to modern life here in the Bay area.

Santa Clara County

Fall Festival

The oldest Horse Association, Santa Clara County, was formed in 1939 and has played an important role in the Almaden Valley and helped to establish the California State Horsemen's Associ-

ation.

Their clubhouse serves as a meeting hall for weddings, school dances, banquets and community organizations. And their arena hosts many equestrian playdays and buckle shows for surrounding riders.

They're currently partnering with the Santa Clara County Parks Department to bring shared-use trail safety to park visitors and working with Almaden Quicksilver and Santa Clara Preservation Alliance to highlight the historic value of the area and ranching

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culture.
On October 14th, from 3-6 p.m., Santa Clara County Horsemen's will open their McKean Road property for a Fall Festival complete with a mounted drill team performance and a variety of horse breeds on display. Participate in fun horse crafts, games and grooming station. They'll have a seasonal photo backdrop for individuals and families.

Club President, Tami Moore, will be available to answer questions. Come and enjoy the beautiful Fall season out in the countryside. To RSVP for the event, click: Register SCCHA : Fall Festival Open House. To learn more, visit their website: <https://horsemens.org/>

San Martin Holiday Caroling

Nestled between Gilroy and Morgan Hill, San Martin Horsemen's was formed in 1968.

Each year, the organization works with state and local parks to keep trails maintained, sponsor charity rides and hold a yearly canned food drive. They host multiple workshops to help riders learn new techniques or practice important skills such as backing up trailers and desensitizing horses to obstacles and situations.

On December 16th, San Martin will host a holiday caroling ride through Harvey Bear Park. The public is welcome to bring their own horse or to walk alongside others that will be participating.

Join President, Toni Whedon, in spreading holiday cheer by interacting with children and families along the paved route in the park. Ride-out starts at 12 noon. For questions or to RSVP for the event, email: toni.whedon@cbtnorcal.com. To learn more, visit their website: [http:// smhorse.org](http://smhorse.org).

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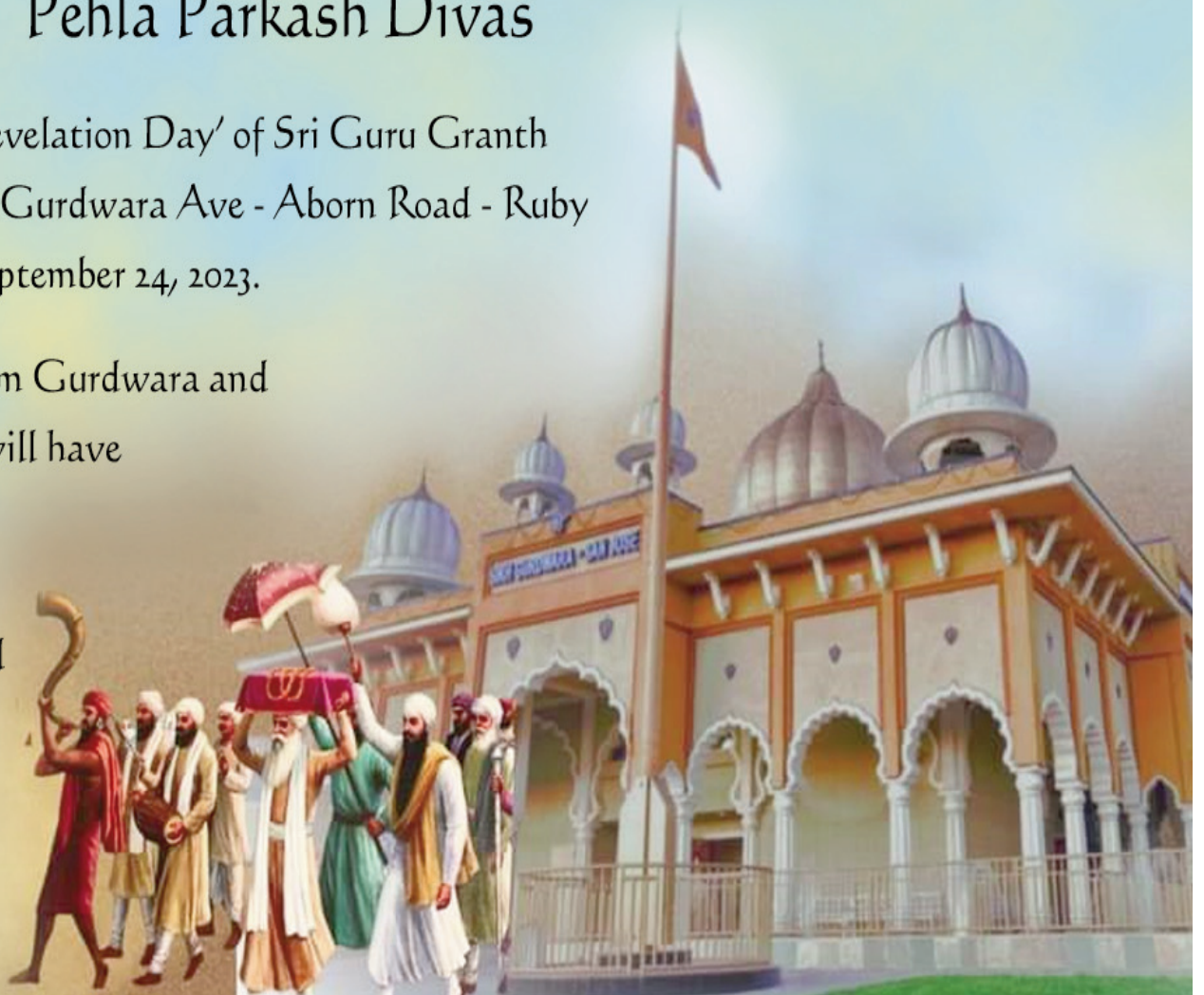


Celebrating The First Revelation Day of Sri Guru Granth Sahib Ji Pehla Parkash Divas

Sikhs are Celebrating 'The First Revelation Day' of Sri Guru Granth Sahib Ji with Sikh Peace Parade on Gurdwara Ave - Aborn Road - Ruby Ave - Quimby Road on Sunday, September 24, 2023.

The Parade will start at 11.30am from Gurdwara and end at 2:30 p.m. The leading Float will have Sri Guru Granth Sahib and Priest will be singing Hymns throughout the Parade. All the congregants will follow the Float listening and singing Hymns.

Gurdwara Contact: Phone: 408-274-9373
Website: www.sanjosegurdwara.org



Times **Community News**

CAREER COLUMN

Is AI a marketing idea?

By **Angela Copeland**



The title of this piece is a bit controversial; but hear me out.

Artificial intelligence has gotten a lot of press lately. In fact, it has become so popular that AI is receiving a similar number of searches on Google as Taylor Swift. There's a lot of talk about companies incorporating AI into everything they do. And, fear around AI replacing our jobs is growing.

Some companies are using AI to do incredible things. But, many other companies are using AI as a new marketing term. From the outside, the entire topic can feel confusing and alarming.

AI and ML

I had an enlightening conversation recently about AI. My undergraduate education is in computer engineering. Not long ago, I was discussing the topic of AI with a friend. This friend is a bit younger than me. He's also a computer engineer, and he now develops AI technology. I shared that when I was in college, artificial intelligence and machine learning didn't exist. I felt like I had missed out on many of the new concepts that exist today. My friend shared that the education had not actually changed that much. AI is just a new way to talk about technology. It's a new language. Yes, some companies are doing big things with AI. But, many other companies are using AI for their branding. AI and ML are new terms that sound smart. (ML is machine learning and it is a type of artificial intelligence (AI) that allows software applications to become more accurate in predicting outcomes without explicitly being

programmed to do so).

So, what does this mean for you? Think back to the time before AI when we were nervous that technology would replace our jobs. Computers became common and helped to make things more efficient. In some cases, jobs changed or evolved. But for the most part, we're all still here, still working. This is not unlike what will likely happen with AI.

AI will certainly help us do some things faster. It may help make writing a bit easier. It may help with planning. But, at the end of the day, humans are still needed. Humans create strategy. Humans add a level of care and insight that a computer could never provide.

Don't get me wrong. I'm not saying there will be no impact. AI will influence change to occur. But, the real impact is likely being exaggerated online today. Companies are throwing around terms like AI and ML because it makes them (the companies) appear to be up to date with technology. It's a marketing tactic.

What does this mean for you? If you can learn a little about AI, it may help you to ease your fears. If you believe your job will be impacted more than others, it may be time to evaluate your other skillsets. Think of your professional skills like you would think of an investment account. Diversifying your skillset can help to avoid any major issues.

But, try to remain calm. AI is interesting, and it has some great potential. But, it is likely not set to take over our human workforce.

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

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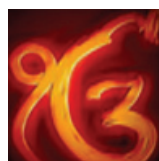


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The word Sikh (see-kh) means "disciple" or "student." A Sikh is a practitioner of the faith founded in the 15th century by Guru Nanak in Punjab of old British India. A Guru who is a "teacher" or "enlightener" completes the relationship of teaching 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>

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St. Francis of Assisi Gathering Hall
Sunday 9:00 AM, Sunday 11:00AM, Igbo Mass - Second Sunday of the month 12:30 PM
Mt. Hamilton Grange - 2840 Aborn Road
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