



Beth Regoli of Evergreen Valley takes over as commanding officer of VP-9 Golden Eagles

By William Bellou Publisher

ommander Beth Regoli, an Evergreen native who serves as a Commander in the United States Navy, recently took over as the Commanding Officer of the VP-9 "Golden Eagles."

VP-9 is a naval squadron which flies P-3C Orion aircraft. The squadron is home ported in Kaneohe Bay, HI.

Family and friends recently flew out to Hawaii for the special ceremony and celebration afterwards.

Commander Regoli attended Evergreen Elementary, Quimby Oak Middle School and Archbishop Mitty High School before leaving the Bay Area to attend the United States Naval Academy in Annapolis, MD. After graduating in 1999, she



The VP-9 is a naval squadron which flies P-3C-Orion aircraft.

went on to earn her "wings of gold" as a Naval Aviator. Throughout her career, Commander Regoli has deployed numerous times while serving three tours of duty flying the P-3C Orion. She had six successful deployments in support of Operation Enduring Freedom with See REGOLI, page 3

Evergreen dance group to showcase their talents at California Theater

By Sean Eastwood *Times Staff Writer* The students at Dance Theatre International (DTI) are celebrating their hard work and accomplishments over the last year at the California Theater on

<section-header>

Sunday, June 26 following their Student Showcase.

The Student Showcase gives DTI students an opportunity to show their achievements in dance at an annual culminating performance. The dancers will be performing in two separate showcases, 11 a.m.

and 3 p.m. with varying performers, various dance genres, DTI company dancers and special guests.

This year DTI will be sponsoring a reception following the Student Showcase in which the admission See SHOWCASE, page 6





Aastha Shah, Aditi Sheth, Anushna Patel, Poojya Krishnamurthy, Pratima Manga and Priya Padmanabhan have been attending weekly classes to learn Bharatanatyam, a classical Indian dance. *Photo courtesy Silicon Photography*

Dedication to the dance of Bharatanatyam

By Sandhya Iyer *Times Staff Writer* riday nights are generally reserved for going out or lazing around, so it's hard to imagine anyone being dedicated enough to attend a class every Friday evening for more than 12 years.

But for a group of six dedicated teenage girls, they made a decision to allocate their time in meaningful way. The girls, Aastha Shah, Aditi Sheth, Anushna Patel, Poojya Krishnamurthy, Pratima Manga, and Priya Padmanabhan have been attending weekly classes to learn Bharatanatyam, a classical Indian dance.

Poojya explained that she has been dancing for 14 years, and that it has really changed the way *See DANCE, page 8*

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Times Local News



Commander Beth Regoli is a 2009 graduate of the Naval War College, having earned a Master of Arts Degree in National Strategic Studies.

Regoli

Continued from page 1

the "Old Buzzards" Special Projects Patrol Squadron One. Commander Regoli also served one tour of duty as an Instructor pilot in the T-34C teaching prospective Naval Aviators to fly for the first time.

Outside of the cockpit, she served on the USS JOHN C. STENNIS (CVN 74) as the Flag Lieutenant for Commander, Carrier Strike Group THREE. Additionally, she spent two years as the Naval Military Aide to the Vice President for Vice President Biden which Beth says offered her many more unique experiences that she could ever have dreamed of as a Naval Officer.

While pursuing excellence in her professional life, Commander Regoli furthered her education. In 2007 she earned a Master of Science Degree from the School of Business Administration at the University of San Diego with an emphasis in Global Leadership.

Commander Regoli is a 2009 graduate of the Naval War College, having earned a Master of Arts Degree in National Strategic Studies.

Commander Regoli says in being a leader, "Never forget where you came from, be humble, and most importantly always do the right thing even when no one is look-ing."

Commander Regoli's personal decorations include the Defense Superior Service Medal, Air Medal (6 strike flights awards), Navy Commendations medal (3 awards), Navy Achievement medal (2 awards), as well as numerous commendations.

About the VP-9 Golden Eagles

Patrol Squadron NINE (VP-9) was commissioned at Naval Air Station Whidbey Island, Washington in 1951. VP-9 provided support for night combat operations in the Korean War. In 1963, the squadron deployed to Okinawa; the Philippines; Kam Ranh Bay, Republic of South Vietnam; U-Tapao, Thailand, Guam, and other operations during the Vietnam War. In 1970, while deployed to Marine Corps Air Station Iwakuni, VP-9 earned its third Meritorious Unit Commendation for patrolling more than nine million square miles of ocean. The "Golden Eagles" made a fifth homeport change to Marine Corps Base Hawaii (MCBH), Kaneohe Bay in May 1999. The "Golden Eagles" flew more than 3,000 flight hours in support of Operation ENDURING FREEDOM, to include over 100 combat missions. Two of such missions were strike missions directly targeting Taliban and al Qaeda forces, which was a first for a MPR aircraft in that AOR. VP-9 flew 1,100 missions with an amazing 99.5 percent mission completion rate. They earned the 2001 Battle "E" for all their accomplishments, and were also the recipient of the CNO Retention Excellence Award that same year. Joining the Global War on Terrorism, VP-9 provided near realtime imagery to the intelligence community during Operation ENDURING FREE-DOM. Concurrenty VP-9's extensive support of Operation IRAQI FREEDOM (OIF) was also critical. More than 230 hours of support was provided for the USS CONSTELLATION and USS KITTY HAWK Battle Groups, USS BOXER ARG. PACSAG, and JMSDF surface vessels as they transited through the Straits of Malacca in Southeast Asia. Throughout their rich history, VP-9 has been recognized with nine Battle Efficiency Awards, four Meritorious Unit Commendations, five Coastal Command Trophies and three Captain Arnold J. Isbell Trophies for ASW/ASUW Excellence, two Golden Wrench awards for aviation maintenance excellence, the Arleigh Burke Award, the Navy Unit Citation, and the Golden Anchor Award.



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Valley Currents

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

OP ED Volunteering not only helps your community, it helps you too

By Luan K. Tran-Le Special to the Times

eing a volunteer, I've seen firsthand the impact that volunteerism has in the Evergreen and Silver Lake community. In a busy world, volunteers create connections, change lives, and help build thriving communities

Right here in our neighborhood, I've been volunteering each weekend with the Basketball Development League for more than ten years, and I was actually in the league myself growing up! With different age groups from elementary through high school, it provides a fun activity that kids from around the area can participate in after school and on the weekend.

Being on both sides of the fence has showed me how important it is to invest in your community, especially our youth. Our all-ages, mixed gender league gives kids a space to grow personal skills outside of academics, and discipline, self-confidence, participation, and team work are important values and skills that are stressed in this league.

It's easy to recognize the external impact that volunteerism has on people and communities but there are many internal benefits as well. Research shows that volunteerism can boost confidence and social skills leading to stronger relationships and a greater sense of fulfillment. Perhaps that is why more than 62 million people volunteered at least once between September 2014 and September 2015.

In addition, studies like the one in the Journal of Occupational and Environmental Medicine have found that people who volunteer are happier with their work-life balance.

This is why many companies encourage volunteerism among employees and implement programs and policies that support the passion and commitment of employee volunteers. For example, my own employer, Bank of America, offers up to two hours a week in pay for its employees to volunteer in the community, and we can apply for grants for

nonprofits and charities where we volunteer regularly. It's a rewarding, meaningful way to help others, while building skills or putting expertise toward a good cause.

So if you're looking to spring into volunteerism this summer, there are several different ways for you to get involved.

Plan a volunteering event with your family, friends or co-workers. Determine what types of nonprofits that you'd like to volunteer with and

reach out to them to see if there are any events that your group can be involved in. There are many websites like VolunteerMatch.com that post open volunteer opportunities to help you find the right volunteer opportunities. Utilize your skills. Don't forget that many

nonprofits are always looking for valuable volunteers who have personal talents or professional skills. For example, a soup kitchen may need cooks to help make meals for the homeless, or Habitat for Humanity may need people who are handy with tools to help with home builds. And remember, board service with a nonprofit is a valuable way to share your expertise, from financial skills to communications, in order to address needs in your community.

Learn more about your workplace policies and opportunities. Ask your company if it is planning any volunteer activities in the upcoming months and if not, offer to coordinate one! Remind your company of all the great benefits of volunteering and ask about any special programs that it may have for employees who volunteer. In addition, if your company is a specialized industry, see

if it could provide its services pro bono to a nonprofit. For example, Bank of America volunteers provide financial coaching and mentoring in schools and nonprofits to help teach better money habits that lead to long-term success.

Let's take this month to recognize those who volunteer and motivate others to join the effort to help our community thrive.

Luan K. Tran-Le is a Personal Banker for the Bank of America in Evergreen Valley.

OP ED

Now the silence

rankly speaking the Orlando atrocity created a stunning silence. It is too painful to mention.

It is incomprehensible that anyone would want to kill, hurt, maim anyone let alone the LGBTQ community. Everyone I know who tries to speak is stunned by the enormity of the offense. Words don't flow.

'America the Beautiful' is such because we focus on freedom of life and liberty We learn from each other. The miracle of the constitution is that it allows us to recreate the meaning of democracy in each generation upholding basic principles that feed each generation. But this type of behavior...?

The pundits will come up with fancy words to help ameliorate what has happened. Words like deranged', 'terrorist', 'homophobic'. This might make us all feel better. But the words are meaningless. We don't need explanations nor excuses nor defense of our Rights. We hunger to rediscover the simple basic human tenet of love for God and respect for each other. They are pretty synonymous in many ways

Jesus said: 'Peace I leave with you'. Peace to appreciate who 'you" are. Peace to appreciate the distinctiveness of your neighbor. Peace to share beneficial wisdom. Peace to comprehend the difference between right and wrong. Peace to comprehend that some ways of living are better than others. Peace to forgive the sins and shortcomings of neighbor. Peace to forgive yourself not have the right to bear arms. And

for your own shortcomings. Peace to live with yourself and the memories of past actions that you may want to erase from personal history. Peace to celebrate the wondrous gift of life. Peace opens up life opportunity.

Life opportunities change whenever we meet and talk with each other. The world is transformed through a humble acceptance that we are all tenants on this planet. It is loaned to us by God.

Some humility and sharing between us never hurts. Thoughts, prayers, tears are with the LGBTQ community in Orlando as they sort through this horrid experience. May we discover the commonalities between us so we can all appreciate each other in all our idiosyncrasies and differences. Who knows. Perhaps you and I will change through the experience?

And for our elected leaders: There is no reason that persons canthere is no reason that a Congress elected by the people cannot come up with a gun control law that restricts access to these deadliest weapons to protect us all. 99.9% of us don't want to walk around with arms to protect ourselves from our neighbor. We want to enjoy our days with our neighbor! America is the country that went to the moon and is exploring beyond the limits of space. We have the capacity to create a meaningful law and process. Our elected leaders need the will to do it. And if they don't want to do this. We don't need them. We need leaders with a passion and commitment to serve the common good. To serve the people so we may live in peace.

Now the Silence. Now the peace. Now the empty hands uplifted.

Now the kneeling. Now the plea. Now God's arms in welcome...

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OP ED The U.S. Government must stop playing games with unemployment statistics

By Jim Ainsworth Special to the Times T's time for the U.S. Government to stop playing games with the unemployment statistics. The bogus stats make it impossible for the public to get a true picture of what is really going on with the U.S. economy.

The jobs report released June 3 marked the lowest monthly per-

formance since 2010. Officials were counting on a gain of 140 -190K jobs. So the number hits and guesses what? It wasn't 190K or 14K. It wasn't even 100K. It was a measly 38K.

Unfortunately, it is much worse. The April jobs report was revised down more than 59,000. The labor force participation level fell to 62.6 percent and the number of people

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working part-time was up by nearly a half million people.

To make everyone feel better about the economy, the Federal Reserve added 224,000 jobs that don't really exist. So, we actually lost 180K jobs. How is this possible? The jobs numbers included a hypothetical number of laid off workers that opened their own businesses, each hiring hundreds of people. One problem, they do not have any proof that these jobs exist. There are no corporate documents, business licenses, or tax returns!

Chaboya 8th grader places 4th

in National Math Tournament

By Sean Eastwood

Times staff writer

School, won the fourth place trophy at the National level of the Math League Tournament

Das competed in the championship round at the

Math League invited Das to compete at the nation-

Math League is an annual series of high school

math contests to determine the state champions in several states, as well as national champions. The three-

tier tournament starts from the regional level and fin-

On the test day, students in the high school division

are asked to solve five rounds of problems of different

al level based on his performance in local qualifying

tournaments and the state championship.

They simply made the numbers up. For the May 2016 unemployment report, the federal reserve "guessed" that laid off workers opened new businesses and hired 224,000 people. Who in their right mind believes this?

So, last month, more than 600,000 people fell out of the labor force. Why? They couldn't find work. They gave up. They just said "To hell with it, I'll just sit on the couch." They got on welfare. They got food stamps. They applied for disability. A very sad situation, for sure. Fortunately, those of us living in Silicon Valley are somewhat isolated from the current economic downturn as reflected in the "true" unemployment statistics. However, we should plan now for the future, as the downturn may soon affect us.

Whoever gets in the Whitehouse, Democrat or Republican, it's time for transparency and stop lying to the American people about the current condition of our economy. Jim Ainsworth

Evergreen Valley

types and complexity, which lasted for approximately six hours.

Police open registration for 'National Night Out' Aug 2

The San Jose Police Department has opened registration for this year's National Night Out, set for Aug. 2, 5-9 p.m.

National Night Out is a crime and drug prevention event sponsored nationally by the National Association of Town Watch.

Residents in neighborhoods across the nation are asked to spend an evening outside with neighbors and police.

Evergreen neighborhoods will be hosting a variety of events ranging from small potlucks and barbecues to large block parties.

Deadline for registration is July 21 at SJPD.org. Registration is free and gives the police and city representatives an opportunity to attend local events.

Showcase

in Kansas City, MO.

high school division level.

ishes at the national level.

Continued from page 1

proceeds of \$8 per person donation will be given to the Guardian Angel Program. This idea was brought to light by one of the dancers, Zoe Ferla, as this is a cause that is near and dear to many of the dancers' hearts.

The reception in the lobby will be open to all of the dancers, families and guests to mingle, take pictures and celebrate. There will be donation boxes out to benefit the Guardian Angel program, but it will be an individual choice as to the amount of the donation.

The Guardian Angel program provides medical care for the animals at San Jose Animal Care and Services. It's the mission of San Jose Animal Care & Services to provide a welcoming and humane place for animals and those who care for them; to protect, educate and serve the public; to develop programs that improve the lives of people and animals; and to create opportunities for our community and supporters to help us succeed.

DTI is honored by the City of San Jose, City of Milpitas, and fellow professionals in the field of dance. DTI was founded by Maggie Parungao-Ferla in 1994 with the mission to "Empower People through Dance." DTI Alumni are now professional dancers with major international companies and educators in the field of dance. DTI Directors Maggie and Xavier Ferla founded the San Jose Youth Ballet, DTI's non profit production company in 2003.

Xavier knew he would pass on his knowledge and continue his passion through teaching. His teaching parallels his exemplary professional and principal careers with the Berlin Ballet, Royal New Zealand Ballet, Béjart Ballet, and Alonzo King's Lines Ballet.



Maggie began teaching after her professional career with San Francisco Ballet, Bejart Ballet and the Hamburg Ballet. Maggie shares her passion for dance with the next generation of artists and her community. Her students have earned high placements for her choreography and coaching.

DTI has many other wonderful teachers and choreographers which include Amanda Castaneda, Alyssa Friend, Catherine Welsh, Jennifer Willis, Judson Emery, Maria LaMance, Adrian Rios, Emily McKinney and Cooper Zamorano.

The Student Showcase will feature "Petite Carnaval des Animaux" that will be performed by the Shining Stars Program students which includes ballet, tap, creative ballet, ballet basics, pre-ballet basics, ballet jazz basics and the "Grand Carnaval des Animaux" which will be performed by the Ballet 2 to Ballet 7 Dancers. There will also be performances by DTI's wonderful tap, contemporary, jazz, lyrical and various DTI company dancers.

Editor's note: Anyone interested in attending the DTI Student Showcases and the reception to benefit the Guardian Angel program can find additional information and purchase tickets at www.dtidance.com.

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Times Community News





Photo courtesy Silicon Photography

Dance

Continued from page 1 she looks at fine arts in general. Typically, at

the end of one's Bharatanatyam career, there is an arangetram, or a final performance, and most people regard it as an ultimatum. As Anushna mentioned, it's "an arange-

tram or nothing." But arangetrams are very expensive, with the least expensive starting at around \$15,000, and although it's fulfilling for the dancer and her family, it doesn't do much to empower the community. That's what these girls set out to change. They still wanted a final performance, to conclude the end of 12 years of learning the exquisite art form, but decided that it could be used to benefit those in need as well.

Aastha volunteered with an organization called SEWA Rural that helps poor tribal people by providing health and educational services in South Gujarat, India. SEWA Rural maintains a hospital that provides free services to the tribes, in addition to sewing classes for women, classes for children whose parents work in the fields and an adolescent camp that allows teenagers to specialize in a vocation and helps them break the cycle of poverty that they were entrapped in before.

Because Aastha's family has been involved with the group for many years, she was able to contact them and arrange for the proceeds from the arangetram to be donated to SEWA Rural and its powerful cause.

The immense planning required to execute the arangetram began more than six months ago. Even though the girls thought of the idea themselves, their parents and teacher,

Voters approve new 15-year sales tax; dowse deregulation of pot clubs

S an Jose voters overwhelmingly approved a new quarter-cent sales tax for the next 15 years and extinguished separate measure that would have deregulated the city's pot clubs.

Measure B is expected to bring \$40 million a year to the city's general fund.

Mayor Sam Liccardo was pleased with the passage of the tax measure, which he called an investment in the city's future.

The Mayor provided a written statement: "After years of belt-tightening Suganda Sreenath who is the lead artistic director of the dance school Jayendra Kalakendra, eagerly jumped in to support.

The practices increased significantly, adding up to more than five hours every Monday, Wednesday, and Friday. Because arangetrams are generally designed for one girl, all the dances had to be amended to include six dancers. It was grueling but worth it. Pratima explained that Bharatanatyam "filled in many blank spaces regarding my Indian heritage." Aastha added that bharatanatyam taught her dedication and discipline.

Organizing an entire Arangetram in six months is a difficult feat, and there were times when not all the girls were on the same level. Through the course of their bharatanatyam journey, they became not only partners, but also close friends, so they pulled each other through every obstacle.

"Our show allowed me to not just connect on a whole new level with my classmates that I've been dancing with my whole life, but also submerge myself completely into the art form as we prepared continuously," said Priya.

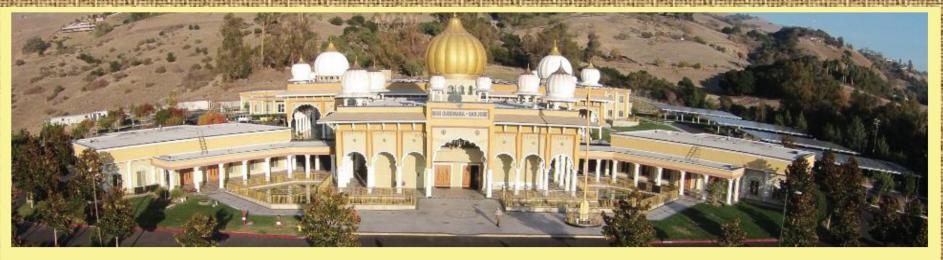
On May 30th 2016, their performance, called Nrithyarpanam, was held at Evergreen Valley High School. There were six parts to the show, each dedicated to a particular god, each flawlessly executed. The theater was filled to capacity, and the six girls raised more than \$3,000.

Arangetrams are an important milestone, but instead of choosing to make it about them, they extended its impact throughout the community. Through all the effort that was put in together, their bharatanatyam sisterhood shines through.

through fiscal reforms and other cost-cutting measures, the voters agreed that additional revenues are needed to continue restoring essential city services. As we move towards adopting a final budget for the upcoming fiscal year, it's critical that we focus these additional dollars on our residents' top priorities: enhancing public safety and repairing our deteriorating roads."

In addition to restoring the city's depleted police force and chip away at a massive backlog of street repairs, Liccardo wants the city to spend some of the newly minted tax revenue to hire more than 40 new police officers. SERVING EVERGREEN & SILVER CREEK VALLEY **SINCE 1982 ■** ONLINE: EVERGREENTIMES.COM

EVERGREEN TIMES JUNE 24 – JULY 7, 2016 PAGE 9



Sikh Gurdwara - San Jose

3636 Murillo Ave, San Jose CA 95148 Phone: 408-274-9373 Website: www.sanjosegurdwara.org

Celebrate 4th of July with San Jose Sikhs

Sikh Gurdwara of San Jose nestled inside Evergreen community invites all the local residents to come and celebrate this 4th of July with us. We will be hosting a fun family friendly event with food, fresh fruits and lots of ice cream!! Tours of the Gurdwara Sahib will be available for you to experience the state of the art building with its unique architecture showcasing Sikh heritage. We will finish off the evening watching fireworks from our hilltop view of the city. Please bring your family and friends to celebrate the freedom and independence we enjoy as citizens of this great country.

Values of Justice, liberty, equality and welfare of all, as enshrined in the US constitution also form the cornerstone of the Sikh religion. Guru Nanak, the founder of the Sikh religion, preached these values in the 15th century. Some of his successors and many Sikhs gave their lives to protect the rights of even non-Sikh communities to practice the religion of their choice. Guru Nanak promoted worship of one God, the supreme creator; and rejected any inequalities based on religion, caste, gender or race. In the Gurdwara Sahib, every prayer ends seeking the welfare of all. It is therefore very befitting for us to be celebrating the independence day of this great country, whose values we share so deeply.

God Bless America

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Times Education

Cultural acts performed by the ITA students helped kick off the graduation event.

Graduation day at International Tamil Academy

By Neharika Bandaru

Times staff writer he International Tamil Academy (ITA) hosted its annual Graduation Day commemorating the 10 year anniversary of the school last month.

Tamil is a south Indian language spoken by the people of Tamil Nadu, Sri Lanka, Singapore and Malaysia covering an estimated 80 million people. It is 2200 years old and is one of the longest surviving classical languages in the world.

International Tamil Academy (ITA) was conceived with the primary objective of teaching Tamil, an ancient South Indian Language with a very long history and rich literature to the children and young adults living in California. As an extension to the teaching of Tamil, ITA also sponsors cultural activities such as Music, Dance, Drama and any art form based on Tamil language and Tamil culture.

Over the years, the school has made tremendous progress in increasing the number of students from a hand-full to around 150 today, imparting state of the art Tamil education to students and bringing the whole Tamil community together. EESD board members Ms. Kathy Gomez, Mr Jim Zito, and Mr Charles Crosby were also present at the event, and the honored the valedictory students as part of the day's agenda.

The event started out with several Tamil inspired cultural acts performed by the students attending the school. Following the performances, Mr. Jim Zito said a few words about the graduates who dedicated so much of their time to learn more about their heritage. The core message of Mr. Zito's speech was clear: It was truly remarkable how dedicated the students in the Tamil school are to their heritage, and by taking part in such a culturally defined atmosphere, the graduates were essentially inspiring future generations to become more involved in their own cultures

Jim Zito proceeded to award the 11 graduates of the school in an extravagant ceremony where each student demonstrated their mastery of the language by sharing, in Tamil, the personal importance of the language in their lives.

The entire event was concluded with a traditional Indian lunch.

California's smoking age raised to 21

It's now a crime to sell or give tobacco to anyone less than 21 years of age, including 'E' cigarettes

Members of the military between the ages of 18 and 21 will not be affected by the change in the age requirement.

The law also comes with an increase in fees for those that sell tobacco products, which include 'E' cigarettes. Retailers currently pay a one-time fee of \$100 per location. In January 2017, the fee will increase to \$265 each year.





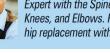
Control unwanted pests and care for your lawn and garden without dangerous chemicals. It's healthier for you, and will prevent polluted runoff

from entering our creeks and Bay. To find less toxic alternatives, look for this symbol at your local store:



Sponsored by Santa Clara Valley Urban Runoff Pollution evention Program – a coalition of local government agence

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2630 Muirfield Dr. — **Eagle Ridge Country Club, Gilroy** — **Listed at \$1,245,000** An Eagle Ridge gem! Rare 1/4 acre lot backing up to a tree-studded open space and wonderful views from master balcony. Gourmet kitchen with granite counter tops, stainless steel appliances, and a peaceful setting like no other. Beautiful salt pool, private backyard making it easy to relax without any disturbances. Beautiful landscaping and a cozy, shaded porch. A bonus room, and a great BBQ area. The Eagle Ridge gated community provides a relaxing environment, cutting edge security and a nice and quiet neighborhood. Virtual tour: http://www.tourfactory.com/1573459



1919 Rigoletto Way — Evergreen

Remodeled throughout the entire home. This gorgeous home is a must see! Four bedrooms, two beautiful bathrooms. New floors both Laminate and carpet, all new appliances in kitchen, new Cabinets, Granite counter tops, new front door, Dual Pane windows, great front land-scaping - You will love this beautiful home. No expense has been spared in this remodel. For all the details, please visit the virtual tour: http://www.tourfactory.com/1568788



Silverland Drive — Evergreen

Absolutely gorgeous newer Shapell home in a fabulous quiet and peaceful location with highly sought after Evergreen schools. Features include: 3 spacious bedrooms, including a master bedroom suite with a large closet, 2.5 elegant bathrooms, 1/2 bathroom with slate floors and master bathroom with travertine tiles and a shower/tub; beautifully upgraded spacious kitchen; shiny hardwood floors; large relaxing landscaped yard with views of the hills. This home is a must see!



Ron Mason Realtor, MBA | CDPE, SRES CalBRE# 01145613



5058 Jarvis Avenue — Cambrian — Listed at \$899,950

Gorgeous home with open floor plan that includes 3 bedrooms, 2 full baths and separate family room and living room. Updated throughout that includes custom kitchen with granite counter-tops, travertine floors, new roof in 2013, all dual pane windows, skylights, sun tube, all interior doors have been replaced and a backyard to store the RV along with hot tub and 6 different types of fruit growing in the backyard.

For all the details, please visit the virtual tour http://www.tourfactory.com/1577545

Sale pending DHE VILLAGES GOLF COURSE AND CLUBHOUSE

Villages Golf and Country Club

Designed to comfort you "Life like a dream" two bedroom condo (1240 sq ft,) downstairs. Good for single/double couple occupancy. Pets are welcome. Two bedrooms, living room, dining area, well equipped kitchen, laundry with washer and dryer in the patio area, huge patio, private view on the green area and blossoming four times per/year tree. Flooring: carpet/tile/commercial wood. 55 + community Villages, with resort-like facilities. Here, residents can find everything they need to stay physically and socially active. For all the details, please visit the virtual tour: http://www.tourfactory.com/1539221



5242 Leesa Ann Court — Cambrian

A Fantastic neighborhood in a cul-de-sac location, walking distance to Community pool and Lone Hill Park. Excellent schools and convenient location to access all of Silicon Valley. Beautifully updated and remodeled throughout the entire home. Four bedrooms and three baths with one downstairs. This gorgeous home is a must see!





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Times Local News





Honor Flight Bay Area No.8 WWII and Korean vets at the WW II Memorial, June 6.

Honor Flight Network created to honor America's veterans for their sacrifices

By William Bellou

Publisher ylene Kuhn participated in Bay Area Honor Flight number eight that left San Jose for Washington D.C. on Sunday, June 5.

Honor Flight is a non-profit organization that transports America's Veterans to Washington, D.C. to visit memorials dedicated to honor the service and sacrifices of themselves and their friends.

Aylene escorted Donald Levy, a WWII vet who was among twenty six World War II and Korean War veterans from northern California, most in their 90's who boarded a Virgin American flight bound for Washington D.C.

Honor Flight consists of 130 hubs nationwide and has flown 159,703 veterans since 2005. The organization was created solely to honor America's veterans for all their sacrifices. Top priority is given to World War II survivors, along with other veterans who are terminally ill.

The Honor Flight Bay Area Foundation hosted the flight from San Jose and is a hub of the National the Honor Flight Network. Honor Flight Bay Area began in 2014 to serve those in the San Francisco Bay Area and has now completed eight trips. There are more than 21,000 currently on the wait list for Honor flights.

The flights for Veterans is free of charge and is supported by Individual and Corporate donations.

Each veteran is accompanied by a volunteer Guardian responsible for assisting their veteran during the trip. From the moment the veterans are in our hands until they are returned to their loved ones the Guardians will be asked to treat these heroes as if they are family and ensure that every veteran has a safe, memorable, and rewarding experience. Guardians are volunteers and are expected to pay for their trip.

"On June 6 the day began with a visit to the World War II Memorial," said Aylene. "Since this date was the 72nd Anniversary of D Day a special tribute was given to four members of the group who were D Day survivors," she said.

The veterans also visited the American History Museum followed by lunch at the Women's Memorial. After lunch they witnessed the changing of the Guard at the Tomb of the Unknown at Arlington National Cemetery. "After a visit to the Air Force Memorial a very tired group returned to their hotel for dinner and a good night's sleep," said Aylene.

On June 7, the first stop included the Lincoln Memorial, Korean War and Vietnam War Memorials. Lunch included a visit to the Navy Memorial and later the Marine Corps Memorial. At the Dulles Airport they visited the Udvar Hazy Air and Space Museum home of many historic aircraft. The group then boarded their flight back to the Bay Area and the end of a journey of a lifetime for all involved.

According to the Department of Veterans Affairs, an estimated 640 WWII veterans die each day. "Our time to express our thanks to these brave men and women is running out," said Aylene.

More information about the Honor Flight program can be found at their web site – www.honorflight.org.



Each veteran is accompanied by a volunteer Guardian responsible for assisting their veteran during the trip. Here, **Aylene Kuhn** accompanies veteran **Donald Levy** at the tribute.

••••••••••••

Times Local News

Police arrest suspect for robbery during Trump rally

he San Jose Police Department identified and arrested Anthony Yi for three separate incidents involving robbery, including assault and battery during presidential candidate Donald Trump's San Jose rally on Friday, June 10, 2016.

The first incident involved the suspect committing a robbery of victim #1. The second incident involved the suspect committing an assault/battery on victim #2. The third incident involved the suspect committing an assault/battery on victim #3.

San Jose Police investigators are still continuing with follow-up investigations and ask for the public's continued assistance. The police department expects more arrests in the coming weeks.

Person with information are urged to contact the San Jose Police Department's Assault's Unit at (408) 277-4161 or 311. Persons wishing to remain anonymous may call the Crime Stoppers Tip Line, (408) 947-STOP (7867).

Persons providing information leading to the arrest and conviction of the suspect may



Suspect: Anthony Yi

be eligible for a CASH REWARD from the Silicon Valley Crime Stoppers. In addition, people can file a crime report online at http://www.sjpd.org/ReportingCrime/Onli neReport

EVERGREEN TIMES JUNE 24 – JULY 7, 2016 PAGE 13



Waheguru Ji Ka Khalsa Waheguru Ji Ki Fateh

Sikh Gurdwara San Jose to hold Candle light vigil on Friday to pray for 49 souls lost in mass shooting at Orlando Florida. Sikh Community condemns the indiscriminate shooting of innocent lives. Lets remember the lost souls in prayer together at

Sikh Gurdwara San Jose 3636 Murillo Ave. San Jose, CA 95148 Time: 8 - 8:30 PM Date: Friday June 24, 2016

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Mayor Liccardo releases June budget

ayor Sam Liccardo has released his June Budget Message, outlining his latest recommendations for adopting a final, balanced budget for the 2016-17 fiscal year.

"With this Budget Message, we continue to take a fiscally-prudent approach that prioritizes saving for an uncertain future and bolstering our city's long-term fiscal stability," said Mayor Sam Liccardo. "At the same time, we are in a position to make some limited one-time expenditures that focus on improving public safety and our quality of life."

The June Budget Message recommends adoption of the City Manager's Proposed Budget which, following direction from the unanimously-approved March Budget Message, focuses the limited new dollars available this year on bolstering reserves and smart, targeted, one-time investments that will help improve basic city services. These actions include:

• **Saving:** Increasing the city's budget reserves to help cover a projected deficit in FY 17-18 and to protect against unexpected fluctuations in city finances.

Investing in Police: Allocating additional funding to support a robust police officer recruitment effort and for additional police officer overtime to help backfill for vacant positions.

Investing in Emergency Fire & Medical Response: Realigning resources to restore Fire Engine Companies 30 and 40, and investing in technological improvements like a new IP-based alert system that has been shown to reduce response times by an average of 30 seconds per call in other similarly-sized fire departments.

Investing in Youth: Expanding the "San Jose Works" program to provide 1,000 kids in gang-impacted neighborhoods with jobs that will help them "build a resume rather than a rap sheet."

The Mayor's June Budget Message also includes a number of additional recommendations and adjustments to the proposed budget, such as:

- Adding an additional \$1.3 million to the Budget Stabilization Reserve, which will bring the City's collective "safety net" funds up to 5.8% of the city budget.

- Allocating an additional \$1 million in one-time funds to improve traffic safety via neighborhood traffic calming programs, additional crossing guards and other related efforts.

- Enhancing the City's emergency preparedness by reinstating the Community Emergency Response Team training program, investing in our mass warning/alert system and other related infrastructure improvements.

"We continue to make gradual progress towards restoring both our city's fiscal health and the critical city services that our residents deserve," continued Mayor Liccardo. "Unfortunately, given the projected deficits in future years, we are not yet in a position to significantly enhance services that carry ongoing costs."

San Jose voters will vote Tuesday on a ballot measure that would increase the current sales tax by quarter cent and generate approximately \$40 million in additional revenue each year (note: only \$30 million would be generated in FY 2016-17 given that the increase would not take effect until October).

Times Classifieds Work! Call today to place an ad by phone: (408) 898-7534

Times Local News

How to build authentic character in youth sports

By Sean Eastwood *Times staff writer* Not everyone deserves a trophy. In fact, unearned rewards can be harmful, because artificially inflating a child's self-

esteem merely for participation in sport sends the wrong message, warns psychologist Jason Richardson.

"There are plenty of incarcerated felons with an inflated self-view and there are extremely successful people grappling with a more moderate self-concept, so self-esteem alone is not the measure by which we should prepare our children for greatness," says Richardson, a Pan-Am Games gold medalist who is also known as "Dr. JRich" among colleagues.

Richardson isn't alone. Last year, Pittsburgh Steelers outside linebacker James Harrison returned two participation trophies given to his two sons, awarded not for a specific victory that they'd earned, but simply for being student-athletes.

Anyone can give and get a trophy, but the true value of youth sports is in the occasional tough lessons – and successes – children experience through hard work and merit, says Richardson, author of "It's All BS! We're All Wrong, And You're All Right!" www.drjasonrichardson.com.

He offers practical tips parents can share with their kids.

• Stop saying "the problem is …" Fill in the blank. Too many people say the problem is with the coach, the school, the other kids, the equipment, the schedule – and so on. This kind of thinking implies failure because it immediately rules out your child's goals. Instead, say things that rule in positive outcomes, such as, "I/We/You can do this!"

• Make failure a teachable moment. Sports can test a kid's emotional fragility. They may want to give up with failure, but that's a terrible lesson. If your child missed a free throw that would've won the team the game, encourage free-throw practice the next day. Better yet, ask them what they are going to do differently next time! Use a coach's staple: remind your child that Michael Jordan was cut by his high school basketball team during his sophomore year. Parents can always reward persistence and effort.

• Don't let your child's ego run wild. The flipside of low self-esteem due to failure can be cockiness with success. Children have far less experience keeping the ego in check, so if he/she is the best athlete in school, they may become arrogant. Try to catch this early; people evolve at different rates. Temper their ego by showing examples of humility, respect and gratitude. Use examples of great athletes who have overcome slumps or adversity.

• Show them how to be a better student. It may seem odd that a star quarterback can memorize every detail of a complex playbook, but has trouble with class studies. If he's having trouble with chemistry, for example, place the playbook next to the textbook and show him the parallels of complexity. Don't let him believe he's "just a jock."

About Jason Richardson, Psy.D., MBA

Dr. Jason Richardson (www.drjasonrichardson.com) is a psychologist who earned his principles for self-improvement as a world-traveling athlete and doctoral student. He maintained top-10 status on the professional BMX circuit for most of his 15-year career, retiring with a gold medal at the 2007 Pan American Games.



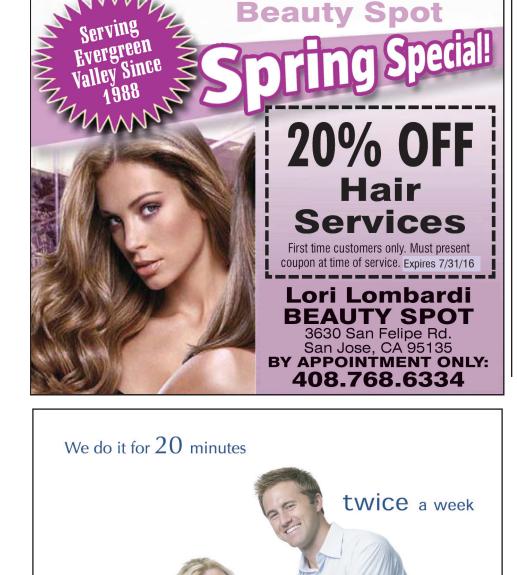
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Times Local News

Giving crime a going away party

By Vice Mayor Rose Herrera Special to the Times

ou and your neighbors can help make your neighborhood safer by hosting a block party. This upcoming August 2, 2016 neighborhoods across the City and Country will join together and give crime a going away party at the 33rd Annual National Night Out (NNO).

As a national event co-sponsored by our San José Police Department, National Night Out is an opportunity for residents to make their neighborhoods safer and more resilient to crime by getting to know the people that live next door and nearby.

At a recent meeting with our Foothill Police Captain, we learned that burglary rates have continued to go down in District 8 in part due to increased calls for service from residents. In my last 8 years in office, addressing public safety issues in the district has been one of my top priorities. My office has attended over 57 Neighborhood Watch Meetings and has

hosted 8 community forums on public safety, 6 crime prevention meetings and 6 Coffee Chats. What we found time and again was that the number one measure residents can take to prevent crime beside the protective measures you can do on you own such as installing better locks, trimming bushes, installing home cameras and alarms is for neighborhoods to get to know their neighbors and agree to look out for each other

I think the most effective neighborhood watch meetings are held at a home with the surrounding neighbors in attendance because the discussion is focused and relevant to that street. Hosting a gathering with your neighbors on National Night Out is another way of activating your community and even though it is also lot of fun, coming together with your neighbors sends a serious message that your neighborhood is united in staying safe. NNO recognizes that safe neighborhoods happen with a strong partnership between the police and the community. Neither can do it alone.

Whether you decide to host a large gathering with long tables of homemade, potluck dishes, and community entertainment or a small driveway pizza party they both accomplish the same goal- to promote police-community partnerships to make our neighborhoods a safer, better place to live.

This year, you have an opportunity to make your neighborhood safer by registering to participate in a NNO event! National Night Out will be on Tuesday evening, August 2, 2016. Registration is free and you do NOT have to be a current Neighborhood Watch neighborhood to participate. Your registration will give police and city representatives an opportunity to attend local events as circumstances and time allows.

I hope you consider Remember - National Night Out is for everyone! Register now and begin planning your event as soon as possible.

Registration due on or before Thursday July 21, 2016Online registration https://www.sjpd.org/BFO/Community/Crimeprev /NNORegistration.asp

If you have any problems or questions contact: SJPD Crime Prevention Unit at (408) 277-4133 or my office at 408-535-4908

If you have any further questions or comments, please do not hesitate to email my office at district8@sanjoseca.gov. I look forward to seeing you out in the community.

Just a reminder, all fireworks are illegal in San José, including Sparklers and Safe and Sane Fireworks. Recently, we as a City Council approved higher fines for the sale, use, possession, or storage of fireworks. Now, the fines for fireworks-related violations are \$500 for a first violation, \$700 for a second violation, and \$1,000 for a third violation. The City of San José will increase enforcement for illegal fireworks use over the 4th of July holiday weekend. To report a fireworksrelated violation within San José city limits, please call 3-1-1 or (408) 277-8900. (Note: in San José, 311 service is not available from all cellphones.)

If you enjoy Fireworks as much as I do, please consider attending one of the citywide Fireworks Shows. The celebrations listed below are permitted public fireworks displays conducted by licensed professionals.

Rotary Fireworks Show

Discovery Meadow, Downtown San José

5:30 p.m. - 10:00 p.m., Monday, July 4 Join the Rotary Club of San Jose in cel-

ebrating Independence Day at Discovery Meadow. The downtown event is sponsored by the Rotary Club with support from the City of San José, Santa Clara County, the Knight Foundation, Adobe Systems, Arcadia Development and Core

Companies.

District 8

Report

se Herrera

By Rose Vice May

3rd Annual Family Fun Festival and Fireworks Show

Almaden Lake Park

Noon - 9:00 p.m., Monday, July 4

This public event offers families and people of all ages and backgrounds a safe place to celebrate Independence Day. This patriotic, fun-filled, familyfriendly event is a great way to celebrate the 4th of details July. For more go to: http://www.sjd10.com/4th-of-july-annual-event-.html.

San Jose Giants Independence Day Celebration

Municipal Stadium, 588 East Alma Ave., San José 95112 San Jose Giants vs. Modesto

Nuts

Monday, July 4

There's no better way to celebrate America than baseball and fireworks! Come out to the ballpark for the 4th of July! The players will be wearing special Stars & Stripes jerseys and caps for the game. The Independence Day Postgame Fireworks show is presented by Comcast and will take place following the game. For more details, visit the San Jose Giants website.

San Jose Giants Postgame Fireworks Municipal Stadium, 588 East

Alma Ave., San José 95112

San Jose Giants vs. Modesto Nuts

Tuesday, July 5

Have a safe and festive July 4th Holiday!

I want to keep you informed! Sign up for the District 8 newsletter - go to www.sanjoseca.gov/district8.





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EVERGREEN TIMES JUNE 24 – JULY 7, 2016 PAGE 15

Times Feature

Hydration important when temps get high

the prone to its threat. Elderly heat stroke and heat exhaustion are a real problem.

In fact, a recent University of Chicago Medical Center study found that 40 percent of heat-related fatalities in the U.S. were among people over 65.

Heat when combined with certain medications, can seriously put seniors at risk. Considering the fact that some 80-86 percent of seniors suffer from a chronic condition or disease that requires medication, the summer heat can pose significant challenges.

The National Weather Service even suggests that there are more heat-related fatalities in the United States than there are during cold weather outbreaks.

According to the Centers for Disease Control and Prevention, seniors are more prone to heat stroke and heatrelated stress because their bodies can't adjust to sudden changes in temperature. Seniors who take certain prescription medications are more susceptible to heat-related injuries and illnesses. "We strongly urge families to consult with their doctor or pharmacist regarding the potential impact of heat on any medications," says Carla Sutter, director of operations at SYNERGY HomeCare.

We checked with physicians to find out what types of effects heat and medications can have on seniors.

Antidepressants and antihista-

mines act on an area of the brain that controls the skin's ability to make sweat. Sweating is the body's natural cooling system. If a person can't sweat, they are at risk for overheating.

Beta-blockers reduce the ability of the heart and lungs to adapt to stresses, including hot weather. This also increases a person's likelihood of heat stroke and other heat-related illnesses. Amphetamines can raise body temperature.

Diuretics act on kidneys and encourage fluid loss. This can quickly lead to dehydration in hot weather.

Sedatives can reduce a person's awareness of physical discomfort which means symptoms of heat stress may be ignored.

Here are some easy tips to help seniors stay cool and beat the heat:

Evergreen Village Square in San Jose (near Aborn & Ruby)









Friday Summer Music, Wine and Art Series 6:00-8:30pm Live music, Art & Wine Stroll, followed by a family-friendly movie at dusk

June 24: Annie Sampson Band

July 24: Last Call Band August 5: The Fabulous Cruisetones

Movies sponsored by Involved Evergreen Check the Evergreen Village Square website for titles.

Go to www.evergreenvillagesquare.com and the Evergreen Village Facebook page for more details

Off The Grid Food Trucks Saturdays 11 - 3pm Farmer's Market Wed & Sundays



The National Weather Service even suggests that there are more heat-related fatalities in the United States than there are during cold weather outbreaks.

brimmed hat.

Mind the Midday Hours - During extreme heat, seniors should stay indoors between 10 a.m. and six p.m. when the temperatures tend to be hotter.

Drink Up - Seniors need to drink

plenty of water or juice, even if

they're not thirsty. Dehydration is

the cause of many heat-related

health problems. Avoid alcoholic or caffeinated drinks, which can con-

Dress Cool - We're not talking

about the latest fashion trends.

When it's hot out, seniors should

wear light-colored, lightweight,

loose-fitting clothes and a wide-

tribute to dehydration.

Take it Easy - Seniors should avoid exercise and strenuous activity, particularly outdoors when temperatures are on the rise. Aim for A/C - If a senior's home isn't air conditioned, they should seek out a public place with air conditioning during times of extreme heat, such as a mall.

Symphony Silicon Valley Summer Pops to perform at world-class fireworks show

The Rotary Club of San Jose has announced that Symphony Silicon Valley will offer a Summer Pops performance prior to and during the world-class fireworks display on Monday, July 4, 2016.

The Summer Pops performance will begin at approximately 5 p.m. at Discovery Meadow in downtown San Jose. The fireworks will light up the sky at approximately 9:30 p.m.

The meadow area between the museum and W. San Carlos Street will be open to the public. This is a free, family-friendly event, and seating is on a first-come basis.

Conductor **Peter Jaffe** (above right) will conduct Symphony Silicon Valley. **Lisa Vroman**, Soprano, is the featured soloist (at right).

Elimination of daylight saving time bill passes Senate Committee

alifornia State Assembly bill AB 385 which would eliminate daylight saving times has passed the Senate Energy, Utilities and Communications Committee by a vote of 9-2.

The bill was authored by Assemblymember Kansen Chu (D - San Jose), which would place on the ballot whether or not to keep Daylight Saving Time (DST) as it currently exists or switch to year round Standard Time.

In 1949, California voters approved Proposition 12, which adopted DST in the spring and summer months. Daylight Saving Time was touted as a way to save fuel as people would need to use less energy in the evening since it would get darker later during the summer months. However, in the modern world we live in, the fuel and electricity savings of the time switch really do not materialize.

In addition to the lack of dramatic energy savings, there are also several public health issues that arise out of DST. For example, the number of recorded heart attacks, industrial and workplace injuries, and traffic accidents and fatalities also increase in the days following the time change.

"Daylight Saving Time is an institution that has been in place largely without question for more than half a century," Chu said. "I think we owe it to the general public to be given the opportunity to decide for themselves whether or not it ought to be continued." Times Features

Vice Mayor Rose Herrera inaugurates TheOpClub

By Karthik Pullela

Special to the Times Vice Mayor of San José Rose Herrera inaugurated The Opportunities Club ("The-OpClub") on Saturday, June 11 at the newly constructed Village Square Branch Library.

The inauguration was attended by more than 50 people including, students, parents and the mentors. TheOpClub offers Internship and Project opportunities to help with extracurricular experience and exposure for High School students.

The club was conceived when Karthik Pullela, the founder, could not get any internships last summer. Despite being a straight A student with the usual set of extra curricular activities he could not get into the very few available internships. The founders of the club decided to create their own opportunities for next summer and convert this disappointment into an opportunity to help themselves and others. Many local companies do not provide Internships to High School students due to legal issues over age. TheOpClub moves the internships in to local schools and

libraries.

The projects solve problems facing the community, like Water Conservation and Reducing Graffiti etc. The internships solve problems with commercial value, and may also include projects from big companies. Both projects and internships are mentored by the Silicon Valley professionals. More than 60 students and 10 mentors signed up for the club for the first year, across 3 locations: Evergreen, Fremont, and BASIS Independent Silicon Valley.

The inauguration was organized in the community room of the new library. Ms. Herrera, who is also the local council member, was instrumental in adding the room to the library plans. It was a great addition that transformed the library into a community center. "It is only fitting that Ms. Herrera is inaugurating TheOpClub in the community room. Her vision and the effort of many others is what that gave us the opportunity to start TheOpClub here." said Karthik Pullela, during his address.

Candidates for District 8 San Jose City Council share their views about election outcome

By William Bellou

Publisher Voters in Evergreen picked their top two candidates to become the community's next District 8 San Jose City Councilperson. The two candidates in the November runoff are Attorney, Jimmy Nguyen and Evergreen Elementary School board member Sylvia Arenas.

Evergreen Times asked the candidates to share their thoughts post-election results.

Jimmy Nguyen:

"I'm grateful for the candidates and voters who participated in this primary. Their efforts keep our democracy strong and I am proud to be among them. I hope we can all work together

because we need to improve our unique community."

Silvia Arenas:

"I'm honored and humbled to have earned the support of so many of our friends and neighbors. This spring I've had the pleasure of walking door-todoor in our community, discussing how

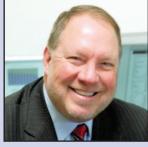
our city council can improve the safety of our streets and schools, support the creation of good jobs in our community, and maintain our infrastructure and our great quality of life. Over the next five months, I plan to continue reaching out to Evergreen families to talk about how we can work together to make City Hall work for all our families." Denise Belisle: "After a long and rewarding campaign, I'm grateful for all of the support we received from District 8 residents. We walked countless streets and knocked on thousands of doors, listening to



voters and learning about their concerns firsthand. I'm eager to continue serving my community in whatever way I can"

Pat Waite:

"I would like to thank the volunteers who worked so hard on the campaign and the voters who entrusted me with their vote. I also want to congratulate Sylvia



forward to working with whoever prevails to make this the better district that we all deserve. Thank you."

Josh Barousse:

and Jimmy. I look

"Public service, it's the reason I get up in the morning! I would like to thank all those who believed in our campaign. Although we did not receive the outcome we had hoped for, I am

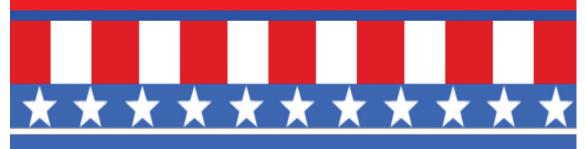


proud of the community we had built together. I encourage our residents to remain engaged for the benefit of our community, and of course, I am always up for a cup of coffee if anyone is ever interested. I hope to see you around town".



Rose, White & Blue Parade Monday, July 4th, 2016 Parade: 10 am Festival 11 am - 3pm

Contact: Mike Hennessy, email coolcars55@sbcglobal.net





Evergreen Valley College 10th Annual All Girls Soccer Academy

Ages 4-16 July 25th to 29th Cost \$175 per Person

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Hot San Jose Nights presents S.T.E.A.M. returns to Reid-Hillview Airport July 9

tot San Jose Nights eighth annual charity car and airplane show returns to Reid-Hillview Airport on Saturday, July 9 from 10 a.m. – 4 p.m. and promises to be everything needed for a great day of family fun.

Aside from the cool cars and great aircraft displays you've come to expect, there will also be the "Festival of Wings" BBQ wing cook off that is generating lots of excitement. Live music will take center stage all day with performances by Big Mike & the HartBeats; Rockin' Blues Express; & Bi-Polar Bears.

Hot San Jose Nights presents S.T.E.A.M. and Airport Day is a charity (100 percent of the proceeds) event with free admission.

Times Features



Oliver - Orange and white tabby male, 1 year old.

Leo - Black male, 2 years old.

Maisy - Black and white female, 2 years old.

The Dancing Cat partners with Silicon Valley Pet project seeking location to re-open in San Jose

Silicon Valley's first cat adoption lounge, The Dancing Cat, is back better than ever with the announcement of a new partnership with Silicon Valley Pet Project (SVPP).

SVPP is a nonprofit animal rescue organization that rescues at-risk cats and dogs from the San Jose Animal Care Center, Silicon Valley's largest municipal animal shelter.

The Dancing Cat was originally conceived as a four-week pop-up lounge in downtown San Jose in May, 2015, designed to help potential adopters meet and become acquainted with adoptable pets.

The Dancing Cat was so embraced by the community, that it remained active and of service to the public for six months. More than 50 adult cats were adopted, 12 community events were held in the space, and over 2,000 visitors passed through the doors.

Building on the organization's success, The Dancing Cat's founders Mary Rubin and Ann Chasson are joining with Silicon Valley Pet Project to create a permanent space for people to meet mingle and spend time with adoptable cats. The main goal of the partnership is to find loving forever homes for adult cats who are at risk in the shelter by providing a free-roaming, comfortable and safe space for these cats to be showcased. Additionally, the project seeks to present a unique venue for social and educational events in the com-

munity. To date, SVPP has primarily focused on foster parents and local adoption events to rehome rescued animals, but that strategy is expanding.

"We were incredibly inspired by Ann's and Mary's commitment and passion to feature adoptable adult cats in such a creative way," said Melissa Lisbon, President of Silicon Valley Pet Project.

"The adult cats SVPP selected to be featured at The Dancing Cat were quickly adopted by wonderful families. We are excited to join forces in our common mission to save more lives in our community through innovative initiatives.

The Dancing Cat represents the Silicon Valley spirit by

addressing a challenge with a fresh perspective: the animal welfare challenge of the overpopulation of adult cats in our local shelters."

The Dancing Cat team is currently searching for a suitable permanent location in the San Jose area. Anyone with information about a possible available location can contact thedancingcat@svpetproject.org. The project is accepting financial donations towards the reopening of The Dancing Cat on its website: www.thedancingcat.org.

"It was exciting to see how enthusiastically the space was embraced, resulting in so many successful adoptions," Rubin said. "We in the volunteer and nonprofit arenas can make a bigger impact on a problem like homeless pets when we work together, leverage our passion and learnings. We look forward to continuing The Dancing Cat with SVPP's contributions of both talent and support."

Interested in adopting one of the Dancing Cats? Start by meeting them and filling out an adoption application at sypetproject.org.



Maddie - Chocolate Siamese mix, 1 year old, female.



Ada - Gray and white tabby, female, 1 year.



Simba - Brown tabby male, 2 years old.



Catallus - Snowshoe Siamese mix male, 11 years old.



Cataline - Snowshoe/Siamese mix, 11 years old, male.

Summer school offered at Holy Spirit Catholic School

Holy Spirit School is offering summer school classes starting June 20 through July 15. Holy Spirit School is a Catholic elementary and middle school that was established in 2000. It serves pre-kindergarten through 8th grade.

Holy Spirit School is located at 1198 Redmond Ave, San Jose. Phone: (408) 268-0794. Visit holyspirit-school.org for more information.

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Community Calendar

Events at New Seasons Market:

Fridays, 5-7pm: Wine Tasting & Cheese Pairings. Discover new wines and get pairing ideas. 6/24: DeRose Vineyards, 7/1: Martin Ranch Winery, 7/8: Rutherford Ranch Winery & Scott Family Estate, Complimentary.

Sat, June 25 & Sun, June 26, 12-5pm: Stone Fruit Tasting. Free.

Wed, June 29, 12-1pm: Bone Broth Cooking Class. Join health Coach and nutrition expert Kim Rice and learn the benefits and help make a batch of this nutritious broth for immune system support. Free. Register at the Solutions Counter in the store or at: www.newseasonsevergreen.eventbrite.c om



Sat, June 25 & Sun, June 26, 12-5pm: Tasting: Get Stoked on Stone Fruit. Sample a variety of stone fruit and featured recipes. Free.

Thurs, July 7 & Thurs, July 21, 10:30–11:30am: 55+ Gentle Yoga Class. Register at the Solutions Counter or at www.newseasonsevergreen.eventbrite.com. Free. New Seasons Market is located at 5667 Silver Creek Valley Rd, San Jose. For more information, call 408-513-8200. www.newseasonsmarket.c om/our-stores/evergreen.



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Times Features

Dynamic piano duo Anderson and Roe to perform at the **Carmel Bach Festival**

By Sean Eastwood Times sfaff writer

he Carmel Bach Festival is featuring the popular piano duo Anderson and Roe Thursday, July 28 at Carmel's Sunset Center for a special. Known for their high-octane performances, original compositions, and notorious music videos, Greg Anderson and Elizabeth Joy Roe are revolutionizing the piano duo experience for the 21st century.

The Anderson & Roe Piano Duo aims to make classical music a relevant and powerful force around the world. Their recent albums (When Words Fade, An Amadeus Affair, and The Art of Bach) were all released to critical acclaim and have spent dozens of weeks at the top of the Billboard Classical Charts, while their Emmy-nominated, self-produced music videos have been viewed by millions on YouTube.

The popular duo said, "Everything we do is rooted in our mission to make classical music a more relevant and powerful force in society. We challenge our audiences more so they would listen deeper or make the music more personal to them. It is a very active approach that we've taken to get our audiences to interact with the music in a more personal way, and make it more relevant to them."

Concert selections include the Haydn Variations by Brahms, La Valse by Ravel, and Radiohead's "Paranoid Android," among others.

Anderson & Roe's performance epitomizes the Carmel Bach Festival's evolving commitment to broader programming. Thursday concerts in 2016 have crossover appeal, with eclectic offerings designed to entertain all musical tastes. The Thursday, July 21 program is entitled "Beethoven to Broadway," and features the Festival soloists performing songs from Rossini, Beethoven, Copland, Ives, Arlen and Lerner & Lowe.

The performance is certain to be a highlight of the 79th Annual Festival, July 16 – July 30, presented in various venues throughout Carmel, Monterey, Seaside and Pebble Beach. California. This year's festival features main series concerts, recitals performed on period instruments and a Music and Ideas series. Artistic Director and Principal Conductor Paul Goodwin, in partnership with artistic leadership, has programmed a Festival based on the theme of "Bach Inspires" and celebrating the centennial of Carmel-by-the-Sea.

Highlights of the 2016 Festival include:

An opening night concert that includes Handel's Water Music , C.P.E Bach's intriguing Magnificat, and Eric Whitacre's choral masterpiece Cloudburst. These pieces were specially chosen to celebrate the heritage of Carmel-by-the-Sea's connection to the ocean



Anderson and Roe

A new venue for our pre-fest chamber concert on Wednesday, July 13 at the Monterey Museum of Art, Pacific Avenue location, titled Happy Hour Bach. A new performance time for Sunday's afternoon concert, Bach's masterpiece, the B Minor Mass, which will be performed at 4 p.m. on July 17 and 24

Mozart's first grand opera, Idomeneo, in a specially adapted version for Carmel

World-renowned musicians and vocal soloists, including Thomas Cooley, Peter Harvey, and Clara Rottsolk. New soloists this year include soprano Mhairi Lawson and mezzo-soprano Meg Bragle

Wednesday evening concerts, Immortal Bach, at the magnificent Carmel Mission Basilica, featuring Festival Orchestra, Chorale and Chorus and conducted by Associate Conductor Andrew Megill

Friday night orchestral concerts featuring Mendelssohn's epic Fifth Symphony and Bach's Ein' feste Burg ist unser Gott, BWV 80, both inspired by Bach's chorale, "A Mighty Fortress is Our God"

Different programs on Thursdays during the Festival including Beethoven to Broadway: An Intimate Evening of Romance and Laughter, on July 21, with the Bach Festival vocal soloists.

A wide array of chamber concerts including the Carmel Muse on Tuesday afternoons July 19 and 26, which will celebrate songs and poetry connected to Carmel-by-the-Sea, including those by Robinson Jeffers, John Steinbeck and Robert Louis Stevenson, among others

For the third year, due to popular demand, a special family concert is scheduled on Saturday, July 23 at 11 AM at Sunset Center Theater featuring Leonard and Rasmus Solve a Mystery.

Discounted ticket prices for students, active and retired military, and families

For more information on Carmel Bach Festival, visit: www.bachfestival.org.

Cutting sugar's umbilical cord

nce upon a time, sugar was mostly relegated to desserts. But now, excessive amounts can be found in our everyday foods and beverages, and it's taking a toll, according to recently published studies.

• The University of Texas MD Anderson Cancer Center exposed high-sugar diets as major risks for cancer, especially breast cancer.

• The Frontiers in Molecular Neuroscience journal indicates that sugar may cause not only diabetes and obesity, but also brain defects similar to those triggered by stress or abuse. • Sugar accounts for much of our country's weight gain and the rise of fatty liver disease.

'We already knew it was very bad for us, but alarming new evidence just keeps pouring in," says nutritionist and juicing pioneer Cherie Calbom, MS, who is known as "The Juice Lady."

"Despite the case against excessive sugar intake, we know its prevalent use remains in things like ketchup, yogurt, canned soup, salad dressing, tomato sauce, bread, granola bars - not to mention soda or dessert-style coffee beverages."

That's why Calbom suggests taking full control of the sugar in your diet by making your own meals, snacks and drinks. Her most recent book, "The Juice Sugar Knockout" Lady's (www.juiceladycherie.com), offers recipes for overcoming sugar.

Samples of her "Sugar Knockout" recipes include:

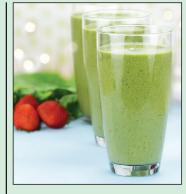
Curb your carb craving with a Jerusalem artichoke-based juice cocktail. Here's a traditional remedy:

- 3-4 carrots
- 2 celery ribs
- 1 Jerusalem artichoke

• 1 cucumber, peeled if not

organic • 1 lemon, peeled if not organ-

• $\frac{1}{2}$ green apple



Wash produce first and, once juiced, drink as soon as possible.

Longing for dessert-time? Try a delicious alternative to traditional Chocolate Mousse.

• 1 medium avocado, ripe

• 2 Tbsp. unsweetened cocoa powder • 2 Tbsp. coconut nectar or $\frac{1}{4}$

tsp. stevia

• 6 Tbsp. almond milk

• Optional: pistachios, strawberries, raspberries or goji berries

Put large chunks of avocado flesh in the blender. Add the cocoa, sweetener and almond milk. Blend, starting on low and then moving to high speed until smooth. If the avocado is larger, you will need a bit more of each ingredient. If it is too thick, drizzle in a bit more almond milk. Add more cocoa or sweetener to taste. Refrigerate the mousse and serve cold. Top with nuts or berries.

"These recipes let you know that, once you decide to live without sugar, it's deliciously possible," Calbom says.

About Cherie Calbom, MSN (a.k.a. The Juice Lady)

Cherie Calbom holds a Master of Science degree in whole foods nutrition from Bastyr University. Known as "The Juice Lady" (www.juiceladycherie.com) for her work with juicing and health, she is author of 31 books, with millions of copies sold worldwide. No stranger to healthy diet trends, Cherie joined George Foreman as nutritional spokesperson in the Knockout the Fat phenomena that forever changed grilling in America.

Volunteers begin fighting Zika virus with smartphones

Tired of playing Candy Crush on your cell phone?

An international research effort to identify potential drug compounds to combat the Zika virus is being launched on a tech platform.

The platform turns a network of volunteers' personal computers, as well as Android mobile phones and tablets, into a virtual supercomputer that can speedily process millions of calculations.

The #OpenZika project, an-

nounced Thursday, will run virtual experiments on potential compounds that could form drugs to address Zika. It's the latest healthrelated research project by IBM's World Community Grid.

After a dozen years of operation, the platform has almost 750,000 people and 470 institutions across 80 countries, allowing researchers to tap their 3.5 million computers and mobile devices for latent processing power.

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After a dozen years of operation, the platform has almost 750,000 people and 470 institutions across 80 countries, allowing researchers to tap their 3.5 million computers and mobile devices for latent processing power. The World Community Grid has been used to research diseases including malaria, Ebola, tuberculosis and childhood neuroblastoma.

Volunteers download a World Community Grid app to their computer or devices. That allows researchers to run calculations on the devices, without their owners noticing a difference in performance.

Data generated from the



The Zika virus is commonly spread via mosquito.

#OpenZika project will be available to researchers on an opensource basis around the world.

To volunteer, visit: worldcommunitygrid.org.

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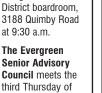
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lack of attendance.

Association is a free networking group for business owners who live and work in the Evergreen and nearby areas. The purpose of the Evergreen Business Association is to develop and foster



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Patients who qualify are usually patients who do not have the habit of brushing and flossing daily, who suffer from unpleasant breath, gum are swollen and bleed easily and tartar is visible on the tooth.

If interested, please reach out to me via email lesleynguyenvong@yahoo.com & leave your name and phone number so we can contact you.

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Senior Advisory Council meets the third Thursday of every month at 9:30 a.m. Get involved in helping plan events for

seniors, volunteer-

cause, and getting

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Birthdays/Anniversaries/ot her "joy" Occasions Tuesday, AA Meetings, 8.15-9.15 PM Wednesdays, 9:30 AM. Women's Study Group

CHURCH OF CHRIST 5351 Carter Ave., San Jose 95118 408.265.5837 www.bibleroad.org We strive to be a group of Christians that love and honor God and Jesus Christ in our daily lives We assemble each Sunday to encourage each other through singing, studying, praying

and sharing in the Lord's supper, Simple—just like what one reads about in the New Testament. Bible class at 9:30 AM Worship at 10:30 AM Located in south San Jose near Kooser Rd. and Camden Ave. (behind the Almaden Valley Athletic Club). Come make new Christian friends!

EAST VALLEY CHURCH We are a Multicultural Christian Community committed to making Christ known to our Neighbors, Community and World Sunday Schedule: Coffee and Conversation 9:15am Worship 9:45am. Sunday School for all ages 11:15am Childcare is provided for all our Sunday Services. Our NEW Children's Building is Open! Uplifting music, Biblical teaching, ministries for Children, Youth, College & Career, Small Groups for all adults. Ministries to Men. Women. Seniors. Celebrate Recovery (Please see website for details and meeting times www.eastvalleychurch.co

m) VBS: June 13th – 17th (5:45-8:30pm) & Sports Camp: July 18th - 22nd (9am -12:30pm) For more details or to register please visit our website . Senior Pastor – Pastor Ron Johnson Community-Life Pastor -Pastor Patrick Boyd, Children's Ministry Co-Directors - Alvssa Friend and Kristen Pearson We are located at 2827 Flint Ave (Between Tully & Norwood) San Jose, CA 95148 Phone 408-238-0231, e-mail info@eastvalleychurch.com We are associated with Converge Worldwide www.convergeworldwide.ora

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shipping, and learning together. Worship services are at 10:00 AM at the Horace Mann Community Center (7th and Santa Clara Streets). Worship includes both contemporary and traditional music a message that is relevant to real life based in the Bible, and meaningful to people of all ages and backgrounds. We work in our community to provide real assistance and longterm. life-saving solutions: food, housing, counseling, and spiritual direction.

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by appointment. Our Parish Office is open Monday - Thursday 8:30 a.m. - 4:30 p.m. and Friday 9:00 a.m. - 3:00 p.m. Call 408-997-5100 for recorded information or 408-997-5101 to speak with someone in our parish office. Information on Faith Formation for children and adults can be obtained by calling our Catechetical Office at 408-997-5115. Get in the loop with our 3sixty High School Youth Ministry by calling 408-997-5106. Holv Spirit School serves grades Pre-K through 8th, and is located at 1198 Redmond Avenue. You can reach the school office at 408-268-0794.

THE POINT CHURCH

www.ThePoint.Church 3695 Rose Terrasse 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 audi torium and pastor. 10:30 AM English. Mandarin, Cantonese and Cambodian. Spanish at 1:00 PM.

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 (CRE-ATE); 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

1+ (408) 997-4800, or visit our website at www.churchstanthony.co m. Fr. Larry Hendel, Pastor

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Wednesday 4/27 7 a.m. Pre-sanctified Divine Liturgy 7 p.m. Sacrament of Holy Unction (anointing of oil for healing of body

and soul)

7 a.m. Royal Hours 3:30 p.m. Descent from the Cross 7 p.m. Lamentation Service With candlelit funeral procession around church Saturday April 30 8:30 a.m. St. Basil morning Vesperal Divine Liturgy 11p.m. Candlelight Resurrection Service "Come receive the light!" Midnight-Sunday Pascha/Easter Service -Divine Liturav Sunday May 1 Easter Sunday 11 a.m. Agape Vespers -Christ's Good News in many languages 1-5 p.m. Pascha/Easter picnic at Almaden Lake Park Cinnabar 1. 6099 Winfield Bl., San Jose 95120

Morning Vesperal Divine

7 p.m. Nailing of Christ

to the Cross - Reading of

Liturgy of St. Basil

the 12 Gospels

Fridav April 29

m

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worship at one of the folwww.stfrancisofaslowing times and locasisipreschool.org tions:

EVERGREEN TIMES JUNE 24 – JULY 7, 2016 PAGE 23

We invite you to join our community of faith located in the Evergreen area of San Jose. We are an inclusive diverse community striving to serve as Disciples of Jesus Christ in the footsteps of St. Francis. offering prayerful and joyful lituraies: evangelization. fellowship, and service opportunities to the community. We offer spiritual opportunities for all ages, including children's liturgy, dynamic E.C.H.O - Jr. High, IGNITE - High School and North Star -Young Adult Ministries. along with small faith communities and opportunities to help the poor and marginalized of San Jose. Our Preschool is the only Catholic Preschool offering quality family oriented service in the Evergreen and Silver Creek areas. Our Chapel, Gathering Hall, Parish Office, Mission Center, Parish Gift Shop, Memorial Garden and Preschool are all located

at 5111 San Felipe Rd.

St. Francis of Assisi Chapel Saturday 5:00PM Sunday 8:30 AM, 10:30 AM. 12:30 PM. 4:00 PM (Mass in Vietnamese). 6:00 PM Youth Mass St. Francis of Assisi Gathering Hall Sunday 9:00 AM, Sunday11:00AM, 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!

Worship listing advertisements are \$495 annually. (408) 898-7534



Evergreen Area Meetings Continued

Story Road Business Association Meets third Wednesday at 8:30 a.m. at Prusch Park, South King Road at Story. For more information, call 238-5422.

Room 40 S. Market St

San Jose/Evergreen Community College District Board Normally meets second Tuesday at 7:00 p.m. Meetings in the District Office, Board

San Jose, CA 95113.

San Pedro Squares Toastmasters Club Meets every Tuesday from 7 a.m. to 8:30 a.m. at Jimmy's Restaurant, 222 W. Capitol Expressway in San Jose. Contact Barbara at 373-2815, or email barbaramcchesney @sbcglobal.net for further

information, or check out the website at http://www.sanpedrosquares. freetoasthost.org.

Silver Creek (PTSA) Parent, Teacher, Student Association Meets at 6:30 p.m. on the second Tuesday in the Silver Creek High School Principal's Conference Room, 3434 Silver

Creek Road. For more information. call 347-5830. Silver Creek School Site Council Meetings: Second Tuesday of the month at 5:30 p.m. in room V-1.

Silver Oak Educational Partnership The Silver Oak Educational Partnership is now called the Silver Oak Elementary PTO (Parent Teacher Organization). SOEPTO will not be meeting over summer. Meetings will resume in September. New meeting schedule will be posted in August.

SIR Branch 114 at the Villages Sons in Retirement (SIR) Branch 114

meets every first Tuesday of the month in the Villages' Clubhouse Fairway Room. The meeting agenda includes a noon luncheon for all SIR Branch 114 members and a 12:30 p.m. speaker open to all Villagers and friends. For more information, call Lou Figone, SIR 114 BIG SIR at (408) 966-4175.

Tully Ocala Capitol King Neighborhood

Association 1st Monday of every other month from 6:30 - 8:00 p.m. Location: Boys & Girls Clubs of Silicon Valley - Smythe Clubhouse

West Evergreen Neighborhood Association

This group represents the area bounded approximately by Flanigan Drive, South King Road, Aborn Road, and Alvin Avenue, Meets the third Tuesday at O.B. Whaley Elementary School, 2655 Alvin Ave., 7 to 8 p.m. For more information, contact the association at 535-8613



Eric Darker & Nicki Brown

Evergreen and Silver Creek Specialists Since 1992

Eric Parker 408.202.9000 eparker@apr.com Nicki Brown 408.781.7389 nbrown@apr.com



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2068 Biarritz Place

Built in 2002, the home is 8451+/-sf, 5bd/5ba + 2 half-baths (plus guest quarters with separate entrance). Two separate garages, totaling over 2100sf can accommodate 8+ cars. All in the most secure and private setting on a home site of 1.09+/-acres. Offered at \$5,950,000



5878 Country Club Parkway

SCVCC custom with picture perfect views. Large 1st floor suite / 2nd master. Extensive millwork and custom details throughout. Park-like grounds, pool, hot tub, patio. 5,320+/-sf, 4bd suites plus den/library, 4 full & 2 half-baths. 13,149+/-sf lot. Offered at \$2,775,000



5257 Manderston Drive

Located within the gates of the SCVCC, a private setting with rear views across the actual Silver Creek and the 13th fairway. Light and bright floorplan, engineered wood flooring, 3bd/2.5ba, plus den, 2005+/-sf. Offered at \$1,245,000



1991 Spanish Bay Court

Private and Serene in SCVCC nestled in mature Redwood trees and lush landscaping. First floor bedroom suite. Updated kitchen and master bath. High ceilings and dramatic windows for lots of natural light. 4bd/3.5ba, 2919+/-sf, 11046+/-sf lot. Price Upon Request





