

**YMCA PROJECT HONORS RESIDENTS, ORGANIZATIONS AS 'ASSET CHAMPIONS' AT CEREMONY - PAGE 4**



**THE 'JEWEL' OF ALMADEN VALLEY: ALMADEN GOLF AND COUNTRY CLUB - PAGE 8**



**NANCY PYLE AMONG RECIPIENTS OF THE 'WOMAN OF THE YEAR' AWARD - PAGE 17**



APRIL 8-APRIL 21, 2016 ■ VOL. 29, NO. 8

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# Almaden Times

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## A MEANINGFUL EXISTENCE

Yoga is about inner as much as outer strength, says Ron Victor.

### Challenger to Khamis' re-election bid for city council emerges

By William Bellou  
*Publisher*

There's a new kid in town; a sole contender suddenly emerged to challenge incumbent Johnny Khamis' re-election bid for his District 10 city council seat.

J. Michael Sodergren, who goes by "Mike," filed nomination papers with the city clerk's office to run for the office many believed Khamis would retain without opposition for another term.

Sodergren, who has spent more than 30 years living in Almaden and working in the semiconductor and networking technology and services, said he is not interested in the limelight, but passionate about his love for San Jose.



J. Michael "Mike" Sodergren

"I believe that we have the potential to do great things by having an outward view of the world that is looking to us for solutions to problems that are common to many cities," said Sodergren.

Sodergren says he is considering not taking any endorsements, and that he plans to do some meet-and-greet events at local libraries. "I'm open to participating in a candidate forum," said Sodergren.

"I respect individuals who decide to get involved by deciding to put themselves in the public eye and run for office, said Khamis. "I look forward to hearing his vision for District 10 as well as having the opportunity to inform the voters all

See SODERGREN, page 17

### Almaden Yoga: Making a difference in people's lives

By Lorraine Gabbert  
*Senior Writer*

Through Almaden Yoga, husband and wife team Anuja Chaudhri and Ron Victor seek to bring their clients a calmer, peaceful and more meaningful existence. Their vision is to make yoga a part of everyone's day-to-day life, from beginners to the most experienced yogis.

Chaudhri finds teaching yoga gratifying. "You're making a difference in people's lives right away," she says. "They are happier and have more control. After a few classes, they realize they're more relaxed, their body is

stronger, they're standing straighter and sleeping better. Everything starts improving and the only change they've made is starting yoga. It becomes a way of life."

Victor sees yoga as a practice of giving. "Thank you for the opportunity to serve," he says. "This is what brings me happiness: Helping people feel better physically, emotionally and mentally. Through yoga, people can do things they never thought they'd be able to do. Something magical happens with unlocking that ability."

See YOGA, page 14

SEE OUR LISTINGS OF LOCAL REALTORS, CLASSIFIED ADVERTISING AND HOME IMPROVEMENT ADVERTISEMENTS INSIDE THE BACK COVER





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In 2015, Margaret and David Yost not only sold more Almaden properties than any other Realtor; they also sold them in fewer days at a higher price on average. Don't settle for less! Contact the Yost Group for a confidential consultation.

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|--------------------------|-------------------------------------|-------------------------------------|
| Median Sale Price        | \$1,290,000                         | \$1,430,000                         |
| Median List Price        | \$1,249,000                         | \$1,300,000                         |
| Median Sq. Ft.           | 2,243                               | 2,257                               |
| Median Price Per Sq. Ft. | \$576                               | \$597                               |
| Median Days on Market    | 11                                  | 8                                   |



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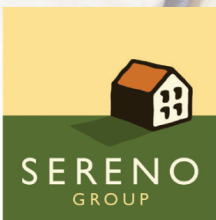


Momentum's Youth and Family Services department offers comprehensive mental health services to over 200 at-risk youth, ages 10 to 25, annually. The Transitional Age Youth (TAY) and Raising Early Awareness and Creating Hope (REACH) programs, within the department, provide outpatient mental health services, group therapy and skill development to youth in addition to educational support, counseling, mentoring, vocational services, a safe place for self-exploration, and access to community resources.

Momentum's Youth and Family Services program also emphasizes early intervention and prevention by informing the public about the warning signs of psychosis and treating youth before a mental illness progresses and becomes more difficult to manage. This also enables Momentum to positively influence individuals at an early age and remove the perception that mental illness, family hardships or other current circumstances dictate their futures.

Momentum was founded in 1997 when four respected agencies merged together to provide better care and access to mental health treatment in the community. Today, it is the largest private nonprofit provider of youth and adult mental health services in Santa Clara County.

To learn more about their program or how to get involved, please visit [www.momentumformentalhealth.org](http://www.momentumformentalhealth.org)



During the months of January through April 2016, Sereno Group Real Estate and its Los Gatos agents will be contributing 1% of their gross commissions to the Momentum For Mental Health fund.

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## This Week:

### LOCAL SPORTS

'It's time to move on': Leigh basketball coach resigns: **PAGE 10**

### LOCAL NEWS

National Charity League's Almaden and Blossom Valley Chapter 2016 graduating seniors shine: **PAGE 17**

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Trump takes big lead in California primary poll: **PAGE 20**



### ARTS

Ronstadt to speak out on Parkinson's in San Jose April 11: **PAGE 20**

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## Almaden Times

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# Valley Currents

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

## YMCA's Project Cornerstone honors residents and groups as 'Asset Champions' at March 24 Awards Breakfast

YMCA of Silicon Valley honored two local residents, three local school districts and two community organizations as its 2016 Asset Champions for their commitment to making Silicon Valley a better place for young people to live and grow.

The award recipients were honored by the Y's Project Cornerstone, a community-based initiative that seeks to build a network of support around young people so that they grow into healthy, caring and responsible adults.

The awards were presented at Project Cornerstone's annual Asset Champions Breakfast on March 24 at the Santa Clara Convention Center. Kevin Washington, the CEO and President of Y-USA, was the keynote speaker. He shared the impact of caring adults in his life. The breakfast featured a performance by Megan Masako Haley, who is currently touring with the Broadway musical *Wicked* in the role of Nessarose. Dancers from the Greene Academy of Irish Dance opened the event.

### Local award winner

Summit Rainier High School is building a caring community built on diversity and acceptance. They are using restorative justice to help students who break the norms change their behaviors rather than punish them. Suspensions and expulsion rates have fallen. Students are empowered to advocate for changes they want to see in the community. Each student is part of a mentor group for their 4 years at the school. Mentor group members encourage and support



YMCA of Silicon Valley honored two local residents, three local school districts and two community organizations as its 2016 Asset Champions for their commitment to making Silicon Valley a better place for young people to live and grow.

each other to ensure their motto "No Bulldog left behind."

### About Project Cornerstone

Project cornerstone is an initiative of the YMCA of a Silicon Valley, is a collaborative whose mission is to build a community that val-

ues children and youth. We achieve this mission through programs that strengthen families, neighborhoods, communities, and schools, and by ensuring that young people's needs are addressed in public policy. For more information, visit [www.projectcornerstone.org](http://www.projectcornerstone.org).

## ALMADEN SENIOR ASSOCIATION NOTEBOOK

### Almaden Senior Assn. Cache Creek trip May 10

The Almaden Senior Association is offering a day trip to Cache Creek Casino on Tuesday May 10th. The bus departs the Almaden Community Center at 8 a.m. and returns at 6 p.m.

The price is \$35 and includes \$15 slot play or \$20 table play. Also included is a \$5 for food credit (not valid for buffet).

Sign up weekday mornings at the Almaden Community Center. For additional information, call Sally at 408.826.0619 or Bea at 408.761.4002.

### Almaden Senior Association presents its Fashion Show and Afternoon Tea May 17

A Fashion Show and Afternoon Tea will be presented at the Almaden Community Center on Tuesday, May 17th from 2-4 p.m.

Fashions will be from The Dress Barn at the

Almaden Plaza location.

Tickets will be on sale in the lobby of the Almaden Community Center M-W-F from 8:40- 10 a.m. Tickets go on sale April 29th.

Ticket price is \$7 for both members and non-members.

### Seniors looking forward to afternoon of dancing

The Almaden Senior Association is hosting an afternoon of dining and dancing to a live 20-piece Big Band.

The event is scheduled April 9, 3-5 p.m., at the Almaden Community Center, 6445 Camden Ave., San Jose.

Ticket sales are Mondays, Wednesdays and Fridays, 8:40-10 a.m., in the community center lobby. Tickets prices are \$12 for members and \$15 for non-members.



## LET US HEAR FROM YOU!

Send your letters via email to [times@timesmediainc.com](mailto:times@timesmediainc.com) or via postal mail to: The Times, Silicon Valley Business Center, 1900 Camden Ave., San Jose, CA 95124





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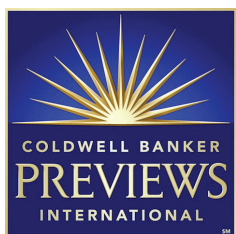


## **1386 Hillcrest Drive**

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# JUST LISTED: San Thomas Estates

## 1367 Phelps Avenue #2 / San Thomas Estates

Sunny and bright ground floor unit overlooking the green-belt. 870 square feet of living space, 2 bedrooms and 1 full bath with a spacious rear patio perfect for entertaining. Offered at: \$435,000.



## 1457 Almaden Valley Drive Entertainers' Dream Home

This gracious property has been remodeled throughout with the finest of finishes 2,110 square feet of self-sufficient living space, 4 bedrooms and 2.5 baths, situated on a 8,580 square foot corner lot.

Offered at: \$1,318,000.



## 1254 Vernon Avenue

1930's Vintage style home offers the warmth and charm of times past. 1,400 square feet of living space, 2 bedrooms and 1.5 baths situated on a 5,900 square foot lot. Offered at: \$745,000.



## 5727 Hillbright Circle Foothill views

Beautifully updated single story ranch house offers 1,409 square feet of living space, 3 bedrooms and 2 full baths on a 6,000 square foot lot. Offered at: \$ 798,000.



*Jackie Jones*

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Fine dining, beautiful views, a great golf course, brand new tennis courts, and many other amenities make the Almaden Golf and Country Club the center stage of the Almaden community.

## THE 'JEWEL' OF ALMADEN VALLEY

# Almaden Golf and Country Club

Nestled deep in the Almaden Valley is the beautiful and totally remodeled Almaden Golf and Country Club.

The club's gorgeous views of the Quicksilver Park make dining or a casual cocktail on the expansive veranda is breathtaking.

To all first time visitors, it is clear that this respite from the hustle and bustle of the busy Silicon Valley declares the Almaden Golf and Country Club as the "Jewel of Almaden."

Almaden became a very important part of the California gold rush, when quicksilver (mercury, the most effective reduction agent of gold and silver) was discovered in the hills bordering the valley.

Antonio Sunol found ore deposits in the early 1820's. Mining began in 1845 and the New Almaden mining community was established and thrived until 1912. The Almaden Golf and Country Club supports this local history with maps, documents, and information currently displayed in the new clubhouse.

The Almaden Golf Club started as a public course created by the Del Webb Corporation to attract property buyers to the Almaden Valley in the 1950's. It was so well-designed and challenging that it was selected for an annual PGA tournament site hosting golf professionals like Ken Venturi, Al Geiberger, and Billy Casper. The first year purse was \$1,500.

In 1968, Del Webb sold the course for \$1,500,000 to create a private club of 400 members for \$3,575 per membership. In the 1980's, the course was the home of an annual Ladies Professional Golf Association charity tournament, contributing over \$1,000,000 to local charities.

For approximately 60 years, the golf course and clubhouse amenities have offered recreation, fine dining, and socializing to the members and their guests.

The Almaden Golf and Country Club has evolved over time into a family-friendly environment centered around one of the best golf courses in Northern California. It continues to be the home course for the Leland High

School and San Jose State University golf teams.

Over the last three years, the clubhouse has been rebuilt and expanded. If you look toward the hills from the intersection of Crown Boulevard and Almaden Expressway, you will see the beautiful new two-story clubhouse.

The club features have been enhanced and expanded. Fine dining, beautiful views, a great golf course and practice facility, brand new tennis courts, an aquatic facility, and many other amenities make the Almaden Golf and Country Club the center stage of the Almaden community.

The Club is hosting an invitation-only Open House on Sunday, April 24 from 3-5 p.m. The event will include entertainment, wine and beer tasting, tours, and activities.

Due to the number of anticipated visitors, a RSVP is required. If you wish to attend, contact the club receptionist at 408-268-4653 or email Adrienne Simpson at [asimpson@almadengcc.com](mailto:asimpson@almadengcc.com)



Antonio Sunol found ore deposits in the early 1820's.

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*Amy McCafferty*



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Open House  
Saturday 1:30pm-4:30pm & Sunday 2pm-4pm



**6509 Camelia Drive, Almaden Country Club**

Spectacular views overlooking the 7th fairway. Enjoy the sprawling ranch style design of this spacious 4 bedroom, 2 ½ bathroom home on a 14,000 +/- square foot lot. Ideal for comfortable living and entertaining, this lovely property boasts a large Great Room with open beamed vaulted ceilings, handsome wood burning fireplace and expansive windows that stream in soft natural light. A true retreat and only minutes from the newly remodeled Almaden Country Club clubhouse and award winning Almaden Schools.

Offered at \$1,674,000



**7121 Echo Loop, Almaden Country Club**

Enjoy the private and serene setting of this timeless estate located in Almaden Country Club. Approximately 4,490 +/- sq ft of luxurious living space. Two of the en-suite bedrooms are on the main floor and one of them has a fireplace and kitchenette. Palladian windows stream natural light in the living room and capture the beautiful mature landscape of the rear yard and terraced landscape. The classic architecture and custom finishes of this very special property is a true opportunity to own the very best!

Offered at \$3,200,000

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Square footage, acreage, and other information herein, has been received from one or more of a variety of different sources. Such information has not been verified by Alain Pinel Realtors. If important to buyers, buyers should conduct their own investigation.



Times Sports Scene



LOCAL SPORTS

Congratulations are in order

James Kelbert (31) is congratulated by a friend after the Chargers took down St. Ignatius. Leland boys basketball team stunned St. Ignatius 48-47 at Santa Clara University to win the CCS Division II title last month. Photo by John Murphy, Prep2Prep

Boys Basketball (BVAL-MH)

| TEAM           | DIV  | PF  | PA  | OVERALL | PF   | PA   |
|----------------|------|-----|-----|---------|------|------|
| Prospect       | 11-3 | 915 | 807 | 19-6    | 1636 | 1437 |
| Gunderson      | 11-3 | 851 | 684 | 16-9    | 1438 | 1257 |
| Piedmont Hills | 10-4 | 776 | 689 | 21-7    | 1535 | 1315 |
| LELAND         | 9-5  | 858 | 770 | 21-8    | 1791 | 1560 |
| Oak Grove      | 8-6  | 694 | 653 | 17-11   | 1408 | 1323 |

BVAL-ST Boys Basketball (BVAL AL-ST)

| TEAM             | DIV  | PF  | PA  | OVERALL | PF   | PA   |
|------------------|------|-----|-----|---------|------|------|
| Westmont         | 10-3 | 679 | 598 | 15-9    | 1292 | 1244 |
| Evergreen Valley | 10-3 | 702 | 607 | 15-9    | 1293 | 1221 |
| PIONEER          | 10-4 | 748 | 632 | 14-11   | 1336 | 1218 |
| Del Mar          | 8-4  | 605 | 588 | 11-11   | 1117 | 1144 |
| Independence     | 5-9  | 627 | 673 | 8-16    | 1113 | 1243 |
| Silver Creek     | 4-9  | 593 | 693 | 10-14   | 1120 | 1200 |
| Branham          | 3-10 | 554 | 613 | 8-15    | 1054 | 1070 |
| Sobrato          | 3-11 | 603 | 707 | 7-14    | 995  | 1099 |
| Leigh            | 3-11 | 694 | 824 | 11-14   | 1366 | 1355 |
| Santa Teresa     | 3-11 | 724 | 936 | 5-17    | 1164 | 1416 |
| Willow Glen      | 1-13 | 739 | 888 | 7-18    | 1391 | 1568 |

BVAL-MH Boy's Baseball

| TEAM        | DIV   | PTS | RF | RA | OVERALL | RF | RA | CCS   |
|-------------|-------|-----|----|----|---------|----|----|-------|
| Westmont    | 6-0-0 | 18  | 26 | 11 | 13-1-0  | 64 | 22 | 41    |
| Lincoln     | 4-1-1 | 13  | 33 | 22 | 8-3-1   | 86 | 30 | 36.5  |
| LELAND      | 3-3-0 | 9   | 10 | 9  | 11-3-0  | 53 | 22 | 37.5  |
| Leigh       | 3-3-0 | 9   | 21 | 28 | 7-10-0  | 50 | 68 | 39.5  |
| PIONEER     | 3-3-0 | 9   | 30 | 22 | 6-7-0   | 49 | 64 | 35.75 |
| Willow Glen | 2-3-1 | 7   | 17 | 24 | 9-3-1   | 68 | 33 | 36.5  |
| Branham     | 1-5-0 | 3   | 11 | 22 | 8-7-0   | 58 | 47 | 33    |
| Live Oak    | 1-5-0 | 3   | 12 | 22 | 3-9-0   | 38 | 52 | 30.25 |

'IT'S TIME TO MOVE ON' - COACH JUDGE

Leigh basketball coach resigns

Leigh High School boys basketball coach Patrick Judge has announced his resignation.

Judge said he was thankful for the many relationships that have been built throughout his coaching career and incredibly proud of the successes that the Leigh basketball program has achieved during my seven years at Leigh, both on, and off, the court.

"Having the opportunity to impact young men's lives, through the game that I love," he said. "I will miss being a part of the Leigh basketball family moving forward, but I am very excited to see what God has planned for me next, as my passion for coaching remains as strong as ever."

Judge coached the Longhorns for seven seasons and reached the CCS semifinals three times.



Coach Patrick Judge. Photo courtesy Prep2Prep

First League Meet for Track & Field

Varsity Boys and Girls both won their first league meet of the season against a strong Leigh High School team.

The Boys result came down to the last race (4x400M), which was dominated by Leland.

1:46.26.

Reanna Agah sealed a win for Leland, taking the diving event with 145.70 points.

Leland Badminton victorious over Piedmont Hills

With a mixture of young sophomores and veteran seniors, combining for the first time this season in Boys Doubles, the young sophomores played very calmly helping pave way for the veteran seniors to play their game and sweep Piedmont's Boys Doubles.

Boys Singles three was led by sophomore Brandon Chen who played a tough three gamer, winning 22-24, 21-13, 23-21. Faced against multiple match points for Piedmont's Spencer Lee, Chen was able to pull out a very tough match to help Leland secure the win.

Freshman Jessica Wang helped take the win in Girls Doubles with sophomores Ashley Liao in the Varsity number one spot. Captains Emily and Rachel Sun who clinched the season for the Chargers last season, held on for the win again in the Varsity second spot.

Junior David Wang took a solid win in the Varsity two singles position, while senior Jason Bi was able to hold the fort down in the Varsity one spot.

Leland boys, girls both take lead in swimming competitions

Both the boys and girls swim teams at Leland High School are leading all competitors, just where they left off last year.

The Chargers have four straight wins so far this season with wins pushing their respective records to 4-0 in the Mt. Hamilton Division of the Blossom Valley

Liu starred for the Leland boys with firsts in the 200 IM in 2:03.41 and the 100 free in 49.09 and he also got together with Jack Bignell, Brandon Tuck and Albert Tseng for a win in the 200 free relay in 1:32.25.

Kate Weinstock and Sarah Shih won the 200 medley relay in 1:56.65 and with Zoe King and Shih for a victory in the 200 free relay in



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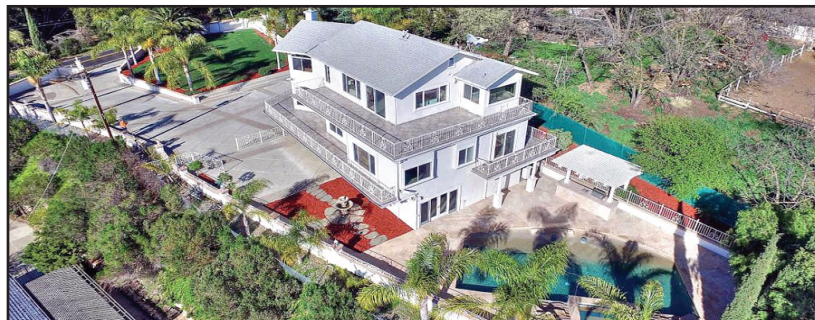
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Offered At \$4,375,000

## 2110 Ardis Drive, Willow Glen

This fabulous remodeled & expanded Willow Glen home sits on a huge 11,150 Sq. Ft. lot & features a family room with cathedral ceiling, gourmet kitchen with large center island & breakfast bar, maple cabinets, granite counters, stainless steel appliances including a Viking Professional 6 burner gas range with grill & double oven; separate living room; large dining area with built-in cabinets; master suite with walk-in closet and more. The beautifully landscaped resort like backyard backs to the Guadalupe River & great for entertaining with expansive brick patio, hot tub, ceiling fans, gas BBQ, gas fire pit, mature trees, Tuff Shed and so much more!

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## Yoga

Continued from page 1

Resident Carol Martin, who attends classes four to five times a week, says that yoga helped her find her inner strength. "I'm calmer than I used to be," she says, "and I learned to take time to breathe." Martin appreciates the range of classes offered and says that she likes the community. "Anuja and Ron are super nice," she says. "They're caring people."

For resident Mackenzie Lorenzago, yoga is a very spiritual practice. "The lessons focus on different aspects of life that are both challenging and rewarding," she says. "There are a lot of studios focused on the body, core and pushing yourself. Coming here, there's a sense of 'You're perfect just the way you are and you're going to be better.' It's a special balance for me."

For teacher Sheetal Kalidindi, Almaden Yoga is her happy place. "It's a beautiful community and such a great haven for us," she says. "I feel blessed to teach here." She also appreciates the whole body aspect of yoga. "No other workout makes you feel so calm, so centered," she says. "Anuja focuses on bringing your mind and body and breath together. She makes you do longer holds and makes you feel how you feel in a pose. Ron will gently push you a little bit out of your comfort zone, building your strength. You come away saying, 'Whoa, I was able to do that.'"

"Unless we're tested, we don't know how strong we are," says Chaudhri. "Every pose is an expression of how you're feeling from your fingers to your toes. Sometimes we forget we are strong. We get into a place of 'I can't. I can't hold any longer. I can't do this.' But we can. We may not like it, but we can. That's what life is about. It's about thinking, 'I am strong. I am capable. I can.'"

When the couple opened their studio at Via Valiente Plaza six years ago, Chaudhri says they were greeted so warmly, it motivated them to give back even more to the community. With every class, she tries to create a new experience with different themes and concepts. "My responsibility is to send people off with something they can apply to their lives," she says.

Each class has its own feel and members often connect, forming friendships. For instance, the 6am class is made up of 'Type A' men and the 9:30am weekend class is more serious than the 11am class. Seniors and those recovering from injuries usually attend the Chair Yoga class and share breakfast together afterwards.

Resident Suzanne Quane, who started taking classes at Almaden Yoga in 2011, goes for her mind and body and socializing. "I've made so many friends there," she says. "We've gone through births and marriages and grandkids together, and the teachers are so nice." Quane says that for her, yoga helps with living life. "It makes you more grateful for what you have," she says. "You're able to cope better with what comes your way and it puts you in a nice frame of mind. In fact, if I get in a bad mood, my husband says, 'Have you gone to yoga today?' It's a gift they've given us. I don't know what I'd do without them. I just can't recommend it highly enough."

For Victor, yoga is a flexibility and strength of the mind, as much as of the body. "Calmness in uncomfortable situations; that's what this practice will teach you," he says. "When someone cuts you off, or you



Husband and wife team **Anuja Chaudhri and Ron Victor** want to bring yoga to everyone's life.

receive a bothersome email, you can let it sit. The more you do it, the more it shows you. It opens your mind and allows you to be more connected, calm and grounded. You will control your mind; your mind won't control you."

Husband and wife Kaushal and Anita Agrawal take classes together. He started coming to Almaden Yoga about four or five years ago and suggested Anita give it a try. "It became a life-transforming experience for us both," says Kaushal. "I've taken yoga many places, but Almaden Yoga is a hidden treasure. The teachers are top-notch. Ron's style is upfront and he gets you to work to the next level. Anuja is calm and collected and works to improve your strength."

"I love the peace and how the mind and heart connect," says Anita. "The breathing brings you back from tension to the present moment." Anita has been practicing for the last two years and enjoys it so much, she recently took training to become a teacher. "It's a wonderful experience," she says. "The days I don't practice I feel like something's missing in my life."

Chaudhri and Victor believe that yoga has naturally improved the health of many of their clients. "Once they start doing yoga, stretching and strengthening, and relaxing their minds, they feel much better," she says.

"Going to Almaden Yoga, I've gotten so much stronger," says Quane. "I've gotten rid of aches and pains. I can even do a handstand. I never could have done that before."

"You can cure your back problems through yoga," says Victor, "but you have to keep doing it. The medical community at Stanford now recommends that their patients try yoga before considering surgery. It's also good for sleeping."

Victor also appreciates yoga as an emotional outlet for both joy and sadness. "Yoga can take you so deep, people cry or laugh aloud in class," he says. "It helps people through the pain of divorce or a death in the family; they sob through class and let it go. It's amazing."

"Every single human being should be doing yoga to compliment anything else they do," he says, "including bikers, runners and tennis players. We have runners whose times improved an hour to an hour and a half through breathing exercises. My swimming time improved by 4 to 7 minutes." He also credits yoga with aiding him and Chaudhri



## Times Features



Yoga is about inner as much as outer strength, says Ron Victor.

in completing a hundred-mile bike ride.

Through a client's recommendation, Chaudhri taught yoga to the Leland High School baseball team. During the relaxation part of the class, the boys were so comfortable they would fall asleep. They also won the championship. The following year, she sent the coach an email suggesting they do some stretches, meditate and visualize winning the game. They did it and they won. The coach told her when they were asked what made the difference, they all said yoga. "I wish I could get into all the schools here, even just once a week," she says.

#### Looking Back

Chaudhri didn't set out to become a yoga teacher. Quiet and shy as a child, it was her father, Dr. Manmohan Chaudhri, who pushed her towards an alternative way of life and a natural way of healing. He insisted she take yoga class as a little girl-but she hated it. Nonetheless, she was flexible and the star of her yoga class. Today she is grateful for that push, which helped her to realize her passion: yoga and teaching.

She grew up in ITT/Kanpur and New Delhi in Northern India, and received her Bachelor's in Psychology at Jesus and Mary College in New Delhi. Following her father's suggestion that she work in the computer industry, she took a two-year course in Systems Management and found work as a technical writer with the East India Company in India. After marrying and coming to the U.S. in 1995, she worked at Business Objects, NASA and Sentilla. She says she felt fortunate to work with amazing people, but she was always seeking something.

After her divorce, she met Victor and fell in love. While they were living in Los Gatos, she rediscovered yoga at Yoga Source, taking classes and a teacher training program. She became certified in 2006 under Linda Schlamadinger-McGrath and taught at the Indian Community Center, as well as Yoga Source.

One day, driving around Silver Creek, she stopped in at America's Best Karate, met owner Kevin Waldschmidt and ended up teaching yoga at his studio. He mentioned that he also had an Almaden location in the Via Valiente Shopping Center and that it might be a good place for her. While teaching there, she sat outside with a sign-up sheet during an open house. Before she knew it, she had 90 people say if she offered class at any other time, they'd come, which led to Almaden Yoga. Victor helped her make up a business plan and they were off. On Feb. 5, 2010, they opened their doors. Now they have about 20 teachers and are open seven days a week. On May 1, 2013, they opened a second studio in San Jose.

Victor grew up in Mumbai, India. There he

attended Shivaji University, majoring in engineering. He received his Master's in computer engineering at Syracuse University in New York. He worked at Intel for six years in various capacities from engineering to business development, marketing and corporate development. He also received a Master's in Business Administration from Arizona State University. In 1996, he started his first start up, Vyyo. In 2000, the company went public. That same year he met his wife.

An avid runner, swimmer and cyclist, Victor was introduced to yoga in 2001 through Bryan Kest's Power Yoga instruction series and never looked back. He also underwent his teacher training under Schlamadinger-McGrath. In 2011, he became certified and started teaching in 2012. Meanwhile, he continued in the high tech field, creating several startups including IoTium. In addition to teaching and co-ownership of Almaden Yoga, Victor also runs a nonprofit, Vibha, which empowers underprivileged children in India and North America, ensuring every child their right to education health and opportunity.

#### Looking Ahead

On Oct. 13, 2016, Chaudhri is leading a 13-day trip to India, including the Golden Triangle of Delhi, Agra and Jaipur, a visit to the Taj Mahal and of course, yoga. "Because I grew up in India and lived in this country for more than 20 years, I bring an understanding of both cultures," she says. "Every sense of your body will awaken in India," says Victor.

"It's a challenging business," says Chaudhri, "but every time I teach a class, I say to myself, 'How could I not do this? There's a joy in giving to others.'"

"We are so fortunate to have yoga become a part of our lives," says Victor. "Those who haven't experienced yoga should get their butts to class and do it! It will change your life."

For further information, please visit their web site: [www.almadenyoga.com](http://www.almadenyoga.com).



Sheetal Kalidindi and Anuja Chaudhri couldn't imagine their lives without yoga.



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## Sodergren

Continued from page 1

we have accomplished in District 10 since my election and my goals for the next 4 years."

### Campaign spending

Sodergren is not accepting campaign donations, or spending his own money on the campaign. He declined to pay the \$2,200.00 fee for District 10 candidates required to have a 200 word qualifications statement listed in the Voter Information Guide, and shuns mass produced mailings, yard signs, and robo calling.

"I'm running without taking or spending any money to hopefully demonstrate that money can be taken out of our political process by candidates who love their City, and have a passion to serve in this capacity," explained Sodergren. "When this happens, the most valuable currency in campaigns will be ideas and the ability to inspire others to work together to solve problems, not money."

Sodergren said he is in a listening mode with everyone on topics ranging from housing to transportation and public safety, in particular "their ideas as to how we can move forward from our current circumstances. I am doing my best to log the experience of running for office in the hope that all our citizens will become inspired and equipped to do this themselves."

"We have a number of problems including a compromised relationship with those who provide core services including our first responders and public safety," said Sodergren. "The Mayor and many others are working with many different constituencies to remedy the underlying causes for loss of personnel, and the resulting increase in our vulnerability. But, we as a people have a responsibility in this too, as we need to re-establish trust. And, this starts with every interface we have with those who serve us. Every time we see or engage with any City Employee, we can start the conversation by thanking them for their service."

Since there are only two candidates are running for the District 10 seat, a general election, which could have been held on November 8, 2016, will not be necessary. The primary election is June 7, 2016.

A candidates forum is expected to be scheduled sometime this month. The Almaden Times will publish the time and location as soon as the information becomes available.

## GIVING BACK TO THE COMMUNITY

# National Charity League's Almaden/Blossom Valley Chapter 2016 graduating seniors shine

The National Charity League's Almaden and Blossom Valley Chapter 2016 graduating seniors have volunteered with local organizations such as San Jose Family Shelter, InnVision, and City Team Ministries for the past six years.

The graduating class of 2016 in the Almaden/ Blossom Valley Chapter of the National Charity League includes girls from local neighborhoods.

National Charity League (NCL) is a philanthropic mother/daughter association that supports many non-profit organizations in the San Jose community.

Pictured from left are, top row: **Mackenzie Knox, Audrey Espinosa and Carly Sigman**; row 2: **Danielle Knell, Abigail Medlin, Rachael Haaland and Emma Larson**; row 3: **Merin Kolte, Katie Saviage, Andrea Haaland, Amanda Rios, Kelsey Chope, Katie Lindsley and Galen Ducker**; and row 4: **Katie Davies, Sydney Kim, Lauren Craft, Taryn Silverplate, Jenna Mayo, Elise Trudeau, Cassidy Kais, Carina Piazza and Alexis Kovalik.**



## Nancy Pyle among recipients of the 'Woman of the Year' award

Former San Jose City Councilmember Nancy Pyle, who represented Almaden Valley, received the "woman of the year" award presented by State Senator Jim Beall.

The award coincides with Women's History Month, and that's traditionally when each state Senate district honors woman. Beall also honored four other Silicon Valley women.

Pictured at top: Receiving the "Woman of the Year Award" along with Pyle at a reception at Beall's district office (left to right) are: Hair We Are Kidz nonprofit founder **Heidi Oatis**, San Jose Unified School District board member **Teresa Castellanos**, Joint Venture Silicon Valley representative **Melinda Chacon**, **Pyle**, and attorney and artist **Jenny**



Do who were all recognized at a reception at Beall's district office in Campbell. Above: **Beall and Pyle.**

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At the Episcopal Church in Almaden (ECA), we are joyful followers of Jesus Christ. Through worship, study, fellowship and outreach, we strive to nurture and grow a strong faith community of believers, a family of all ages, where each member feels welcomed, loved, valued and empowered to serve. Children are especially welcomed and cherished as an important part of God's family. All junior high and senior high students are welcome to participate in

our Youth Groups. During the school year we have joint Sunday School with our sister church, the Congregational Church of Almaden Valley, UCC. The Episcopal Church in Almaden offers the following regular opportunities for worship: Sunday at 7:30AM and 10:30AM, Holy Communion service. Each Sunday service is followed by a coffee hour for friendship and conversation.

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**SAINT ANTHONY CATHOLIC CHURCH**  
We invite you to become a part of our hospitable, intimate Catholic parish. We are a caring community, promoting spiritual growth, reaching out to people in need and where you get to know people by name. We offer children's religious education (CREATE); Youth Ministry (BLAST & X-STATIC); Scripture Study (day & evening); Senior's Group and many other adult ministries as well. Saint Anthony parish is located in

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

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www.stfrancisofassisipreschool.org  
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Saturday 5:00PM, Sunday 8:30 AM, 10:30 AM, 12:30 PM, 4:00 PM (Mass in Vietnamese), 6:00 PM Youth Mass  
St. Francis of Assisi Gathering Hall  
Sunday 9:00 AM, Sunday 11:00AM, Igbo Mass - Second Sunday of the month 12:30 PM  
Mt. Hamilton Grange - 2840 Aborn Road: Sunday 9:30 AM  
The Villages Gated Community (Cribari Auditorium):  
Sunday 8:15 AM  
For more information, please call or visit us at the Parish Mission Center open M-F 9:00 AM -12:00 PM; 1:00 PM - 4:00 PM. Come join us and share your presence with us so that together we may grow and share our gifts to help build God's Kingdom!

**THE POINT CHURCH**  
www.ThePoint.Church  
3695 Rose Terrace Circle. San Jose CA 95148. Located at the top of Aborn Rd and Murillo Ave. Come be inspired and build your faith as we worship together this Sunday @ 10:30 AM. KidsPoint is our children's ministry, serving infants through 5th grade. It is a fun and safe experience for kids as they grow in their walk with God. ONE is our student ministry, serving 6th through 12th grades. We help lead students into a growing relationship with Jesus through conversations, fun and service. Because of the diversity of Evergreen we offer church services in 5 languages, each with their own auditorium and pastor. 10:30 AM English, Mandarin, Cantonese and Cambodian. Spanish at 1:00 PM.

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Probably the first decision is whether you want to continue living in the house. Will the familiar surroundings bring you comfort and emotional security, or unpleasant memories? Do you want to minimize change by staying where you are, or sell your home and move to a new place that offers a new start? Only you can answer those questions, but there will almost certainly be some financial repercussions to your decision process. What can you afford? Can you manage the old house on your new budget? Is refinancing possible? Or is it better to sell and buy? How much house can you buy on your new budget?

To help you know what questions you should ask and how to arrive at the right answer for your specific situation, a FREE special report has been prepared by industry experts entitled "Divorce: What You Need to Know About Your House, Your Mortgage and Taxes".

To order a FREE Special Report, visit [www.sanjosehomeinfo.com](http://www.sanjosehomeinfo.com) or to hear a brief recorded message about how to order your FREE copy of this report call toll-free 1-866-303-3002 and enter 1009. You can call any time, 24 hours a day, 7 days a week.

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Times News Briefs

## Trump takes big lead in California primary poll

By Sean Eastwood  
Times Staff Writer

Donald Trump has a commanding lead in the upcoming California Republican primary, bolstering his hopes of winning the GOP nomination and avoiding a nasty convention fight, according to the latest poll.

The poll queried 1,039 likely voters from March 6 to 15. Florida Sen. Marco Rubio removed his name from the California primary ballot on March 15.

In an independent survey, Public Policy Institute of Calif., Trump has the support of 38 percent of likely voters, while Texas Sen. Ted Cruz is favored by 27 percent. Ohio Gov. John Kasich placed a distant third with 14 percent.

On the Democratic side, Hillary Clinton, who appears well on her way to getting her party's nomination, assuming she does not run into trouble with her home email server. She now leads Bernie Sanders by 48 percent to 41 percent. Sanders appeals to independent, and anti-establishment minded voters, according to the poll.

California awards most of its 172 delegates equally to the winners in each of the state's 53 congressional districts.

Former GOP staffer Jack Pitney believes that Trump is in the lead due his stance on immigration. "California Republicans are deeply concerned about immigration, which is Trump's signature issue," said Pitney.

## Library book sale slated for 4/16

The Friends of the Almaden Library invite you to the organization's Spring Book Sale on Saturday, April 16 from 9 a.m. to 2:30 p.m. at the Almaden Library, located at 6445 Camden Ave. in San Jose.

Nearly all of the library's selection of gently used books is priced at \$1 or less and all proceeds support the neighborhood library programs that benefit the entire community.

The library requests that you bring your own carry out bags.

## Steve Dini Pioneer HS icon; teacher for a quarter century

Pioneer High School drama teacher Steve Dini celebrated his 25th year at the school with the successful, ambitious productions of his career, the classic Broadway musical "Les Miserables."

The cast of "Les Miz" consisted of more than 70 students plus a stage crew of seven, making it one of the most diverse casts ever, including athletes, dance team members and special education students.

Dini has been consistently improving stage performances at Pioneer, with students committing to long hours of rehearsals. Dini doesn't mind putting in the long hours to watch his students grow as performers.

The students are dedicated to giving their very best performance because they know Dini is also working just as hard to make each production memorable for the audience and for the performers.

Dini said every time the performers in the shows say they want to do more, I want to do more."

## SJPD implements policy for military recruit candidates

By Councilmember  
Johnny Khamis  
Special to the Times

I congratulate San Jose Police Department (SJPD) Chief Eddie Garcia and his team for recognizing the huge benefit a military veteran can bring to the job when they decide to pursue a law enforcement career.

Effective immediately, the SJPD will allow potential recruit candidates with an honorable discharge from the United States military to substitute four years of active military service for the Department's education requirements of four semesters of college or 60 college credits.

I am hopeful that this change in policy will



**District 10 Report**  
Johnny Khamis,  
City Councilmember

encourage military veterans to consider working for one of the most professional police departments in the nation. The SJPD continues to offer myriad experiences in specialized units and a rotation system that produces well-rounded peace officers who serve their community with honor.

I encourage District 10 residents to spread the word on this change and encourage family and friends who have completed military service to consider applying to become part of the SJPD Blue.

Here is the link to their recruiting website: <http://www.sjpd.org/JoinSJPDBlue/RecruitApplicants.html>

## Leland senior Beltran cancer GoFundMe.com chemotherapy donations exceed \$11,000

Roger Beltran, a senior at Leland High School, is currently battling bone cancer and is unable to finish his last school semester.

Friends and family have set up a GoFundMe site to collect charitable dollars for Roger's upcoming chemotherapy expenses. He recently completed two surgeries when it was discovered that his cancer broke through his shoulder bone and spread to his neck and lungs.

All the money donated to this fund will be given to Beltran's family to fund Roger's chemotherapy.

If you would like to donate to the chemotherapy fund, visit: [www.gofundme.com/roger-beltran](http://www.gofundme.com/roger-beltran).



Roger Beltran

## Ronstadt to discuss her career and speak out on Parkinson's in downtown San Jose April 11

The upcoming Unique Lives & Experience lecture series will feature Grammy Award-winning singer Linda Ronstadt in downtown San Jose on April 11.

Ronstadt will discuss her career and life since being diagnosed with Parkinson's disease at 7:30 p.m. at the California Theatre. Carolee Barlow, CEO of the Parkinson's Institute and Clinical Center, will interview Ronstadt.

Parkinson's disease continues to take its toll on Ronstadt. The legendary voice behind such '70s hits as "When Will I Be Loved" and "Blue Bayou" can no longer sing, and has problems accomplishing everyday tasks.

Ronstadt has not been in the public eye since 2012, when she was diagnosed with Parkinson's. Ronstadt garnered critical acclaim performing with the San Jose Mariachi Heritage Festival for several years.



Linda Ronstadt

She has received several Grammy Awards. On April 23, Linda will be honored in Los Angeles with a special Lifetime Achievement Grammy Award from the National Academy of Recording Arts & Sciences at the Dolby Theatre in Los Angeles.

Ticket information is available at [www.uniquelives.com](http://www.uniquelives.com).



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Times **Local News**

# Daughters of the American Revolution attempt Guinness world record

The Daughters of the American Revolution (DAR) will be staging an official attempt to set a world record by collecting the "Most letters to military personnel collected in one month."

In order to set the world record, the DAR must collect and then mail at least 10,000 letters to active duty service members in one month's time. DAR will be collecting the letters in June.

The Los Gatos Chapter is inviting Almaden residents to join us in writing letters which will be delivered to Washington DC.

Anyone - man, woman, or child - may write a letter but it must follow these simple Guinness rules below.

Give your letters to any Los Gatos Chapter member by April 30.

After April 30, mail your letter to Sue Fitzpatrick, PO Box 3108, Saratoga, CA 95070-1108.

All letters must be received by May 7.

These are the rules that must be followed for your letter to qualify.

Rule 1: Individuals may only personally write one letter each, but everyone in the local DAR community, and your household, is welcome to participate. There is no age restriction, so children may participate so long as all the letters meet the official guidelines.

Rule 2: Every letter must contain three components: (1) a greeting (e.g. Dear Soldier or Dear John Smith); (2) an original message of support/ appreciation; (3) a closing (e.g. Love, Thanks, Sincerely) with a signature.

Rule 3: Each letter should be in an UNSEALED envelope. The envelope should bear a 49-cent first class U.S. postage stamp.



The Los Gatos Chapter of NSDAR thanks the community for their help.

Your return name/address should be on the envelope and it should be addressed to one of the military personnel listed at the NSDAR web site or addressed to an active duty individual you know personally or left unaddressed and the DAR will address it.

Rule 4: Both stationery and cards can be used as long as they are submitted in an unsealed stamped envelope with a return address.

Rule 5: All letters should be hand written and should be original submissions from each individual participant. No form letters, templates or Xerox copies may be submitted.

For more information please email losgatosdar@gmail.com

**About the DAR**

The National Society Daughters of the American Revolution was founded in 1890 to promote patriotism, preserve American history, and support better education for our nation's children. Its members are descended from the patriots who won American independence during the Revolutionary War. With more than 165,000 members in approximately 3,000 chapters worldwide, DAR is one of the world's largest and most active service organizations. To learn more about the work of today's DAR, visit [www.DAR.org](http://www.DAR.org).

UCCE Master Gardener Program of Santa Clara County 22nd Annual

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Times **News and Notes**

# Walkathon raises money for Almaden Elementary School

The 2016 Walkathon held on March 18 raised more than \$2300 for Almaden Elementary School. Students enjoyed dancing and throwing a pie in the face of Physical Education Teacher **Kevin Sparrer** (pictured), who helped raise money for the school by agreeing to take pies in the face from students who each raised at least \$20 in donations.

Sparrer grew up in Almaden, just a couple of miles from Almaden Elementary.



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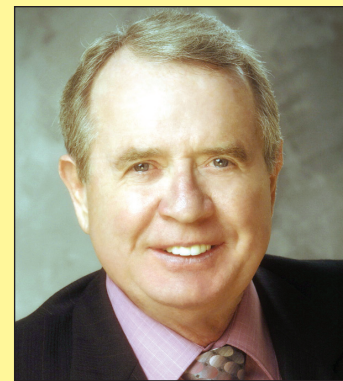
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Times News and Notes

# Parks for Life Challenge registration now open



Paddle boat rentals at Vasona Lake Park.

The Parks For Life Challenge, an outdoor social media game continues to grow in numbers and in popularity with more prizes and adventures set for the next round beginning May 1st through August 31.

Teams of adventurers will be planting their flags in parks across the county in a competition that may have them hiking to a peak, finding banana slugs or searching for a waterfall.

These fun outdoor adventures provide positive health benefits and an opportunity to explore nearly 50,000 acres of nearby regional parklands. Past participants have said, "We discovered so many new nearby parks, some I didn't even know existed" and "This challenge gave us a good reason to be outdoors and reminded us how nice it is to be exercising outside, exploring nature and winning awesome prizes."

The Challenge just received the 2015 Award of Excellence from the California Parks and Recreation Society. Additionally, Open Road host, Doug McConnell and his television crew followed action packed competition of two Parks For Life Challenge teams at Almaden Quicksilver and Uvas Canyon County Parks during the March 20th episode on NBC Bay Area.

Presented by the Santa Clara County Parks and Recreation Department, the Parks For Life Challenge is now entering its fourth

round of competition.

Registration for the Parks for Life Challenge begins April 1 and it is free to play ([www.parksforlifechallenge.org](http://www.parksforlifechallenge.org)). Families, friends, co-workers and people of all ages are invited to create a team and earn points using the County Parks as a backdrop for this three-month challenge.

There are over 400 adventures ranging from easy to difficult to attract people of all skill levels.

Teams set their own pace by customizing when, where and how many adventures to conquer. This is a friendly and flexible competition where fulfilled adventures earn team points to win weekly prizes for the challenge of the week or to be amongst the top teams with the highest point total over the 3-month challenge.

Proof of completion goes online with photos or video of team members holding their flags posted at your favorite social media channel. Go explore, be creative and escape outdoors because you might just find yourself winning a Gro Pro, REI camping package, Sports Basement gift card, CineLux Theatre movie passes, and more! It's yours for the taking. The Santa Clara County Parks and Recreation Department has provided recreational opportunities, beautiful parks and precious natural resources for Santa Clara County residents for more than 50 years.

This golden legacy has resulted in one of the largest regional park systems in the State of California.

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**7545 Tierra Sombra Court**

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**1578 Monteval Lane**

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**6528 Little Falls Drive**

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